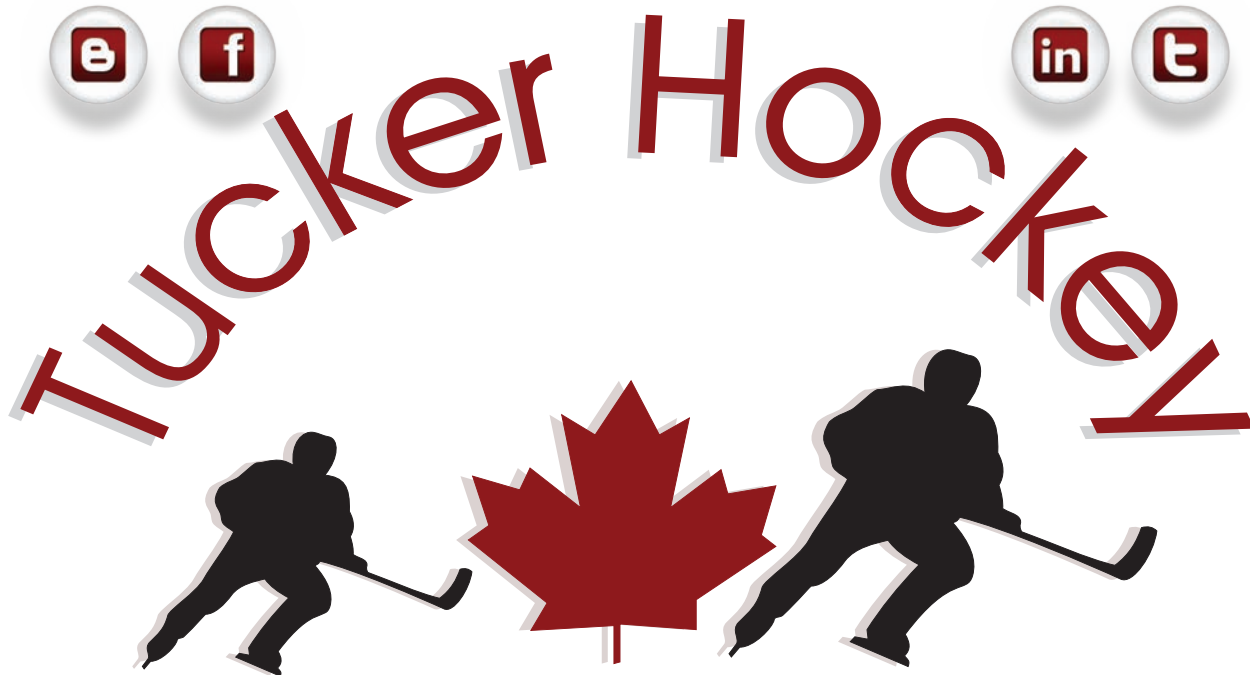


Hockey Zones

For the LOVE of the GAME

Volume 11 No. 2 Issue # 31

Spring / Summer 2014



T.H.E. Way to Success!
www.tuckerhockey.com

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

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| | | |
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- 20 Years + Hockey Instruction Experience
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- Full Time Professional Hockey Coach since 2002
- NCCP Advanced 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German, and Austrian Players in the Czech Republic for 5 Summers

Tucker Hockey Philosophy

Adult Hockey

"Would you believe I discovered the fountain of youth? To my surprise it was frozen and had a net on each end"

Minor Hockey

"A hundred years from now, it will not matter what my bank account was, or what kind of house I lived in... but the world may be a better place because I made a difference in the life of a child."

Contact
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www.tuckerhockey.com

Tucker Hockey Identity

Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game. The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.
Experience the passion of Tucker Hockey!

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Managing Editor's Message



Welcome to the 31st edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

The mission of our newsletter is to promote Tucker Hockey's year – round services, to publish hockey education and teaching articles, to express hockey philosophies and viewpoints, to address various hockey issues for public discussion and to provide profiles and features on hockey people at the Calgary grass roots level.

Hockey Zones strives to cultivate a little goodwill and make a difference in the local Calgary hockey community! Our newsletter is geared towards hockey players of all ages, their parents, their family members, coaches, trainers, tournament organizers, officials, volunteers and true hockey fans. Take a few minutes and browse through our latest edition, I am sure you will discover something of interest related to our great game!

The Spring / Summer 2014 issue features many interesting articles including:

Calgary Flames Season in Review, NHL Rink Size Debate, Knowing your Training Zone, Coaching vs. Yelling, Handling Adversity, and Timbit /

Novice Player Instruction etc.

Back in the Spring of 2004, 10 years ago now...it's hard to believe... Hockey Zones had very humble beginnings - an 8 page newsletter! It has grown into a solid publication, with 3 editions per year – Winter, Spring / Summer and Fall. The average hard copy and electronic circulation range from 6,000 to 7,000 copies per issue.

Past issues can be found on our website www.tuckerhockey.com.

Share your opinions and thoughts about our great game. Share your hockey stories. Letters to the Editor are always of interest and welcomed. Share ideas for future articles. As well, new advertisers are welcomed in our hockey publication.

Enjoy the read!

Sincerely,
Yours in Hockey,

Rex Tucker

Managing Editor
Hockey Zones

PS: For the love of the game - I will often joke with people and say... "You may love hockey but not as much as I do!" Remember to instil and grow the love of this great game to others especially our youth!



Next Issue Fall 2014 Features

- Calgary Flames 2014 - 2015 First Half Schedule
- Meet the Instructor - Alannah Jensen
- Tucker Hockey Tips
- 2015 World Junior Hockey Schedule
- Upcoming Tucker Hockey Programs
- KHAS Golf Tournament



Calgary Flames are Igniting Again

A View From the Pressbox

On Friday April 11th I attended the last Calgary Flames home game of the regular season against the Winnipeg Jets. The Flames lost the game to the Jets 5 to 3. Calgary Flames defenseman Kris Russell received 1st star honours and Sean Monahan was named 3rd star of the game respectively. These two players are a sample of the new and bright faces of the franchise. The Calgary Flames displayed a "Great Will to Compete" throughout the long 82 game schedule. The team made some very promising strides in a rebuilding year. Many experts predicted the Flames to finish last this season in the NHL. However, the team played a very competitive and entertaining brand of hockey setting an NHL record with 49 - 1 goal games!

Reflecting back on the season, Coach Bob Hartley delivered a refreshing puck pressure, higher tempo, and more entertaining brand of hockey for Flames fans. The Calgary Flames identity consisted of improved fitness levels, improved work ethic and stronger team chemistry than previous teams. It's a true testament to Bob Hartley and his dedicated coaching staff. Bravo gentlemen for a job well done! Coach Hartley displayed a very demanding and savvy coaching style. He will probably not receive many votes for the Jack Adams - Coach of the Year Award but he did a stellar job during his first full season with the club. The team became younger, faster, with a little more size, played more physical and showed more grit. Overall the team made some great strides to becoming a playoff contender in the next year or so.

But after not making the playoffs for the 5th season in row, the Calgary Flames organization will have some important questions to answer to accelerate the rebuilding of this franchise and bring back a winning team to the city. Here are a few thoughts that come to mind. I am sure you have many others!

What is the main goal of the Flames organization?

President of Hockey Operations Brian Burke recently hired Brad Treliving as their new General Manager. Treliving, 44 served as assistant GM of the Phoenix Coyotes for the past

7 seasons and oversaw their AHL affiliate in Portland. He has been Assistant GM for Team Canada at the IIHF world championship. As well, he previously served as President of the Central Hockey League and President and Director of Hockey Operations for the Western Professional Hockey League, which he helped found. The next step for the team is to hire an Assistant General Manager.

With the Flames hockey department rounding into shape, the mission is to continue to develop their young talent both on the team and on the farm. Their objective must be to fight for a playoff spot next season. This pass season the Flames employed 44 different players in the line up! Injuries to the veterans Cammalleri, Glencross, Giordano, Wideman, Stajan and David Jones etc. did not help the Flames' case. But when in the line up each player contributed to the overall success of the team. No one really had a bad season. The Flames have many good young players on the teams coming up in Monahan, Backlund, Brodie, with top prospects Johnny Gaudreau, Bill Arnold, Sven Baertschi, Markus Granlund, Max Reinhart, Tyler Wotherspoon, Mark Jankowski and Kenny Agostino. The future is igniting for the Flames. With some salary cap room to play with (approximately \$25 M+) the hockey operations department will continue to mould the team to Burke's philosophy and Coach Hartley's likings. Next season's salary cap is estimated at \$68 Million and the floor at \$50 million and the Flames owners seem prepared to max the cap if necessary.

What to do with the goaltending situation?

It was a major burning question at the start of last season after the retirement of Kipper but not so much for next year. At the conclusion of the season Karri Ramo appears to have the vote of confidence to be the No. 1 goalie next season. RFA'S Joni Ortio and Oliver Roy plus Joey MacDonald UFA's will probably battle for the backup role depending on who get's re-signed. The Flames improved their overall team defence from 29th - 2nd worst goals against in the league in 2013 to 23rd in 2014. Looks like Joni Ortio will probably backup Karri Ramo in goal next season.

Cont'd p. 5

Calgary Flames (Cont'd from p. 4)

What Free Agents do the Flames re-sign?

The most significant Flames restricted free agents with last season's salary in brackets are TJ Galiardi (\$1,250,000), Chad Billins (\$925,000), Ben Hanowski (\$900,000), Paul Byron (\$643,500), Oliver Roy (\$628,333), Joni Ortio (\$617,500), Joe Colborne (\$600,000), Mark Cundari (\$600,000), and Lance Bouma (\$577,500). The most important re-signings for the Flames are Colborne, Byron and Bouma. Colborne really developed on the wing after his move off centre. Byron showed his speed and penalty killing abilities while Bouma displayed his grit, shot blocking and hard work every shift this season.

The most significant unrestricted free agents (UFA's) with last season's salary in brackets are Mike Cammalleri (\$6,000,000), Chris Butler (\$1,700,000), Joey MacDonald (\$925,000), Derek Smith (\$775,000), Kevin Westgath (\$725,000), Blair Jones (\$650,000) Ben Street (\$575,000), and Chris Breen (\$577,500). The two most significant UFA's are Cammalleri and Butler. It looks like Cammalleri will test the free agent market this summer. They may replace Butler on the blue line with one of their up and coming defenseman. Tyler Wotherspoon would be a good candidate.

Who do they pick in the 2014 NHL Entry Draft?

For the first time over the past 25+ years the Flames will pick in the top 5 of the NHL Entry draft. This year they will pick 4th overall. They need to draft someone who can make the roster now. Sean Monahan last year's 6th pick was a gem of a selection and scored 22 goals in his rookie season. They need another great selection. It looks like it will be either Sam Bennett, centre, Kingston, 6', 178 pounds or Michael Dal Colle, centre, Oshawa, 6'1", 179 pounds. Both are listed at centre but can play left wing as well. Bennett has good size, toughness and skill package and Dal Colle is another prospect with size and skill with a great shot. I believe the Flames will take Bennett over Dal Colle if he is available come the 4th pick ...either prospect will be a winner. Both center Sam Reinhart and Defenseman Aaron Ekblad should be selected in the top 2 and will not be available to the Flames.

Will they aggressively pursue the free agent market?

The Flames are becoming a better team and therefore

Calgary is a better city to attract future free agent talent. This year's free agent crop include the following: Marian Gaborik, Thomas Vanek, Ryan Callahan, Derek Roy, Dave Bolland, Matt Moulson, Milan Michalek, Mason Raymond, Dustin Penner, Dany Heatley, Steve Dowie and Steve Ott. Just to name a few. Also, goalies Jonas Hillier and Martin Brodeur are available. Do they go after one or two free agents for added valuable skill and experience to help a youthful roster? Definitely, the team could sure use an accomplished veteran winger especially if Cammalleri does not resign with the club.

In Conclusion:

The Calgary Flames made some tremendous strides last season to steer the franchise in the right direction. They were competitive each and every game out. The home record is getting better 19 - 19 - 3 but the team still needs to make the Saddledome a tougher place to play in every night. The strength of the Flames team is with their defensive core of Giordano, Russell, Brodie, Smid, Wideman, and Butler. Now with so many good young prospects, will they trade Wideman to acquire a good experienced forward or let Butler go to the free agent market? With so many up and coming young players and prospects in the system, Flame's fans are in store for some very entertaining hockey in the years ahead. The worst days are behind us now! The Flames will continue to inject more youth, speed, physicality and grit into their line up. Say tuned. It will be a very interesting off season as the Flames management and coaches tackle the ongoing rebuilding process. Again time and patience will be two key words for next season as well but the franchise is certainly heading in the right direction. Bob Hartley is the right man for the job!

"Yes, the expectations go up. Yes, we expect the kids to do more. Yes, we expect to add personal in the offseason to make us bigger and better. Yes, go ahead and raise the bar, that's fine with me. When expectations go up, that's a good thing -- it means our team is getting better."

**~ Brian Burke
(Post-Season Conference)**



Meet The Instructor

Frank Lyall

Editor's note:

Recently, I had a good chat with Frank Lyall, Instructor for Tucker Hockey. Frank has been a valuable member of the Tucker Hockey team for the past 5 years. He has helped

teach power skating and hockey skills to various Adult and Minor groups. Here is a summary of our conversation.

Frank, tell us a little about yourself and your family.

I was born in Brighton, England and came to Canada when I was 4 years old. My family lived in Ottawa all of my early life and on my own, I moved to Toronto in 1979 and from there to Edmonton in 1981. After a few different cities in Alberta, I landed in Calgary, met my wife Peggy and was married in 1987. I have 3 children, Courtney 22 (just graduated from U of C) & Ben 16 (who lives at home) and Mike 23 (at UVIC & lives in Victoria). We have two German shepherd dogs, Reigne and Skye. We are pretty much home bodies but love the outdoors and spend time during the summer at our lake property in Sylvan Lake Alberta; we ride bikes, swim, boat and spend fun times around the campfire in the evenings.

What types of sports do you, your wife and your children participate in?

I am a lover of all sports and grew up in a racket sport family. Squash, badminton and tennis were the top ones. My immediate family are big basketball fans and have spent the last 20 plus years either playing coaching or just being "family fans".

How did you get into the sport of Hockey?

I started playing hockey on the outdoor rink but didn't really

start organized hockey until I was 20... late when I joined a novice men's league.

When and how did you initially get involved with Tucker Hockey?

Sometime around 2000 or 2001... Dave Mahoney (a head instructor now with Tucker Hockey), who I have been a teammate with since early 1986; thought we could improve our hockey skills and Dave convinced me and a few of our teammates to join a Tucker Hockey Adult Program. Around 2009 Dave because of my familiarity with the Tucker Hockey way and programs... as well as my coaching background in basketball... David thought I would make a good instructor... so I have been helping out with Tucker Hockey programs for nearly 5 years now.

What is the most enjoyable part of coaching/teaching for you?

I have coached different sports for many years (badminton, squash and basketball) and enjoy the challenge of seeing an athlete get better and recognize their potential. I love the challenge of finding ways to inspire and gently nudge athletes to gain confidence and forever love the sport they endeavor to learn.

What, if anything, has instructing with Tucker Hockey taught you?

Constant, life-long learning isn't a chore but a privilege. We live in a great country, with so much opportunity and we often don't realize how so many don't have the chance to partake in sports and to give back and help others.

Cont'd p. 28

A teacher affects eternity; he can never tell where his influence stops.

~ Henry Adams

Coach Rex's Corner - NHL Rink Size Debate

For decades many hockey experts and fans have discussed and debated the size of the hockey rink dimensions. Is the standard NHL rink 200 feet by 85 feet too small? Should the NHL expand all the rinks to international size 200 feet by 100 feet to make the games more exciting? Expansion would allow an additional 3,000 feet of playing space but it would be a very costly league venture.

For years, I have been one of the believers and advocates that big ice is better for the game. I always felt the bigger ice allowed the more skilled players to showcase their many talents. But I have to honestly admit after watching the 2014 Olympic hockey tournament that I was definitely wrong! The majority of the games in the tournament were played like soccer on ice. The Olympic hockey was a different style of hockey with a very defensive coaching philosophy; of trying not to lose rather than attempting to win. Sure there were at times moments of tension and drama - close games - but it truly lacked the excitement of NHL playoff hockey. Much like a billiard game – not what you make but it seemed what you leave appeared to be the norm throughout the tournament. Often the games displayed very tight defensive hockey – choking defensive hockey – a chess style game on ice!

Many of the European teams such as Finland, Czech Republic, Slovakia, and especially Switzerland and Denmark played a no flow - trapping style of play - with very little pressure and mostly containment in mind. No fore-checking pressure, often a 1 - 4 system, 1 - 3 - 1 system or worst at times 5 players inside the centre ice red line. Even the powerful Russian team were playing a trapping style at times! Even though many players on the lower rated European teams did not play in the NHL, they all possessed supreme skating skills. Players played smart positional hockey on the larger ice surface with very little body checking. The Finnish team especially had many supreme skaters and played exceptionally well without the puck.

Canada dominated Sweden in the probably the best team defensive performance ever played to win the Gold medal with a 3 to 0 score. Bravo to Coach Mike Babcock and his assistant coaching staff on their game plan and execution! It was defence first with tremendous overall team speed, puck possession domination and short 35 to 40 second shifts throughout the tournament. All the players understood and executed the team system and were very unselfish to play

a total 200 foot team game – taking backside pressure to another level for the game of hockey. Canada surrendered only 3 goals in 6 games, the fewest allowed by a gold medalist since 1928. Canada also scored only 17 goals, the fewest by a gold medal-winning team in Olympic history. For star NHL players it was a big adjustment to play only 12 to 15 minutes a game when they normally play 22 to 25 with their club teams.

Basically 2 on 1's, 3 on 2's were non existent on most occasions throughout the tournament! Team Canada found themselves in the opponent's zone attacking 2 on 5 or 3 on 5. To create scoring opportunities and win the coaches had to activate their defensemen into the rush such as Weber or Doughty to generate enough offense to create scoring opportunities and win. Teams were conscious to keep players outside the dots. On the international ice the neutral zone is bigger while the offensive zone is smaller than on the NHL size surface. Team Canada had to work hard to get scrams in the net zone area and pucks to the net on a consistent basis. It was difficult to create offensive plays and get to the prime scoring area in front of the net. Often the majority of shots were generated from the blue line from the team's defensemen.

On the men's side, the most entertaining game was the USA vs. Russia game which featured tremendous skill, flow and excitement that ended in a dramatic USA shootout win. Overall the Olympic hockey had its tight hockey moments of tension, drama with some moments of excitement. By far the best game of the Winter Olympics was the thrilling and unbelievable come from behind 3 to 2 win by Canada over the U.S.A. in the women's gold medal contest. That was awesome hockey to watch! What a game!

Even with Canada winning double Gold which was awesome to see I personally felt the Men's Olympic hockey was a bit of a let down for overall entertainment and excitement. So I humbly must say I now will take NHL playoff hockey on the smaller ice any day over the less than exciting Olympic tournament style of play on the bigger ice! Is it the size of the ice surface or the style of play implemented by national coaches to try and win or be competitive at this level? You be the judge. But Coach Rex, I am sorry to say is no longer a fan of the big ice game but I still hope the 2014 World Hockey Championship in Belarus this May will generate some exciting hockey to watch! Let's keep the faith!

Coaching vs. Yelling

Mentoring coaches during a High Performance clinic was an eye opening experience. The coaches were elite coaches ranging from AA and AAA hockey to University levels. 9 coaches formed 3 staffs to coach 1 of 3 games. In the first period of the first game our team fell behind 3-0. After each goal was scored some coaches became more vocal and shouted from the bench pointing out mistakes. Their tone of voice showed their frustration and the yelling, although well intended was having a negative effect. The ongoing criticism on the bench added to the frustration. The coaches were not aware of “what they were doing”. They were reacting to things as they happened on the ice. They were not coaching, they were overreacting and it was having a negative effect on the player’s performance.

After the period we talked about the importance of feedback and how it affects performance. Coaches have to coach “in the future” realizing that what they say and how they say it will affect their players and how they will respond. Constantly pointing out what they did wrong affects their “feelings” which affects their performance. How you coach affects how they feel and influences how your players will perform in the next shift, period or game. Coaches, like players have to have *emotional control*. They need to be in “control” to guide their team through the highs and lows of a game. When the opponent scores it is important to say “let’s get it back’ while teaching players to learn and improve during the game. Reacting to mistakes is bad coaching. Responding to mistakes in a way that teaches maintains their competitive spirit. This is what good coaches do.

Coaching feedback is about saying “*The Right Stuff, The Right Amount at the Right Time*”. Sometime it is best to say nothing. Coaches who progress from *Yelling* to *Telling* to *Asking* will develop smarter players and better teams.

At *competitive* levels coaches who go onto the dressing room and ask their players: “What did we do well?”, “And what can we do better?” will appreciate that players are aware of their mistakes and they know what they need to do better. When the answers come from the players they are “thinking” and become smarter players. Coaches may have to remind the players about what they are doing well to get them refocused and change their negative thoughts to positive ones.


At early levels of minor hockey coaches will have to tell their players what to do as they are learning to play the game. Coaches may use a loud voice to direct a *Tyke*, *Novice* or *Atom* Player. Telling loudly from the bench is

more important for players on the bench than on the ice. The players on the bench can hear the coach and see the play as it happens and learn from the feedback. When players come off the ice it is important to praise what they have done well. Coaches often forget to compliment good plays, losing out on the opportunity to build energy and elevate the spirit of the team.

“When researchers ask youngsters why they stopped playing, the reasons given most often are that practice sessions and games stopped being fun because parents and coaches imposed too much pressure to win, yelled at them for making mistakes, and cut or benched less talented players.”

~Douglas E. Abrams

Become a Better Coach... “Listen to Your Self”

| | | |
|---|--|---|
| Positive Specific Eg. Great back check | + / - Feedback ?  | Constructive Specific Eg. Head man the puck, Back Check hard Eg. What’s going on? Negative Specific Eg. Bad Pass |
| Positive General Eg. Good job, Way to go... | Asking a question: | Constructive General Eg. Get working Negative General Eg. What’s going on? |

Wally Kozak Bio:

Wally Kozak B.A. P.E., B. ED.

Teacher, Coach, Mentor: Over 20 years

International, University, Major Junior and Minor Hockey.
High School Football, Wrestling and Track and Field.

Olympic Gold Medalist 2002.

Past Head Scout and manager of Player Development for Team Canada Women’s program.

Author of numerous articles used in Hockey certification programs.

Chinook Hockey Consulting: Providing Leadership, Mentorship for Associations, Parents, Players and Coaches.





Tucker Hockey Tips

Instruction for Timbits & Novice Players

Many parents start coaching hockey when their first child begins to play. After attending an early season weekend coaching certification course they begin their journey. For many rookie coaches they will follow their son or daughter through the minor hockey system from timbits, to novice, to atom etc.

I began teaching the 6 to 7 year old age group back in 1997 during my early power skating days in the Czech Republic. Based on my experiences, I wish to share a few pointers on what I have learned and incorporated into my teaching over the past 18 years on the ice.

For starters, one of my favorite age groups is the 6 to 7 year old Timbits / Novice level. It's so rewarding to witness first hand the improvement in player's skills, their love of hockey grow on a session to session basis and witness the smiles on their faces! However, on many occasions it can be a very challenging task teaching this age and skill level! Why? Like Forrest Grump's quote - "You never know what you are going to get!" Some days the kids are awesome - they are eating out of the palm of your instructional hand - paying attention i.e. watching and listening. But there are other days when they are indeed a handful - lacking attention, focus and commitment to skill development. They are kids! I have learned over the years as an instructor - always go on the ice being focused and well prepared; otherwise it will be a valuable lesson in the art of teaching. You will have your hands full indeed and the coaching experience and / or results will not be so rewarding.

First and foremost, what I have learned is that on-ice instruction for this age group requires a great deal of patience and the ability to be repetitive. If I had a dollar for every time I have said "Keep your head up", "Bend your knees" or "Keep your stick on the ice" I would be a very wealthy man. However, it's important to remember that they are only 6 or 7 years old in their physical, mental and emotional

development. Often on ice instructors, coaches and parents need to lower their expectations of what the kids can handle for hockey advancement on a daily basis.

There are often many factors beyond your control in this vocation. Over the years, the Tucker Hockey staff has discovered that many young players show up at the rink and can be challenged by any of following:

- Equipment that does not fit properly especially skates, sticks too long, improper skate sharpenings etc. which endures performance.
- Lack of a good meal. Players of all ages need proper nutrition and good calories to spend energy.
- Lack of a good night's sleep. Player's need proper rest to enjoy and perform well on the ice.
- Home and / or school issues can distract players and their enjoyment of the sport.
- Hyper personality from too many video games being played in their spare time.
- Sometimes it's the parent's wish not the child's desire to be on the ice. It's important for parents to listen to their child and understand what activities their child wants to do and enjoy. Do they desire more or less hockey?
- Also many 6 to 7 year olds are physically ready, but some kids are not ready because they lack the emotional maturity, to participate in a group hockey program.

Cont'd p. 29



"I fell in love with coaching. I loved interacting with young people, having the opportunity to make a tremendous impression on them."

~Morgan Wootten

Letter to the Editor

Fighting in Hockey is Barbaric

Hello Hockey Zones,

Thought I would express my thoughts to you about the long and ongoing debate – whether fighting should be a part of hockey. Here are my views on it. Thanks in advance for printing my letter.

Fighting it seems has always been a part of the game of pro hockey since the early days. It's been accepted behaviour from the beginning. But our society is changing and I feel the game of hockey needs to change with it.

When watching Calgary Flame's forward Kevin Westgath being left unconscious after a fight with Edmonton Oiler's Luke Gazdic during the March 1st, 2014 game I thought to myself again how barbaric the sport of hockey can be! Really what other sports in the world allows two opponents to hit and beat each other up with bare hands? Even athletes in the sports of boxing or UFC wear some sort of gloves / hand wear! The fight drew a standing ovation from arena fans – many unaware of the concept of brain trauma. Major concussions as well as lingering mental illnesses have and will continue to plague many who fight in hockey for the rest of their lifetimes!

Of the 30 NHL teams, 23 are based in the U.S.A. where many fans love the violence of the game over the skill required to make plays on a narrow pair of blades. The NHL will not abolish fighting because it sells tickets, get's bums in the stands and millions of dollars in the owner's pockets. Many of the old guard – Don Cherry, Brian Burke etc believe fighting still belongs in the NHL. They have loyal followers – but I believe hard core hockey fans watch the game not to see the violence of fighting but to witness great plays on ice. No disrespect to Kevin Westgath or Brian McGrattan but I believe most Flames season ticket holders go to the Saddledome to watch Sean Monahan, Mike Cammalleri or Juri Hudler make great plays or score goals not to watch fights. If the Edmonton Oilers come to town, I'll pay my monies to watch Taylor Hall or Jordan Eberle work their magic on the ice not Luke Gazdic throwing punches! Most enforcers play 5 to 6 minutes per game playing on the 4th

line of teams.

The rational behind fighting seems to have been to police the game, keep dirty players honest and rally the troops with a good scrap when a losing team needs a lift. But only a small number of the 690 roster players in the NHL fight. When you look at the Calgary Flames - who fights on a regular basis? McGratton and Westgath....maybe Giordano, or Glencross may have the odd fight when provoked into it...but that's it. Only 2 or 3 players on each team take the gloves off for a scrap. Maybe 10 % of the players fight during the season at best. Some players have used fighting as an intimidation factor in the game but we are not in a 1970's society and the game has evolved. At least we don't see bench clearing bawls



any more! With the two referee system and video review, the game can be controlled and policed without the barbaric act of fighting if the NHL wishes to take it out of the game. Don't you agree?

When we look at the best hockey played like the Olympics, World Cup, World Hockey Championships, World Juniors or Stanley Cup Playoffs especially the Finals there's no fighting but fighting is allowed during the regular season? When the best on best play – we never see fighting in the game! Who needs it? Is the NHL game setting a good example for the young kids who are playing the game and developing towards the next levels? Isn't the game about pure skill on ice not barbaric acts of fighting? The top administrator's need to clean the game up. Get rid of fighting please for the betterment of the game!

Regards,
Bob Harrison

Editor's Note:

Bob, thank you for your letter to the editor and your candor about fighting. You didn't pull any punches with your anti – fighting views! Just kidding! You made some really good points for sure. Personally, I agree with you that we no longer need fighting in hockey especially staged fights. It's time for the key stakeholders in our game to work together and eliminate fighting.



Knowing Your Zone

So you have got the perfect weight room, a motivating training partner and a tailored program that will ensure that you will make progress towards your training goal. Congratulations! Now, all you have to do is monitor your intensity and your ability to train harder on good days and back off a little on the days where you have less energy so you can recover completely. How are you going to do so? The best answer is a heart rate monitor!

A heart rate monitor will fit seamlessly into your training program no matter your goals. The best models you will find on the market today will include a streamlined watch and chest strap that will need to be worn during activity. Together, these units will track your current heart rate, noting changes every few seconds, your maximum heart rate each training session, as well as your training zones. These zones are based on your maximum heart rate, which is calculated by subtracting your age from 220, thus a 35 year old would have a maximum heart rate of 185 beats per minute. From this number, your training zones are at 50%, 60%, 70%, 80% and 90% of your maximum. The lore of past training education will note that these zones correlate to a higher amount of 'fat' or 'carbohydrates' being burned while you train in them however as athletes, our focus is on strength, stamina and speed, and these measures should precede training for fuel 'selection'. More salient to hockey, your heart rate should peak after a shift or set of weights into the 80% -90% zone and upon rest, drop to the 50%-60% recovery zone before beginning again.

The benefits that you will soon realize with 'your finger on your pulse' will allow you to train with precision. For strength training sessions, your heart rate will spike with each set and in order to be prepared for your next set, you can rest until you hit the magic number of 120 beats per minute. Cardiovascular sessions also allow a similar self-monitoring ability, as you will have complete control of your intervals and steady-state work as the feedback is instantaneous. Taken a step further, endurance athletes can note and compete at their lactate threshold (the maximum pace they can run at so as not to 'exhaust' early). Similarly, hockey players can do so during their events but they will

note the peaks and valleys in their data between each shift. Trust me this works amazingly well as I have used my own heart rate monitor under my hockey gear and have tracked my progress during games as well as over the season – it's remarkable to see how much you improve after training!

The features that these watches possess are vast and always improving. You can input and select your training zone needed and many models will 'beep' at you when you are above or below your specified zone. Timex models sport a 50-lap timer, which I have personally used in the past and enjoyed utilizing as my intervals / hill runs / laps around the track can be compared and tracked. Other models such as Garmin and Polar have models for your cross-training in the off-season that will track your speed and location with GPS, your altitude when scrambling and even your measures while you swim. No matter how you slice it, competition has driven the options on these monitors and subsequently, you have a very wide variety to choose from in the market today as compared to even 5 years ago.

For those of us who really enjoy feedback throughout the day, Nike and Polar have created the Fitband and the Loop respectively in order to us to track our daily activity, including training sessions, and give us a large amount of feedback via a Bluetooth phone connection. Falling between the heart rate monitor, calorie counter and pedometer categories, these innovative wristbands allow you as the user to track other important factors such as recovery, with their sleep monitoring system, and even motivation via messaging through Bluetooth. If you are really serious about ensuring your progress, these systems may be the best tool yet!

Tip: Train for less than 60 minutes per session so you can use your body's carbohydrate—or glycogen-based—energy system and keep your training more focused and effective. Use recovery to enable accelerated progress!

Jeff Mueller is a local fitness expert who specializes in sport-specific training and overall life balance. He can be reached via email: mue@live.ca or on Facebook at 'Healthy Living in Calgary'.



McCoaching: Break Free of the Fast Food Coaching Mentality!

Like people eating at fast food restaurants and wondering why they can't lose weight, I'm constantly amazed by the majority of coaches who spend far too much time on systems and specialty teams only to be frustrated when their teams don't experience success because they can't properly execute under pressure! "We've practiced the PP for hours... we always get the same results... why didn't their previous coach teach them any skills or hockey sense?!" This is the very definition of insanity: doing the same thing and expecting different results.

What coaches really need to do is (have patience) spend time improving their players essential skills (passing and receiving, etc.) and encourage their athletes to play 'heads up' so they can perform! As I have mentioned in previous articles, my definition of an elite athlete is one who is able to demonstrate proficient technique, plays with their head up, at speed, under pressure, while fatigued, consistently, and can perform on demand. Coaches need to think more deeply about the game; embrace statistics and analytics so they can train purposefully and intelligently. They should also nurture their personal coaching philosophy as this is the foundation to support everything else.

In my friend's PhD dissertation on a European U20 Junior team, he recorded every game and practice through an entire season and analyzed every play. He found 45% of all game action was attributed to a 1v1; 35% to a 2v1; 10% to a 1v2; and the remaining 10% included all other aspects of the game! His findings stated that coaches should use this information to plan their practice curriculum accordingly; for example, spend 45% of your practice time on 1v1. (*Hint: Don't major in minor things! Focus on what happens most frequently to be most efficient!*) Why spend any more time on the 'other' than the statistics show; especially when you end up stealing time away from the game situations that occur most frequently? How do your own practice percentages look? You can't cheat the numbers!

The data suggests that individual skills and tactics are imperative to winning 1v1, 2v1 and 1v2 battles. While players are improving their individual skills and tactics, they should also be learning the principles of the game so they know the 'what, how, why and when' both on offense and defense. This knowledge, combined with their ability to execute technical skills and tactics with their head up - so their eyes can scan the playing area, analyze, think, make decisions - are critical for all situations and will lead to success.



This is the reason why playing lots of Small Area Games (SAG's) is so vitally important – they promote multiple puck touches, transitions occur quickly in a small space, players must make rapid decisions and they immediately see the results of these decisions – that's hockey! Knowledge plus experience plus SAG's combine for the hothouse development of hockey sense.

An inordinate amount of time in coaching clinics goes towards systems. Growth and development - a topic that is critical for all youth coaches - is often sacrificed for other, 'more important' X and O items! The topic of developing one's coaching philosophy is often left to the individual coach to do on their own time. Shouldn't critical thinking and problem solving be on the agenda?

Cont'd p. 27

Dean Holden Bio:

- Former Junior A and University Coach
- N.C.C.P. Level 4 / Hockey Canada H.P. 2
- National Coaching Institute Diploma
- Masters of Education (Coaching)
- Chartered Professional Coach
- www.GetSportIQ.com
- *"The Game is the best teacher of the Game"*





Likeability or Trust Which Comes First?

As a school principal it was my responsibility to hire new staff every year. It was the most important part of my job description. The people you hire will be an integral part of the climate and culture that you are trying to cultivate in your community. The same can be said for building community on our teams.

Out of all of the questions that I would ask in the interviews, there was one that the major factor in inviting someone to be a part of our community. That question was: “Is it important that students like you?” It was not a trick question. If they responded “No” and that it was only important that students “Respected” then – I did not hire them. We have all been in too many environments and on too many teams where the leaders demanded respect and thought that you owed them respect because of their position. This, most often than not, leads to intimidation and a disrespectful culture.

Is trust or respect more important than being liked? Is being liked more important than being trusted?

The resources that I believe would say:

- TRUST or RESPECT take time to develop. They are built. However, trust is the most important foundation of all quality relationships.
- Your likeability gives you the time needed to earn the trust and respect.
- Therefore, the key to success in any process (selecting a partner, building a team, etc.) is to have a very high likeability index. This is something that you will need to work on in any relationship building environment.

There isn't anyone that can't be a little more likable. Here are 14 ways to be a little more approachable:

1. Be yourself.
2. Smile.
3. Give sincere compliments.
4. Look people in the eye – giving people attention (turning and facing them) is flattering.
5. Stop looking at your phone every 5 seconds! Be personable.

6. Show interest by asking questions about: school, other sports, etc.
7. Don't look like you're in a hurry.
8. Find ways to agree – arguing is annoying.
9. Be optimistic - find reasons to be positive.
10. Show that you care.
11. Listen more than you talk.
12. Shake hands with two hands. Shake with the right hand – rest your left on their arm or shoulder.
13. Be polite. You can use up 5 years of likeability with mere seconds of indiscretion.
14. Constantly remind yourself of the first 13.

This is a perspective that has held true for me over the years. I hope you have gained some value from this perspective.

Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships.
~ Stephen Covey

Bob Tuff Bio:

- University of North Dakota Graduate & Hockey Team Captain
- Professional Hockey Player in Austria
- Assistant Coach University of North Dakota, Calgary Wranglers Junior A Tier 2, Calgary Canucks Junior A Tier 2
- Minor Hockey Coach Hockey School Instructor – for 35 Years
- Vice President & Director North West Calgary Athletic Association – responsible for professional coach development
- Manitoba Hockey Hall of Fame



Tucker Hockey Promotional Video

Tucker Hockey is pleased to announce the release of our Promotional Video. This Video contains on ice footage of our Hockey Programs and Services, including drill selection.

Check it out on our website at:
www.tuckerhockey.com



Tucker Hockey Philosophy **Why Power Skating?**

Skating is to hockey what running is to soccer. Skating is the foundation upon which all other skills are built. It is the most important skill of ice hockey. The level of performance attained by a player in passing, shooting, checking and puck control are directly related to one's skating ability. The time spent improving a player's skating is a worthwhile investment due to the carry-over value to all other aspects of the game.

Becoming a strong skater depends on a number of factors - the most important is skating technique. Other factors that enhance skating include leg strength, leg quickness, leg flexibility, balance and trunk stability.



Tucker Hockey **World of Instruction**

Since 1999, the spectrum of past 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 in age from 5 to 75, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

| | |
|-------------------|---------------------------|
| Professional | Learn to Skate |
| Collegiate | Calgary Recreational |
| WHL | Hockey - Midget |
| Junior A | Minor Hockey |
| Junior B | Coaches' Clinics |
| Midget AAA | Minor Teams |
| Midget AA | Minor Hockey |
| Midget AA (Girls) | Association Projects |
| Midget A | Customized Minor |
| Bantam AAA | Hockey Programs |
| Bantam AA | (Arranged with Hockey |
| Minor Hockey - | Parents) |
| Community | Adult Recreational |
| Midget | Ladies Teams |
| Bantam | Men's Teams |
| Bantam Girls | Male |
| Peewee | Female |
| Peewee Girls | Father and Son |
| Atom | Mother and Daughter |
| Novice | Grandfather and |
| Tyke | Grandson |
| | Husband and Wife |

TUCKER HOCKEY

What Makes Tucker Hockey Unique?

Passion - Our love and passion for hockey has blossomed into T.H.E. Tucker Hockey Way which is a lifestyle where we connect and relate, we teach and understand, we care and improve; whereby creating personal successes.

Performance History - Tucker Hockey has an on-ice formula with time proven results ensuring participants become a better skater/hockey player, backed by our Guarantee.

Diversity - Tucker Hockey has a broad portfolio of services available; we teach all ages from 5 to 75 and all skill levels from Timbits to Professional.

Pay-It-Forward - We offer Tucker Hockey Awards – since 2004 Tucker Hockey has offered over 70+ free programs to various Minor and Adult hockey players, giving back more than \$20,000.

Good Karma - Since 2004 we've published Hockey Zones Newsletter for the purpose of hockey education, addressing various hockey issues for public discussion, as well as provide features on hockey individuals at the Calgary Grassroots Level – the overall theme is to create Goodwill within the Hockey and Business Communities.

Altruism - Tucker Hockey is the Event Sponsor of an annual Golf Tournament which has raised in excess of \$100,000 since 2008; contributing our volunteer time and efforts to promote philanthropy and raise social consciousness about the less fortunate children in the Calgary Hockey Community and providing them an opportunity to play hockey.

T.H.E. Tucker Hockey Way

Enriching the lives of Tucker Hockey Participants by instilling a sense of belonging, expounding our passion for the game of hockey, imparting valuable life skills, and assist in manifesting our participant's desire to improve all the while cultivating a harmonious community of like-minded individuals.



Tucker Hockey Club Membership

Members get More - Big Savings!

New for 2014 !

Tucker Hockey has partnered up with 3 local, reputable and great businesses to get you free skate sharpenings, discounted equipment cleaning, and discounts off of retail merchandise.

We're also giving our members discounted Group Program rates, discounted private team and 1-on-1 sessions, give-aways from merchandise to hockey tickets and other exclusive offers available only to Club Members!

Sign Up Today!! Take Advantage of the Great Rewards!!

Gold Level

Gold Membership Highlights

All of the items included in the Silver & Bronze Membership Levels....

**** Plus ****

- Opportunity to purchase 2015 World Junior Front Row Tickets in Montreal or 4th Row Tickets in Toronto
- A personalized Tucker Hockey Jersey with your "Name" and Number
- The Hockey Insider with Coach Rex
- Annual Appreciation Party

\$299.99/Year – Per Participant

Silver Level

Silver Membership Highlights

All of the items included in the Bronze Membership Level...

**** Plus ****

- 10% off Private Team and 1-on 1 Sessions
- 20% Discount off Advertising your Team or Company in the Hockey Zones Newsletter
- Free Advertising of your Team or Company in our bi-monthly Email blasts, which consist of over 3,000 contacts
- Monthly Give-Aways: Hockey Tickets & Merchandise

\$199.99/Year – Per Participant

Bronze Level

Bronze Membership Highlights

- A set fee per session attended: \$40 for Adults and \$37.50 for Minors
- Increased Buddy Referral from \$75 to \$100 per Buddy
- 15% Discount off of Tucker Hockey's New Line of Apparel
- Opportunity to play in an Annual Tucker Hockey Youth and or Adult Hockey Tournament
- Monthly Give-Aways

\$99.99/Year – Per Participant



For full details visit us online at:

www.tuckerhockey.com/clubmembership.asp



Huge Summer Savings



Make it a Combo!

Effective June 1st to August 8th, 2014

Register in 1 Summer Program -

Pay Regular Pricing

Register in a 2nd Summer Program -

Receive 15% off the Price of the Program

Register in a 3rd Summer Program -

Receive 25% off the Price of the Program

Register in a 4th Summer Program -

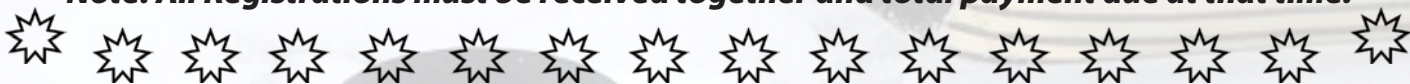
Receive 50% off the Price of the Program

Register in a 5th Summer Program -

Receive a FREE Program

Combine a Power Skating Program & Shooting Clinic
Receive 15% off the Total Price of the Programs

Note: All Registrations must be received together and total payment due at that time.



Promotional Offers Can Not Be Combined

This can include, but not limited to:

- Using Gift Certificates with either Promo
- Using Buddy Referral Program with either Promo

****Payments Must be Made Over the Phone****

Promotional Offers Available for All Summer Minor and Adult Programs Advertised

Minor & Adult Registrations Can Be Combined to Qualify for the Combo Pricing

Quality Year Round Hockey Services

Adult Summer 2014 Programs

Level 101 & Hybrid 101 / 201

Adult Fall 2014 Programs

Level 101, 201, Ladies Only, Specialty Clinic & Hybrid 101 / 201 & 201 / 301

Program Descriptions

101 Program

This Adult Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting. This program is weighted 60% on power skating with the remaining 40% of the program devoted to hockey skills.

Note: The only prerequisite is that you can skate forwards comfortably.



201 Program

This Technical Skills and Tactical Player Development Program builds on the skills taught in the 101 program plus will introduce individual offensive and defensive tactics as well as team tactics. The 201 Program consists of 40 % technical skills and 60 % tactical play.

Note: We would encourage all participants in our 101 Program to discuss their progress and competence with a Tucker Hockey Head Instructor prior to registering for our 201 Program.

Hybrid 101 / 201 Program

Ideally suited for 101 Program past participants who are not quite ready for the demands of a full 201 Program. It provides an introduction to offensive and defensive game tactics as well as an opportunity for players to stretch their technical skills.

Hybrid 201 / 301 Program

This Program builds and expands on the 201 Program of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. Within the Hybrid program, there is less teaching of technical skills and the instructors are more demanding and scrimmages are of a higher pace / intensity!

Note: We encourage all players to first complete our 201 Program prior to attending our Hybrid Program.

Specialty Clinic

This Program covers shooting, stick handling, passing, puck control and controlled scrimmage. It is geared towards any type of player, regardless of skill.

Ladies Only Program

The Ladies only 101 Program will have the same curriculum as the Co-Ed 101 Program, but with more emphasis on technique based on the dynamics of gender specific kinesiology.

For Current & Upcoming Program Times, Dates & Arenas, Visit us Online - Register & Pay Online Today!



CALL 403-998-5035 TODAY



Quality Year Round Hockey Services

Minor Summer 2014 Programs

Minor Super Power Skating & Hockey Skills Development - Ages 7 - 12+

Elite Power Skating & Conditioning Camps - Pee wee / Bantam

Checking Clinics - Pee wee / Bantam

Shooting Clinics - Ages 10 - 14+



Daytime Programs (Super Power Skating & Skills) - Timbits / Novice / Atom

Conditioning Camps - Pee wee / Bantam / Midget

Minor Fall 2014 Programs

Minor Super Power Skating & Hockey Skills Development - Ages 7 - 12+

Program Descriptions

Super Power Skating & Hockey Skills Development

This program will focus on the technical skills of power skating, puck control, passing and shooting plus scrimmage. It will include a full curriculum of Power Skating skills with unique and innovative hockey specific drills.

Elite Power Skating / Conditioning Camps

A specialized power skating curriculum that includes extreme edges, striding - techniques & speed as well as skating agility & mobility drills. For Elite Atom, Pee wee, Bantam and Midget Division 1, 2, A, AA and AAA players.

Checking Clinics

This program covers a list of checking "Do's and Don'ts", emphasizing Safety First. The program includes a 5 step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking.

Shooting Clinics

These clinics cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Conditioning Camps

Designed to get players ready for September evaluations and the upcoming season. The curriculum includes a broad range of skating, puck control, passing and shooting drills with a strong conditioning component.

For Current & Upcoming Program Times, Dates & Arenas, Visit us Online

Register & Pay Online Today!



CALL 403-998-5035 TODAY



A Special Service to Minor Hockey Associations **Tucker Hockey**



Ways to Enhance Your Minor Hockey Programs, Coaching, and Player Skill Development.

1) Guest Instructors

We have been hired as Guest Instructors, working on individual team's scheduled practice times throughout the season, to operate customized power skating, checking and/or hockey skills development sessions.

3) Evaluations

Tucker Hockey has been contracted to assist Minor Hockey Associations with their September player evaluations. Minor Hockey Associations have retained Tucker Hockey mainly because we have no prior knowledge of the players we are evaluating, and therefore no pre-conceived notions about their abilities. Based on our hockey knowledge and experience, we enhance the player evaluation process with professionalism, fairness and integrity.

2) Customized Programs

Working with the Director of Hockey Development and/or Ice Allocation Coordinator to allocate extra ice sessions for individual teams or players who would like to experience additional professional power skating and hockey skills instruction over the course of their season.

4) Power Skating Mentoring Clinics for Minor Hockey Coaches

Designed to introduce proper power skating techniques and equip coaches with additional knowledge and teaching tools to develop players into better skaters. These clinics will ultimately benefit the players as well as the coaches.

Rex Tucker Director, B.Comm

- 20 Years + Hockey Instruction Experience
- A Professional Power Skating Instructor since 1997
- Full Time Professional Hockey Coach since 2002
- NCCP Advanced 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German, and Austrian Players in the Czech Republic for Five Summers

Call
403-244-5037
Today!



www.tuckerhockey.com

Coaching Innovation



The Merits of One-on-One Coaching

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 1 on 1 coaching.

Top 10 - Advantages of 1 on 1 Coaching

- Customized on – ice programs to suit skill needs and overall abilities.
- Coach connects better with each individual player.
- Able to provide a proper assessment of a player's skills.
- More personable – players receive much closer attention and immediate feedback from the coach.
- Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting.
- More hands on approach - input from parents / players are welcomed.
- More effective way to bridge the skill gaps - improve skills quicker / maximize every skate session.
- Times and dates determined by parents / players - better suited to your busy schedule (before and after school hours or after minor season).
- Enhance not only hockey skills but life skills as well such as self confidence, self esteem and improved work

ethic and love of the game.

- Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker! Get to the next level!

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 and grow the love of the game and enhance skill development!

Contact Coach Rex 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 for more information as well as numerous testimonials from very satisfied clientele.

The Spectrum of Tucker Hockey

Proven 1 on 1 Coaching Results Have Included:

*Learn to Skate - Novice to Peewee - Bantam & Midget AA
Junior A - Semi – Pro
Adult Beginner & Adult Intermediate*

The Johnson's 1 on 1 Coaching Testimonial:

"Our son Levi was an enthusiastic Peewee 5 hockey player in 2009. Levi struggled with his balance and because of that, was always on the wrong side of the cut following evaluations. We asked around, "Who could give our boy power skating lessons and help him with his stride, balance and confidence?" Rex Tucker was the name we heard a few times and after a brief phone conversation with Rex - Levi was on the ice with him. Rex was patient with Levi but also firm with his direction and coaching. We all knew that Levi was well behind the curve but his energy and the clear guidance of Rex began to work together. Each week we could see small improvements and after three short months a "Bum down - head up!" Levi began to stride around the rink. It was really fun to watch the change. Today, Levi plays Bantam AAA for the Pursuit of Excellence Academy in Kelowna BC. He is a strong, agile power forward and his team is ranked #2 in Western Canada. Levi has just been accepted to play Midget AAA for the Notre Dame Hounds for the 2012/13 season. There is no doubt in our minds that Rex Tucker is a very large part of this success story. If you or anyone you know is looking for a motivated, insightful and encouraging power skating coach, look no further than Rex Tucker. We give him our strongest recommendation."

~ Tim & Dawn Johnson April 2012

KIDS HOCKEY



ADVANCEMENT SOCIETY

Providing Opportunities To Play

Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 7th Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Personally, I am committed as well as other dedicated team members to contribute the volunteer time and effort as required to ensure the continuing success of the Society.

We look forward to this year's tournament, scheduled for **Monday, September 15th, 2014**, at Lakeside Golf Club in Chestermere.

The Kids Hockey Advancement Society was created to provide an opportunity for children to play, develop their skating and hockey skills and to participate in organized hockey – the nation's greatest sport. The benefit to these children in terms of physical fitness, mental health and well being and social development are significant and well- documented. The benefits to society as these children mature into exemplary and responsible citizens are even more significant.

Thanks in large part to the enduring loyalty from a tight community of donors, the Kids Hockey Advancement Society has continued to see strong fundraising dollars come in and with the addition of new partners last year, we've been able to maintain a high bar that we set for ourselves. In September of 2013, the Society raised \$20,000 to help children acquire hockey gear and register for organized hockey through KidSport of Calgary. An additional \$1,400 was directly donated by adopting "Tuck the Bear", a hand carved wooden bear that sits comfortably at KidSport Calgary's Corporate Office as their Mascot. He was introduced in 2010 and will continue to be adopted out each year, raising funds along the way! In October of 2013, \$3,000 was donated to benefit one specific Calgary Minor Hockey Association, to provide 5 teams with 2 Power Skating & Hockey Skills Development sessions each. Over 75 children benefitted from this opportunity!

The money raised in 2014 will be used again to donate a large portion to KidSport of Calgary; in addition the Society will fund various grassroots activities in the hockey community. The Society is planning to raise an estimated \$60,000 this year via our Annual Golf Tournament. It will cost the Society an estimated \$35,000 to raise this amount.

We are asking for your support with this fun golf tournament. Your participation in this event will contribute to the success of this valued fundraiser.

Support the Society By:

Golfing – register as an individual or as a foursome. Bring your clients, friends, fellow workers and anyone that may be interested in providing the opportunity for deserving kids to participate in organized hockey.
Being one of our valued sponsors – such as a Co-Event Sponsor, Day Sponsor, Cart Sponsor, Hole Sponsor, etc.
Donating tournament and live auction prizes or your time on Event Day

Please call **Christyne Kavanagh (403) 998 - 5035** - Tournament Director if you have any questions regarding this year's golf tournament or if you require additional information.

Please get involved and feel good about giving back!

Rex Tucker
President, Tucker Hockey

Kids Hockey Advancement Society - Box 46014, Inglewood RPO - Calgary, AB, T2G 5H7
Incorporated in Alberta in 2008

info@kids-hockey.ca

www.kids-hockey.ca

403 - 244 - 5037



Kids Hockey Advancement Society

7th Annual Fundraising Golf Tournament

Monday, September 15th, 2014

Lakeside Golf Club

555 Lakeside Greens Drive, Chestermere

Shotgun Start - 1:00 PM

How You Can Help

- Participate with other hockey buddies - golf enthusiasts.
~ Individual entry fee \$249 includes:
 - ✦ Green Fees (18 Holes)
 - ✦ Power Cart
 - ✦ Full Use of short game facility and driving range
 - ✦ Dinner Buffet
- Be a Sponsor - Visit Our Website
- Donate Tournament & Live Auction Prizes

**Register, Sponsor &
Pay online at
www.kids-hockey.ca**

**Limited Spots
Available!
Register Early
to Avoid
Disappointment!**



***Mission: To give all
deserving children the
chance to play organized
hockey - the nation's
greatest sport.***



So ALL Kids Can Play!

Contact Christyne Kavanagh - Tournament Director (403) 998-5035 for more information.

KIDS HOCKEY



ADVANCEMENT SOCIETY

"Providing opportunities to play"

2014 Board of Directors

President: Rex Tucker

Vice-President & Treasurer: Jim Hepburn

Secretary: Christyne Kavanagh

Director At Large: Marcel Pecena

Director at Large: Michael White

Society Giving Back

We're proud to report that the Society has distributed the following amounts, since its inception in 2008:

| | |
|--|------------------|
| 2008 - Inaugural Golf Tournament: | \$10,000 |
| 2009 - 2nd Annual Golf Tournament: | \$12,000 |
| 2010 - Inaugural Poker Tournament: | \$8,700 |
| 2010 - 3rd Annual Golf Tournament: | \$15,500 |
| 2010 - Sponsored two Children's Hockey School Registrations: | \$1,800 |
| 2011 - 2nd Annual Poker Tournament: | \$11,220 |
| 2011 - Karlee Lewis Skate-A-Thon/Kids Cancer Care Foundation of Alberta: | \$1,000 |
| 2011 - 4th Annual Golf Tournament: | \$16,700 |
| 2012 - Oilympics Hockey Marathon: | \$2,000 |
| 2012 - 5th Annual Golf Tournament: | \$20,800 |
| 2013 - 6th Annual Golf Tournament: | \$21,400 |
| 2013 - Calgary M. H. A Scholarship: | \$3,000 |
| Total Donations to Date - | \$124,120 |



"Let us Give You the Edge"

- Full line of HOCKEY & GOALIE SKATES from beginner to professional, includes our CUSTOM fitting process.
 - Quality HOCKEY EQUIPMENT from shin guards to shoulder pads.
 - Complete line of HOCKEY ACCESSORIES from team socks to helmets.
- Large selection of HOCKEY STICKS, including the latest one-piece composite sticks.
 - Full line of GOALIE EQUIPMENT & ACCESSORIES.
- Our service includes equipment repairs, glove re-plating, blade alignments to blade changes.

We will maximize your performance and minimize your risk of injury on the ice!

www.psscalgary.com

3515 & 3519 18th St SW
P. 403-243-3663

2015 European Hockey Tour Program

July 15th to July 29th, 2015

- Opportunity for Top Calibre Pee wee Age players - Born in 2002
- 4 Country Tour – Germany, Czech Republic, Austria and Switzerland
- Airfare from Calgary to Munich, Germany (Return)
- Mini Team Training Camps in Calgary and Prague, Czech Republic
- 5 Game Hockey Series in the fabulous cities of: Prague, Czech Republic, Vienna and Salzburg, Austria, Zurich, Switzerland and Munich, Germany.
- Group travel attire for all participants
- Personalized Home and Away Game Jerseys
- 2 weeks accommodation and most meals included
- Professionally guided sightseeing tours
- Arrival and Departure Receptions
- Professionally organized and managed by a friendly, dedicated support staff
- Awesome opportunity to prepare for Bantam Quadrant Hockey in the Fall of 2015
- An outstanding hockey, travel vacation, cultural, and friendship exchange experience!



Don't Miss Out – It's an Incredible Opportunity!

Sign up on our website today to reserve a spot in our 2015 Spring Elite Power Skating & Hockey Skills Development / Selection Camp in Calgary, Alberta to be evaluated for a potential European roster spot. Only 20 roster spots available.

<http://www.tuckerhockey.com/EuropeanHockeyTourRegistration.asp>

****Note: 2015 European Hockey Tour Program****

*****Due to the unpredictability with international travel costs, the Program price will not be confirmed until late 2014*****

Scouting & Recruitment Opportunities

Tucker Hockey is offering a unique scouting and recruitment opportunity for top calibre Pee wee level coaches and managers in Western Canada. We are looking to add 2 knowledgeable hockey people to the Tucker Hockey support staff for a "Free European Tour."

In return, we ask you to assist us with the recruitment of top calibre Pee wee aged players born in 2002, and their family members. Successful scouts who help us with our recruitment goals are sure to experience the trip of a lifetime!

**For serious inquiries contact:
Rex Tucker at 403 - 244 - 5037**

MAKO II



NATURAL MOVEMENT INSPIRED BY THE PHYSICS OF SPEED

The evolution of explosive skating continues with Mako II. With design enhancements to our composite bootform, a more responsive tongue, upgraded ankle padding and the introduction of moisture management Ortholite® footbeds, we are setting the new standard in performance and speed. It's a game of seconds. Get fast.

01

DOWNFORCE

Aggressive Blade Pitch

Aggressive blade pitch allows you to get over the front of the skate and drive more force into the ice.



02

PUSH DIRECTION

Asymmetrical Patterns

Asymmetrical patterns allow the skates to fall in line with direction of travel to generate speed and power through cornering.



03

TEMPO

Active Extendon™ Guard

The combination of our active Extendon™ guard and deep contour design creates the Mako's unique skating system for unrestricted natural movement.



Tucker Hockey is hiring enthusiastic and passionate Part-Time Instructors for Year-Round Hockey Programs

Ideal Qualifications Include, but not Limited to:

- Power Skating Background
- NCCP Certification Preferred
- Played Midget AAA, Junior A Level Hockey

Personal Traits:

- Excellent People Skills
- Strong Teaching Skills
- Passion and Love for the Game of Hockey
- Willingness to learn "The Tucker Hockey Way"
- Flexible Availability
- Own Transportation

Send Hockey Resumes to: programs@tuckerhockey.com

Note: Only Qualified Applicants will be contacted, no phone calls please.

McCoaching (Cont'd from Page 12)

The X's and O's (drills / patterns) which coaches crave look nice when their teams execute them in practice for the 100th time – typically against no pressure - but have little transfer or meaning when that team is thrust into a game; where pressure, chaos and unpredictability rule. This focus on the X's and the O's robs players of their creativity - their spontaneous decision-making and problem solving - by demanding patterns! Author and speaker, Sir Ken Robinson, had this to say about creativity: *“Kids will take a chance. If they don't know, they'll have a go! They are not frightened of being wrong. Now, I don't mean to say that being wrong is the same as being creative, but what we do know is that if you are not prepared to be wrong, you'll never come up with anything original. And by the time they get to be adults, most kids have lost that capacity.”*

Sadly, I see this statement gaining momentum particularly as kids get older – I am guessing their creativity is being snuffed out by their coaches always telling them, “That's wrong! You should have done this... or you should have gone there!” These ‘play-by-play coaches do more harm than good.

Who's to say ‘that child’ will never be a goal scorer or a play maker? Do we truly inspire greatness and bring out the potential in each player? If we did, why aren't there more Gretzky's? Coaches must strive to provide an appropriate learning environment with purposeful parameters, then shut up and let the players Figure It Out (FIO). Real long-term learning occurs when players struggle and emerge via their own first-hand experiences.

I prefer to be entertained and amazed by the creativity of the great hockey artists; not the role players or checkers. Today, it's the Datsyuk's and the McKinnon's; earlier, it was the Jagr's, Lemieux's, Gretzky's, Dionne's and Orr's! These players were so much more creative than the boring

predictability of a defensive coach demanding the robotic, trapping style of defense - or the Moose Jaw breakout (high and hard off the glass) - or the unskilled dump-in and forecheck!

Like players needing to be taught the principles of the game, coaches must take responsibility for gaining a deeper understanding of the game while ‘operationalizing’ their coaching philosophy. This could take months or years and it should evolve to ultimately reflect the individual values of each coach. It is not about doing exactly what I do, it's about finding your own path, your own way.

While you might start by emulating other notable coaches, make sure your philosophy accurately reflects who you are or what you aspire to be. It's not only about the game; it's about a bigger picture of life; about human beings; about relationships! Please use this off-season to take advantage of some professional development and self-reflection. Take the time to seek the words of eminently respected coaches, like John Wooden, in your quest to evolve.

To close, the simplest job description of the coach is: train skills, teach the principles of the game purposefully and structure the environment such that the athlete can achieve many repetitions in a game-like setting. Do this in a respectful, positive way, maintaining perspective while you teach life skills and you have the ingredients for a successful coach and a successful season! Have a great summer!

**A coach is someone who
can give correction without
causing resentment.**

~John Wooden



Meet the Instructor (Cont'd from Page 6)

What is the most enjoyable part of on ice instructing for you?

I love to be totally involved so it is as rewarding as possible for every participant. I love to see them “get it” and realize you can do anything, if you try. There is no “can’t” only “won’t”!

What challenges or difficulties have you experienced while being an on ice instructor?

Trying to look at every participant and how they view the experience and then develop a way to communicate the “how” so that each participant can “get it” - and also to keep up with my skill level. I find I cheat and don’t work on the basics as much...instructing grounds me!

What advice would you like to offer hockey coaches, parents or players about the importance of skating, and why they should invest time and money towards quality skating instruction?

Skating is a skill/talent that you can do for life! Even if you don’t play hockey you can still skate and maybe instruct. To feel the cool wind you create in your face as you glide around on the frozen surface...wow – for me so cool so very cool!

I see skating as the “seed” that creates real talent. Many hockey participants can shoot; pass, even check but the most talented are great skaters. Put all the skills together after learning to really master skating....you will have hockey greatness!

Any other tips would you pass on to coaches who participate in hockey?

Win with class – lose with dignity. Have integrity in all things you do as a coach. It’s not about you but everyone else, players, parents, family and fans. It has been said before many times but some don’t hear it. Look at situations from many angles to get a real perspective. Sometimes you really can’t see the forest for the trees until you’re in the forest.

Do you have any funny anecdotes to share with regards to your experience instructing?

I went to a Calgary Hitmen game and in the pre-game warm up one of the players forgot to take off his skate guards and when he stepped on the ice – whoosh – down he goes and all the fans watched as he picked himself up and dusted himself off and laughed it off. I thought to myself “how could you forget your guards??” – then not 2 days later I did the exact same thing and it must have been great comedy because I laughed so hard at myself that many participants originally concerned that I might have been hurt started laughing with me. The “Hockey Gods” have a sense of humor and long memories!!

What’s the best part about hockey for you?

This is a tough question because I love hockey so much. I believe it is the greatest game in the world. The amount of talent you must have to be elite is incredible and I am amazed and marvel when I see a truly gifted athlete who proves that.

I love the camaraderie of my fellow teammates and the laughs we have together. The friendships that I have developed over the many years I have played. The true sweetness to making a pass and seeing it succeed, receiving a great pass, making that perfect shot, wow – let me die with my skates on and there better be a rink in heaven!

What other things interest you, outside hockey?

I truly am 90% a hockey fanatic. I love many sports but hockey is my life! If I could play all day and all night I would. The mind is certainly willing.....the body well not so much.

I have coached basketball for over 25 years, both boys and girls (from 5 year olds to High School and Elite Men’s level) and continue to coach, and I enjoy that immensely.

I love bird watching and relaxing on my deck, especially at Sylvan Lake in the summer.

I especially enjoy my children and the interesting wonderful people they have grown up to become. They impress me everyday.

What does the future hold for Frank?

Cont’d p. 31

Teaching Timbits / Novice (Cont'd from Page 9)

This past season I conducted a power skating team session with a Novice minor team. The kids lacked focus, and were quite hyper on the ice. One of the novice team coaches said jokingly “Maybe they are off their meds!” Never thought of it in this way... but there may be a little truth to this statement for some players especially after school during the late afternoon 4 pm team practice ice sessions.

We enjoy and preserve what we love

We love what we understand

We understand because we have been taught

The Tucker Hockey Way!

The Tucker Hockey Way has been to provide a positive and fun learning environment for the kids. The role of the instructors is to teach skating, hockey skills, life skills, and to have fun in the process so as to instill and grow the love of the game. There's an art and science to connecting with the kids and helping them improve on their skating and hockey skills. It's a balancing act to teach skating skills, not get too serious and make it an enjoyable experience.

Often we will start teaching a skill and see how long we can work on the skill before we have to change things up! 2 repetitions or 3 repetitions, 1 length of the ice or 2 lengths of the ice of skating, 5 minutes or 10 minutes of skill development. It's like squeezing juice from an orange. We will see how much we can get out of the group today! Work on 5 to 10 minutes of skill development and then switch to a fun skating game such as hockey soccer, British bull dog, gorilla drill, battle ship, relay races, tennis ball scrimmage etc. We are always trying to adapt and to be flexible because the group dynamics change from one on ice session to another.

Here are a few coaching tips that we have employed in our programs to be successful:

- Name tags on the helmets – it helps to mention player's names when instructing them
- Brief intro: of instructors and chat prior to the start of each session
- Effective communication requires short chats with simple direct language
- Instructor down on both knees at eye level when talking to the kids, shoulder to shoulder
- Players have their stick up - butt end on the ice / players on one knee

- Gentle Approach, captivate their interest, instill good values – discipline, respect, work hard and do their best. Instilling good values at an early age is very important.
- Ask the odd question to keep them engaged and it two-way communication.
- Keep them active – very little standing around. Explain the drill, demo the drill and get them practicing the drill, correcting as they go.
- Water break every 10 minutes
- Provide a variety of drills but give them time to play throughout the session.
- Good hockey stance, strong edge control and balance - the core fundamentals - at this age.
- Progression for technical skills – it starts with skating fundamentals, progresses to puck control, to passing and then to shooting.
- Try to improve their skills to do well at the next level – Atom etc.
- Smile, avoid being too serious or too intense – don't intimidate or scare the kids.
- Avoid negative feedback, lots of praise and positive reinforcement helps learning.
- Raise your voice to get their attention but a constant diet of yelling gets stale; they will tune you out.
- Maximum instructor to player ratio of 1 to 5.
- High energy – players feed off your energy and mood
- No sliding on the ice – safety first
- Notice kids who do a drill correctly and let them demo to the group. Kids want to be noticed and recognized – it helps them pay attention. Their parents like it too!
- The weaker skating skills include stopping, outside edge control and backward skating. Parents especially love to see their child improve in these areas for sure.
- Gradual pace - baby steps with more progressions, teaching falling and getting up properly.
- We often randomly give out most improved helmet stickers to players after each session. They like the recognition and they pay attention and work harder as a result.
- High 5 the players after each session before going off the ice. Praise the kids for a good job well done! Wish them well! Show them you care!

Cont'd p. 31

A good teacher is a determined person.

~ Gilbert Highet

TUCKER HOCKEY'S MISSION STATEMENT

Tucker Hockey has a special and unique love for the game of hockey. It is the mission of Tucker Hockey to share our passion for the sport. Through the Tucker Hockey Way, we provide opportunities for hockey players of all ages, backgrounds, and skill levels to grow their love of the game while improving their hockey skills.

Definition of Success

*To laugh often and much;
To win the respect of intelligent
people and the affection of children;
To earn the appreciation of honest
critics and endure the betrayal of
false friends;
To leave the world a bit better,
whether by a healthy child, a
garden patch, or a redeemed social
condition;
To know even one life has breathed
easier because you live.
This is to have success!*

~ Ralph Waldo Emerson

VOICE

"We want to hear your voice!"

Tell Us What You Think!

Share your Opinions and Thoughts
about the Game!

Share your Hockey Stories!

Share your Ideas for Future Articles.

Articles from New Contributing Writers
are Appreciated.

New Advertisers Welcome!

programs@tuckerhockey.com



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

Meet the Instructor (Cont'd from Page 28)

Plan to continue what I am doing now. I play men's hockey league with some old buddies once a week in the winter and a pick up once a week with some other old buddies year round.

I sure hope to be skating/playing hockey until I am 80! And especially instructing with Coach Rex and Coach Dave! I enjoy making a "difference" on the ice with Tucker Hockey. I look forward having grandchildren some day and to teaching them what I have learned at Tucker Hockey.

Editor's note:

Thanks Frank for taking the time from your busy family and work schedule to complete a Tucker Hockey Instructor

Profile. Having spent many hours on the ice with Coach Frank, the following personal traits come to mind. Frank projects a very appreciative and positive view on life. A good kindred spirit! He is a very personable guy and works really well 1 on 1 with on ice participants. With his strong people, communication and transferable teaching knowledge and skills from other sports such as basketball, Frank excels helping the lower skilled Adult and Minor skaters get to another level. Over the past few years Coach David and I have enjoyed mentoring Frank to the role of a strong assistant on ice instructor. Frank, my friend, I have valued your contributions to Tucker Hockey...much appreciated! I look forward to many fun times on the ice in the years ahead. Yes, hope to be skating until I am 80 as well! Love your snap shot demo...it's true sweetness on ice!

Teaching Timbits / Novice (Cont'd from Page 29)

Since 1999, Tucker Hockey has a formula that works, with proven results. Kids need to feel comfortable on the ice, to be themselves, to be relaxed so that they can listen, watch, and learn. Players will often fall down during the skating drills again and again. We often say you can fall down...we want to see more players falling...it shows that you are trying hard to learn and to improve. But if you fall down you must get up faster than you fall down! Kids need to be instilled with a thirst to learn, to want to come to the rink and to be upset if they can't. It's important to have a gentle approach...not to be too intense and end up turning the kids off. It's so important for player's to pay attention – to watch and listen in order to maximize their opportunity for advancement. However, not all kids learn the same way, some learn by listening, some by watching, and all by doing. We often use the expression "It's like throwing a pizza against the wall.... more sticks for some kids than others!" It is what it is. We have to keep our expectations realistic.

Often parents will ask me what their son or daughter need to work on? My reply "Everything!" at this age level. A player may be a top skater at the Novice level compared to his peers but will he or she be a top skater at the Atom, Peewee, Bantam, Midget or Junior A levels compared to his peers? It's important to keep working on the skills if a player wishes to progress and excel in the years to follow. A player needs to grow the desire to work hard, to learn to get better. We want to ensure that we have a positive influence on their skating

skill development and love for the game. A better skater becomes a better hockey player. When you become a more accomplished hockey player, you become more successful, and therefore have more fun playing the game.

Bottom line for Tucker Hockey, it's not about getting players to the NHL, rather it's about instilling a love for the game, to enhance skating and hockey skills, and to make a "difference" in the life of a child. Below are a couple of testimonials from recent past participants.

"Regardless of age, gender and initial skill level, Tucker Hockey is a great program for any child interested in improving their skating skills. The on-ice curriculum progresses at gradual pace and the instructors are very informative and helpful. Simply put, Tucker Hockey is an awesome program that I would highly recommend."

~ Julie Hickey, Mother to Bret, Novice 2 Christmas 2013 Program

"We liked the fact that the ice was always well run, great use of ice and time. The transition of drills to teach backwards skating was excellent. We would absolutely recommend and re-register in Tucker camps and/or ice sessions. Best camp my son has ever been in."

~ Kim & Srecko Zizakovic, Parents to Maksim, Novice 3 Summer 2013 Program

Tucker Hockey Customized Programs

Group and One-on-One

“If you know what you, or your child or your group needs to improve on?”

Why sign up for hockey programs which offer “canned / preset” on – ice curriculums?

The answer is “Customized Programs”!

For more than a decade, Tucker Hockey has operated customized programs for individual players (tyke to semi – pro), minor groups and teams (novice to midget) as well as adult recreational groups and teams (various divisional levels).

Why not work on what is needed to bridge the skill gap on the ice and become a more complete hockey player?

Spend your time working only on the areas of our game or our team’s game that specifically needs improvement?

Here’s the easy way to set things up.

- 1: Parents / groups / teams just need to determine potential times, dates, a guaranteed budget and recruit a minimum 1 to 15 players.
- 2: Tucker Hockey will find the ice, set – up a “customized curriculum” (based on parents / organizers direction / input) and provide professional instruction.
- 3: Type of Programs - customized curriculum specialized in
 - a) Power Skating,
 - b) Hockey Skills Development,
 - c) Conditioning or
 - d) Combo Programs
- 4: Frequency of Programs -
 - 1 session per week for 10 weeks
 - 2 sessions per week for 5 weeks
 - 5 sessions per week etc.
- 5: Time of Programs - Depends of Tucker Hockey availability, player’s availability and ice availability

**Note: Individuals are welcomed to secure their own ice as well.
A reduced rate if Tucker Hockey does not provide the program ice.**

TAKE YOUR GAME TO THE NEXT LEVEL!

CALL COACH REX TODAY!

403 - 244 - 5037



Tucker Hockey Customized 1 on 1 Program Testimonial

Connor made the Div 2 Pee wee team... we owe much of that to you guys at Tucker Hockey... he only started skating two years ago. When he first stepped out onto the ice for his first year of Atom hockey he could barely take 3 steps without falling; let alone shoot the puck. Each year he’s made pretty significant leaps and finally this year he’s wound up on a team where most of the kids have six or more years of experience. It’s a little bitter sweet as he’s left a lot of his old teammates behind but this shy, quiet, ADHD kid is really starting to feel good about him self and is seeing the dividends of hard work (life lesson?). Connor always has a great time with you guys, loves the instructors and asks for more training. As parents, we’re witnessing a pretty remarkable transformation in hockey and more importantly, who he’s becoming as a person. We’ll be sure to continue supplementing his team development with your programs and camps... thanks again.

~ Dan Argento, father of Connor



Handling Adversity

To be described as fearless one may think of a superhero. But embracing change, facing adversity head on, not being afraid to falter and step outside one's comfort zone is also heroic.

How you handle adversity can be a great learning experience. To conquer your adversity is to overcome it before it starts. Don't let fear paralyze you!

Adversity can enter your life in many forms. Adversity can afflict on occasion your personal, family, or work throughout your lifetime. You may encounter sorrow, troubles, misfortune, hardship, distress or misery from time to time. It will happen to everyone. No one escapes it. But it is how you react to the situation not the situation that is the key. Adversity doesn't last! Remember this too shall pass!

When you face adversity around you remember stay strong to yourself and love the ones dear to you. Remember there are lessons to be learned about life and living. It's in the difficult times of life when you learn the most about yourself and about living. It is not during the easy, pleasant, the good times of your life!

Learning comes in many forms and you must be able to recognize adverse times as opportunities to learn and grow. When you do face adversity, step back, taking a

macrocosmic view, looking at the very large picture. Your misfortunes will not last – stay positive and determined to see and experience a better tomorrow. Assess the situation with objectivity and decide what your next action will be to overcome this situation. Try to think clearly and not let your emotions cloud your better judgment and thought process. Stay calm and carry on!

As you gauge the matter or situation, remember this experience too will teach you a valuable lesson. It will strengthen your mind and being for the future. You will grow and get better! You will overcome this adversity – strong timbers grow in strong breezes! Bad things and times can often happen to good people but they will not last. A strong will power and positive spirit will prevail for you to experience and live a better tomorrow!

Michael White Bio:

15+ years in fundraiser capacity for non-profit and marketing agencies

Extensive writing experience producing articles for Hockey Zones and other publications

Recognized with awards for volunteerism activities on municipal, provincial and federal levels

Conducted White Hat Ceremonies for Tourism Calgary in public venues in front of audiences up to 15,000 people



Now Hiring

Marketing Consultant - Part-Time & Commission Based

Skill Set Required:

- * Positive and outgoing personality
- * Excellent people and networking skills
- * Good oral and written communications skills
- * Strong sales and marketing background

Other Requirements:

- * Own vehicle, flexible hours and love of hockey
- * Being Semi-Retired or Retired an asset

Please forward resumes to
programs@tuckerhockey.com

Duties and Responsibilities:

- * To help promote and recruit players and parents for the 2015 European Hockey Tour Program
- * Prospect with minor hockey teams, various Minor Hockey Associations and Adult Hockey Leagues and Teams
- * Recruit individuals for Adult and Minor Group Programs and One-on-One Coaching Sessions
- * To assist with the recruitment of advertisers, contributing writers and articles for Hockey Zones
- * To conduct activities with the highest business ethics and standards

*

Thank you for your interest in Tucker Hockey

Note: Only Qualified Applicants will be Contacted for an Interview

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

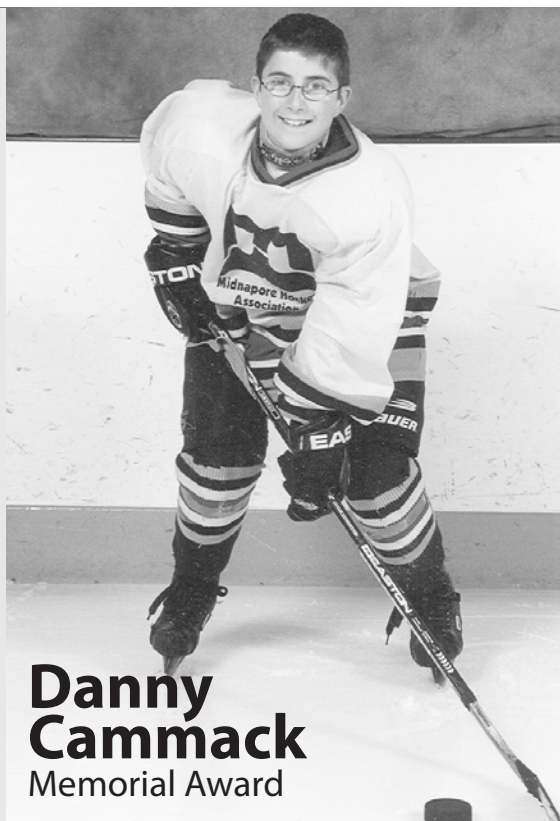
Since 2004, Tucker Hockey has offered over 70 free programs to various Minor and Adult Hockey Players. Giving back more than \$20,000.

You Could Win!

Be eligible to win the Danny Cammack Memorial Award, you must be an avid hockey player 13 years or younger.

To enter, show us your passion! Write a 100-200 word essay on why you love playing the game of hockey. Send your submission along with your name and phone number to programs@tuckerhockey.com.

The winning entry will receive a scholarship to a Tucker Hockey Super Power Skating Program.



Danny Cammack
Memorial Award

Congratulations to Scholarship Recipients

Spring/Summer 2013 - Jackson Zink

Fall 2013 - Charlie DeLand

Winter 2014 - Anthony Mazursky

Spring/Summer - Luka Brkic

Thank you everyone who entered -
with the high calibre of entries it was difficult to select just one winner!

Why I Love Hockey!

When I was 6yrs I asked my mommy if I could join a hockey team but it was too much dollars. I kept asking too play.

One day I told my mommy the names of all the hockey players and teams I liked and I googled how to play hockey.

My mom knew I really wanted to play on a team. She got some special funding money, so I could play hockey on a team. This year I joined Novice hockey team, we are called the Sharks. I love hockey, my favorite position is defense and goalie. I would spend all day every day on the ice if I had my way. My mom says I have a good dream and to be on an NHL team I need to work hard and be the best I can be.

~ Luka Brkic, age 7

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

Danny Cammack had many of the passions a typical 13 year old but none was greater than the one he had for hockey. What Danny lacked in size, he more than made up for with smooth powerful strides, soft hands and an uncanny puck sense.

As much as he loved the game, he loved the camaraderie that came with being a member of a hockey team. Perhaps this is why he was such a good team player. Dan loved to win but it was not the "Be All and End All". He always kept things in perspective. Doing his best and having fun on the ice was what Danny was all about.

Adult Hockey Bradley Mersereau Memorial Award

This award is named the "Brad Memorial". It is in memory of Bradley Mersereau, who was an avid participant in Tucker Hockey Adult Programs. Brad never represented himself as a great skater, or for that matter, a good hockey player. He just loved getting out and being active. He always found a healthy balance between family, work and the enjoyment of hockey. He was a "True Friend" and "Hockey Enthusiast".

Adult Recipients

Fall 2012 - Francois Le Bel

Winter 2013 - Lily Wat

Spring/Summer 2013 - Alexander Fonin

Fall 2013 - Robert Pryde

Winter 2014 - Ron Warner

Spring/Summer 2014 - JF Richer

Why Tucker Hockey "Knows" Power Skating

- Extremely passionate about teaching and we care about the players who participate in our programs.
- Been a leader in power skating development in Calgary & Southern Alberta for the past decade.
- Taught skating fundamentals to all ages (5 to 75) & skill levels (tyke to semi –pro) for the past 15+ years.
- We teach; we just don't run skating drills!
- Honed our teaching craft with 5,000+ dedicated hours.
- We have and will continue to customize our skating programs to the needs of the players.
- Developed a "Proven Formula" for Skating Improvement – we get results!
- We have a proven history of taking players to the next level.
- Read our website testimonials from many very satisfied customers.
- Compare our exceptional hockey value - we welcome Q & A Sessions from you!



Be Active - Have Fun - Learn - Excel

See You at the Rink Soon!



What They're Saying About Tucker Hockey

"Rex has an incredible passion and dedication for hockey, and his primary thrust is to help people who want to learn the game, no matter how old they are. And he goes about it quietly and without fanfare."

~ Tom Renney, Associate Coach - Detroit Red Wings

The One-on-One coaching from Rex Tucker my son received has helped his skating immensely. Rex worked on specific areas of need that helped take his game to the next level. More importantly his new abilities gave him confidence to take chances and push himself further.

~ Marie Lachance, Minor Hockey Parent

"During the mid season break between games, we were looking for a fresh voice and new experience for our senior timbits team. We called Mr. Tucker and asked him to come out and work with our kids for two sessions. Mr Tucker worked with both our coaches and kids in a respectful, upbeat and positive way that not only integrated with the coach's program, but was fun and energetic for the kids. Our coaches are great and we are lucky to have them however there is a noticeable difference in the work of a professional coach like Mr Tucker. Our kids have seen a power skating coach but Mr. Tucker's sessions brought more than skating as he consistently integrated hockey fundamentals into his drills and games as well as skating. The parents were also thrilled and we look forward to our next session with Tucker Hockey which we plan to have very soon."

~ Aris dePeuter, Manager - McKnight Senior Timbits Royal

"Rex Tucker is a dedicated coach and teacher of hockey. He has dedicated his life to the game and like all good hockey people is always learning and sharing his knowledge to help others and make the game better."

~ Wally Kozak, Past Consultant - Hockey Canada

"Rex is very knowledgeable and possesses exceptional coaching and mentoring skills. His understanding of the game of hockey is unquestionably ranked at the "Expert" level. We are very fortunate to have Rex in our hockey community!"

*~ Perry Cavanaugh, Past President
Calgary Minor Hockey*

"Rex has worked with my two sons as well as many players that I have coached in the past. He is great with the kids, runs great ice sessions and makes learning fun. Rex is highly recommended by myself and many hockey parents looking to get their children great training."

~ Bill McKenzie, Minor Hockey Parent

"I was impressed by all the instructors. The directions were clear and well demonstrated and the instructors followed up when my son needed clarification on the drill. They watched each child and really worked with them to encourage them to use proper form.

We will definitely send my son to another Tucker Power Skating Program again. Thank you for a great week!"

~ Linda Cote, Mother to Jeremy

"All of the instructors were so good with our son. This was his first hockey camp and he loved it, he would come home and tell us all about what he did and how great his instructors were. You guys did wonders for his confidence and his skills. We will be booking our son in another camp through Tucker Hockey and will be suggesting all of our friends do the same. We would really like to thank Jessica ... she paid special attention to our son and really helped him with his skills. Thank you so much Tucker Hockey!"

~ Sarah Christensen, Mother to Ty

