

# THE RICOH BREAKAWAY

The Mac's AAA Midget Hockey Newsletter

Saturday, December 29<sup>th</sup>, 2018

## Sports Medicine Makes the Mac's go on



*By John Flatters*

The 2018 Mac's Midget AAA Hockey Tournament is an incredible opportunity to showcase talent, gain valuable exposure, and make lifelong memories for elite young hockey players. To make the most of a short term competition, the importance of nutrition, recovery, and injury management are magnified. While players are good at listening to their bodies, they need assistance in staying optimized. Shelby Berube of Mahikan Medical Services shared some insight on what the best practices for keeping players safe, healthy and at top performance.

"In terms of nutrition, you don't

want to carb up the day of, or right before the game. You want to load up the day before, or right after a game. And you definitely want to make sure you stay hydrated before, during, and after the game."

Too much of a good thing can be harmful also.

"You can waterlog yourself and you can be sitting on the bench with a very sore stomach not able to perform because you're nauseated. If you don't drink enough water your blood pressure can tank, you're dizzy, lightheaded, and you're going to be more of a detriment to your team than a benefit."

With so much hockey to play in such a short time, manag-

ing injuries is a necessary component in performance.

"...Repetitive injuries that have happened before, and this tournament is making it a little worse because players don't have as much time to heal. You have that ankle sprain that players don't really want to tape, but they probably should. They don't tape it one game, and they are back to square one."

Managing players' expectations is another challenge altogether.

"Definitely there are some stubborn athletes out there. Ideally if I'm involved, I get the main say. Most teams bring their own trainer and they make the call whether or not to play an athlete. I want to make sure that we are always advocating for the player."

One advantage of this system is collaboration and cooperation between the team, the trainer, and the Mac's medic liaison.

"I try to introduce myself or any staff with me that I'm the friendly neighbourhood tournament medic, if you need anything let us know. Some teams want you on the bench, other teams call on us when we're needed."

Shelby is one member of a small but committed team of medics who have given up their holi-



*Shelby at work*

# STANDINGS

day to ensure a safe environment for everyone involved.

"We have 4 medics going through the system, 2 in the morning, 2 in the evening. We only have 7 medics for the tournament, it's a bunch of dedicated people who have been working with the Royals association and other places for years. We're definitely putting in some hours, I warn people that you don't get Christmas break off, this tournament is very important to be able to staff properly."



For Shelby, sports have been a big part of her life and a main factor in her pursuit of a sports medicine career.

"I hurt both my ACL's in junior high and high school, kickboxing, wrestling, so I kind of got into the sports med side right away because I wasn't able to do much in high school after the injury. From there it led me down an EMS field which led me to sports med. Best of both worlds for sure."

Just like the athletes, Shelby gains valuable experience from events like the Mac's.

Pool 1	GP	W	L	T	F	A	PTS
Calgary Royals	2	1	0	1	8	4	3
CAC Gregg Distributors	2	0	1	1	6	9	1
Okanagan Rockets	2	1	1	0	8	8	2
Rocky Mountain Roughriders	2	0	2	0	3	11	0
Saskatoon Blazers	3	3	0	0	14	5	6
Pool 2	GP	W	L	T	F	A	PTS
Calgary Northstars	2	1	1	0	4	4	2
Beardy's Blackhawks	3	1	2	0	3	11	2
Fraser Valley Thunderbirds	3	1	2	0	8	8	2
Notre Dame Hounds	2	1	1	0	6	2	2
Red Deer Optimist Chiefs	2	2	0	0	10	6	4
Pool 3	GP	W	L	T	F	A	PTS
Calgary Buffaloes	3	1	1	1	11	10	3
Okotoks Oilers	3	1	1	1	9	4	3
Regina Pat Canadians	2	0	2	0	1	5	0
St. Albert Nektar Data Systems Raiders	2	2	0	0	4	2	4
Vancouver NE Chiefs	2	1	1	0	8	12	2
Pool 4	GP	W	L	T	F	A	PTS
Calgary Flames	3	0	1	2	6	8	2
Brampton 45's	2	0	2	0	4	13	0
Cariboo Cougars	2	1	0	1	6	5	3
Lethbridge Hurricanes	2	1	0	1	7	5	3
Swift Current Legionnaires	3	1	0	2	15	6	4
Pool 5	GP	W	L	T	F	A	PTS
Airdrie CFR Bisons	3	2	1	0	13	11	4
Fort Saskatchewan BP Rangers	2	0	1	1	0	7	1
New York Jr. Islanders	3	2	0	1	10	6	5
Saskatoon Contacts	2	1	1	0	9	4	2
Thompson Blazers	2	0	2	0	5	9	0

"You get to see so many aspects of not only this tournament but other standby work as well. You definitely get a different feel for different sports cultures. All sports communities are very supportive and encouraging."

It takes a special type of person to stand around hockey players with their aromatic equipment, but Shelby says

she has become immune to it.

"After one or two of the spring or fall camps, you don't smell them anymore. It's an odor you just become familiar with and when you come home at the end of the day and somebody smells you, you can tell. There are some that definitely need to air out their gear, and the other ones I'm thankful that they do.

## Female Goalie Saves the Day at the Mac's

*By Chris Turnbull*

Despite the fact that there are not any female teams in the Mac's this year, it was in fact a female goalie who saved the day for 9 young boys from the Northstars feeder communities.

Between the first and second period of every feature game during the Mac's tournament there is a peewee shoot-out with players from the feeder communities of each of the five Mac's host teams. It is a simple format shoot-out with every player shooting once on each of two goalies. The winners determined by the number of goals scored or the fewer number of goals allowed. Players then go on to compete in semi-finals on Dec. 31st in the morning and then the finals during the 3pm game on the same day. The purpose is to determine the 'Future Stars of the Mac's'.

As fate would have it, the goalies for the Northstars event did not show up. So, it came down to two choices. Call off the event for that night and draw names to

see who would go on, or find a goalie. When the game is starting and you have about 30 minutes it's not easy to make calls. So, as we have done before in the Mac's, we looked for a suitable alternative to the situation.

As it turned out one of our volunteers this year was in fact a past winner on the female side in the peewee shoot-out, Cienna K. Cienna plays for the Midget AA Fire White and she had her

equipment and she was willing to show the boys she could do the job and make them work for their place in the semi-finals.

On short notice Cienna geared up and faced the guys in the shoot-out. As it turned out only two of the peewee shooters could beat her. Such is life in a shoot-out. Overall, the final verdict was very positive, after all it's about KIDS HAVING FUN, and going home isn't really an option for the Mac's.



*Cienna K. in Action*

## Mac's Tournament Platinum Sponsors



**MALE DIVISION - DAY 4**

G#	Time	Loc	Pool	Visitor	Score	Home	Score
31	9:00 AM	KB	2	Fraser Valley Thunderbirds		Notre Dame Hounds	
32	9:00 AM	FDB	4	Lethbridge Hurricanes		Cariboo Cougars	
33	11:45 AM	KB	1	CAC Gregg Distributors		Okanagan Rockets	
34	11:45 AM	FDB	3	Okotoks Bow Mark Oilers		Regina Pat Canadians	
35	2:30 PM	KB	2	Calgary Northstars		Red Deer Optimist Chiefs	
36	2:30 PM	FDB	5	Saskatoon Contacts		Thompson Blazers	
37	5:15 PM	KB	3	St Albert Nektar Data Systems Raiders		Vancouver NE Chiefs	
38	5:15 PM	FDB	1	Calgary Royals		Sasatoon Blazers	
39	8:00 PM	KB	4	Brampton 45's		Calgary Flames	
40	8:00 PM	FDB	5	Airdre CFR Bisons		Fort Saskatchewan Boston Pizza Rangers	

**MALE DIVISION - DAY 3**

G#	Time	Loc	Pool	Visitor	Score	Home	Score
21	9:00 AM	KB	1	Rocky Mountain RoughRiders	0	Saskatoon Blazers	3
22	9:00 AM	FDB	5	New York Jr Islanders	4	Thompson Blazers	2
23	11:45 AM	KB	4	Cariboo Cougars	4	Brampton 45's	3
24	11:45 AM	FDB	2	Red Deer Optimist Chiefs	5	Fraser Valley Thunderbirds	4
25	2:30 PM	KB	2	Notre Dame Hounds	6	Beardy's Blackhawks	0
26	2:30 PM	FDB	1	Calgary Royals	3	CAC Gregg Distributors	3
27	5:15 PM	KB	3	Okotoks Bow Mark Oilers	1	St Albert Nektar Data Systems Raiders	2
28	5:15 PM	FDB	4	Calgary Flames	2	Swift Current Legionnaires	2
29	8:00 PM	KB	3	Vancouver NE Chiefs	8	Calgary Buffaloes	6
30	8:00 PM	FDB	5	Airdre CFR Bisons	4	Saskatoon Contacts	2