

# Coach Rex' Corner

## Fond Memories of the '72 Series

September 28th, 2012 marked the 40th anniversary of the 1972 Hockey Summit Series between Canada and the then - Soviet Union. The most famous goal in hockey history was scored by Paul Henderson. Exactly 40 years to the day after that iconic goal, the 69-year-old Henderson and the remaining members of the Canadian squad capped off a month of celebrations with a gala dinner in Toronto hosted by our Prime Minister. Paul Henderson, a member of the Canadian Sports Hall of Fame but not of the Hockey Hall of Fame, became a Canadian sports legend on September 28, 1972. His goal, with 34 seconds remaining in the final game, lifted Canada to victory in the "Series of the Century", against the Soviet Union. Incredibly, Paul Henderson scored the winning goal in each of the last three games of this historic first series between the two superpowers of hockey. That magical moment in Moscow is still considered the greatest in hockey history.

Henderson recalled the goal saying "In the final seconds of that game, I stood up at the bench and called Pete Mahovlich off the ice. I'd never done such a thing before," wrote Henderson in Brian McFarlane's book *Team Canada 1972: Where Are They Now?* and undoubtedly told over a million times elsewhere. "I jumped on the ice and rushed straight for their net. I had this strange feeling that I could score the winning goal. I had a great chance just before I scored, but Cournoyer's pass went behind me. Then I was tripped up and crashed into the boards behind the net. I leaped up and moved in front, just in time to see Esposito take a shot at Tretiak from inside the faceoff circle. The rebound came right to my stick and I tried to slide the puck past Tretiak. Damn! He got a piece of it. But a second rebound came right to me. This time I flipped the puck over him and into the net." ." Although he couldn't have comprehended it at that moment in time, he had just become an immortal in the

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## A Philosophy on Life

When things in your life seem almost too much to handle.

When 24 hours in a day are not enough, remember the jar and the two beers.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large glass jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They all agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed, a little hesitantly that it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two beers from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor as the laughter subsided, 'I want you to recognise that this jar represents your life.

The golf balls are the important things - your family, your children, your health, your friends and your favourite passions - and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter, like your job, your house and your car.....The sand is everything else - the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take your spouse out to dinner, or go for a picnic. Play another 18 holes of golf.

There will always be time to clean the house, fix the disposal or deal with things from your job.

Take care of the golf balls first - the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the beer represented. The professor smiled and said, 'I'm glad you asked.' The beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend.

## The 72 Series (Cont'd from 10)

hockey world. "I talk about the goal at least 300 days a year," he says. One has to wonder if he ever gets tired of talking about it, and for being known almost solely for the goal. "At first, I got sick of talking about it for a while, the first three or four months. There was absolutely no privacy. It got to be a bit of a pain. But I don't feel that way now. It's a special memory and I honestly can't think of anything better with which to be associated," Henderson was quoted in Scott Morrison's book *The Days Canada Stood Still*.

Most Canadian hockey fans who are old enough can recall where they were on that historic hockey day... if too young or if not born at the time...they have seen this famous goal on television or on video. Often we have defining moments in our lives, moments which shape our attitudes, our dreams, our goals and our futures. It was indeed an inspiring moment for me. Growing up in the small fishing village of Little Bay Islands off the North – east coast of Newfoundland I fall in love with skating and playing hockey at the age of 7. For the month of September 1972, I ate, drank, slept and breathed the Canada vs. Soviet Union hockey series. Being an 11 year old boy, the anticipation, excitement and drama completely captivated me. I was glued to the TV set for the entire series

in Canada and when the games shifted to Moscow it was a trying time due to the games coming on during the afternoon while having to go to school. Fortunately, I had a Grade 6 school teacher, Wes Gosse who loved hockey too. He would let our class out of school earlier than usual so we could race home... to find out the score and catch the last period. When Paul Henderson scored the winning Game 8 series goal it was incredible! It was a time and moment in my life I will never ever forget! It reinforced and galvanized my love for the game of hockey. I came to the realization that my life's work must involve the game of hockey. So I left my small hometown to pursue my childhood dream of making a living within the game of hockey. After traveling the road less traveled, I created my own hockey career by operating Tucker Hockey in Calgary.

Paul Henderson became a household name after scoring the winning goal in game 8 of the 1972 Summit Series against the then-Soviet Union. After retiring from professional hockey, he became a motivational speaker. Today, Paul uses the lessons of leadership, teamwork and commitment he learned during the 1972 Summit Series and his 18 year

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"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)*



# The Merits of One-on-One Coaching

## Coaching Innovation

Throughout the year, there are many group hockey development programs to choose from: power skating, player development, checking, 3 on 3 and conditioning camps etc.

However, if a player is serious about reaching his or her short and long term hockey goals, they must consider one – one coaching.

### Top 10 - Advantages of 1 on 1 Coaching

1. More personable – players receive much closer attention from the coach
2. Coach connects better with each individual player
3. Able to provide a proper assessment of a player's skills
4. Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting
5. Customized on – ice programs to suit skill needs and overall abilities
6. More hands on approach - input from parents / players welcomed
7. More effective way to bridge the skill gap - improve skills quicker / maximize every skate session
8. Times and dates determined by parents / players - better suited to your busy schedule ( before and after school )

9. Enhance hockey skills as well as life skills, self confidence and self esteem
10. Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker!

### Benefits Outweigh Costs

Concerns often addressed such as:

- Programs are more expensive than group programs but the benefits outweigh the costs if a player / parents are serious about hockey advancement
- Can't afford 1 on 1? Get together 2 or 3 players of similar skill, age and desire from a club team or neighborhood to help share the expenses.
- Guaranteed improvements and enjoyment – instill the love of the game!

Tucker Hockey - Provides Proven One on One Coaching Results

Please call Rex Tucker at 403 - 244 -5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures, visit our web – site at [www.tuckerhockey.com](http://www.tuckerhockey.com) for more information as well.

## The 72 Series (Cont'd from 12)

professional hockey career, to motivate organizations around the world to reach their own goals. Recently, Paul Henderson revealed that he is battling cancer. Unfortunately, Henderson was diagnosed with chronic lymphocytic leukemia in November 2009. He made his illness public on CBC-TV's Connect with Mark Kelley. "I have no angst in my body, no fear whatsoever," Henderson told Kelley, "and I really believe that's because of my faith. "I'm going to be aggressively taking a look at this for sure — the [cancer] I have doesn't respond well to early treatment, so we haven't done anything yet... but I'm going to be very aggressive in trying to arrest it." A practicing Christian, Henderson has often spoken about getting strength from his faith and relationship with God. He said he has the same peace of mind now as he grapples with his illness. I still sleep at night. I am not worried about dying. I know I am going to die someday.

I am 67, and man, I can't think of anybody more fortunate than I am," he told Kelley. "My philosophy is I take today, I live it the best way I can and if I wake up, I will take another shot at tomorrow."

Paul Henderson is a true icon of Canadian hockey and sports culture and definitely deserves to be in the Hockey Hall of Fame. Hopefully, the Hockey Hall of Fame selection committee will do the right thing in the not too distant future. Paul Henderson has been and continues to be an inspiration on and off the ice for so many Canadians. I can solemnly swear that Paul Henderson helped inspire me to each my life's goal. My goal of making a living within the game of hockey! Thank you Mr. Henderson and sincere best wishes with your battle with cancer! God Speed!