



Death Of A Dictator
[more »](#)

Quick Links: [Shopping](#), [Obituaries](#), [Horoscopes](#)
Search [YellowPages™](#)

[Search windsorstar.com...](#)

Gallery: Mike Graston Cartoons
[more »](#)



Duff: Spits goalie Campbell stretches his limits

BY BOB DUFF, THE WINDSOR STAR OCTOBER 18, 2011

[Tweet](#)

STORY

PHOTOS (1)



Windsor goalie Jack Campbell, right, makes a save on Plymouth's Garrett Meurs at the WFCU Centre.

Photograph by: Tyler Brownbridge, The Windsor Star

Jack Campbell's upward spiral with the Windsor Spitfires can be linked to his time on the yoga mat and a little downward facing dog.

Prepping for his second season in goal in the Ontario Hockey League, Campbell underwent a demanding conditioning program.

"I think it was just the discipline I had over the summer," Campbell credits for his fast start.

"I had a great program, and worked hard."

Home in Port Huron, Mich., personal trainer Mike Pearson put Campbell through a strength-training program that bulked him up 27 pounds.

"I was up every day at 4 a.m., lifting from 5-7," said Campbell, who now weighs 192 pounds, "and then coming to Windsor for yoga."

Campbell worked with Adriana Rajewski at her Aadka Yoga studio.

"She's great," Campbell said.

"She's really very serious, doesn't fool around, but it makes me a lot better.

"My flexibility has been taken to a whole new level."

Checking Campbell's totals seven games into the OHL season and it's easy to see how the asanas have helped.

RELATED TOPICS

- [Jack Campbell](#)
- [Exercise and Fitness](#)
- [Health and Fitness](#)

STORY TOOLS

- [E-mail this Article](#)
- [Print this Article](#)

Font:

MOST POPULAR NEWS

MOST READ E-MAILED COMMENTED

- [DRIC voted down in Michigan committee](#)
- [Windsor man lives despite doctor's predictions](#)
- [OPP probe fire for possible 'federal offences'](#)
- [Blog replay: Rangers 4 Spits 3](#)
- [Essex County one of the safest regions in Canada: StatsCan](#)
- [Windsor Regional struggling to find beds](#)

[more »](#)

THE WINDSOR STAR HEADLINE NEWS

Sign up to receive daily headline news from The Windsor Star.

[Our Privacy Statement](#)

MORE SPORTS HEADLINES »



Rangers beat Cardinals to tie World Series 1-1

The Texas Rangers scored two runs in the ninth inning to defeat the St Louis Cardinals 2-1 Thursday and tie the best-of-seven World Series 1-1.

1 HOUR AGO
COMMENTS ()

Fights don't cause trauma: doctor

50 MINUTES AGO

Davis fined for hit on Pierce

48 MINUTES AGO

Caps pay tribute to faithful fans

46 MINUTES AGO

The Dallas Stars' 11th overall choice in the 2010 entry draft is performing every bit like an elite NHL prospect.

He's posted a 6-0-1 record with one shutout, a sparkling 2.24 goals-against average and .930 save percentage, ranking in the OHL top five in every major category.

"Personally, I feel like I'm on top of my game," Campbell said. "I feel like I'm getting better every single day."

He's of the belief that the strong off-season has provided the springboard to get out of the gate so solidly.

"I think that's where the confidence comes from," Campbell said. "When you work hard, you're confident."

Spitfires goalie coach Paul Billing has also seen a much different Campbell between the pipes this season.

"He's more relaxed, more composed, letting pucks come to him, rather than him chasing pucks," Billing said. "He's playing more NHL-style goaltending right now."

Campbell credits his yoga practice for increasing his quickness even after such a significant weight gain.

"Adding the 27 pounds, if you're not flexible, especially being a goalie, it's very easy to get injured when you put that much weight on, as well as slowing down," Campbell said. "Thanks to the yoga, I'm able to be quicker, and more flexible, while still weighing more."

Goalies in yoga pants might never rival the popular girls in yoga pants for followers on Twitter, but there's no questioning the popularity of yoga with goaltenders.

Reigning Conn Smythe and Vezina Trophy winner Tim Thomas credits yoga for helping him rebound from the hip problems that plagued his 2009-10 NHL season. Likewise, Chicago Blackhawks netminder Ray Emery invested heavily in yoga as he battled back from career-threatening hip surgery.

Windsor's Sean Burke, goalie coach for the Phoenix Coyotes, who played in the NHL into his 40s, is a strong proponent of the benefits of yoga, and Henrik Lundqvist of the New York Rangers and Cam Ward of the Carolina Hurricanes are other prominent practitioners.

Campbell was introduced to yoga by Billing.

"I'd never done it before," Campbell said. "He got it going right after I came back from world juniors (in January). It was just a matter of somebody setting me up with the right instructor for me, and making sure you do the right kind of yoga."

Campbell has continued his yoga into the season, practicing thrice weekly with Rajewski.

"It's pretty tough," he said. "Honestly, the hardest part of my summer was the yoga."

"It's very hard, but it's worth it."

Based on his numbers, it's not a stretch at all to pose such a suggestion.

© Copyright (c) The Windsor Star

[E-mail this Article](#)

[Print this Article](#)

[Share this Article](#)

INSIDE THE WINDSOR STAR



DON'T MISS

[Gadhafi](#)
[Poll Of The Day](#)
[LiveWire](#)
[SpitsPlus](#)
[Spooky Sites](#)
[Videos](#)
[Blogs](#)
[Fashion](#)
[Crime Reports](#)
[Photos](#)
[SwarmJam](#)
[Graston](#)

MOST POPULAR

[DRIC voted down in Michigan committee](#)
[Windsor man lives despite doctor's predictions](#)
[OPP probe fire for possible 'federal offences'](#)

FORMATS

[Sitemap / RSS](#)
[Contests](#)
[Blogs](#)
[Columnists](#)
[Photo Galleries](#)
[Videos](#)
[Mobile](#)
[iPad App](#)

THE WINDSOR STAR

[About Us](#)
[Contact Us](#)
[Work for Us](#)
[Advertise with Us](#)
[Subscribe to the Print Edition](#)

TOOLS

[Search for a Job](#) [Newspaper Ads](#)
[Buy/Sell a Car](#) [Place a Classified Ad](#)
[Real Estate Listings](#) [E-mail Alerts](#)
[SwarmJam Sweet Deals](#)