

THE EYE

CYCLONES SPOTTED WORKING OUT AT LOCAL GYM



Proud Sponsor of the
U13 House Cyclones

Thank you!

Next up:

Saturday October 1st

3:30pm Carleton Place Rink 2
Exhibition Game vs. Stittsville
**arrive at 2:30pm*

Monday October 3rd

5:00pm Almonte Arena
Practice

Saturday October 8th

3:30pm Carleton Place Rink 2
Practice

Tuesday October 11th

6:00pm Carleton Place Rink 1
Practice

Local gym enthusiasts got a glimpse of greatness this past Monday evening, as the U13 House Cyclones rolled into **Anytime Fitness** to start their dryland training. The crisp fall air was no deterrent for this group of dedicated girls. Head Coach Ryan Guthrie said, "I saw a lot of sweaty faces afterwards, but I also saw lots of smiles".

The season is just beginning for these girls, and they know if they want a successful one, they need to work hard - on and off the ice. Coach Ryan added, "the girls seemed committed to putting in the work. That kind of effort will bring success."

By all accounts the night was a big hit. Veteran winger, Chloe Kennedy said "it was a good team building exercise because we were all tired together and we had lots of fun. Dryland training is important because it helps us get faster, stronger and build our endurance...so we can be our best hockey player!". Fellow returning player Keira Guthrie noted, "it was more fun than doing exercises at home because we were with our teammates. It was just as hard, but it made it seem easier."

Coach Ryan is planning for more sessions throughout the season and would like to thank **Anytime Fitness** for providing the first session free of charge. **Anytime Fitness** is open 7 days a week and is located at 80 Lansdowne Avenue, in Carleton Place.



Keira and Nella demonstrate the various activities available at the gym.



Cassie, Olivia F., Ila, Layla, and Olivia M. step right up and show a great way to work on footwork!



2022-2023 U13 House

Newsletter No. 1

COACH'S CORNER

With Coach Ryan Guthrie

The season is very young, with only a handful of practices under our belt. However, the coaches are all excited with how things have been developing so far. This time of year, I really focus on basic skills and team building. There may be many strangers for some of the girls so, the goal for me is to make sure coming to the rink is fun and get the girls to become comfortable with each other.

We've done a lot of drills that focus on footwork and skating. Conditioning has been a big part so far as well. The dryland training at **Anytime Fitness** was well received and I would like to include a few more sessions throughout

the season. In future practices, we will be working on improving our passing and stick handling. Team strategies are now being introduced as we prepare for games!

PRACTICE MAKES PROGRESS

At each practice, I've given the players a motivational quote for them to think about. The players have picked up on the theme pretty quickly!

Here are the quotes so far:

- You earn your trophies at practice; you just pick them up at competitions.
- There is no glory in practice, but without practice, there is no glory.
- The more you sweat in practice, the less you bleed in battle.



This quote is for the parents:

- You pay for practices; the games are free.

COACH'S CHALLENGE

Last week, I gave the girls some "homework". From time to time, I will be giving them "Coach's Challenges", where I challenge the girls to try an activity that is designed to improve their skills and help them develop into more rounded athletes. For the players that participate, I usually offer a reward by randomly picking a winner. This week's winner was **Kaelyn Colbourne**, who won a **\$10 Gift Card to Tim Horton's!** Stay tuned for the next challenge which will come after our exhibition game on Saturday!



Nora not only took on the challenge, she upped the ante by doing it BLINDFOLDED!



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Girls Hockey Association

Thank you!

IN THE NEXT ISSUE OF

THE EYE

- Season schedule
- More challenges from Coach Ryan
- U13 House Fun Facts!
- Fundraising update

Happy (belated) Birthday!

Nella Walker – September 20th