



## Moxy / NLSP Presents the Physiology of Hockey Saturday - April 14, 2018

Sponsored by [Moxy Monitor](#)

Hosted by [Competitive Edge](#)

Lecture / Demonstrations by Brian Kozak – Owner [Next Level Sports Preparation](#)

Location: [Hat Trick Arena](#)

2201 Florida Avenue

St. Louis Park, MN 55426

It is well established that Moxy improves a team's competitiveness by providing individual physiological based performance feedback to coaches & trainers in real time. By delivering the world's most accurate and actionable Oxygen & Hemoglobin (SmO2 & tHb) information, the Moxy assists coaches & trainers as they guide their athletes during hockey specific training protocols

Join us for the first of its kind one-day interactive **Symposium Moxy / NLSP - The Physiology of Hockey (limited seating) \***

The Symposium's primary objective is to update attendees on the practical use of SmO2 & tHb in real world training applications. Additionally, supporting its Certified network of partners, Moxy Monitor is facilitating the sharing of ideas, opening dialog and creating connections between the participants. We will explore how the Moxy is being used:

- Faster recovery
- Reduce overtraining (less injury)
- Improved shift performance
- Improved individual performance
- Improved team performance (The sum of its parts!)
- Extended ice time
- Strategies based on Physiological facts



## Working Day Schedule

- **8:30 - 9AM Opening**
  - Introductions – Participant Intros
  - Overview Moxy Company & Product direction - Roger Schmitz
- **9AM – 10:30 Training Hockey – Brian Kozak Off Ice Demo / Assessment & Training. Using the Moxy within HIIT protocol (slideboard)**
- **10:30 – 10:45 Break**
- **10:45 – 12:00 The [Wheel](#) & the Moxy - Unique crossover training combined with Moxy's flexibility to interpret what's happening within the athlete's body while training**
- **12:00 – 12:45 – Lunch**
- **1PM – 2:30 The Physiology of Hockey – On-ice Demonstrations and Discussions\*\* (see detail below)**
- **2:30 – Roundtable discussion**
- **3:30 - Thank You & Closing**

**\*Contact Rich Scorza at [rich@Moxymonitor.com](mailto:rich@Moxymonitor.com) for availability and more details.**

**About Brian Kozak - Owner Next Level Sport Preparation.** Brian is a Sports Performance/Health Coach and Yogi who specializes in Hockey. He is driven to improve performance by strengthening the athlete's awareness of their body. Next Level SP, furthers this passion by empowering Trainers and Coaches who, reaching as many athletes as possible, are focused on ensuring players stay healthy as they drive to their fullest potential.

Brian spent 35 years in hockey as a player, coach and trainer; acquired his Advanced Coaching Certification, has his Honors in Fitness and Nutrition; and is an Aboriginal Teacher and Classical Hatha Yoga Instructor. The last 14 years as a mentee working with world renowned Juerg Feldmann, Brian was involved in testing and applying the latest innovative technologies on thousands of athletes and working with Trainers and Yogis from around the world. This journey led Brian to develop the Optimal Performance System (OPS)™, which he describes as an 'Evolution of Health & Performance'. Through the assessment, interpretation and training application of physiological-based biomarkers, specifically Oxygen, Brian has created the most advanced protocols available today

## **\*\*The Physiology of Hockey – On-ice Demonstrations and Discussions**

*See 'Live' the Physiology of a Hockey player on the ice and within minutes be able to design a training program, monitor the athlete's training on & off-ice, and track efficiency.*

**Here is what you will See and the Experiential Knowledge you will gain:**

- What is limiting the athlete's performance
- Biomechanical balance or imbalance
- Most efficient shift length & recovery time for Optimal Performance (mentally & physically)

**Bonus:**

**How to design efficient drills to improve Optimal Performance:**

- Increase coordination—O2 Balance
- Perform under pressure—CO2 tolerance
  - Incomplete recovery—Double shift, PP & PK
  - Metabolic & Cardiac—Stop & Starts
- Increase Endurance—O2 Priority Shifts

**Endurance defined as the ability to recover from high-intensity shift**

**Also, see how the players will associate what they see on the screen with their physiology and with this 'UNDERSTANDING of the FEELING', will have an on-ice ADVANTAGE—Mentally & Physically!**