

Coach Rex Skill Improvement

Since 1999, the spectrum of participants in Tucker Hockey Power Skating, Hockey Skills Development and 1 on 1 Coaching programs have varied from beginner to professional players. Thousands of registered players have ranged from 5 to 75, with a broad level of hockey skills and backgrounds as well as personal goals.

From participating in just one of our power skating programs, I know a player can become a better skater. But why do some players improve more than others? Even though some players put in the same amount of practice time, others improve at a faster rate. Why ?

Here's my take on improvement and getting the most out of your on ice development.

- Want to learn – especially young minor players that pay attention and watch the on ice instructors demo the drills and listen to their instructor's comments and feedback will naturally progress at a higher rate.
- Students of the game – players who study the skill or drill. Such players have patience and do not get frustrated if they cannot do a drill properly. They are motivated and work on

Interview with Esther (Cont'd from 7)

Is there anything you'd like to educate the general public with regards to KidSport?

We recognize that children are drawn to sport for many different reasons and KidSport™ Calgary has funded more than 50 different sport programs. This gives kids and their families the opportunity to select a sport that appeals to their particular skills and interests. By allowing kids to choose their own activities, KidSport™ hopes to promote a sense of belonging, personal involvement and achievement among kids.



Did you know over 500 girls aged 7-21 play hockey on all girls teams?

Always wanted to try out hockey but not sure where to go?

Want to know more? Visit our website or the call office at 403-278-9223

www.girlshockeycalgary.com

the little details to progress their skills to the next level and often ask questions to learn more.

- Challenging ones self – players who get outside the box, who are not afraid to fall down, who have a strong work ethic, and do their best every skate. I often tell players it's you and the drill and there are no short cuts - don't cheat on the drill. If you cheat on the drill – you cheat yourself! Players who challenge themselves will try to get in has many drill repetitions as possible when skating down the ice.

- God given / natural talent – some players are blessed more than others when attempting to become a better skater or hockey player. Each individual has his or her unique strengths and weaknesses in life – some individuals were born or better suited to be hockey players.

Nevertheless, when you put in the effort, the time, work diligently to enhance your skills and believe you will progress there are endless possibilities to your improvement. Often we set our own improvement boundaries in our own mind not only on the ice but in life.

What makes KidSport unique from other non-profit organizations?

While there are similar programs that advocate the value of sport in youth, KidSport™ provides funds directly to the families through their chosen sport organizations in support of their registration fees, as opposed to disbursing funds through other charities. This makes us unique from like minded organizations

How and where can people send donations to KidSport?

For more information on KidSport™ Calgary and how you can donate, please visit our website at www.kidsportcalgary.ca or contact our office at 403.202.0251.

Editor's Note:

Thanks Esther for the Hockey Zones interview. You are a great ambassador of KidSport™ Calgary and its many programs which help kids in our community. The Kids Hockey Advancement Society looks forward again in July 2010 to working with you at our annual fundraising golf tournament and to raise more dollars for KidSport™