

## ***Students mentor area youth through hockey training sessions -***

UW-Eau Claire student volunteers are helping area youth hockey players become more physically fit and more knowledgeable about how their off-ice fitness routines can enhance their on-ice performance. The university students are leading weekly dryland (off-the-ice) training sessions for youth hockey travel teams. The weekly sessions — led by up to six university students — focus on strength, agility and endurance training, which can enhance the young players' success on the ice. In recent years, dryland training has become an important part of youth hockey programs nationwide. Some students are earning academic or service-learning credit for their efforts, but most students are simply looking for real-world experience working with young athletes to help them develop their exercise leadership and programming skills.

The partnership provides the Eau Claire Youth Hockey Association with a free high-quality dryland program led by a team of students who have expertise in the area of human performance. It also provides the hockey association volunteers, players and families with opportunities to interact with future leaders in the kinesiology field. The students are all juniors and seniors who are part of the kinesiology-human performance program. A \$6 million renovation and expansion of Hobbs Ice Center — supported by a university-community fundraising effort — created the space that makes programs like dryland training possible at the arena.

Dr. Jeffrey Janot, associate professor of kinesiology, oversees the program. The media is welcome to attend a dryland training session this week at Hobbs Ice Center. The university students will lead training sessions at two times Tuesday, Nov. 22. The first session will run from **5:45-6:30 p.m.** and the other from **6:45-7:30 p.m.** Several youth hockey teams will participate in the Tuesday sessions, with players ranging in age from 9-14. **Additional training sessions will be offered throughout the hockey season.** Dr. Jeffrey Janot is available to discuss the training program with the media and can provide information about future sessions. Reporters can reach Dr. Janot at 715-836-5333 or [janotjm@uwec.edu](mailto:janotjm@uwec.edu). Damir Zacho, president of the Eau Claire Youth Hockey board of directors, can talk about how the partnership with the university benefits the young athletes. You can reach him at [damin@zachosports.com](mailto:damin@zachosports.com).