

Hockey Club Bolzano aims at athlete's mental and physical well-being with the new Performance Center

The collaboration between HCB Alto Adige Alperia, Starpool and Doctor Christian Thuile resulted in a new cutting-edge format combining innovative scientific protocols and state-of-the-art equipment to improve athletes' recovery and their performance on the rink.



Ph. Gaia Panozzo

Ziano di Fiemme, Bolzano, September 1st, 2021_ **Psycho-physical well-being, regeneration and recovery as the basis of athletic performance: Hockey Club Bolzano** is a staunch supporter of these more and more widespread concepts in the world of sports.

HCB Alto Adige Alperia, one of the top teams in Italian hockey as well as a key player in the ICE Hockey League - a Middle-European championship engaging 14 teams from 6 countries, relied on the experience of **Starpool**, Italian company specializing in wellness design for over 45 years, and on the support of Doctor **Christian Thuile**, surgeon specializing in sports and regenerative medicine as well as manager of the Foxes' Medical Team, for the creation of the **Performance Center**. An innovative space inside the **Palaonda** in Bolzano where, after training and matches, players of the A team can **restore their correct physiological and biological values**, recovering and, above all, **improving** their strength.

And that's not it: the Performance Center helps athletes to **work on mental focus** as well, a key factor to achieve perfect results on ice.

The Performance Center displays an innovative format, dedicated to athletes' recovery and to performance enhancement: **wellness traditional benefits** – in particular the ones deriving from the hot temperatures of the sauna – combine with the mental and physical regeneration achieved thanks to **zero-gravity dry floatation** and with the effects of **cryotherapy**. The collaboration between doctor Thuile and Starpool resulted in the development of special **scientific protocols**, specifically to guide athletes in the correct use of the equipment. In this way, players can enjoy the combined action of sauna, floatation and cryotherapy, enhancing the effects of the ancient formula of health and well-being "heat, water and rest".

Sports physicians encourage athletes to spend time in the sauna, possibly every day. As a matter of fact, the sauna stimulates peripheral circulation and has beneficial effects on the central nervous system, but, mostly, it favors a faster sports recovery thanks to the quick drainage of toxins and excessive lactate. The **Starpool Infrared Combi Sauna** inside the Performance Center features both a traditional stove and infrared lamps. An innovative double system that combines the best elements of the two types of sauna in an only cabin: the high temperatures of the traditional Finnish sauna, to experience in the comfort of a gentler environment, and the local heat treatment of the Infrared sauna.

Zerobody is a system of mental and physical regeneration that allows athletes to float on **500** liters of water at body temperature, without the need to get wet or undressed. **Floatation is an extremely powerful technique of regeneration and relaxation** that has a positive impact on the treatment of insomnia and chronic pains, as well as cognitive enhancement and physical recovery for those who train hard or are recovering from an injury. During floatation, specific brain areas are activated, stimulating a physiological reaction that is opposed to stress, with a subsequent lasting improvement of mental performance. The natural effect of floatation is enhanced thanks to the multimedia contents of Mindfulness and breathing techniques designed by Starpool in collaboration with professional athletes and neuroscientists.

Lastly, **cryotherapy** is a fundamental ally for sports performance, because it restores the body energy while maintaining muscle tone. With a temperature of about -140° and a duration of about two minutes per session, it greatly reduces injury recovery time, as well as having anti-fatigue effects after training.

"At Starpool, we've always had people's well-being at heart and we have supported professional athletes and sport teams with solutions for psychophysical recovery for a few years now – tells Starpool CEO **Riccardo Turri** -. We are proud of having been chosen by HCB Alto Adige Alperia for the realization of the new Performance Center. In sports, just like in life, the balance between body and mind is fundamental, like the quality of rest and recovery time. We work in close contact with doctors and scientists every day, so that our Wellness Concept can be a support for athletes in the building and maintaining of an ideal psychophysical shape before, during and after the match".

«The protocol that we have designed will be of great help to the mental and physical well-being of athletes – explains Doctor **Christian Thuile**. - Hockey is a highly energy-consuming sport, and a very dense agenda necessarily results in less recovery time: for this reason, with the combination of appliances such as Zerobody, cryotherapy and sauna, **we'll be able to monitor the players' physiological values constantly and participate in their regenerative process**. A Performance Center at this level is undoubtedly an excellence for a high end club such as the HCB Alto Adige Alperia: **successfulness on ice depends primarily on the players' health**».

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