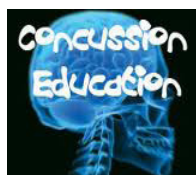


Hockey Zones

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



Concussion Awareness - Minor Hockey Week



Esso Minor Hockey week will run from January 11th to January 19th, 2013. It is recognized as the largest ice hockey



and 12,000 players ranging in age from 7 to 21 will take to the ice for this annual tournament. In addition 2,500 coaches and

4,000 volunteers will be involved to make sure the event runs smoothly.

tournament in the world. The tournament has brought Calgary teams together for over 40 years and this year will be Esso's 34th year as title sponsor. The tournament is prestigious in the minds of so many Canadian kids. It's a chance for players from novice to junior levels to get together for fun and competition.

Esso Minor Hockey week is just one example of how hockey is such a prominent part of the Canadian identity. As mentioned in a previous article published in the winter 2012 issue of Hockey Zones Newsletter the state of Canadian minor hockey as we know it today may look quite different in the next decade or so. Hockey Canada's membership peaked in 2008-09 when it hit 585,000 registered players. However, enrolment is dropping by a little more than 1%

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**Look Inside for
More Great Sports Tips**

**Vision is not seeing things as
they are but as they will be.**

~ Gil T. Figaro

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Minor Hockey Week (Cont'd from Cover)

a year, or 8,000 players, on the average, per year. The myth is that most Canadian boys play hockey, however, the reality is that the numbers are falling. Only 15.7%, or 1 in 6.4 boys, actually play the game in Canada. If the trend of young males deciding not to play hockey continues, the numbers are expected to continue to lower in the years ahead.

The Concussion Situation:

One of the major reasons behind the predicted reduction in minor hockey registrations is the perception of hockey as an increasingly violent sport in the public's eye. Hockey is often portrayed as a violent sport based primarily on the contact aspect, otherwise known as checking. With an increase of player concussions and enhanced media coverage this only magnifies the violent perception and issue within our game. This violence is enhanced and glorified in video games.

Vision is not seeing things as they are

but as they will be. Therefore, Hockey Canada became proactive and took a strong initiative this hockey season. It started a progressive awareness / education campaign to help keep players safe in our great game, as well as to sustain and to help grow player participation across our country. The theme is "Be Respectful of Everyone on the Ice". Team Canada Alumnus Sydney Crosby, who has seen his own career derailed by concussion problems, endorses and supports the New Concussion Awareness Campaign.

Sidney Crosby states "I feel very fortunate that hockey has been part of my life since I was very young and admire Hockey Canada's commitment to educating families and players about all aspects of the game. It is important to always give your best effort and yet always be respectful of everyone on the ice. Be smart, stay safe and have fun."

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Next Issue Spring / Summer 2013 Features

- Tucker Hockey Tips
- Meet the Instructor - Jeff Pickell
- Czech Hockey Exchange Program Updates
- Kids Hockey Advancement Society Golf Tournament
- The History of Women's Hockey

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2013 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 -

Minor Hockey Week (Cont'd from 3)

HOCKEY CANADA HAS LAUNCHED FREE CONCUSSION AWARENESS APPS FOR SMARTPHONES AND TABLETS

Source: Hockey Canada Website

The Hockey Canada Concussion Awareness apps are available in both English and French, with versions for adults and kids. The apps include a variety of resources and information on concussions, focusing on prevention, respect, rules, symptoms and return to play protocol. All these apps are available for Blackberry, iOS and Android devices and can be downloaded free on several websites and platforms including www.HockeyCanada.ca, Blackberry's App World, iTunes and Google Play Store.

"This app has a variety of very useful information on concussions for parents, players, officials and volunteers," said Hockey Canada President and CEO Bob Nicholson. "Download this app to your phone or tablet today, and you will have concussion information on prevention, rules, symptoms and 'return to play' protocol at your fingertips." One version of the Hockey Canada concussion awareness app was developed for kids, and is a great tool to teach children how to prevent concussions through respect and

playing by the rules. The app also puts important concussion information into easy to follow information for young players. It also contains an interactive game that features Hockey Canada's mascot, Puckster.

This Hockey Canada initiative is part of a national project bringing together Hockey Canada, ThinkFirst Pensez d'Abord Canada (TFC), a program of Parachute, leaders in injury prevention, the Canadian Centre for Ethics and Sport (CCES) and the Coaching Association of Canada (CAC). The project is aimed at reducing brain injuries in team sports in Canada and is funded in part by the federal government through its Active and Safe Initiative.

The project partners envision a country where all Canadian children and youth have access to safe team sport activities. It is expected that in collaboration with Canadian governments and their community partners, they can accomplish much over the next few years by focusing its collective efforts.

For more information on Hockey Canada, its programs and concussion awareness or download the new concussion awareness app, please visit www.hockeycanada.ca/apps


In the true spirit of Esso Minor Hockey week let's play hard, let's play to win, let's play to have fun but most importantly let's play safe!! Safety First! Let's make every effort to minimize concussions in the game!

"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 Dubin Commission of Inquiry into the Use of Drugs and Banned Practices Intended to Increase Athletic Performance, 1990)

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