

Townshend Hockey Skating Systems Newsletter

December 2012



Message from Graeme:

I hope you have all had a wonderful holiday season and I wish you the Happiest of New Years. Townshend Hockey was blessed with a successful year growing our camps in our new Morrisville location. We were thrilled with how much you all learned as well as how hard our staff worked to make our camps the best we've ever offered. We are looking forward to the coming year and seeing all of our past clients and are hopeful to meet many new ones. We have an exciting summer planned incorporating some lacrosse off ice training and some soccer off ice training with our most popular summer camps and are expanding our Chowder Cup teams to include two College Open teams, two



Junior Chowder Cups as well as a mini cup team in 2013. So, best wishes to you all for a safe, happy and healthy new year and we can't wait to see you on the ice!

When Life Hands You Lemons....

One of our students from Canada and a close friend's son has had a set back in his hockey career at the tender age of 12. During one of my sessions with Mitchell Emerson last year, he was experiencing some discomfort in his knee and I noticed how it was affecting his skating. I pointed out an issue I observed with one of his legs and his folks took him to the doctor. Eventually he was diagnosed with Osteochondritis Dissecans of the Lateral Femoral Condyle.

The condition is basically a fracture that has stopped healing - referred to as a 'non-union' fracture. His prognosis.... not as good as we had expected. Dr. Deakon, Mitch's orthopaedic surgeon, advised total rest for 6 months to see if the fracture would begin to heal on it's own.... he was just re-examined and there has been no healing whatsoever. Basically the blood supply has been restricted to the area so no healing can happen. The next step is to try 'Exogen' therapy.... which is ultrasound done twice daily at home to stimulate bone growth. He is still to avoid all weight bearing activity since the affected area is at risk of breaking off and becoming a loose bone fragment that would need to be surgically removed and the knee repaired with the use of pins etc. We're still hopeful this won't happen but surgery is the next step if the Exogen treatments fail. We're hoping to have access to an exogen machine within the next week or so to get started on treatments.

As far as symptoms & signs to look for... it is still a fairly rare condition; however, if there is chronic pain, discomfort, clicking or locking in the knee (or shoulder, elbow etc.) it doesn't hurt to have it looked at. Mitchell's parents say they unfortunately waited too long thinking it was growing pains since he wasn't one to complain too much... it wasn't until our skating session and pointing out that his stride was affected that it was investigated further. Who knew it would be something so severe that he would have to give up all his beloved sports... he's not allowed to run or jump so has missed out on school sports teams, gym classes, birthday parties and the like... although he has become quite the golfer. Luckily he is allowed to golf since he's a leftie and the weight distribution is on his good knee... whew!

Mitchell has also found a way to continue playing hockey, although in a less traditional way. He has joined a Sledge Hockey Team. His family says it's hard to be negative when you see the determination these kids have - both on and off the ice. It has been a blessing for him to become associated with this organization and they feel something special will come from this experience. He has bonded with these kids in a unique way... he loves and admires them and the feeling is mutual... he has become an important member of their team in a very short period of time.



I am incredibly proud of Mitchell and his resilience in the face of adversity. The hope is that his stand up hockey dreams are only temporarily on hold, but in the meantime, he is contributing to his sledge team with the same dedication and hard work that he has always given to this game. Mitchell, you truly embody all of the qualities that we emphasize and admire at Townshend Hockey. Keep giving it all you've got - you are already a superstar in our eyes



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Are you looking for a motivational speaker for your next event?

Is your youth hockey organization looking for some ongoing instruction for it's skaters?

Would you like to schedule some private lessons?

Contact us at TownshendHockey@yahoo.com

for more information and to schedule your session.

ProSkatingCoach.com

Have you been working on your pre practice drills? You spent so much time working on your skating and it would be a shame not to continue your development. Remember to work on your skating at center ice during the down time at the beginning of practice. If you're having difficulty remembering the drills, just go to ProSkatingCoach.com and subscribe to my weekly online video offerings. Receive weekly lessons via email and that way you'll never forget the drills you worked so hard on this summer.

We are always looking for content for our newsletters. Do you have photos of your skater in Townshend Hockey gear that you would like to share? Do you have a success story that you want us to know about? Send us a note at TownshendHockey@yahoo.com

How are your backyard rinks coming along. We'd love to see photos. I'm sure there are some over the top ones out there!



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"Practice until you get it right, and then practice until you can't get it wrong."