



Hockey Zones

Volume 6 No.3
Issue # 17
Fall 2009

Tucker Hockey's Official Newsletter - Reinforcing Hockey's POSITIVES to ALL ages!

For the LOVE of the GAME!



Missing The Cut - What's Next?

The majority of players, who have ever laced up a pair of skates, have dreamed about playing in the NHL. They have emulated

their favorite players. As I grew up, I idolized Bobby Hull and Bobby Orr.

Today's youth, look up to Sidney Crosby, Alex Ovechkin and Jarome Iginla etc. but each young player follows the game with the same interest and many the same passion and dreams as generations before.

The odds of playing in the NHL are roughly 1 in 10,000. However, some players have beaten the odds!

Many graduates of the local minor hockey systems do go on to play semi pro in North American or European leagues. Also, many obtain college scholarships, receiving a good education and later transfer into the business world. Besides establishing a career, many of these former players learn valuable life skills

such as team work, dedication, perseverance, hard work and overcoming adversity / setbacks, which mold good citizens of society.

When looking at the local minor hockey system, kids progress through the approximately 15 - 16 community hockey associations from the initiation / tyke level, to novice, to atom and to the peewee level. After peewee the next step in elite hockey advancement, which is a very big step, is quadrant hockey. Unfortunately, many players and parents are not educated about the workings of quadrant hockey and the very competitive nature of the hockey pyramid / system.

The City of Calgary consists of 4 quadrants. The SE , SW, NW and NE quadrants fall under the umbrella of the Calgary Buffalo Hockey Association, (www.calgarybuffalohockey.com), South West Athletic Association, (www.calgaryroyalsaa.com), Calgary North West Athletic Association, (www.nwcaa.ca), and the

cont. p. 3

What's Inside:

Hockey from an Exercise Physiology Perspective	4
Kids Hockey Advancement Society Golf Tournament	8
Olympic Orientation Camp	12
World Junior Tournament Schedule	13
Honing One's Craft - The 10,000 Hour Rule	14
Tucker Hockey Christmas Power Skating	20-21

**Look Inside for
More Great Sports Tips**

**When the world says "Give Up,"
Hope whispers
"Try it one more time."**

~ Author Unknown

Tucker Hockey

Director: Rex Tucker
Executive Assistant Christyne Kavanagh
Hockey Consultant Lyle Hanna
Business Consultant Ern Rideout
Hockey Assistant (Summer) Alex Allan
On-Ice Instructors
Head Instructors Rex Tucker
..... David Mahoney
..... Lyle Hanna
..... Morris Lukowich
..... Derek Howat
Assistant Instructors Ronald Wong
Luke Beaucage Frank Portman
Paul Cammack Jim Hepburn
Len Francis Alex Allan
Derek Cameron Andrew Staub
Pat McNaught Liam Couture
Kris Bramall Sarah Geisler
Christopher Gerla Jared Elanko
Jack Evans Dany White

Hockey Zones Newsletter

Managing Editor Rex Tucker
Advertising Sales Christyne Kavanagh
Contributing Writers Lyle Hanna
Morris Lukowich Michael White
Nick Portman Ern Rideout
..... Rex Tucker
Official Photographer Terrence Leung

Ad Rates

One Page \$399
Half Page \$299
Quarter Page \$229
Business Card \$129
One Page + One Page Advertorial \$699
Half Page + Half Page Advertorial \$399

Advertising Enquiries: Christyne at
programs@tuckerhockey.com

Send prebuilt ads with "Tucker Hockey Ad"
in subject line to programs@tuckerhockey.
com

Mailing Address

P.O. Box 82113, 1400 - 12 Ave S.W.
Calgary, AB T3C 0N0

Ph: (403) 998-5035 Fax: (403) 244-5037
Email: programs@tuckerhockey.com
www.tuckerhockey.com

Missing the Cut (cont'd from Cover)

North East Athletic Association
(www.calgarynorthstars.ca)
respectively.

Each quadrant will ice ten teams each season. Two Bantam AA, one Bantam AAA, two Minor Midget AAA, two Major Midget AA, one Major Midget AAA and two Junior B teams.

To have a future in competitive hockey, players generally enter the quadrant system at the Bantam age and progress to Midget AAA in order to have success playing in the Western Hockey League (Major Junior) or the Alberta Junior Hockey League - Tier 2 Junior systems. There are a few exceptions but the majority follow this feeder system.

Playing in either the WHL or AJHL league provides opportunities to enter the NHL draft. As well, the AJHL provides opportunities to secure an NCAA scholarship. If a player decides to play in the WHL, he relinquishes his scholarship opportunities.

Each quadrant is professionally

operated by a very dedicated, loyal, hard working and passionate group of parents, who either had or currently have their kids in the quadrant system.

At the start of the season upwards of 150 – 175 players may tryout for 60 Bantam positions in any particular quadrant. For many players, it will be their first time being cut from a team!

Players can get cut from quadrant hockey for a number of shortcomings such as:

- 1) Lacking speed and slow reacting to the play
- 2) Questionable desire / work ethics
- 3) Poor conditioning / preparation for tryouts
- 4) Lack of size – players are bigger, stronger and more physical at this level
- 5) Not the right fit / role player for certain teams
- 6) Just bad luck - misfortune
- 7) And yes - even politics!

cont. p. 35



Next Issue Winter 2010 Features

- Coach Rex's Favorite Drill
- Olympic Hockey Schedules
- World Junior Tournament (Saskatchewan)
- Meet the Tucker Hockey Instructors -David Mahoney
- The Importance of Mouthguards in Contact Sports
- Yucky Hockey

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Fall 2009 issue consists of fresh hockey education and teaching articles, an expression of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grass roots rink level", features upcoming Tucker Hockey Adult and Minor Hockey programs, and provides hockey quotes, stories and prize contests. In summary, it will create good hockey ... "Food for Thought!"

Enjoy your hockey - the World's Greatest Sport! - and I hope you enjoy our Tucker Hockey Newsletter!

- Past issues available at www.tuckerhockey.com -

Missing the Cut (cont'd. from 3)

If a graduating Peewee player tries out for first year Bantam AA and misses the initial cut and gets out of the AA system, it's difficult to get back into quadrant hockey for a number of reasons such as:

- 1) Players get labeled as community players
- 2) Players often lose their drive & ambition to play at an elite level
- 3) Players experience a lower level of play in community hockey
- 4) Players receive often a lower quality of coaching in community hockey
- 5) During the competitive season, quadrant hockey players are on the ice 6 times per week with games & practices, plus dry land training vs. community hockey players who are only on the ice 3 or 4 times per week at best
- 6) As well there are often other off ice distractions such as girls, experimentation with substances, and participation in other sports which may, on occasion, distract a player's focus and commitment to elite hockey playing

If a Bantam age player doesn't make the first year cut, how does that player get back the next season to make the team? I believe the following will help improve his chances:

- 1) Work at extra off ice conditioning – hockey specific weak areas in the season / off season – especially foot speed and strength
- 2) Work at extra on ice training – elite power skating, overall conditioning and 1 on 1 sessions in the hockey season as well as off season
- 3) Analyze and tweak overall game skills – know your strengths and weaknesses
- 4) Work on the mental part of the game – toughness, self confidence and self esteem
- 5) Be better prepared next time - showcase one's skills better in tryouts – get noticed the next time round.

Often players and their parents are not ready for the big step from community hockey to quadrant hockey and unfortunately they go away being very disappointed and discouraged with the end result.

For example, looking at the Southeast Quadrant - Calgary Buffalo Hockey Association for the 2008- 2009 season, there were two Bantam AA teams consisted of 19 players each. Looking at the teams the players played on the year before reveals the following hockey backgrounds. Note: This is not a scientific study but an observation of player backgrounds from one particular season in one random selected association.

Bantam AA Blackhawks

- ~ 1 player from Bantam AA Last Year
- ~ 6 players from Bantam Div 1
- ~ 2 players from Bantam Div 2
- ~ 2 players from Bantam Div 3
- ~ 8 players from Peewee Div 1

cont. p. 37

"It is impossible to underestimate the importance of the coach in the development of an athlete. From the youngest peewee player to the elite athlete, the coach is a pivotal character in the moral as well as the physical development of his/her charges.

The more intensive the training, the greater the opportunity for moulding the athlete's character and personal philosophy as it pertains to his/her athletic career. Elite athletes appear to cleave to their coaches as mentors, guardians, and in some cases, almost as surrogate parents. They are fortunate indeed if their coach is concerned with their moral and intellectual development as well as their training."

(Report of the Dublin Commission of Inquiry into the Use of Drugs and Banned Practices Intended to Increase Athletic Performance, 1990)

A Coaching Creed

Be a resource person able to assist the athlete to develop his/her athletic potential and self-dependency.

Recognize individual differences in athletes and always think of the athlete's long term best interests.

Aim for excellence based on realistic goals and the athlete's growth and development.

Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents and proper attitudes in language, dress and deportment.

Make sport challenging and fun.

Skills and techniques need not be learned painfully.

Be honest and consistent with athletes. They appreciate knowing where they stand.

Be prepared to interact with the media, league officials and parents. They too have important roles to play in sport.

Coaching involves training by responsible people who are flexible and will to continually learn and develop.

Physical fitness should be a lifelong goal for all Canadians.

Encourage athletes to be fit all year, every year and not just for the season.

Source: Hockey Canada

Missing the Cut (cont'd from 35)

Bantam AA Rangers

- ~ 3 players from Bantam AA Last
- ~ 6 players from Bantam Div 1
- ~ 2 players from Bantam Div 2
- ~ 8 players from Peewee Div 1

Bantam AAA Bisons

- ~ 10 players from Bantam AAA Last Year
- ~ 4 players from Bantam Div 1
- ~ 1 players from Bantam Div 2
- ~ 4 players from Peewee Div 1

So if a player doesn't make one of the Bantam AA teams in his first year eligibility, in the second year he must compete with the last year's Bantam AA/ AAA players as well as the Peewee Div1 players from the current year. So the odds are against the player making the team..... it is not impossible... but quite a challenge due to the competition and the factors listed above. There are only a few players each season who graduate out of community bantam level

hockey, and succeed and go on to play quadrant hockey. This challenge becomes even greater in community midget when trying to make Midget AA and especially Midget AAA.

Many players breeze thru community hockey up to Peewee Div 1 on talent alone, however hard work is required to get to and excel in quadrant hockey and beyond in more elite hockey levels. Note: Almost all graduates from the peewee level are from Div 1 - in the above case - all are Div 1 players. The pyramid effect of the hockey system begins to take shape and it becomes more and more difficult to advance at each higher level of hockey.

When we look at NHL players with their specific hockey equation - of talent and hard work, I cite the following examples: Ryan Smith - more hard work than talent; Jason Spezza - more talent than hard work; when you look at Sidney Crosby and Alex Ovechkin - they display equal amounts of talent and hard work. That is why they are the NHL's best!!

Therefore, if a player aspires to play quadrant hockey and as well dreams of playing in the NHL someday and beating the tough odds, it will require a strong combination of both talent and hard work to advance up the pyramid of hockey.

"A group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others."

~ Norman Shidle

Tucker Picks Team Canada (cont'd from p. 12)

to ice two medal contending teams! It's a very difficult task for the coaches and management team to select the right NHL players to represent Team Canada in Vancouver. Good luck gentlemen!

We live in a very passionate country when it comes to hockey. Everyone has an opinion; everyone will give their two cents worth from now until long after the completion of the Olympics. Did we pick the right team? Let's have a little fun ! Here's Tucker Hockey's picks for Team Canada.

Team Canada Olympic Team – 2010 Roster

Goalies:
Martin Brodeur Cam Ward Robert Luongo

Defense:

Scott Niedermayer Chris Pronger
Dan Boyle Dion Phaneuf
Shea Weber Robin Regehr
Jay Bouwmeester

Notable: Mike Green

Forwards:

Rich Nash Sidney Crosby
Jarome Iginla Simon Gagne
Vincent Lecavalier Martin St. Louis
Eric Staal Ryan Getzlaf
Jeff Carter Brenden Morrow
Michael Richards Jordan Staal
Jonathan Toews

Notables: Joe Thornton, Dany Heatley, Shane Doan

Note: Team Canada has only one practice before the first game in Vancouver. The team opens the Olympics on Tuesday, February 16th, 2010 against Norway.