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News

Royals getting an Education on Fitness

Friday, August 28, 2009 by: Chris Dawson



Rob Graham times Royals players Shane Golden (left) and Benoit Fiset during the Read and Repeat fitness test. Photo by Chris Dawson.

The Temiscaming Royals are getting ready for the upcoming season with some help from some experts from Nipissing University.

A group of four volunteer professors headed by Royals Strength and Athletic Development Coordinator Rob Graham were in Temiscaming for two days this week at training camp doing numerous high performance dryland and on-ice fitness tests on the Royals players.

The group from Nipissing Universities Faculty of Education includes Dr. Michel Johnson, who has done fitness research and testing at American Hockey League level training camps, Dr. Dean Hay, Prof. Melanie Cook and Graham, who asked them to help out with this training and fitness testing initiative.

"We are here mostly for the fun of it but mainly because our group has a passion for sport and fitness," said Graham who teamed up with Dr. Johnson to do individual high performance fitness testing on Royals forward Stephan Gunner earlier this summer.

Royals Director of Hockey Operations Randy Edmonds believes you won't find this caliber of fitness testing offered at the Jr. 'A' level anywhere else in Canada.

"They are very experienced, they have both an athletic background themselves plus they have the science and the education behind them so I like to think the people that we have on the ice today from Nip. U are as good as anyone in Canada and we are very fortunate to have them here," said Edmonds about the Nipissing University team which finished its first series of tests on Tuesday.

"We hope we can incorporate them into our hockey program for the next few

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years. Building the program in Temiscaming is about bringing in some good people, step by step, and we are very fortunate to have them here.”

The intensive testing will be conducted four times during the season to monitor the fitness of the players throughout the NOJHL season.

Royals signings

The Royals signed a pair of American forward earlier this week. 20-year-old Shane Golden has inked with the Royals after playing last season at the University of Delaware (ACHA) where the 5'9", 175 pound forward registered 3 points in 10 games. Golden is a former minor hockey teammate of Royals goaltender Jim Murray.

The Royals brought some size up front by adding 6'3", 200 pound forward Justin Kohler from Wilmington, Delaware.

Kohler played last year with the Delaware Ducks 18(AA).

