

WAYNE SIMMONDS

by

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EDITOR IN CHIEF

YOUR LEGACY



Sleep
Life
Hockey
Eat
Travel

WAYNE SIMMONDS

Wayne Simmonds started playing in the NHL at age 20. Four years later, he's the #3 scorer on the Philadelphia Flyers and has played twice for Team Canada. Hard work & balance is how Wayne makes his dream come true.



	M Off Day	T Game Day	W Off Day	T Game Day	F Off Day	S Game Day	S Free Day
8 AM	Wake Up & Prep for Rink	Free Time					
	Travel to Rink						
9 AM	Breakfast at Rink						
	Team Meeting	Team Meeting & Warmup	Team Meeting	Team Meeting & Warmup	Team Meeting	Team Meeting & Warmup	
10 AM	Practice	Light Practice	Practice	Light Practice	Practice	Light Practice	
		Body Maintenance				Body Maintenance	
11 AM	Light Workout	Lunch	Light Workout	Lunch	Light Workout	Lunch	
	Lunch		Lunch		Lunch		
Noon	Body Maintenance	Travel Home	Body Maintenance	Travel Home	Body Maintenance	Travel Home	
	Travel Home	Relax	Travel Home	Relax	Travel Home	Relax	
1 PM	Free time	Nap	Free time	Nap	Free time	Nap	
2 PM							
3 PM		Prep for Game		Prep for Game		Prep for Game	
4 PM		Travel to Rink		Travel to Rink		Travel to Rink	
		Snack at Rink		Snack at Rink		Snack at Rink	
5 PM		Team Meeting		Team Meeting		Team Meeting	
		Pre-Game Ritual		Pre-Game Ritual		Pre-Game Ritual	
6 PM	Dinner	Put on Equipment	Community work	Put on Equipment	Dinner	Put on Equipment	
		On Ice Warm-Up		On Ice Warm-Up		On Ice Warm-Up	
7 PM		NHL Game		NHL Game		NHL Game	
8 PM	Relax time		Dinner		Relax time		
9 PM			Relax time				
10 PM		Warm-Down & Meal		Warm-Down & Meal		Warm-Down & Meal	
		Travel Home		Travel Home		Social	
11 PM	Bed	Bed	Bed	Bed	Bed	Bed	Bed

SLEEP

WAKE UP

Wayne doesn't like to wake up to the traditional sound of an alarm clock. He's found that waking up to some good music gets his head right and starts every day off on the right foot. His favorite artists are Drake, Lil Wayne, and Meek Mill.



Monday to Saturday

Six days a week, Wayne wakes up at 8am sharp. But every Sunday, Wayne takes the day off to recoup & rejuvenate.



6

The number
of hours
Wayne naps
each week



NAP

Taking time to nap on game days is crucial for Wayne to re-energize and help his muscles recover for a game. He's not the only one either, apparently within the league, it's common knowledge that all NHL players nap.

LIGHTS OUT

Wayne hits the sack at 11pm six days a week. He takes Saturday night off to get social and makes up the hours sleeping in on Sunday. Between naps and nights' sleep, Wayne gets 68 hours of sleep in an average week — that's 40% of the 168 hours that make up a week. It might be counter intuitive, but spending a solid amount of time sleeping is one of the best foundations for success you can give yourself.

40%

The amount of
each day that
Wayne spends
asleep.

Doing great things
means taking great
care of yourself. Learn
how in our free article.



SLEEPING YOUR WAY TO SUCCESS

**READ THE
FREE ARTICLE!**

LIFE

When you first break-down the numbers behind Wayne's schedule, it looks like he spends a lot of time doing everything but sports. But on closer inspection, the numbers only tell half the story. The other half of the story is of a man who's driven by a single, focused passion. Wayne's love of hockey is the engine behind so much of his success. And in so many ways, so much of his life fuels that engine.

*Set your mind to something
and don't let anyone ever
tell you you can't do it.*

— WAYNE SIMMONDS



1 . 8

The average number of hours Wayne dedicates to relaxing each day.

RELAXING TIME

Wayne is big on taking some time to relax. He sets time aside at least an hour to decompress each day, either before bed or before his pre-game nap. When Wayne is relaxing and unwinding from a game he likes to watch TV, play X-Box, or just surf the internet. One of his favourite shows to watch is Breaking Bad. Unsurprisingly, given his single-mindedness, Wayne's favourite video games are all sports games.

FREE TIME

It's not surprising that Wayne's love of sports extends beyond hockey. He doesn't just enjoy playing sports either, his favorite thing to do in his free time is to go watch other people play sports. Just like everything he does, during his free time Wayne likes to enjoy himself as much as possible. He fills his off hours with playing X-Box, spending time with friends, going to Phil-

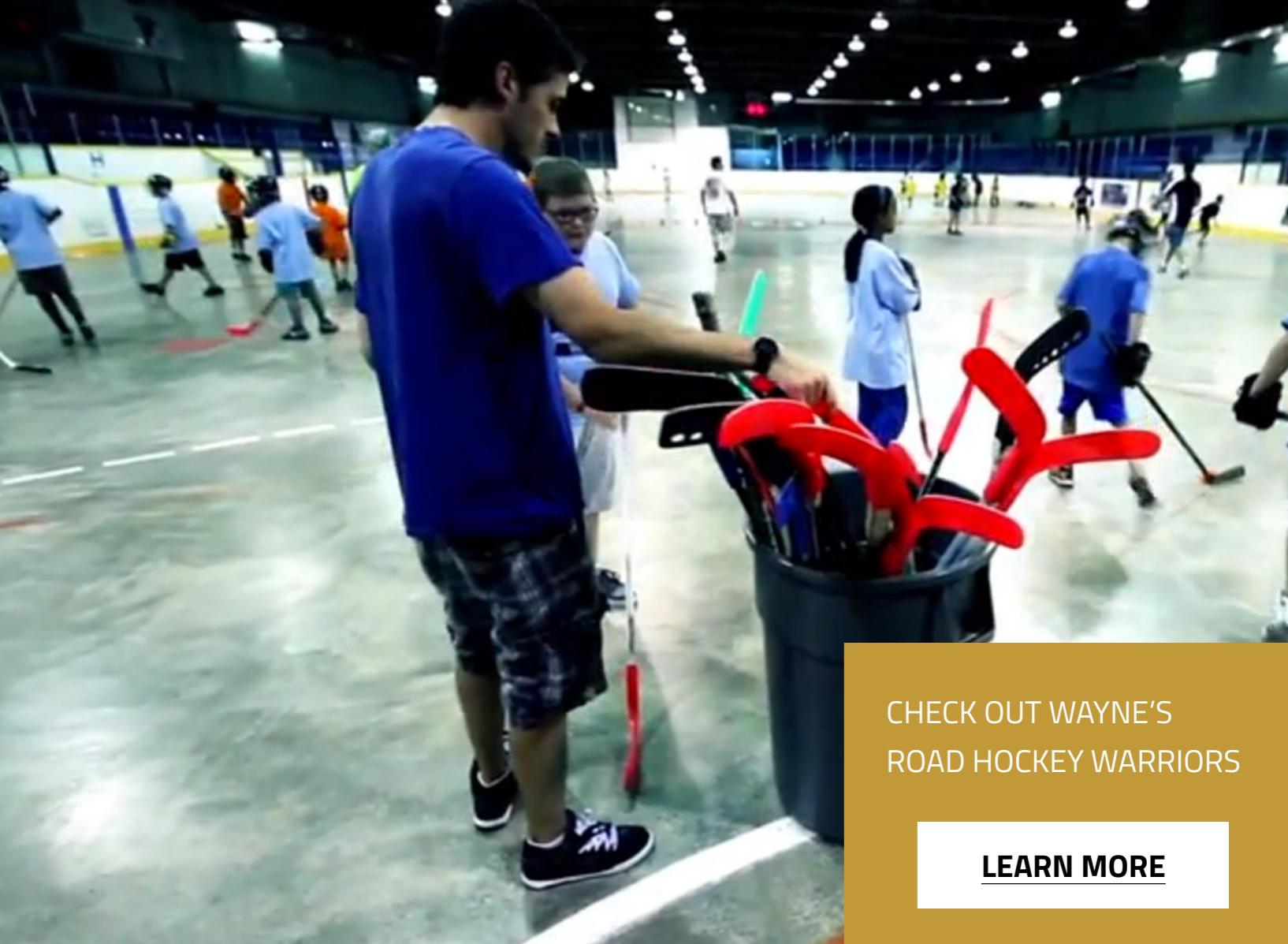


COMMUNITY WORK

Growing up, Wayne was as inspiring and infectious as he is today. He earned the support of the people around him and they generously gave it to him, helping Wayne get to where he is today — his friends, coaches, and his community all pitched in. Wayne really enjoys giving back to the community and inspiring young kids to follow their hockey dreams. Wayne is an incredible role model to so many kids. In Philadelphia he helps out on the ice with the Ed Snider Youth Hockey Foundation that helps inner city at risk youth.

WAYNE'S ROAD HOCKEY WARRIORS

Wayne has also started his own social initiative to make a difference in his hometown of Toronto, Canada. He founded a fundraiser charity called Wayne's Road Hockey Warriors that helps kids pursue their hockey dreams. Every year he does an annual ball hockey tournament for 64 kids ages 8-12 to raise money for underprivileged youth. Not only does he raise money but he provides an incredible day of experience for all of the kids, parents, volunteers, and community members involved. He has some of his other NHL buddies come out to make the day even more special. Other players that attend include Drew Doughty, Chris Stewart, Joel Ward, and Zac Rinaldo.

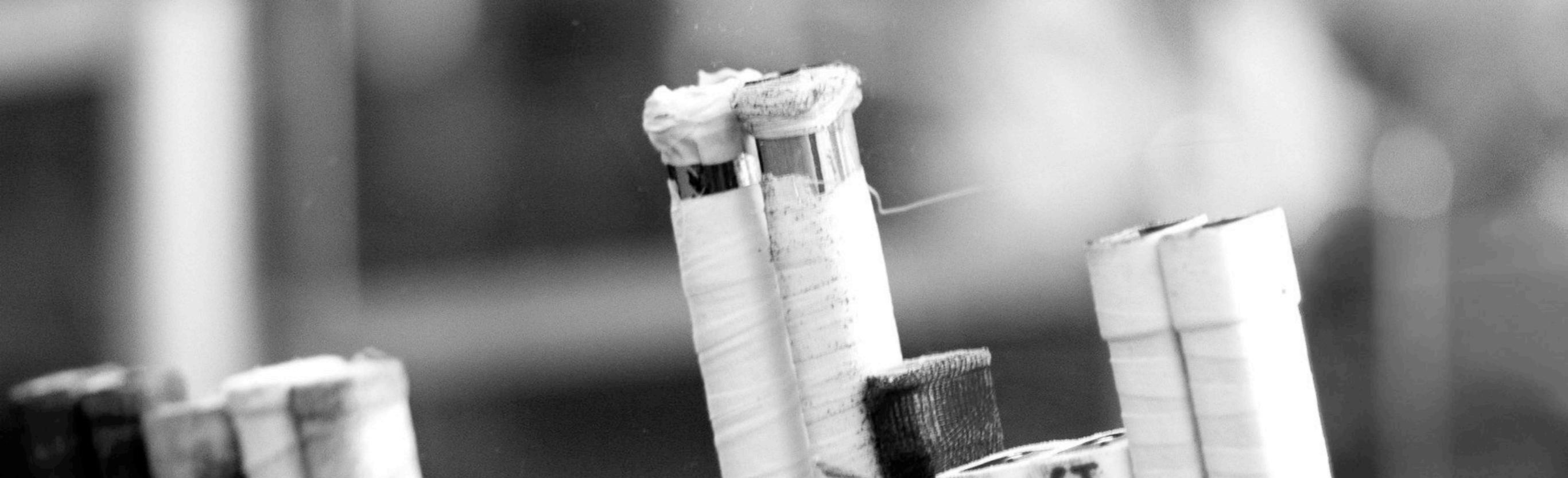


CHECK OUT WAYNE'S
ROAD HOCKEY WARRIORS

[LEARN MORE](#)

HOCKEY





TEAM MEETINGS

Team meetings are a very important time for players to review game footage to understand what their weakness and strengths were from the previous game. It is also a great time to analyze the team they are about to play so they can expose their weaknesses and shut down their strengths.

Video sessions are perfect to gain another perspective on my play. When emotions are high it is hard to remember the little things you did or did not do during a game.

— WAYNE SIMMONDS

PRACTICE DAY

This is a good chance for the coach to review the specifics from the game the night before. The Philadelphia Flyers coach, Peter Laviolette, will break down the positive and negatives from the previous game.

GAME DAY

MORNING MEETINGS

Morning meetings on game day are just for the Power play units to review their previous game footage. The coach will go over what they did well and what areas need to be adjusted. They will also review the other team that are preparing to plays tendencies on the Penalty Kill.

AFTERNOON MEETINGS

Afternoon meetings are for the Penalty Kill unit and the whole team will then join in to prep for the game they are playing that night. First the coach will review what they did well on the penalty kill last game and what adjustments have to made. He will also go over the other teams tendencies. Then the whole team will join in and they will go over the game plan for 5 on 5 that night.



“Laviolette has an interesting approach depending on if we have won or lost. If we won the previous game he will review the things we did wrong just so we don't get over confident. If lose, he will go over the positives from the game to get our confidence back up. If there is an area of our game that needs big improvement we will discuss it and then work on it at practice.”

— WAYNE SIMMONDS

THE IMPORTANCE OF HAPPY ENDINGS

As with the Mario Lemieux Drill, ending our experiences on a positive note is psychologically proven to change your memory of an experience. So ending practice on a high note is essential in creating successful outlooks and success in general.

THE POWER OF MEMORIES TO SUCCESS

READ THE
FREE ARTICLE!

PRACTICE

GAME DAY

LIGHT MORNING PRACTICE

Wayne says the purpose of this practice is to feel good for the upcoming game that day. You want to get your hands going and your legs moving. At these practices, players can work on whatever they want. Wayne's two favorite drills are his Puck Tipping Drill & the Mario Lemieux Drill.

OFF-DAY

These practices are mostly to keep skills sharp, work on positioning and keep the players flowing. The team will only get heavily skated if they have a few days off in a row or they had a terrible game the day before. Here is what a typical practice looks like:

10 MIN SIMPLE FLOW DRILLS

The team starts off with the basics. Making sure to focus on team-work, getting into a groove.

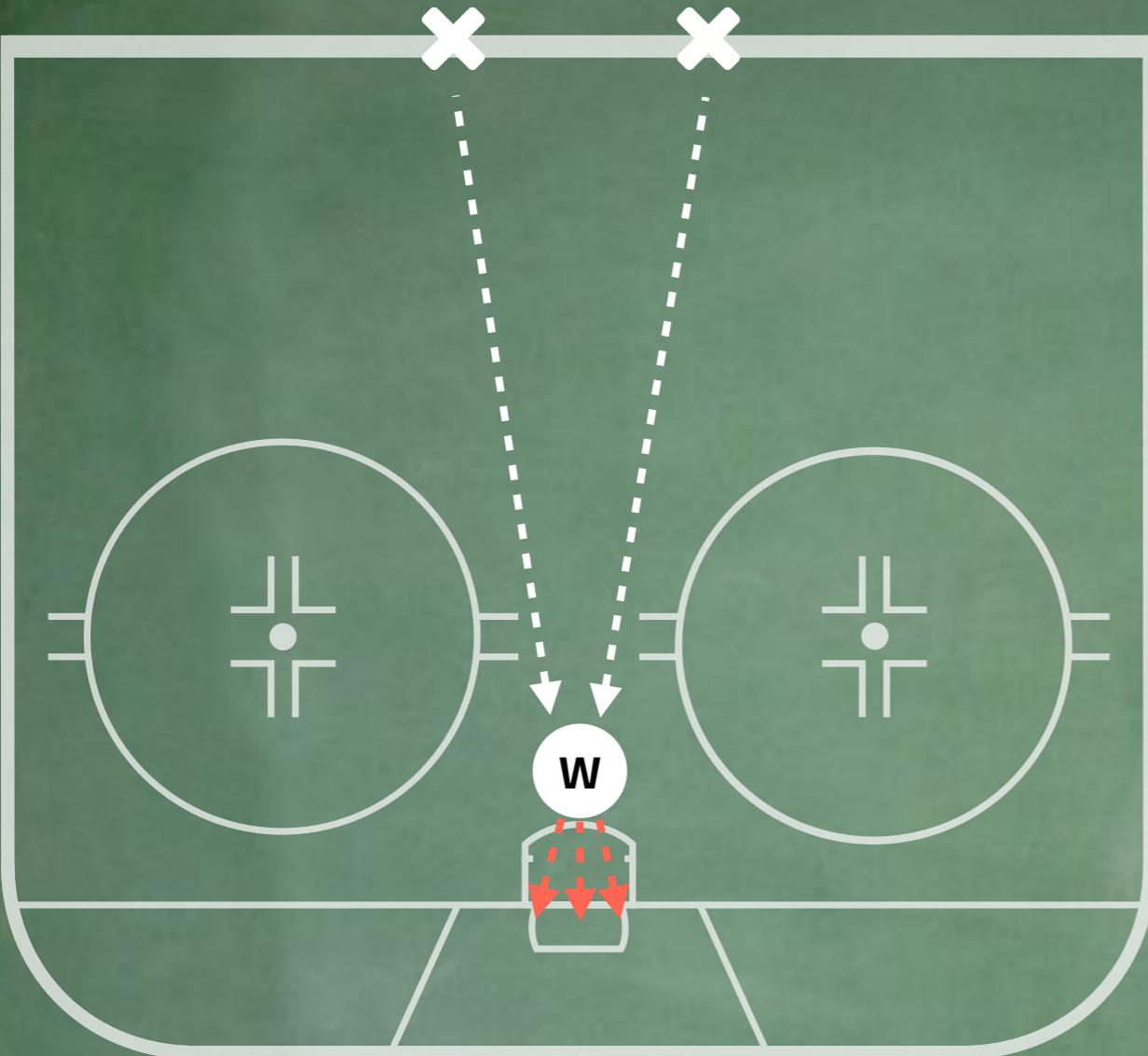
SYSTEMS DRILLS

They work on teams setup in the defensive zone, the offensive zone, and neutral zone. Having a balanced game play makes for the best foundation for success.

GAME SITUATION DRILLS

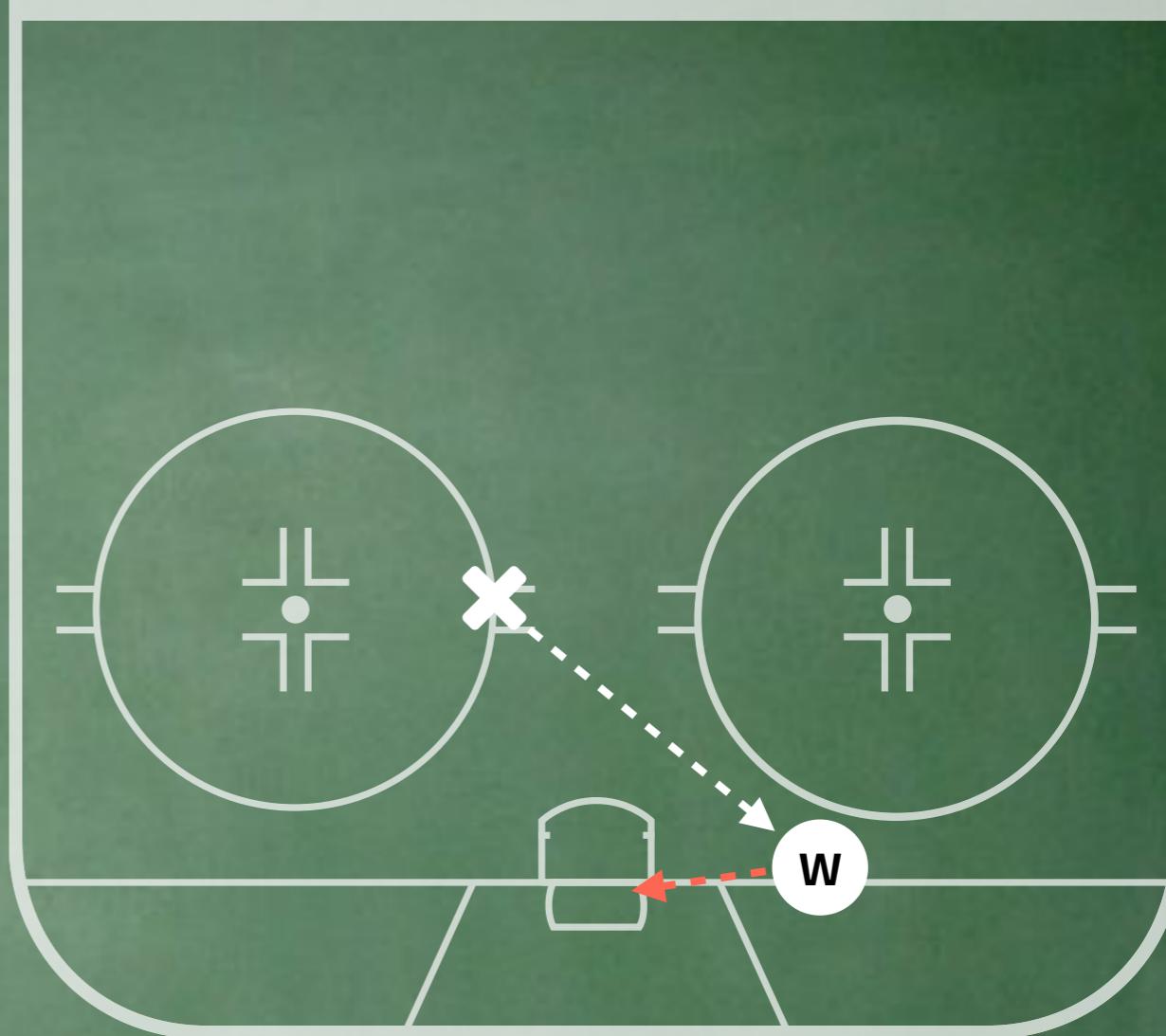
example 5 on 5 or 4 on 4. The guys will battle against each other like in a game. While battling the coach will make sure everyone is in position and doing their job. They really focus on positional play and muscle memory so they do not have to think about it during the game.

Wayne likes to stay a little later after practice is done to shoot on the goalies and practice scoring.



PUCK TIPPING DRILL

Wayne will stand in front of the net and tip shots in as 2 shooters fire puck from the point. He will keep tipping shots until he feels good and he makes contact with almost every shot coming in.



MARIO LEMIEUX DRILL

A passer stands in the slot at the hash marks. Wayne stands 8 feet from the net, far side on the goal line, waiting for a one-timer pass. As soon as he scores, he leaves the ice.

WAYNE'S WORKOUT TIP

When pumping iron, Wayne favors dumbbells because it forces the body to use all of the little stabilizer muscles, in addition to the main muscles that the exercise is specifically targeting.

LIGHT WORKOUT

During the season the main purpose of working out is for the player to maintain their physical strength levels. The off season is the key time for the players to improve their strength and conditioning. During the season the players usually do light workouts unless they have a couple days off in a row, only then will they increase the intensity of their workout.

WAYNE'S WORKOUT REGIME

- Skater stride lunges (back leg elevated)
- Dead lifts
- Dumbbell snatches
- Dumbbell bench press
- Incline dumbbell bench press
- Shoulder flies
- Chin ups



BODY MAINTENANCE

Body maintenance is important to keep your muscles and joints feeling good. One of Wayne's favourite things to do is rotate back and forth between the cold & hot tubs. He will rotate between them twice, staying in each for a couple of minutes — always starting in the hot tub. He says this helps his legs feel like they recover faster from games and workouts.

On off-days, Wayne likes to visit the team masseuse to workout any muscle cramps or pains he is feeling. Wayne also feels that spirituality plays an important role in helping the mind and body heal quicker and more efficiently.

GETTING READY FOR THE GAME

Wayne likes to listen to music while getting dressed up in his suit to drive to the arena. If the team is on a winning streak he will wear the same tie. All NHL Players must wear suits to enter the arena before a game — it's standard dress code.

Stay on top of your injuries as soon as you get them or you will pay for it down the road.

— WAYNE SIMMONDS



PRE-GAME RITUAL

When getting prepared for the game, the whole team will play soccer keep-ups. When at home Wayne will play a light game of basketball with teammates Claude Giroux, Jakub Voracek, and Matt Read.

For the other half of his dryland warm-up, Wayne likes to do active workouts because it warms up his muscles and joints extremely well for when he goes on the ice.

WAYNE'S WARMUP

DRY-LAND

- High knees
- Forward lunges
- Backward lunges
- Side lunges
- Walking leg swings

HABIT OR SUPERSTITION?

After dry-land warm-up, Wayne always takes the exact same way back to the dressing room.

IN THE DRESSING ROOM

In the room will do a couple of core exercises to get him ready for the ice. The two that he always does are laying down straight leg raises and side-to-side leg raises. This is to ensure his core is engaged when he hits the ice.

ON ICE WARM-UP

The team always does the same on ice warm-up. Wayne's favourite part of warm-up is throwing pucks over the glass to the kids.





Treat every game like a playoff game, always give your absolute best effort. The coach will notice your effort level and reward you for your work.

— WAYNE SIMMONDS

POST GAME WORKOUT

If a player plays less than 14 minutes in a game, the trainer will make the players do bike sprints to compensate for less physical activity. If the player plays over 14 min they only have to ride the bike lightly to flush the lactic acid out of their legs. If the players have a couple of days off in between games they will have a more intense workout that includes lifting weights.

FAVOURITE EXERCISES

- Dumbbell bench press
- Squats with weight
- Chin-ups

3

The number of NHL games Wayne plays each week

EAT

BREAKFAST

Wayne has two main breakfast meals that he likes to eat. His meals are prepared for him every morning at the rink to make sure they're nutritionally balanced with the fuel he needs for an active day.

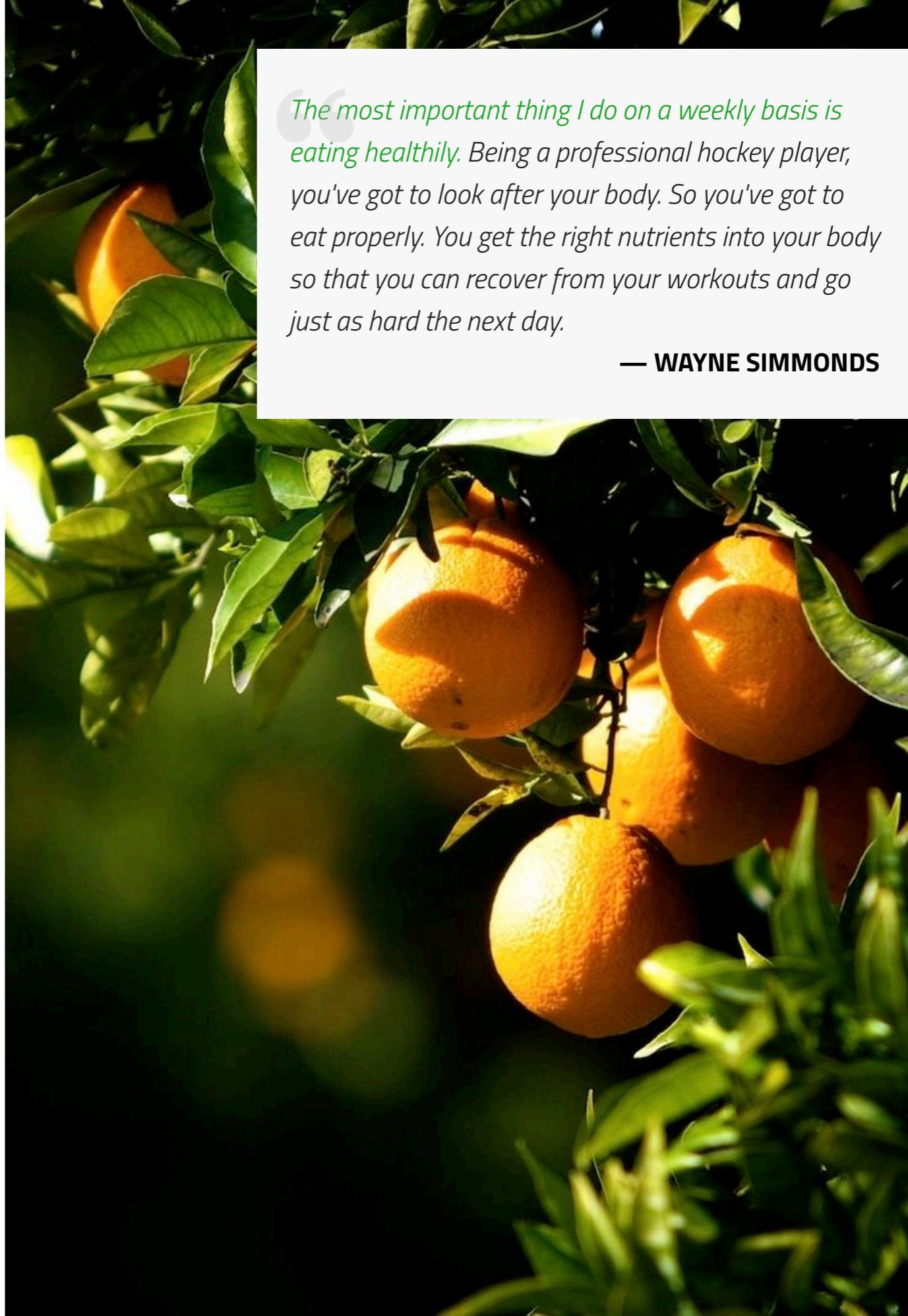
Breakfast #1: Eggs made over-easy, Turkey bacon, White toast

Breakfast #2: Bowl of oatmeal & honey

SNACKS

Snacks are very important to keep your energy level up between meals.

When playing in Philadelphia Wayne will always chow down a Grilled Cheese. When playing away games in other cities, Wayne will grab a bowl of Oatmeal for that energy boost. He also drinks a lot of water and Gatorade to keep hydrated.



The most important thing I do on a weekly basis is eating healthily. Being a professional hockey player, you've got to look after your body. So you've got to eat properly. You get the right nutrients into your body so that you can recover from your workouts and go just as hard the next day.

— WAYNE SIMMONDS

ENERGY BOOSTING BURRITO RECIPE

Serves 2-4

Ingredients

- 4 x 12in whole wheat tortillas
- 1 can refried beans
- 120g Little Gem lettuce (30g for each burrito), shredded
- 150g roast chicken breast, chopped
- 2tbsp of kidney beans in chili sauce
- 4-5 pickled jalapeños
- 4 cherry tomatoes, halved
- 4 coriander sprigs, leaves only
- A squeeze of lime

Directions

- Heat both sides of your flour tortilla in a dry frying pan until soft. Spread your beans over it, followed by the lettuce
- Tip the beans into a bowl, cover and microwave.
- Lay chicken over your base of lettuce and refried beans, followed by the tomatoes, beans, jalapeños, coriander and a squeeze of lime.

Health Benefits

This meal is a strong source of fibre, protein, and energy. The beans balance your blood sugar levels, while chicken is a source of niacin and vitamin B6, which support energy levels.

LUNCH

GAME DAYS

Wayne really enjoys pasta for lunch. On game days it is there last big meal before the game so he will have a large size portion to load up on carbohydrates. Wayne's two favourite meals are:

Lunch #1: Rigatoni pasta with vodka pasta sauce and sliced up grilled chicken, garden salad with prosciutto.

Lunch #2: Penne pasta with vodka pasta sauce and sliced up grilled chicken, garden salad with prosciutto.

OFF DAYS

On non-game days, Wayne's favourite lunches are:

Lunch #3: Sushi (his favourite is crunchy tuna salmon)

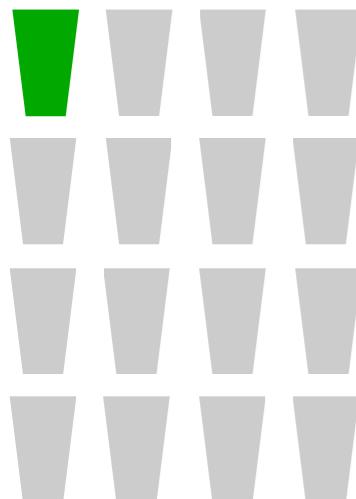
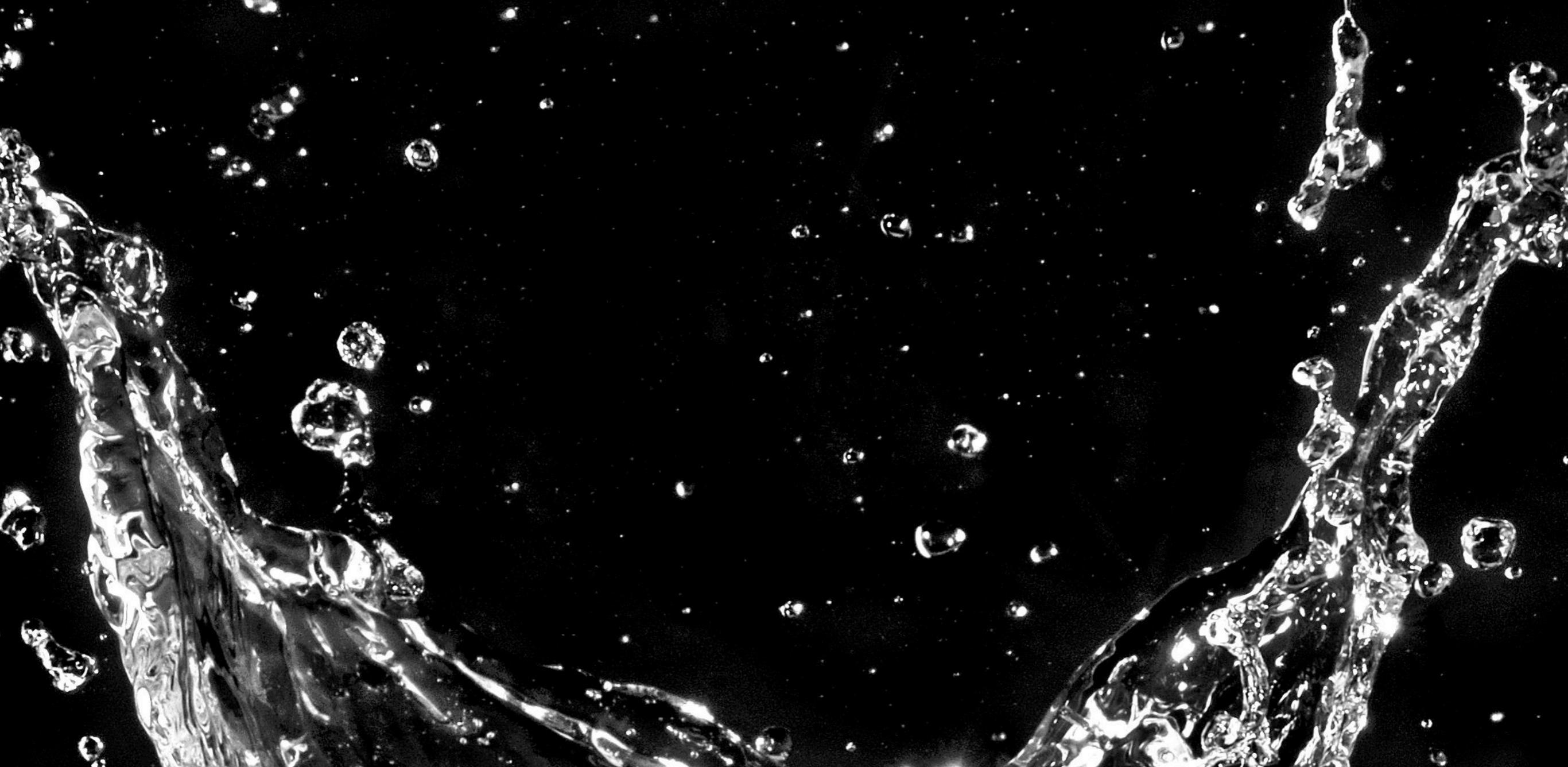
Lunch #4: Burrito

Lunch #5: Chicken Marsala (chicken covered in mushroom sauce)



**ALL THINGS IN MODERATION,
EVEN MODERATION.**

Wayne doesn't drink a lot of pop, but when he does, his favourite is Sprite. Wayne will treat himself to a glass on game days — that's 3 glasses per week.



Wayne treats himself to a glass of OJ every the morning. The rest of the day he drinks water — 10 glasses on a practice day and 15 on a game day. The values of being well-hydrated are many. It improves digestion, circulation, absorption of nutrients, energizes muscles, and controls calories, among many other benefits.

Staying hydrated is one of the most important things you need to do as an athlete. Make sure you drink lots of water, especially on game day!

— WAYNE SIMMONDS



Wayne Being Photographed for National Post Sports Section



Cabbie Interviewing Wayne



Wayne Being Interviewed by
Legendary Leafs Announcer, Joe Bowen

CONCLUSIONS

Beyond Wayne's perseverance, and the sheer force of will that he brings to his profession — the thing that stands out the most when closely examining the way he spends his time, is how balanced his life is. Wayne gives everything he has when he's working, but he takes time to relax too. He works six days a week but then takes a whole day off to himself. He works smart and he works to last. Wayne's not in a sprint, he's here for the long game and he's taking full advantage of every minute of it.