



Volume 7 No.1
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Winter 2010

For the LOVE of the GAME!

Hockey Zones

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



Yucky Hockey: A Tribute to Minor Hockey Week

Minor Hockey week in Canada runs from Thursday, January 21st, 2010 to Saturday, January 30th, 2010. More than 500,000 minor hockey players will play and compete for medals across Canada. In the City of Calgary alone we have over 13,000 minor hockey players active in our game.

For many young aspiring hockey players, this tournament will be the hi-lite of their season and for some maybe the hi-lite of their minor hockey playing careers. Great memories and good friendships often develop from playing our nations greatest sport. Having fun is of paramount importance during our country's annual minor hockey week of events!

So what is yucky hockey you may ask? Yucky hockey is hockey that leaves a bad taste in your mouth. It is events and happenings within the game that test our true love of our game.

On many occasions it may cause individuals – minor players and valuable volunteers - to turn their back on our game. They feel they do not enjoy hockey any more and wish to do something else with their lives. Hopefully, this bad taste doesn't linger too long. Maybe for a few days, weeks, or months but for some if the experience is really yucky enough it can last a life time!

In our Hockey Zones newsletter publications we strive to reinforce hockey's positives to all ages. However, on occasion it's necessary to look at the negatives – yes, yucky hockey! –maybe it will positively influence and help change a few negative attitudes and influences in our game to smarten up! Fortunately for the minor hockey associations, 98 per cent of the performers are good people; it's the bad behavior / attitudes of the other 2 per cent that is painting a negative environment in our great game.

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**Look Inside for
More Great Sports Tips**

“Respect for ourselves guides our morals; respect for others guides our manners.”

~Laurence Sterne

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Yucky Hockey (Cont'd from cover)

Hockey Calgary is actively promoting this season "RESPECT" in our game. You may have seen the new signs located in each city arena. Hockey Calgary is promoting awareness, and education to those involved in our great game – "that everyone should be shown respect". Otherwise, please stay away from our local rinks! "Hockey rinks are supposed to be playgrounds for children. They are supposed to play, have fun and enjoy the experience" says Hockey Calgary President, Perry Cavanagh

Here are a few examples of yucky hockey.

Often we see players hitting from behind and delivering head shots. Such reckless actions can cause concussions and even major life changing injuries. Player's must be conscious of opponent's safety as well as their own on the ice.

Some minor hockey coaches are concerned about winning at all costs. Coaches, who verbally abuse their

players, opposition coaches and officials, need to take a look in the mirror. A few coaches have crossed the line with shocking sexual abuse of their players over the years. Both Hockey Canada and Hockey Calgary encourage victims to voice their concerns with "speak out programs" to ensure we have a safe environment for kids at the local arenas.

In addition, there are parents who are living the NHL dream vicariously through their children. Many parents are so involved in their child's hockey that they pressure their kids too much. Hockey Calgary is actively promoting – The Respect in Sports – "the parents program" to educate parents about acceptable and unacceptable behavior.

Also, there are officials, who spoil a good game via inconsistent and bad calls. As well as the occasional administrator who carries around his or her own power and control agenda and forgets that our game is first and

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Next Issue Spring/Summer 2010 Features

- Kidsports - Reaching Out to the Hockey Community
- Coach Rex's Favorite Drill
- Meet the Tucker Hockey Instructors - Lyle Hanna
- Head Shots in Hockey
- Hockey From a Sportscaster's Perspective
- Life After Professional Sports

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2010 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 -

Yucky Hockey

(cont'd from 3)

foremost about the kids and their enjoyment from our game!

I am sure you can add a few more yucky examples to the list!

For more information about RESPECT in hockey initiatives, please contact your local minor hockey association or the Hockey Calgary head office at 403 – 245 – 5773 or visit their website www.hockeycalgary.com

Let's work together to rid the game of: "Yucky Hockey". Shared respect within the game of hockey requires good cooperation between all the major stakeholders – players, parents, coaches, officials and facilities. Shared respect will ensure that hockey will continue to be the greatest game on earth. Everyone should be shown RESPECT!

Editor's Note – Background on the Article:

The idea to write a "Yucky Hockey" article came to Coach Rex at a downtown drugstore. While waiting patiently in my chair for a prescription to be filled, I noticed a poster on the wall – illustrating kids taking their medicine. The poster indicated the taste can be yucky! The promotion talked about food coloring flavors such as raspberry, grape etc to make the medicine for kids – more palatable. So I thought how can I relate this to the game of hockey? As hockey coaches, managers, officials, organizers, parents and fellow players, I feel it is our responsibility within the

game - to try and make the game better each day, season and year. To avoid yucky experiences and incidents, and to help instill the love of the game in our youth so they will stay in the game, learn valuable life skills as well as hockey skills and become good contributing members of society. Respect is critical. It should be shown towards everyone involved in the game. Remember the golden rule – do unto others as you would want them to do on to you. Unfortunately, our society forgets the wisdom of this rule. Plain and simple - if people don't show respect they should not be allowed in our local arenas!

Views on this matter are kindly welcomed - please send emails titled "Letters to the Editor" to: programs@tuckerhockey.com.



Hockey humor



Triplets (Cont'd from 34)

they know where each is on the ice. It's like a sixth sense out there! The sum is greater than their parts!

Hockey is an expensive sport – what's it like to have three 8 year olds playing the game?

Mike says "Yes, when you have older sons you can pass equipment down the line. We buy used equipment – Sportswap was great prior to their closure. We have to get creative. Last Summer Hockey Experts were giving out \$200 gift certificates to the first 20 customers to arrive in full gear... a special one day promotion. So we took the motor home parked outside the store all night... until the store opened that morning. Played street hockey until 1am, watched hockey games on my Laptop etc. Had a blast and collected 4 - \$200 gift certificates... total of \$800.

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