

On his own on the ice and off

The phone rang just before 5 a.m. in the Mattson house in Chanhassen, long before anyone was awake. Mom, came Nick Mattson's weak voice. I'm throwing up. What do I do?

His mother, Julie, wiped the sleep from her eyes. She reminded Nick of the rules of his USA Hockey program. If a player gets sick and has to miss school, it's his responsibility to call the coach himself and tell him.

Nick knew that. But living far from home, being sick and being under all kinds of new pressures, he reverted to instinct: He called his mom.

During his first month in Ann Arbor, Mich., where he had moved to join the under-17 team of USA Hockey's National Team Development Program, Nick had adjusted well to the lively household of his host family. One day, when he was chatting on the phone with his mom, she heard the Schmunk family's three young sons banging on Nick's bedroom door.

Hey, he shouted. I'm talking to my parents. Stop it, or I'll give you a wedgie!

The next thing Julie heard was the little boys squealing and laughing as they ran up the stairs.

But now, a month into the program, the intense routine and long absence from home and family were starting to overwhelm Nick.

He crawled out of bed every day at 6 a.m. and rode to school with teammate Drew Shore. Classes started at 7:10, and at 1:35 p.m. he headed to the rink.

There was no time to make friends, no time to hang out or attend football games. After class, his life became hockey, hockey, hockey.

His grueling daily routine at the Ann Arbor Ice Cube included aerobic workouts on a slide board, a couple of hours of intense practice and a weightlifting session. Nick especially dreaded the days the boxing coach -- a real boot-camp guy, he said -- led them through rigorous cross-training. When all that was done, Nick usually stayed late to shoot pucks. He rarely got home before 7:15 p.m.

The days left Nick so exhausted he usually slept through most of Sunday, his only day off.

He had other things weighing on his mind, too. He had been offered full scholarships to universities in North Dakota, Minnesota and Wisconsin, and he felt pressured to make a decision; coaches of the top teams expected elite players to commit early.

He missed his friends back in Minnesota, who were about to begin their high school hockey seasons.

And he was homesick.

Nick's parents traveled to Marquette, Mich., to see him play in late September. They could tell he was struggling. If we can just get him through October, that would be good, Julie said.

But a week later, Nick was back in Chanhassen, sleeping in his own bed.

Homesick and uncertainty

He wasn't supposed to come home until Dec. 7. But the first weekend of October the team had a Saturday off, and Nick called his parents. I've got to get home. Everybody else on the team is going home. He missed his old school. He missed the guys who'd been his friends for most of his life, so much so that he fired off 4,500 text messages to them in just one month.

He listened wistfully as they talked about homecoming weekend and getting their driver's licenses, teen rites he had either given up or delayed for sport's sake. And as life and hockey grew tougher to navigate, he missed the comfort and security of simply being home.

Kevin and Julie got him a plane ticket and hoped that a quick visit would ease his unhappiness. It did, for the 32 hours he was home.

Mentally and physically drained, Nick spent much of Saturday sleeping, then met up with his old hockey buddies to attend an Upper Midwest Elite League game in New Hope.

But the weekend went by too fast. Sunday, after lunch with his parents and grandparents, he tucked a painting from little sister Ellie into his bag and went right back to the homesickness and the workload and the uncertainty in Michigan.

First, the pork pig growth and development of slower growth in the earlier period, the medium-term rapid weight gain, fat deposition late faster. Under normal circumstances, finishing pigs 20-30 kilograms of peak bone growth for the 60-70 kg of muscle growth peak of 90-hundred kilograms of fat accumulation exuberant period. Their weight gain and changes in the level of variety and nutrition is very much related species of pig muscle growth in the peak period of 50 kilograms (3-4 months) around, with the increase of age, 70 to 80 kilograms (4-5 months) After growing fat intensity markedly improved, and gradually increase over muscle strength, in large fat deposition began. 90 kg body weight to achieve the best efficiency when slaughtered. Early-maturing varieties in the local body weight 75 kg, about the most appropriate figure. Then meat, and high rates of slaughter; to local pig female Shourouzhu father to the outside of binary or ternary hybrid pigs, in the 7-8 age (90 to 100 kilograms), the slaughter rate of slaughter best.

Second, the beef cattle daily gain after the age faster to slower growth. Bulls general than its Steers grow fast, Steers than cow with fast-growing varieties. Different rearing methods There are also differences in weight gain: Confinement circumstances, small weight increase faster than the Bulls Steers and Heifer, and the meat, and small feed consumption. Backyard, the small weight gain and feed the Bulls pay relatively lower, and small calf and the mother Steers rapid weight gain, and fatty meat tender, but more feed consumption. Compared with the backyard shed, shed 19.6 per cent increase at the average daily gain, feed consumption decreased 26.3 percent, reduce the cost of weight gain of 19.6%. Beef Cattle raising, in the 10-18 month period of strong growth, through the adoption of complementary feeding technology 80-150 days on fattening, when the weight 450 - 500 kg, the best figure efficiency. Ageing cattle fattening, so in the short term can only resume Biaoqing meat, there can be no greater weight gain, and efficiency is relatively poor. Experiments show that, in the calves born after the first 6-8 months of the fastest growing muscle growth, the increase in the future as the weight and age of the growth, muscle growth slows down, feed utilization is gradually declining. Growth in the second half of the growth of cattle per 100 kg body weight, the more Haoliao 18%, at the age of 2 per 100 kilograms on the growth Haoliao more than 42%, at the age of 3 per 100 kilograms on the growth Haoliao more than 60%. Therefore, the hybrid cattle to 2-year-old at slaughter in the best economic returns.

Third, mainly sheep grazing sheep production mainly, but also feeding. Sheep from birth to 12 weeks is fast growing. According to the determination of sheep in the fast-growing, average daily gain up to 170 grams; 12-30 weeks for sustained growth period, average daily gain of 135 g total growth upward trend. Most of the sheep in the fastest-growing age 7-9. Sheep in the nine months hyperplasia of about 40 kilograms, 35 kilograms of meat goats around. Sheep should do a good job in the early growth.

4. Rougou improved hybrid dogs use of the captive, because Rougou activities of a small amount of energy consumption in less fattening general to 4-month-old, weighing about 20 kilograms, it can slaughter. Rougou at this time of rapid growth, feed conversion rate, good meat. If keeping time is too long and slow growth Rougou poor efficiency.

About the Author

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