

Spring & Summer 2012

14th
Annual

Tucker Hockey
Programs that Deliver Results

**Register
Today!**

Elite

Power Skating/Conditioning Camp

This program is for players who are serious about taking their skating to the next level

A Power Skating Curriculum Consisting of:

- Extreme Forward and Backward Edge Control
- Foot Speed/Acceleration/Quickness
- Forward Striding - Technique & Speed
- Backward Striding - Technique & Speed
- Skating Agility & Mobility Drills
- Drill Progressions Without - To - With Pucks

**** Register Early - Spaces Fill Quickly! ****

Rex Tucker
Head Power Skating
Instructor



Spring 2012

Group 1

Atom Div 1 & 2

Peewee Div 1 & 2

Saturdays; April 14th to June 23rd

Southland Leisure Centre

12:00 to 1:00 PM

No Session May 19th

Group 2

Bantam Div 1, AA & AAA

Midget Div 1, A & AA

Saturdays; April 14th to June 23rd

Southland Leisure Centre

10:45 to 11:45 AM

No Session May 19th

\$439 New Participants / \$399 Past Participants

Summer 2012

Group 1

Peewee Div 1 & 2

Bantam Div 1, AA & AAA

Tuesday, August 7th to Saturday, August 11th

Max Bell # 2

7:30 to 8:45 PM

\$299 New Participants / \$279 Past Participants

Testimonial

"After a few years in his programs I've improved a lot, really taken my game to the next level... the one piece of advice I leave here with: always keep your knees bent and keep strong edges. I can't count off the top of my head but I've done tons and just love his programs!"

- Darren Martin, Calgary Royals AA Player

Register and Pay online at www.tuckerhockey.com
or call **Tucker Hockey** at **403-998-5035**

S.A.M. - Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!