



Voyager Hockey News

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“Enjoy the Journey of Discovering Your Potential!”

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Getting Better During Social Distancing: Tips and Tricks

COVID-19 has thrust many changes to daily life. There has become a considerable amount of open and down time for people. For older players, this means finding activities to occupy the body and mind on their own, and for parents of younger players, it means developing a plan to keep kids active.

Practicing social distancing does not mean physical activity needs to be absent, or that players cannot improve at the sport they love. Let's look at some ways to GET BETTER as a player!

1) Stickhandling & Shooting

This is a great time to stick-handle in the driveway, on the sidewalk, a kitchen floor (if allowed), or a basement. Use a hockey ball, golf ball, or hard rubber if a puck cannot be used. There are some many stickhandling videos out there, as well as basic drills coaches have taught

on the ice. If there is a space to shoot pucks without damaging anything, do so. Shoot 100-500 pucks, good form. A dramatic difference will show!

2) Become Athletic by Doing Workouts

Players can still run, do body weight workouts, stretch, and do other activities. Read the Quarantine Workout (See Below) or look into plans made available. Just be active!

3) Play Mental Games

Hockey is a mental game. Playing board games or thinking games can boost hockey performance. There are reasons high-end hockey players perform well in the classroom. Play Chess, do puzzles, challenge the mind to problem solve.

4) Watching Hockey Reruns

Being better at hockey takes learning. This is more than just skating and playing when the

hour comes. The best players watch the game and pay attention to the small details, and not just the highlights.

5) Read

This improves mental function. Read about favorite players, favorite teams, articles about how to get better, websites will drills. The best way to learn is to read. Read about the sport you love.

6) Research Hockey Drills and Videos

This helps understand the purpose of practice and technique and why coaches choose drills. If you have been told to improve a skill look up a drill that helps. Share new drills with friends and coaches.

7) Eat Right

Nutrition is important. Limit sugary snacks. Drink Water, not soda or sports drinks. Eat Protein foods.

Quarantine Workout

It is important to be active! There might not be access to the gym, or workout equipment, but that is no excuse!

Designed for players aged 14-Older. If a player has access to gym equipment, this workout can be modified. If there is access to other workout plans that preferred, those are great

too. If the workout needs to be shortened (sets or reps), do it. The purpose is to be active. This is generally a great life skill, and provides health benefits present, and future.

Get the Workout by visiting:
[www.voyagerhockey.com/
quarantine-workout](http://www.voyagerhockey.com/quarantine-workout)





**“Fun is our
main
commitment to
help players
enjoy their
developmental
experience”**



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Conclusion:

The current quarantine life can be a great opportunity to get better!

Become a learner! Improve oneself. Do not take a moment for granted. This is a period that can be used for growth.

When the ice opens back up, be ready to roll having improved oneself.

Save the Dates—Summer Clinics 2020

High School / PG Clinic

June 9th - August 11th
8-9pm HS/PG
Raynham IcePlex

All players \$125 for
10 Week sessions.

Early Bird Pricing continues
until May 15th

Mites/Squirts

June 10th-August 12th
Session 1 - 5:30-6:30pm
Session 2 - 6:30-7:30pm
Aleixo Arena

Pee Wee/Bantam

June 10th-August 12th
7:30-8:30pm
Aleixo Arena

Voyager Hockey Statement on COVID-19

Voyager Hockey has been in contact with FMC and their plan is to open their rinks back up May 4th, which is consistent with Governor Baker's COVID-19 policies. The Taunton rink is closed until June 8th for ice renovations.

If the State, which controls DCR rinks (FMC runs many of them), extends the closure into clinic dates, there are options that we are looking into for all registrants. They are outlined.

Potential Solutions

- 1) Full Refund (including PayPal fee) for all registrants.
- 2) Credit equal to accepted payment for a future clinic (We do plan on continuing to run clinics in the future).
- 3) Create an amended/prorated clinic for remaining weeks. This would be equal to the 10 sessions offered, or sessions and partial refund.

This all hinges on FMC's, and the State's decision regarding COVID-19. As we are given more information, we will update you all accordingly.

During this time of social distancing we will do our best to offer up potential ideas and entertainment for young players to continue to get better. If you have any ideas contact:

Coach Metea at
Kristopher.metea@gmail.com

Alumni Update: Where are they Now?

Tyson Araujo

(Picture to the Left)

Native of Oak Bluffs, MA, Araujo had a stellar career for Martha's Vineyard RHS, and it has transcended to the college ranks where he plays for Wilkes College (PA).

Araujo, just finishing up his Junior year, put up a 19-15-34 Line for the Colonels. His College Career to date has 62 Points in 53 games.

Kevin Kaufman

Kaufman recently finished up his Sophomore Season at Anna Maria College. In 45 career games, Kaufman has put up 3-5-8pts for the AMCats. He is majoring in Criminal Justice.

David Cambria

(Picture to the Right, Juniors)

The Sophomore has played in 38 games (2 Assists) for the Franklin Pierce Ravens. Cambria is majoring in Biology

