

July 12, 2011

Terenzio in Good Company

by Dennis Leary

For the last 2 months Halifax Moosehead's goaltender Anthony Terenzio has been pushing his physical limits with renowned hockey strength and conditioning coach Ben Prentiss. Not only is he being trained by one of the best but when he looks across the room at the Body Tuning Gym in Darien, Connecticut he sees Marty St. Louis, James van Riemsdyk, Matt Moulson and Max Pacioretty doing what it takes to get ready for an NHL season.

"I'm feeling a lot stronger, it's great being around those guys everyday, I've been doing the hardest workouts of my life," said an enthusiastic Terenzio.

On Tuesday July 12, Terenzio played goal for an ice training session for Max Pacioretty, who is recovering from the infamous Zdeno Chara hit 4 months ago.

"It was being filmed by CBC...which was cool. They are going to play it as part of a special piece about him at the start of the season in Montreal.

When asked how Pacioretty's is doing, Terenzio was quick to say, "He looked good, I think he'll be ready for the start of the season."

If Pacioretty is able to skate out of the tunnel during the Canadiens first regular season game October 6th, in Toronto it would be an incredible story that Terenzio was a part of this summer.

On top of helping Pacioretty, Prentiss also received a thank you from Martin St. Louis at the NHL Awards in Las Vegas during St. Louis' acceptance speech for his second straight Lady Byng award. With accomplishments like that Terenzio might have a few more big names to train with next summer.

Terenzio was excited to be gearing up in a charity game called the Big Assist organized by recent Tampa Bay Lightning signing Ryan Shannon. When Terenzio looks the length of the ice he will be playing against Los Angeles Kings goalie Jonathan Quick. The Big Assist will also include Pacioretty, St. Louis, Moulson and van Riemsdyk.

The financial total from the third edition of the Big Assist hasn't come in yet but last year's total was \$40,000 and organizers were hopeful for a \$20,000 increase. The Terry Connors Rink in Stamford, Connecticut was host to new Tampa Bay Lightning forward Ryan Shannon's charity hockey game on Wednesday July 13th. The game is a benefit for the Obie Harrington-Howes Foundation, which provides support to

individuals with spinal cord injuries and disease. Obie Harrington-Howes, was one of Shannon's first hockey coaches who broke his neck in an accident 13 years ago that tragically resulted in him being paralyzed.

The game was particularly exciting for Halifax Moosehead's goaltender Anthony Terenzio who was between the pipes for Shannon's Team Blue which matched him up against some big NHL names like Martin St. Louis, Matt Moulson and Max Pacioretty. What would you do if Martin St. Louis was bearing down on you, on a breakaway? Panic? Terenzio didn't, "He didn't try his patented spin move, he went to his backhand and didn't do a full spin, he just pulled it and tried to beat me wide, and I got a pad on it to stop him," said Terenzio.

Terenzio and a lot of the NHL participants in the game train in Darien, Connecticut with renowned strength and conditioning Coach Ben Prentiss at his fitness facility called Body Tuning. Why do players pick Prentiss to get them to the next level?

"I would like to think that it is due to the all-encompassing program and attention to detail I give each guy and the success they have each year in the gym getting them stronger and healthier," stated Prentiss via email.

When Terenzio arrived at Body Tuning 2 months ago, Prentiss put Terenzio through a full body structural analysis to find his imbalances and weaknesses. Then Prentiss designed 4 week phases that structure Terenzio's workouts to get his body to the next phase. The training program is engineered to peak at the right time, just before training camp and achieve the strength, power and speed goals they set.

Prentiss broke down Anthony's routine at Body Tuning:

- He arrives 20 minutes prior to the start of his workout for self-myofascial release and active warm-up.

- Then he goes through an hour workout. During the workout he takes his pre-nutrition and after the workout his post-workout nutrition shake.

- Once a week he meets with a therapist, Christian Rivas, for a one-hour manual stretch. As we get further into the summer, we add skating at night as well as workouts.

What has Terenzio accomplished over the last 9 weeks under Prentiss' guidance?

"Anthony has lowered his body fat, increased his flexibility through his hips and groin (key for a goalie), as well as improving on his speed and strength," said Prentiss.

Anyone looking to improve their physical possibilities on the ice through off ice training Prentiss offered this advice, "More is not better, train smart, train hard, eat right, and live a healthy lifestyle."

With the help of Prentiss Terenzio is on his way to bringing more to the table for the Mooseheads and is motivated by all of the off season changes the team made, "I'm really excited to get back to Halifax and start playing again," said Terenzio.

A goal Terenzio would like the Mooseheads to achieve is not allow him as much time off in the summer to train, "I've got a feeling we're going to have a shorter off season next year and hope we can surprise a lot of people."

A lot of people in Halifax are excited and would agree with Terenzio, "Its going to be a fun year."

Keep checking the website for details about an upcoming contest that could see your artwork on Anthony Terenzio's new goalie mask!