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ARHA Parents – these newsletters are for your players, so please forward to them!

Nutrition Tips

In this issue of the ARHA House League Development Newsletter, we have curated some nutritional tips and guides for you. In the first link, you will find an article by Hockey Alberta that highlights what to eat and drink on game days, some tips to overcome nutritional challenges, and the importance of hydration for an athlete. At the bottom of the article, there are also tips for eating while travelling, and how to use food for team fundraisers! In the second link, you will find three PDF files by USA Hockey showing you what an athlete's plate should look like for an easy training plan, moderate training plan, and a hard training plan.

“Nutrition for Young Players”

<https://www.hockeyalberta.ca/parents/health-safety/nutrition/>

“Athlete's Plates”

<https://www.usahockey.com/playernutrition>

Black History Month

To Celebrate Black History Month, Hockey Canada has made several videos and articles about the contributions and accomplishments of Black Canadians at every level of the game including Willie O'Ree, Sarah Nurse, P.K. Subban, and many others. If you are interested, this link will bring you to Hockey Canada's Black History Month page where you will find all the videos and articles.

“Black History Month”

<https://www.hockeycanada.ca/en-ca/community-engagement/black-history-month>