



— SUMMER 2026 —

CAMP PLAYBOOK

Seven ideas that will help you meet the demands of camp.

Fuel · Hydration · Warm-Up · Recovery · Sleep ·
Supplementation & Lower Body Maintenance





A NOTE FROM THE PLAYER HEALTH & WELLNESS TEAM

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Minnesota Wilderness

Welcome to camp. Please use this handbook as your operating manual not only for camp but for your upcoming season. The following pages contain helpful information covering nutrition, hydration, warm-up, recovery, sleep, supplementation and lower body maintenance.

Follow it and you will step on the ice with confidence knowing that you are ready to compete.

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MINNESOTA WILDERNESS HEAD COACH: ZACH STEPAN

MINNESOTA WILDERNESS

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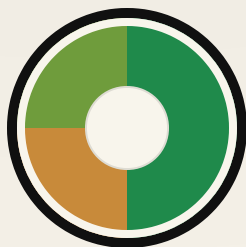


NUTRITION & GAME-DAY FUELING

Eat to play, eat to recovery, eat for health!



EAT REAL FOOD — AVOID HIGHLY PROCESSED FOODS AS MUCH AS POSSIBLE.



- ½ PLATE • CARBS**
Rice, pasta, sweet potato, oats, sourdough.
- ¼ PLATE • PROTEIN**
Chicken, fish, lean beef, eggs, yogurt.
- ¼ PLATE • COLOR**
Vegetables & fruit — two colors min.

DAILY PATTERN

CAMP FUELING GUIDE



5–7 fueling windows — main meals are Breakfast, Lunch & Dinner, plus 3 pre- and post-skate snacks, and 1 small protein based snack before bed.

SAMPLE DAY

FUELING FOR A DAY AT CAMP

- BREAKFAST** 3 whole eggs + 2 whites scrambled · 1 cup oats with banana & honey · 1 cup whole milk · 2 slices toast.
- POST-SKATE** Banana & 8–12 oz chocolate milk.
- LUNCH** 8 oz grilled chicken breast · 1.5–2 cups rice · 2 cups mixed veggies · side salad. Fruit
- PRE-PM SKATE** PB&J sandwich · 1 banana · 1 cup chocolate milk.
- POST-SKATE** Protein shake with milk, peanut butter & berries.
- DINNER** 8 oz lean ground beef · 2 cups pasta · 1 cup vegetables · 1 slice garlic bread · fruit.
- PRE-BED SNACK** 1 cup cottage cheese · ½ cup pineapple · 1 oz almonds · 1 tbsp chia seeds

CARBS / DAY

60–65 % daily

intake

PROTEIN / DAY

20–25 % daily

intake

PRE-SKATE MEAL

3–4 hr out

POST REFUEL

≤ 60 min

A 3–4 HRS OUT

MAIN FUEL

- Rice + chicken + veg
- Pasta + lean meat + side salad
- Turkey sandwich on sourdough

B 1–2 HRS OUT

TOP-OFF

- Banana + nut butter
- Oatmeal + honey + berries
- Bagel + jam, sports drink

C AVOID

GAME-DAY DON'TS

- Fried / heavy / greasy food
- New foods you've never tried
- Energy drinks & soda



HYDRATION & ELECTROLYTES

A 2% drop in body weight due to sweat loss = a drop in on-ice effectiveness

DAILY TARGETS

BASELINE	TRAINING DAY
1/2 oz / lb bw	3/4–1 oz / lb bw

URINE COLOR CHART

	OPTIMAL Pale yellow – optimal.
	OK Add 16–24 oz over next hr.
	LOW 24 oz now + electrolytes.
	CRITICAL Stop. Hydrate. Tell trainer.

GAME-DAY SWEAT LOSS

AVG. BODY WATER LOST PER GAME

G GOALIES		8–10 lb
F FORWARDS		6–8 lb
D DEFENSE		4–6 lb

Regaining body fluid lost weight lost through sweat loss can take upwards of 24hrs – use a mixture of 2/3rd water & 1/3 rehydration drink (sodium, potassium, magnesium blend)

GAME-DAY TIMELINE

T – 4 HR	16–20 OZ WATER With pre-skate meal. Set the baseline.
T – 2 HR	12–16 OZ + ELECTROLYTE Sodium & potassium prime the tank.
T – 15 MIN	6–8 OZ SIP No chugging – short, frequent pulls.
BETWEEN PERIODS	DRINK TO THIRST Alternate water and sports drink.
POST-SKATE	16 OZ / LB LOST Weigh in / weigh out if available.

RULE OF THUMB

IF YOU'RE THIRSTY ON THE BENCH, YOU'RE ALREADY BEHIND. HYDRATE EARLY. HYDRATE OFTEN.

PLAYER HYDRATION NOTES

Weigh yourself pre-game and then at the end of the game, how much weight did you lose?

Pre-game weight =

Post-game weight =

Total = x 16–20 fluid ounces per 1 lb body weight (split 33% re-hydration fluid/66% water) – spread out over the next 24hrs.



PRE-SKATE WARM UP

A good warm up activates not only your muscles but prepares you mentally to compete at the highest level

01

RAISE

Heart rate, body temp, blood flow. Light cardio.

5 MIN

02

ACTIVATE

Glutes, core, scaps. Wake up the right muscles.

5 MIN

03

MOBILIZE

Hips, ankles, T-spine. Dynamic — no static stretching.

5 MIN

04

POTENTIATE

Short, explosive movements. Plyos & sprints.

5 MIN

DRY OFF-ICE SEQUENCE

45–60 MIN BEFORE PUCK DROP

- Series of static stretches that activate the hips, groin and shoulders
- Series of dynamic stretches and movements including World's Greatest Stretch, lateral lunges, high knees, karaokes, etc.
- Series of 6–8 short 2-stride sprints including high-knee start, lateral shuffle start, and rotation starts. Walk back after every sprint.

ICE ON-ICE SEQUENCE

BEFORE THE PUCK DROPS

- 2 laps each way — easy edges
- Crossovers in circles, both directions
- Tight turns at hash marks
- Stops — both sides, build to game speed
- Shooting / passing flow
- Goalies: full tracking & rotation

AVOID

No long static stretches before the puck drops — they reduce power output. Save them for cool-down.

PLAYER-SPECIFIC WARM-UP TWEAKS

What kind of warm up works for you? Experiment with your warm up to develop your own routine that meets your needs.



POST-SKATE COOL-DOWN

Preparation for the next game starts the moment the last game ends.

■ THE 60-MINUTE RECOVERY WINDOW

0 – 10 MIN • ON ICE / BENCH

DECOMPRESS

Slow the heart rate using calming breaths. Begin sipping water + electrolytes immediately. If available, 10-minutes easy spin on exercise bike.

10 – 25 MIN • LOCKER ROOM

REFUEL WINDOW

Eat within 30–45 min — easy-to-digest carbohydrate and protein. Chocolate milk, protein shake (with blended banana), PB&J sandwich & 8 oz milk. If you have a 2nd skate that day, aim for both a snack immediately post-skate and a full meal within 2 hrs of end of 1st game.

25 – 40 MIN

MOBILITY & STATIC STRETCH

Hip flexors, hamstrings, groin, T-spine. 30–45s holds. Foam roll quads, glutes, calves.

40 – 60 MIN

COLD / COMPRESSION

If available: ice bath 10–12 min @ 50–59°F, or compression boots 15 min. Optional but effective for back-to-backs.

DO REFUEL

PROTEIN

Chocolate milk, whey shake, turkey wrap, greek yogurt + granola.

DO REPLACE

CARBS

Real food first — rice, pasta, bagel, PB&J sandwich.

SKIP COOL-DOWN KILLERS

AVOID

Energy drinks (including drinks containing B vitamins), caffeine, highly processed food, and late-night phone use.

RECOVERY NOTES • BACK-TO-BACK PROTOCOL

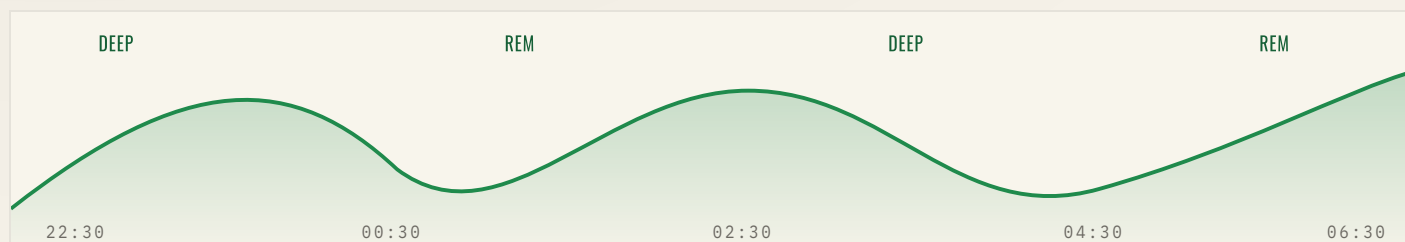
What does your post-skate recovery plan look like?



SLEEP IS TRAINING

Consistent high quality sleep is the single biggest factor in maintaining peak performance levels

TARGET 8.5–9.5 hr / night	CONSISTENT BEDTIME ± 30 min	BEDROOM TEMPERATURE 65–68 °F	NAP WINDOW 20–30 min
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PM WIND-DOWN ROUTINE

THE HOUR BEFORE BED

- Lights low — no overhead light
- Phone in another room (or grayscale)
- No screens 30 min before sleep
- Cool shower or stretch
- Same routine every night

AM WAKE UP RIGHT

THE FIRST HOUR

- Sunlight in eyes within 10 min
- Water before caffeine
- Movement — even 5 min
- Protein at breakfast
- Skip the snooze button

☐ **Travel night** — lights out by 22:00. No exceptions

☐ **Off night** — protect 9 hours minimum.

☐ **Pre-game day** — Plan to take a short mid-afternoon nap before your evening skate. Add in a short walk when you wake up to get the blood flowing again.

WORTH REMEMBERING

NEUROSCIENTIST MATTHEW WALKER, AUTHOR OF "*WHY WE SLEEP*", CALLS SLEEP "THE GREATEST LEGAL PERFORMANCE-ENHANCING DRUG" FOR ATHLETES.



SUPPLEMENTS: FOOD FIRST

Use supplements as a secondary tactic – real food first
than add supplements to fill any nutritional gaps

Rule one: Below are some of the most common supplements athletes use. If you are not sure about what supplements to use, ask the Minnesota Wilderness Player Health & Wellness team.

SUPPLEMENT	TIER	WHAT IT DOES & HOW TO USE
WHEY / CASEIN PROTEIN	A • SAFE	Protein powder is a convenient, fast-digesting way to provide the necessary building blocks to repair muscle micro-tears from intense training and support active growth during adolescence.
CREATINE MONOHYDRATE	A • SAFE	3–5g/day. Most-researched supplement on earth. Take with water, any time. Accelerates cellular energy (ATP) regeneration, allowing athletes to train harder, recover faster, and optimize their overall athletic development.
VITAMIN D3	A • SAFE	Essential for athletes playing indoors in a long winter. Supports calcium absorption for strong bones, regulates muscle function, and enhances immunity. Helps optimize athletic performance, accelerates muscle recovery, and significantly reduces the risk of common injuries like stress fractures.
ELECTROLYTE MIX	A • SAFE	Electrolyte replacement is essential for young athletes who sweat heavily to maintain the body's fluid balance, prevent painful muscle cramps, and sustain the electrical signals needed for proper heart and nerve function. Drinking plain water alone can dilute blood sodium levels during intense activity.
CAFFEINE (≤ 200MG)	B • CAUTION	Try to avoid energy drinks. Caffeine is a better alternative, but limit intake after 5 pm.
BETA-ALANINE, BEETROOT	B • CAUTION	Limited evidence for hockey. Talk to staff before trying.
"MASS GAINERS" / TEST BOOSTERS	X • AVOID	Often poorly regulated, often contain banned substances. Don't risk it.
PRE-WORKOUTS (PROPRIETARY BLENDS)	X • AVOID	Unknown ingredients = unknown risk. Use coffee instead.

MANDATORY

Any supplement you take must be **NSF Certified for Sport** or **Informed Sport** certified. If you are not sure that your supplements are approved for use by athletes, use this resource to check: nsfsport.com

APPROVED SUPPLEMENT LIST • PLAYER-SPECIFIC

List your supplements here:



LOWER BODY MAINTENANCE

Hip & lower-body activation series. Target tight areas, build mobility through range, move daily.

01



HIP ROTATION

90 / 90

Keep torso upright, hands behind hips if needed. Pause in 90/90 for an isometric hold. Add forward fold toward front knee, keep hips down and spine neutral.

02



HIP FLEXOR

COUCH STRETCH

Kneeling or standing variation. Keep spine upright — no ribs flaring or back arching. Activate the glute of the targeted leg to deepen the stretch.

03



ADDUCTOR

ADDUCTOR SIDE LEAN STRETCH

Kneel on target side. Place opposite leg straight out to the side. Lean toward the straight leg to stretch the inner thigh.

04



GROIN

BUTTERFLY + FORWARD FOLD

Soles together, knees relaxed open. Hinge forward for extra credit. Keep spine neutral — no rounding.

05



RELEASE

ADDUCTOR FOAM ROLL

Rest inner thigh on roller. Keep leg relaxed and move slowly back and forth. Use for adductor release when the stretch is too intense.

06

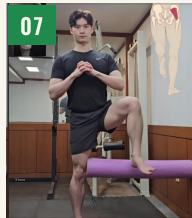


MOBILITY

COSSACK SQUAT

Lateral lunge / adductor stretch. Hold as an isometric, hands down if needed, or move dynamically side-to-side. Add load with a kettlebell for strength.

07

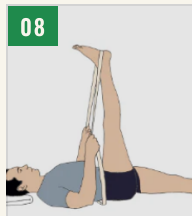


MOBILITY

HIP MOBILITY (ROLLER)

Keep spine upright, micro-bend in the standing knee. Lift the leg forward, then externally rotate over the roller. Hips face forward throughout.

08

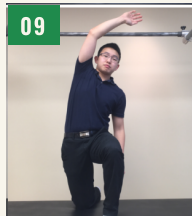


HAMSTRING

HAMSTRING WITH STRAP

Lying down, loop a yoga strap around the foot. Open the leg into external rotation, then bring it across the midline. Keep back hips on the floor.

09



HIP FLEXOR

KNEELING PSOAS STRETCH

Half kneeling, glute engaged, reach the same-side arm overhead and gently side-bend away. For a bigger challenge, progress to the standing version or scorpion.

COACH / TRAINER NOTES

What do you need to work on? Make a note of what areas of your body need some TLC.



CREDITS & ACKNOWLEDGEMENTS

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— REFERENCES & RESOURCES

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- NSF Certified for Sport — [nsfsport.com](https://www.nsf-sport.com)
- Informed Sport — [informed-sport.com](https://www.informed-sport.com)
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