

Winter Workouts



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While we are all enjoying the polar vortex that won't seem to go away, it's important to remember that this time of year isn't all bad. It brings all kinds of events that help us prepare for the upcoming season.

Equipment is undergoing essential annual service, numerous education seminars are being attended, and most importantly, relaxation mode is in full swing. Whether it's vacationing to somewhere warm, partaking in winter sports, or just spending extra time with our families, we all have unique ways of decompressing after a long season.

When the weather turns cold I particularly look forward to the weekly skate with the Grassholes at Addison Ice Arena. I'd love to call it a hockey game, but it's more like a big practice that turns into a scrimmage depending how many people show up. No matter what you call it, it's a blast. Our group is comprised mostly of golf industry personnel with a few local pick-up players intertwined. The talent levels range from high-level juniors and college players, even one former pro, to those



with virtually no experience at all. The best thing is we don't discriminate, we take everybody, and there's always somebody there willing to teach you something new, which is a good thing, because I was pretty green when I first joined the gang. Here I am four years and many bruises later, (mostly from falling on my rear end and accidentally knocking people on theirs... sorry Chuck) able to make it around in a fashion that somewhat resembles a hockey player. Our hour and a half of four on four battles generally produce some pretty stiff competition and trash talking, but all is well with a postgame frosty beverage.

If you are interested in getting involved, but worry about the expense, I would encourage you to check one of the many local Play it Again Sports stores. You can find decent used equipment at bargain prices. Another approach is to check out one of the many online retailers. Every company has varying levels of equipment to fit any budget. There's no reason you couldn't put together a decent set of pads and skates for \$200-300. Once you've gathered all your gear, it's actually a pretty affordable hobby at \$10 a week, (post game beverages not included).

So, whether you're a long time hockey buff or a newly found enthusiast, it's never too late to give it a try. It's a great opportunity to get some exercise and make some new friends. All it requires is an open mind and a little bit of effort. For anyone interested, we play every Tuesday at 2:00 PM at Addison Ice Arena from November to April. Feel free to send me an email for more information. Come on out, you don't know what you're missing, and remember...DETROIT SUCKS!!! @