

# Introduction to Checking Tucker Hockey

14th  
Annual

Programs that Deliver Results

Only 20  
Spots

# Summer Checking Programs

Group 1: Ages 10 - 13+

Tuesday, August 7<sup>th</sup> to Saturday, August 11<sup>th</sup>

6:00 to 7:15 PM Max Bell #2

**SAFETY  
FIRST!**

\$279 New Participants / \$259 Past Participants  
(Includes G.S.T. & Practice Jersey)

## Our Introduction to Checking Programs:

- Checking is aimed at gaining possession of the puck, not injuring an opponent
- The purpose of this program is to introduce players to proper techniques and tactics to give as well as how to receive a body check
- The program covers a list of checking "Do's and Don'ts", emphasizing "SAFETY FIRST"
- This includes a five step progression from the basics to skating, to position angling, to stick checking, to body contact/confidence to body checking



**Rex Tucker**  
Head Instructor

Register and Pay online at  
**www.tuckerhockey.com**

or call

**Tucker Hockey** at  
**403-998-5035**

### Testimonial

*My son participated in a checking clinic with Tucker Hockey. The instruction on proper hitting techniques, safety and how to take a hit boosted my son's confidence on the ice during games to a whole new level. It was a well structured program that challenged my son in all aspects of contact hockey with the emphasis on fun. A great clinic that I feel should be taken by all players to reduce the injury component of the game. A job well done!*

*- Clint Buckler, Minor Hockey Parent*

# Register Today - Programs Fill Fast!