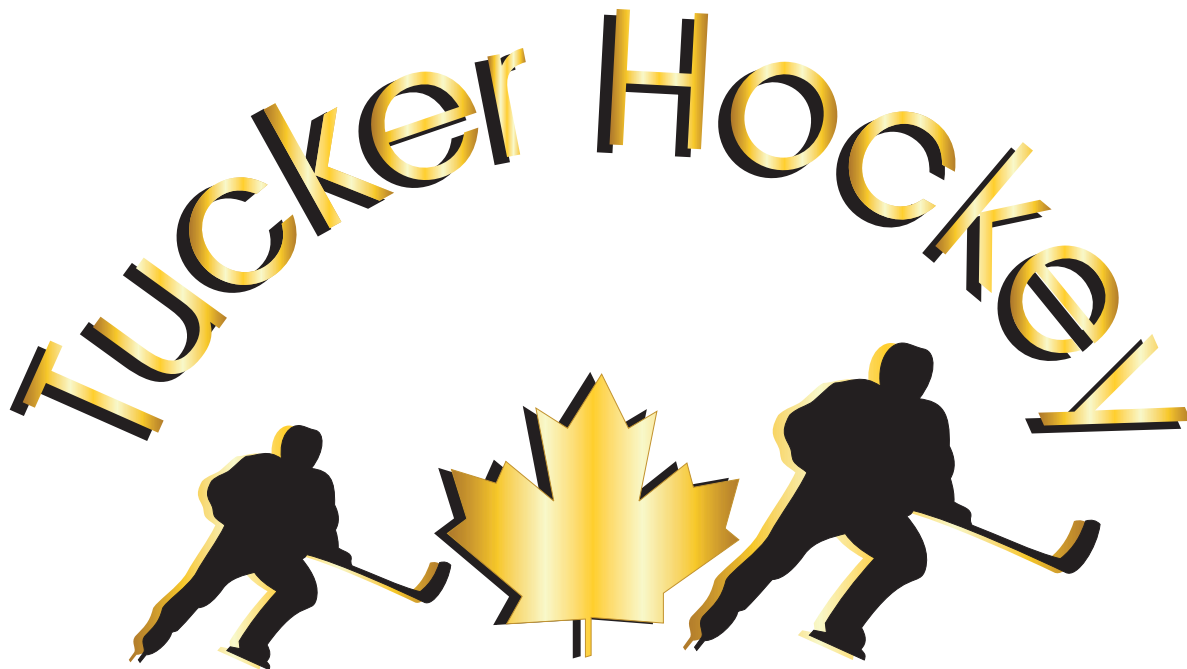


Hockey Zones

For the LOVE of the GAME

Volume 10 No. 3 Issue # 29

Fall 2013



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!***

Tucker Hockey

Providing quality year-round professional consultations, instruction and services to hockey enthusiasts/stakeholders

| | | |
|--|--|---|
| Christmas Elite Power Skating / Conditioning Camp A specialized power skating curriculum that includes extreme edges, striding - technique & speed as well as skating agility & mobility drills Elite Atom and Pee wee Players | Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations | Fall & Christmas Minor Super Power Skating & Hockey Skills Development A program which focuses on the technical skills of skating, puck control, passing and shooting plus scrimmage. Ages 7 to 14+ |
| Summer July 9 - 23, 2014 Czech Hockey Exchange Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Pee wee & Bantam |  | Summer July 9 - 23, 2014 Czech Hockey Exchange Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Pee wee & Bantam |
| Minor Hockey Group Programs Fall, Winter, Spring & Summer Power Skating Player Development Checking Clinics | Customized Programs Group & "1 on 1" Year Round Ages 5 to 20 | Adult Recreational Group Programs (Ages 18 to 65+) Fall, Winter, Spring & Summer Power Skating Player Development |

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 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
Tucker Hockey
(403) 998-5035

or online at
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!

WWW.TUCKERHOCKEY.com

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Managing Editor's Message

Welcome to the 29th edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

For the love of the game - we are involved in hockey - because we love the game. I often joke with people and say..."You may love hockey but not as much as I do"!!

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.

In the Spring of 2004, Hockey Zones had humble beginnings - an 8 page newsletter! Over the past 9 years it has grown into a solid 40 page publication, with 3 editions per year – Winter, Spring / Summer and Fall. The average hard copy and electronic circulation range from 5,000 to 6,000 copies per issue. Past issues are available on our website www.tuckerhockey.com

Over the years we have added some very knowledgeable hockey writers who contribute regularly to our publication such as the likes of Wally Kozak, Bob Tuff, Dean Holden and Jeff Mueller et al. 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. We are always open to Letters to the Editor. We want to hear your voice! Share your opinions and thoughts about the game. Share your hockey stories. Share ideas for future articles. New advertisers are always welcomed as well.

Enjoy your hockey – the World's Greatest Sport! – and I hope you enjoy our Tucker Hockey Newsletter! Hockey Zones striving to make a difference and cultivate a little goodwill in the hockey community! Wishing you lots of glide in your stride!

Sincerely,
Yours in Hockey,

Rex Tucker
Managing Editor



Next Issue: Winter 2014 Features

- Tucker Hockey Tips
- 2014 Czech Hockey Exchange Summer Program
- Calgary Flames 2013 - 14 Second Half Schedule
- A Salute to Minor Hockey Week
- Tucker Hockey Spring and Summer Programs
- Hockey from a Different Perspective - Richard Kraska

July 9 - 23, 2014

Canadian / Czech Hockey Exchange Program

Experience the Hockey Trip of a Lifetime!!

Tucker Hockey is offering a unique opportunity to visit the Czech Republic from July 9th to 23rd, 2014. It's an incredible opportunity for top calibre / select Pee wee and Bantam aged players born in 1999 to 2002 to experience elite Czech hockey training and enjoy the rich culture of the "Golden City" – Prague, Czech Republic with their parents. Prague is one of the most beautiful cities in the world! Prague, pronounced Praha in the Czech language, is the capital city of the Czech Republic. Situated in the north- west of the country on the Vltava River, the city is home to about 1.3 million people.

The city has been a political, cultural and economic centre of central Europe for centuries. Prague suffered considerably less damage during World War II than other major cities in Europe, allowing most of its historic architecture to stay true to form. Since the fall of the Iron Curtain, Prague with its rich history has become one of the world's most popular tourist destinations. The Czech Republic is famous for its historic architecture, rich culture, crystal and of course passion for hockey!

Why Experience the Canadian / Czech Hockey Exchange Program?

Our camp location will be in the Czech Republic! It is a country with an excellent ice hockey tradition, boasting the most NHL hockey players from any European country; an amazing statistic considering the country's small population of only 10 million people.

Practice and learn an intensive type of hockey from highly trained and experienced elite Czech coaches - including the "Imaginary Model Opponent", specific station training of hockey skills development, as well as other innovative training methods based on the Czech tradition to develop a player's individual and tactical hockey skills.

The hockey camp is based at the top sports facility in Nymburk, Czech Republic where the best Czech ice hockey



players and other elite athletes train for their upcoming season.

Intensive on and off ice training as well as high quality relaxation and recovery time – 21 hours of on ice training, 10 hours of off ice dryland training, daily video / chalk talks, mental conditioning, a variety of balanced nutritious meals, and 24 hour supervision by a staff of professional counsellors. Parents will have the option of staying with their child at the sports center camp hotel or another hotel a 5 minute walk away from the sports center. Parents can also use all the sport facilities in the sport center.

An Exceptional Hockey Value, the Exchange Program Includes The Following:

- Airfare from Calgary to Prague (Return)
- 2 weeks accommodation in the Czech Republic
- Majority of meals included
- Guided sightseeing tours of attractions within Prague
- Guided sightseeing excursions to the Czech countryside
- 1 week of professional Czech ice hockey training with Elite Coaches

Cont'd p. 30



SUMMER 2014 CANADIAN/CZECH HOCKEY EXCHANGE



EXCHANGE PROGRAM DETAILS:



- **JULY 9TH TO 23RD, 2014**
- **SELECTION OF 20 ICE HOCKEY PLAYERS FROM WESTERN CANADA FOR ELITE HOCKEY TRAINING (YEAR OF BIRTH 1999 TO 2002)**
- **CONDUCTED BY ELITE CZECH COACHES**
- **WHOLE DAY PROGRAM UNDER SUPERVISION**
- **DAILY SCHEDULE INCLUDES: ELITE POWER SKATING AND HOCKEY SKILLS**
- **DEVELOPMENT PRACTICES, DRY-LAND TRAINING, AND OFF-ICE LECTURES**
- **TEACHING CZECH TRAINING METHODS, THEORY & TACTICS**
- **AIRFARE, ACCOMMODATIONS AND MOST MEALS INCLUDED**
- **EXHIBITION GAMES AGAINST CZECH COMPETITION**
- **SIGHTSEEING IN PRAGUE AND SURROUNDING CZECH COUNTRY SIDE**
- **OPTION FOR FAMILIES TO PARTICIPATE IN THE EUROPEAN CULTURAL EXCHANGE**

**SERIOUS INQUIRIES CONTACT
COACH REX**

**403 - 244 - 5037 OR EMAIL
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EXCEPTIONAL HOCKEY VALUE - EXPERIENCE THE HOCKEY TRIP OF A LIFETIME!

Calgary Flames 2013 - 2014 First Half Schedule

| Date | Visitor | Home | Time (MTN) | Broadcaster |
|----------------------|--------------|--------------|------------|----------------|
| Thurs. Oct. 03, 2013 | Flames | Washington | 5:00 PM | TSN |
| Fri. Oct. 4, 2013 | Flames | Blue Jackets | 5:00 PM | SNET - West |
| Sun. Oct. 6, 2013 | Canucks | Flames | 6:00 PM | SNET - West |
| Wed. Oct. 9, 2013 | Canadiens | Flames | 6:00 PM | TSN |
| Fri. Oct. 11, 2013 | Devils | Flames | 7:00 PM | SNET - West |
| Wed. Oct. 16, 2013 | Flames | Ducks | 5:00 PM | TSN |
| Sat. Oct. 19, 2013 | Flames | Sharks | 5:00 PM | CBC |
| Mon. Oct. 21, 2013 | Flames | Kings | 5:30 PM | SNET - West |
| Tues. Oct. 22, 2013 | Flames | Coyotes | 5:00 PM | SNET - West |
| Thurs. Oct. 24, 2013 | Flames | Stars | 5:30 PM | TBD |
| Sat. Oct. 26, 2013 | Capitals | Flames | 8:00 PM | CBC |
| Wed. Oct. 20, 2013 | Maple Leafs | Flames | 6:00 PM | TSN |
| Fri. Nov. 1, 2013 | Red Wings | Flames | 7:00 PM | SNET - West |
| Sun. Nov. 3, 2013 | Flames | Blackhawks | 4:30 PM | SNET - West |
| Tues. Nov. 5, 2013 | Flames | Wild | 5:00 PM | SNET - Calgary |
| Thurs. Nov. 7, 2013 | Flames | Blues | 5:00 PM | SNET - Calgary |
| Fri. Nov. 8, 2013 | Flames | Avalanche | 5:00 PM | SNET - West |
| Tues. Nov. 12, 2013 | Sharks | Flames | 7:00 PM | SNET - West |
| Thurs. Nov. 14, 2013 | Stars | Flames | 7:00 PM | SNET - Calgary |
| Sat. Nov. 16, 2013 | Oilers | Flames | 8:00 PM | CBC |
| Mon. Nov. 18, 2013 | Flames | Jets | 6:00 PM | SNET - West |
| Wed. Nov. 20, 2013 | Blue Jackets | Flames | 8:00 PM | SNET - West |
| Fri. Nov. 22, 2013 | Panthers | Flames | 7:00 PM | SNET - West |
| Wed. Nov. 27, 2013 | Blackhawks | Flames | 8:00 PM | TSN |
| Fri. Nov. 29, 2013 | Flames | Ducks | 11:00 AM | SNET - West |
| Sat. Nov. 30, 2013 | Flames | Kings | 5:00 PM | CBC |
| Wed. Dec. 4, 2013 | Coyotes | Flames | 8:00 PM | SNET - West |
| Fri. Dec. 6, 2013 | Avalanche | Flames | 7:00 PM | SNET - West |
| Sat. Dec. 7, 2013 | Flames | Oilers | 8:00 PM | CBC |
| Tues. Dec. 10, 2013 | Bruins | Flames | 7:30 PM | TSN |
| Thurs. Dec. 12, 2013 | Hurricanes | Flames | 7:00 PM | SNET - Calgary |
| Sat. Dec. 14, 2013 | Flames | Sabres | 12:00 PM | SNET - West |
| Sun. Dec. 15, 2013 | Flames | Rangers | 5:00 PM | SNET - Calgary |
| Tues. Dec. 17, 2013 | Flames | Bruins | 5:00 PM | SNET - West |
| Thurs. Dec. 19, 2013 | Flames | Red Wings | 5:30 PM | SNET - West |
| Sat. Dec. 21, 2013 | Flames | Penguins | 11:00 AM | SNET - West |
| Mon. Dec. 23, 2013 | Blues | Flames | 7:00 PM | SNET - Calgary |
| Fri. Dec. 27, 2013 | Oilers | Flames | 7:00 PM | SNET West |
| Sun. Dec. 29, 2013 | Canucks | Flames | 5:30 PM | SNET - West |
| Tues. Dec. 31, 2013 | Flyers | Flames | 7:00 PM | SNET - West |

The Holy Grail of Coaching

Hockey by the Numbers

So... do you really know hockey? Understanding what actually happens in a game will allow the smartest coaches to devise more effective, purposeful practice plans for the betterment of their players and teams!

“USA Hockey commissioned a comprehensive study to calculate how much time the best players in the world had the puck on their sticks at the 2002 Olympic Winter Games in Salt Lake City. While most people were glued to the Olympic hockey for pure viewing pleasure, members of USA Hockey’s Coaching Education Program were keeping a closer eye on the action. Perched high above center ice at the E Center in Salt Lake and the Peaks Ice Arena in Provo, coaches paired up to observe and record the action of players competing in 31 men’s and 24 women’s games.

Prior to each game, three players who were expected to be key performers for their teams were selected for the study. The coaches calculated the length of each player’s shift, how long they had the puck on their stick, how many passes they received and made and how many shots on goal they attempted. They also counted the number of un-timed touches - those when the puck hit their stick if only for a brief moment.

Canada’s Joe Sakic, who dominated play in the gold-medal game, touched the puck for only 1 minute, 19 seconds. In that time he tallied two goals and two assists along with four shots in Canada’s 5-2 victory.

The purpose of the study was to determine the best way to develop puck possession skills with youth players. It also provided information when it comes to puck possession in checking and non-checking situations.

On the women’s side, Cammi Granato slightly outdid her Canadian counterpart Hayley Wickenheiser, touching the puck for a little more than one minute (1:02.2 to 1:00.9) during their gold-medal outing.

But when even the best player only touches the puck for one minute, what are other players doing?”

http://assets.ngin.com/attachments/document/0027/3171/The_Numbers_Game.docx

Here are some more numbers compiled from various hockey sources:

In a study measuring a European junior hockey team, their entire season was analyzed and the following game situations were revealed: **45% were 1 on 1’s; 35% were 2 on 1’s; 10% were 1 on 2’s.** This totals 90% of all game time for the season. The study went on to recommend that for the junior category, the **proportionality of training of these particular game situations should be matched in practice and that the 1 on 1 / 2 on 1 / 1 on 2 game situations, game exercises and preparation games should be applied under game-like conditions!**

Coaches, have you ever analyzed your own practice? How do your own ratios add up – keeping in mind that at the developing ages, you will be spending more time on skills? Can skills be developed within 1 on 1 / 2 on 1 / 1 on 2 situations? Should you be spending more time on developing 1 on 1 / 2 on 1 / 1 on 2 skills and tactics and less on 3 on 1 / 3 on 2 / etc.?

In a game between two equal teams with good skills, you are on **offense 35%** of the time; **defense 35%** of the time; and the **puck is loose 30%** of the time (not on someone’s stick) For low skilled teams, the loose puck situation is much higher.

Some other numbers to consider are:

(1) A turnover in the offensive end followed by an attack the other way results in a scoring chance about 2% of the time. (So... why do teams play so cautiously on the forecheck?)

Cont’d p. 14

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”***



Kids Hockey Advancement Society 6th Annual Fundraising Golf Tournament

The Little Tournament that Could!



By: Christyne Kavanagh - Tournament Director

Imagine less than 30 days before an annual event, that's taken months to organize and prepare for, a sudden need to change venues happens! For 5 consecutive years, the Kids Hockey Advancement Society has held its annual Fundraising Golf Tournament at the Inglewood Golf and Curling Club. With the devastating June floods affecting Inglewood, the staff diligently did all they could to restore the links to their previous pristine quality; but alas, the damage to the back 9 was incredible and Inglewood had to shut it down for the remainder of the 2013 season.

Thankfully, Chestermere's Lakeside Golf Club graciously stepped in, with little notice, and provided us with their venue for the event. Now imagine, for 8 months, the Kids Hockey Advancement Society has advertised the tournament at a specific venue, on a specific date, starting at a specific time... not only are we dealing with a location change, but now we have a date and time change as well! With a great amount of appreciation, every golfer committed to the tournament, prior to the changes reaffirmed their participation; and it turned out to be a glorious day, although maybe a little windy for some!

The Kids Hockey Advancement Society is proud to announce that we raised \$21, 925 for KidSport Calgary

that day. Despite the fact we had 17% less golfers this year; we increased our sponsorship donations and gladly wrote a cheque for \$20,000. At our Live Auction, Tuck the KidSport Bear was sponsored for the year by the great staff of Professional Skate for \$1,400, and will sit comfortably in KidSport Calgary's Corporate office. As well, through our 50/50 ticket sales, the cash winner generously donated his \$525 winnings back to KidSport.

With a tremendous amount of esteemed gratitude, the Kids Hockey Advancement Society would like to thank the Following:

The Golfers: For staying committed and attending the event even with the last minute changes!

Event Sponsor: Tucker Hockey; Rex Tucker

Co-Event Sponsor: Tourmaline Oil; Mike Rose

Gold Friends of the Society Sponsor: Dundee Wealth; Chris Heaman

Silver Friends of the Society Sponsors: Shaganappi GM; Gary Sartorio and Western Securities; Sean O'Connor

Hole-in-One Sponsors: The Co Operators; Arfan Devji, Dundee Wealth; Chris Heaman and Scotia Inspire; Ed Evans as well as The Investor's Group; Mark DeJong

Cart Sponsor: Westcor Creations; Corey Molengraaf

Golf Ball Sponsor: SeisWare International; Murray Brack

Arrive Safe Sponsor: Valentine Volvo; Paul Valentine

Cont'd p. 9

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."

~Flora Edwards

Beer Hole Sponsors: RARE Oilfield Services; Rob Allendorf and Rob Gryba as well as Optimus US Real Estate Fund; Arthur Wong

Gold Hole Sponsor: Telsec; Kris Van Grieken

Silver Hole Sponsor: B. Dean & Associates; Simone Mersereau

Lunch Sponsor: Spolumbo's; Tony Spoletini

Tournament Donors:

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Calgary Flames; Peter Hanlon
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CIBC; Clint Buckler
Dundee Wealth; Chris Heaman
GPS Central; George Valentine
Hockey North America; James Kelly
Investor's Group; Mark DeJong
Keith Nicholson
Vinson Pang
Bradley Pederson
Pre Pak Meats; Jim Hepburn
Professional Skate; Josh Esler
Rob Pryde
Tim Hortons; Richel Manning
Tom Raptis
UFA Co-Operative Ltd.; Tammy Mitchell
Michael White
Tim Woolley



Back Row: Mark DeJong, Brie Stangeland, Christine Walker, Matt Heseltine, Jim Hepburn, Rex Tucker, Chelsey Molengraaf, Christyne Kavanagh, Helena Wood, Bailey Cipot, Mark Kosak

Front Row: Lisa Parham, Michael White, Marcela Pecena, Barb Hepburn, Sandie Smith, Mia Veldhoen

Live Auction Donors:

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KidSport; Mark Kosak
Molson Coors Canada; Travis Rhine
Pre Pak Meats; Jim Hepburn
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Tucker Hockey; Rex Tucker
WestJet; Fraser Neek
Michael White

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Titan Mapping; Mohammed Hassoun

Printing Services:

Calgary Instant Printing; Quinn Mach and Amy Chan

KHAS Official Photographer: Murray DeJager

Master of Ceremonies:

Hamilton & Partners; Scott Coe – For the 6th consecutive year you stepped up for us Scotty! Your charm and wit definitely entertained a tired bunch of golfers at the banquet!

Honored Guests:

Former NHL Player & Flames Radio Personality; Mike Rogers – Thanks Mike for taking the time to answer a few questions and entertaining us as our Live Auctioneer!

KidSport Ambassadors; Val & Sydney Hokanson – Thanks Ladies for sharing your story with us. Female Hockey Players Rock!



Cheque Presentation: Rex Tucker; KHAS President & Mark Kosak; KidSport Calgary Regional Manager

Cont'd p. 27

Refection Time

I have attended many seminars and conferences in the last three years. These sessions have nothing to do with hockey or coaching specifically, but what I have learned does impact every aspect of my life. One of the things that I have learned is to take some time every day to reflect on the activities of the day. Here are some of the questions that I ask myself to start the reflective process:

Personal Qualities

1. When I make a commitment to do something, do I bring passion and energy to that pursuit? Do I bring passion and energy to everything I do? Why or why not?
2. Are there things that I am fearful of doing? Do I procrastinate because of this fear? Do I give the job to someone else because I am afraid? Do I have the courage to do something in spite of my fear?
3. Do I model the qualities that I expect of others? I am always early? Do I stay late and respond to concerns? Do I spend time building relationships? Do I want to do everything I can to be the best person I can be? Am I humble enough to never stop learning?
4. Is it important that others like me (coaches, players, parents, referees)? If your answer is “no”, I believe that you need to think about the question more deeply. Those that respond that “They just want others to respect them” usually are the more disrespected.
5. You have been given the opportunity to be significant. Are you taking this opportunity to touch people’s lives?

What Can I Do?

1. Am I teaching others? Do I allow others to take a leadership role? Am I confident enough to share responsibilities with others? Is there just one voice or a chorus of voices singing the same song? Are you duplicating yourself through others?
2. Are you focused? I believe that there is nothing more powerful than a made-up mind. I believe that unorganized action leads to unpredictable results. Are you prepared?
3. Are you confident? For the confident, change is an opportunity. So you like change? You can increase your confidence through continued learning and constant practise allowing you to become more competent.

4. Do you help people (players, other coaches) navigate on the team? You can’t do it for them and you cannot substitute the work needed. But, you give them hope that they can do it?
5. Does and unprepared coach disrupt the progress of the team? Are you prepared?
6. Is there a problem when you just train without any attempt to educate? Why are we doing this?

What is Your Brand? What do you Live By?

1. Are you good for your word? Do you always do what you say you will do?
2. When you compete do you compare some to others? I believe that we should compete but never compare!
3. Do you have a “spirit of philanthropy”? “Always give without remembering?” “Always receive without forgetting”?
4. Are you trustworthy? Part of being trustworthy is having the capacity to trust others. Do you have this capacity? “I believe that wrong is wrong: Yesterday, Today, Tomorrow and Forever”
5. Do you want to be a blessing to others? If you do – then it is important that other people like you.

Obviously, there are many other questions that you could reflect up. I hope that you have a mentor or significant other to share your thoughts with.

“Don’t be so casual – TIME IS NOT AN ENDLESS QUANTITY”

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



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NOTE: ONLY QUALIFIED APPLICANTS WILL BE CONTACTED FOR AN INTERVIEW

THANK YOU FOR YOUR INTEREST IN TUCKER HOCKEY

Coach Rex's Corner

Tucker Hockey picks Team Canada 2014

The NHL will place its regular season on hold from February 9th to 25th, 2014 for the Winter Olympic break. This past summer 47 Olympic hopefuls were invited to Calgary's Canada Olympic Park from August 25th to 28th for Hockey Canada's orientation camp.

During the four days, Hockey Canada held informational meetings regarding the logistics, travel issues, accommodations for family members and friends, a walk through of the venues, and drug testing policies. Due to insurance costs of \$1.4 million, Hockey Canada did not conduct any on-ice sessions. Off - ice activities to enhance team chemistry and information meetings to get players to understand what to expect were the keys to prepare staff members and players, who have the potential of representing Canada at the 2014 Olympic Winter Games in Sochi, Russia. This will ensure players are well prepared and can focus mainly on giving their best for their country. "Russia is kind of a whole new world compared to what North America is like" said Edmonton Oilers Forward Taylor Hall.

Players will tryout based on their play throughout the Fall 2013 NHL schedule. So much can happen between now and December 2013. Injuries, scoring slumps to just name a couple. Players plan and hope to peak at the right time. There are many questions to be answered. Who will play in net – arguably Canada's weakest / unknown position? Who will play the left side of the team's defence? Will it be a classic battle between Canada and Russia? Remember the European teams always do better on the big ice!

With the international ice surface 200' by 100' – it's 3,000 square feet larger than NHL size, therefore players will need to be quicker and faster, plus require strong skating agility and supreme hockey sense / IQ. In the past Olympics games on the bigger ice, the ability to score has been an issue for Team Canada.

Steve Yzerman, Team Canada General Manager stated "We're not putting together a team for an NHL all – star game...we're putting together the best possible team we

can to compete against the best players in the world and try to win a gold medal". "Part of that comes with players that can do specific things for us." We have enough depth in our country to ice two medal contending teams! It's a very difficult task for the coaches and management team to select the right NHL players to represent Team Canada in Sochi, Russia. Good luck gentlemen with a very difficult task!

We live in a very passionate country when it comes to hockey. Everyone has an opinion; everyone will give their two cents worth from now until long after the completion of the 2014 Winter Olympics. Did we pick the right team?

Let's have a little fun! Here's Tucker Hockey's picks Team Canada:

Team Canada Olympic Team – 2014 Roster

Goalies (3)

Roberto Luongo Carey Price Corey Crawford
Notable: Cam Ward

Defence (8)

Duncan Keith Drew Doughty Shea Weber
Dan Boyle Alex Pietrangelo P.K. Suban
Marc Staal & Jay Bouwmeester
Notables: Kris Letang & Brent Seabrook

Forwards (14)

Chris Kunitz Sidney Crosby John Taveres
Corey Perry Claude Giroux Steven Stamkos
Rick Nash Jonathan Toews Patrick Sharp
Eric Staal Patrice Bergeron Logan Couture
Taylor Hall & Matt Duchene
Notables: Ryan Getzlaf, Martin St.Louis, Jordan Eberle,
Mike Richards & Jeff Carter

Note:

**Team Canada opens round robin play on
February 13th, 2014 against Norway.**

Co-ed Adult Hockey Recreational Programs - Where Are All The Ladies?

I've been taking Tucker Hockey power Skating & Hockey Skills Development Programs two to three times a year for five years now – about twelve different sessions – and I can count on the fingers of one hand how often I've been joined by other women. Not many of us get involved in these lessons. Or so it seems.

Yet, Tucker Hockey offers one of the best skating programs in Calgary, and with the rapid growth of women's hockey in recent years, you'd think more women would join.

What stops them? It can't just be a lack of interest in the sport. Though the ratio of women to men in recreational hockey leagues is undoubtedly still very low, participation is increasing amongst women, especially adults, and I know women do take lessons, they're just not taking them alongside men.

So I conducted a survey – a completely unscientific, minimalist querying of a handful of my female teammates – and I think I discovered two main reasons why women shy away from co-ed power-skating and hockey skills development programs.

1. Perception

Let's face it. Hockey is still very much a man's world. Sure, lots of women and girls play hockey now, and the women's game is growing with each passing year, but hockey is still largely the domain of men. The NHL is the dominant spectator event; recreational hockey leagues are still mostly made up of male players; boys are far more likely than girls to enroll in minor hockey and learn to play when they're young. As such, women are left with the impression that the guys have more experience and are better at the sport, and this perception automatically transfers to the learning environment. Women assume these co-ed classes are going to contain a majority of male participants, and most, if not all, of those participants are going to be more skilled than them on the ice. This, coupled with the fear of being the only woman on the ice (and hence highly conspicuous), leaves women feeling vulnerable – afraid they won't be able to keep up with the drills, that they'll be laughed at, stared at, or ridiculed for not belonging.

2. Isolation

Most women (for obvious reasons) want to have their own change room. This, ordinarily, wouldn't pose any kind of problem. One change room for men; one for women. Problem solved. But there's a downside to this. When only a few women (or as has often been my experience) only ONE woman is participating in the program, a separate change room for the women can create a real sense of isolation. While all the important learning happens on-ice, there is no doubt that being exiled to your own dressing room, by yourself, can leave you feeling isolated: there's a feeling – however subconscious -- that you don't quite fit in. You are an outsider.

Additionally, there is the added loss of an opportunity to get to know your classmates better. There's not often enough time to really chat with your fellow participants on the ice, and those before-and-after moments in the change room can really make a difference to a participant's comfort-level. But, if you're a woman participating in a co-ed class, you're likely going to miss out on those completely. You might get lucky and have one or two other women with you, but there's also a really good chance that you'll be banished to the ref's room all by yourself. So, it's understandable that women would choose all-female programs so they can enjoy the company of others both on the ice and in the change room before and after.

What's interesting about these two points is that the first one is mostly fear-based and largely inaccurate, and the other one—though realistic— would solve itself if it weren't for

Cont'd p. 34

Kim Faires Bio

Kim Faires is an actor, writer, and rookie filmmaker with an obsession for recreational ice hockey. She recently wrote and directed an autobiographical short film called HOCKEYHEART, and is a longtime Tucker Hockey participant. She lives in Calgary with her partner Rob and her dog Blu. She can be found online at www.kimfares.com



Hockey by the Numbers (Cont'd from page 7)

(2) Neutral zone turnovers give up scoring chances 7-10% of the time.

(3) Defensive zone turnovers give up scoring chances about 25% of the time.

In other words the farther the puck is from your net, the more time you have to get back and defend. (So... what is the point of the neutral zone trap being a team's only forecheck?)

The average time for someone to carry the puck is about 2.5 seconds. The average time for the team to have the puck is about 4.5 seconds. Each team has possession and loses possession of the puck an average of **180 times during a game.** That means **the puck changes hands about 6 times every minute.**

So... a hockey game is a constant transition between the **Four Game Playing Roles.** There is never a time when a player has nothing to do - everyone is always in one of these roles:

Role One: one player has the puck.

Role Two: teammates support the puck carrier. Those close to the puck carrier are trying to create an outnumbered situation (I.E.: 2 on 1); those players farther away are trying to create width and depth (passing options, act as decoys.)

Role Three: closest defensive player to the puck checks the puck carrier mindful of whether it is either a pressure or contain situation. (They must consider many factors, some include: location of teammates and opposition players relative to the puck, current score, time of game, fatigue level, skill level, etc.)

Role Four: other defensive players provide coordinated layers of support to the first checker - depending on whether the first checker pressured or contained the puck carrier - taking into account the offensive players positioning away from the puck, the positioning of their defensive teammates and other factors mentioned above. (They must make decisions – read and react / use their hockey sense / anticipate - away from the immediate play.)

If offensive players see the game in this manner, then one realizes that **good habits** - like facing the puck with head and eyes up, always having the stick on the ice (in a triple-

threat position when carrying the puck), using deceptive skating in order to move to open ice quickly (with or without the puck) and move to open ice once you pass the puck - are essential. It takes a team about two seconds to get into good defending position after losing the puck, so quick transition to the attack is essential if you want to attack an unorganized defense as compared to an organized defense. **Good techniques, executed with head up at game speed, and the ability to make the best decisions under pressure are the tools you need to be a successful player!**

Defensively speaking, these habits also hold true, (facing the puck, head and eyes up, stick on the ice); except now one adds the ability to mirror the opponents skating to gain the defensive side (to limit time and space) and then angling the puck-carrier (pushing opponents to their backhand side whenever possible.)

Purposeful, Game-Like Practices

The coach has to organize practices that not only work

Cont'd p. 32



"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.

Proudly fitting all your hockey needs for 40 years!

www.psscaltary.com



3515 18th St SW
Phone: 403-243-3663

Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



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 Hockey - Midget |
| WHL | Minor Hockey Coaches' Clinics |
| Junior A | Minor Teams |
| Junior B | Minor Hockey Association Projects |
| Midget AAA | Customized Minor Hockey Programs (Arranged with Hockey Parents) |
| Midget AA | |
| Midget AA (Girls) | |
| Midget A | |
| Bantam AAA | |
| Bantam AA | |
| Minor Hockey - | |
| Community | |
| Midget | |
| Bantam | |
| Bantam Girls | |
| Pewee | |
| Pewee Girls | |
| Atom | |
| Novice | |
| Tyke | |

Adult Recreational

| |
|--------------------------|
| Ladies Teams |
| Men's Teams |
| Male |
| Female |
| Father and Son |
| Mother and Daughter |
| Grandfather and Grandson |
| Husband and Wife |

TUCKER HOCKEY - TOP 10

WHY EXPERIENCE TUCKER HOCKEY?

BECAUSE YOU WANT TO...

1. LEARN MORE ABOUT THE GAME OF HOCKEY
2. IMPROVE YOUR SKATING AND HOCKEY SKILLS
3. IMPROVE YOUR FITNESS LEVEL
4. HAVE FUN ON THE ICE
5. FEEL A SENSE OF ACCOMPLISHMENT
6. IMPROVE YOUR SELF-ESTEEM
7. REDUCE YOUR STRESS LEVEL
8. MAKE NEW HOCKEY FRIENDSHIPS
9. GAIN A STEP UP ON YOUR HOCKEY PLAYING BUDDIES
10. DISCOVER THE “**PRICELESS**” BENEFITS OF PARTICIPATING IN ONE OF OUR YEAR – ROUND HOCKEY PROGRAMS



Tucker Hockey Guarantee**

If you honestly believe we have not improved your skating, hockey skills and knowledge of the game, after completing your “First” Tucker Hockey Program...

We Will Guarantee the Following:

A free 1 year membership to any and all Tucker Hockey Programs of your choice.

*****For first time participants only – subject to review and approval by Tucker Hockey Head Instructors***

Special Offer For Minor Hockey Teams, Coaches and Players

15th Annual

Tucker Hockey

Will Provide Experienced, Quality and Professional Instruction on Your Practice Ice Times!

Super Power Skating

OR

Player Development Sessions

Top 5 Reasons to Experience Tucker Hockey:

- **Your Players Need a Skating/Hockey Skills Tune-Up**
- **Your Team or Coaches Need a Morale Booster to Take their Game to Another Level**
- **Coaches Open to Expanding Their Skating Drills and Teaching Point Knowledge**
- **High Energy Power Skating Sessions**
- **Customized Power Skating Curriculum - You Decide!**



Rex Tucker

Head Power Skating Instructor

- **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**

Testimonial

"We had Rex Tucker work with our Minor Team... the kids absolutely loved it! I would recommend Tucker Hockey to other coaches because the skating abilities have changed in hockey now. I would definitely have Rex back to instruct another class with our group of kids. Rex makes it fun for the kids and I know this for a fact because my kid prior to him going to Tucker Hockey didn't want to go to power skating, it wasn't fun for him, so we ended up signing him up for Tucker Hockey for a power skating group and since he's signed up... this is his fourth or fifth year going and he just loves to go back!"

- Derek Dunn, Minor Hockey Coach & Parent

Call 403-244-5037 Today!

**16th
Annual**

Winter 2014 Tucker Hockey

Programs that Deliver Results

Enhanced

ADULT RECREATIONAL PROGRAMS

Level 101

This 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. It is ideally suited for the recreational hockey player who wishes to improve his or her skills. (10 Sessions)

Group 1: Father David Bauer

Sundays, January 12th to March 23rd
9:45 to 11:00 PM - No session Feb 16th
\$469 New Participants/\$429 Past Participants

Group 2: George Blundun

Wednesdays, January 15th to March 26th
7:00 to 8:00 AM - No session Feb 19th
\$469 New Participants/\$429 Past Participants

Group 3: Optimist

(8 Sessions)

Tuesdays, January 28th to March 25th
10:15 to 11:30 PM - No Session Feb 18th
\$379 New Participants/\$349 Past Participants

Level 201

This Technical Skills and Tactical Player Development Program builds on the skills taught in Program 101 plus will introduce individual offensive and defensive tactics as well as team tactics. This program is ideally suited for the recreational hockey player wishing to improve their technical skills as well as learning more about playing the game. (10 Sessions)

Group 1: Stu Peppard

Fridays, January 17th to March 28th
12:00 to 1:00 PM - No session Feb 21st
\$469 New Participants/\$429 Past Participants

**Great Buddy
Referral Program!**

Level 301

This Technical Skills and Tactical Player Development Program builds and expands on the Program 201 of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. The core content of the Program 301 curriculum although similar to the Program 201 is suited for players who wish to be challenged with a greater emphasis on advanced skating agility skills and a higher paced conditioning program. (10 Sessions)

Group 1: Henry Viney

Thursdays, January 16th to March 27th
12:00 to 1:00 PM - No session Feb 20th
\$469 New Participants/\$429 Past Participants

Specialty Clinics

Shooting: Will 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.

Stick Handling: Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Passing: Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

Controlled Scrimmage: Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

Group 1: Henry Viney

Wednesdays; 10:15 to 11:30 PM
(8 Sessions)

Shooting - January 29th

Stick Handling/Passing - February 5th

Shooting - February 12th

Controlled Scrimmage - February 26th

Stick Handling/Passing March 5th

Shooting - March 12th

Stick Handling/Passing - March 19th

Controlled Scrimmage - March 19th

\$379 New Participants/\$349 Past Participants

**Register and Pay
online at
www.tuckerhockey.com
or call
Tucker Hockey at
403-998-5035**

**** Drop In Fee: \$50/Session ****



Rex Tucker
Head Power
Skating Instructor

Improve Your Hockey and Skating Skills!

Special Winter Offer For Minor Hockey Players!

**16th
Annual**

Tucker Hockey
Programs that Deliver Results

Enhanced

Super Power Skating

Super Power Skating and Hockey Skills Development

Power Skating/Hockey Skills Development program which focus on the technical skills of skating, puck control, passing, and shooting plus scrimmage (10 Sessions)

Group 1: Ages 7 - 9

Thursday Mornings, January 16th to March 20th

6:45 to 7:45 AM

George Blundun

\$429 New Participant/\$399 Past Participant

(Includes G.S.T.)

Group 2: Ages 10 - 13+

Friday Mornings, January 17th to March 21st

6:45 to 7:45 AM

Rose Kohn

\$429 New Participant/\$399 Past Participant

(Includes G.S.T.)

TOP 5 REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
- Excellent player to instructor ratio - **5 to 1**

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035



Rex Tucker

Head Power

Skating Instructor

Testimonial

"The instruction was excellent. The coaches were very professional following a show then tell method of training. I enjoyed the fact that the instructors were patient with all the children and did not ever raise their voices. I encourage all young players I encounter to participate in the programs."

- Lawrence Rosen,
Minor Hockey Parent of Adam

Register Today - Programs Fill Fast!

Christmas Season Program

**15th
Annual**

Tucker Hockey
Programs that Deliver Results

Enhanced

Elite

Power Skating/Conditioning Camp

PROGRAM OF EXCELLENCE

This program is for players who are serious about taking their skating to another level.

A Power Skating Curriculum Consisting of:

- Extreme Forward and Backward Edge Control
- Foot Speed/Acceleration/Quickness
- Forward Striding - Technique & Speed
- Backward Striding - Technique & Speed
- Skating Agility & Mobility Drills
- Drill Progressions Without - To - With Pucks

Testimonial

"After a few years in his programs I've improved a lot, really taken my game to the next level... The one piece of advice I leave here with: always keep your knees bent and keep strong edges. I can't count off the top of my head but I've done tons and just love his programs!"

~ Darren Martin, Calgary Royals AA Player

Group 1

Atom Div 1, 2 & 3

Peewee Div 1, 2 & 3

Friday, December 27th

to

Monday, December 30th

3:15 to 4:30 PM

Southland Leisure Centre

Except Dec. 29 - 3:30 to 4:45 PM

**Register
Early -
Spaces Fill
Quickly!**

**Only 20
Spots
Available!**

**\$289 New
Participants
\$269 Past
Participants**

Rex Tucker

Head Power Skating Instructor

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

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

Excellent Player to Instructor Ratio

S.A.M. - Stability, Agility and Mobility
Improve your quickness and speed with and without the puck!



Christmas Season Programs

**15th
Annual**

Tucker Hockey

Programs that Deliver Results

Enhanced

SUPER POWER SKATING

Super Power Skating and Hockey Skills Development

Power Skating/Hockey Skills Development program which focus on the technical skills of skating, puck control, passing, and shooting plus scrimmage

Group 1: Ages 7-8

Friday, Dec. 27th to Monday, Dec. 30th
9:00 to 10:00 AM Southland Leisure Centre
\$239 New Participants/\$209 Past Participants
(Includes G.S.T.)

Group 2: Ages 9-10

Friday, Dec. 27th to Monday, Dec. 30th
10:15 to 11:30 AM Southland Leisure Centre
\$259 New Participants/\$239 Past Participants
(Includes G.S.T.)

Group 3: Ages 11-14+

Friday, Dec. 27th to Monday, Dec. 30th
1:45 to 3:00 PM Southland Leisure Centre
Except Dec. 29 - 2:00 to 3:15 PM
\$259 New Participants/\$239 Past Participants
(Includes G.S.T.)

**Only 25 Spots
Per Group!**



Excellent Player to Instructor Ratio

Rex Tucker

Head Power
Skating Instructor

**Register Early
- Spaces Fill
Quickly!**

Register and Pay online at
www.tuckerhockey.com

or call

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

Testimonial

"I highly recommend Tucker Hockey School as I saw significant development in my son's skill level in one week. He also enjoyed it, not because it wasn't hard work but because he saw his own skill level improve and that gave him a sense of accomplishment. I will definitely be signing him up again!"

- Greg & Kerri Varga, Minor Hockey
Parents of Ryan

Makes a Great Christmas Gift!

Get in Shape and Have Fun!

16th
Annual

Tucker Hockey

Programs that Deliver Results

Spring
2014

ADULT

Recreational Programs

Level 101

This Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting plus scrimmage. Weighted more on the power skating side with the remaining 40% of the program devoted to hockey skills, it is ideally suited for the recreational hockey player wishing to enhance or tweak his or her skills. (10 Sessions)

Group 1: Westside Rec Centre

Wednesdays, April 30th to June 18th
7:00 to 8:00 AM

\$379 New Participants/\$349 Past Participants
(8 Sessions)

Group 2: Crowchild Twin Arenas

Wednesdays, April 9th to June 18th
April 24th to June 19th 8:45 to 10:00 PM
No Session May 14th

\$469 New Participants/\$429 Past Participants

Level 201

This Technical Skills and Tactical Player Development Program builds on the Program 101 technical skills of skating, puck control, passing and shooting and introduces individual offensive and defensive tactics, group tactics plus scrimmage. It's ideally suited for the recreational hockey player wishing to improve on their technical skills as well as to learn to play the game better. (10 Sessions)

Group 1: Max Bell #2

Mondays, April 14th to June 23rd
9:15 to 10:30 PM

No session May 19th

\$469 New Participants/\$429 Past Participants

Group 2: Henry Viney

Fridays, April 25th to June 20th
12:00 to 1:00 PM

No session May 16th

\$379 New Participants/\$349 Past Participants
(8 Sessions)

Specialty Clinics

Shooting: Will 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.

Stick Handling: Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Passing: Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

Controlled Scrimmage: Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

Crowchild Twin Arenas

Thursdays, No session May 15th

Shooting - April 10th: 9:45 - 11:00 PM

Stick Handling/Passing - April 17th: 9:45 - 11:00 PM

Shooting - April 24th: 9:45 - 11:00 PM

Stick Handling/Passing - May 1st: 9:45 to 11:00 PM

Controlled Scrimmage - May 8th: 9:45 to 11:00 PM

Shooting - May 22nd: 9:45 to 11:00 PM

Stick Handling/Passing - May 29th: 9:45 to 11:00 PM

Shooting - June 5th: 9:45 to 11:00 PM

Stick Handling/Passing - June 12th: 9:45 to 11:00 PM

Controlled Scrimmage - June 19th: 9:45 to 11:00 PM

\$469 New Participants/\$429 Past Participants

Testimonial

"I didn't start playing hockey until I was 45, I could barely stand up on skates when I signed up for my first Tucker hockey program 4 years ago. I sign up for at least one tucker program each season. I love playing hockey and everyone is always commenting how much I've improved year over year. Tucker hockey is the best adult hockey program out there."

- Rick Firth, Adult Rec. Hockey Player

\$50 Drop-In Fee

Level 301

This Technical Skills and Tactical Player Development Program builds and expands on the Program 201 of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. The core content of the Program 301 curriculum although similar to the Program 201 is suited for players who wish to be challenged with a greater emphasis on advanced skating agility skills and a higher paced conditioning program.

Group 1: Westside Rec Centre

Saturdays, April 26th to June 21st
5:45 to 7:00 PM

No session May 17th

\$379 New Participants/\$349 Past Participants
(8 Sessions)

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Improve Your Hockey and Skating Skills!



Spring 2014

16th Annual

Tucker Hockey

Programs that Deliver Results Super Power Skating & Hockey Skills Development

Power Skating/Player Development programs which focus on the technical skills of skating, puck control, passing, and shooting plus scrimmage

Group 1: Ages 7 - 9

Saturdays, April 12th to June 21st

Trico Centre

7:45 to 8:45 AM

(10 Sessions)

(No Session May 17th)

\$429 New Participant / \$399 Past Participant

(Includes G.S.T. & Practice Jersey)

Group 2: Ages 10 -12+

Saturdays, April 12th to June 21st

Trico Centre

9:00 to 10:00 AM

(10 Sessions)

(No Session May 17th)

\$429 New Participant / \$399 Past Participant

(Includes G.S.T. & Practice Jersey)

Group 3: Ages 7 - 9

Saturdays, April 12th to June 21st

Trico Centre

1:00 to 2:00 PM

(10 Sessions)

(No Session May 17th)

\$429 New Participant / \$399 Past Participant

(Includes G.S.T. & Practice Jersey)

Group 4: Ages 7 - 9+

Tuesdays, May 6th to June 24th

Trico Centre

4:45 to 5:45 PM

(8 Session Program)

\$349 New Participant / \$319 Past Participant

(Includes G.S.T. & Practice Jersey)

Testimonial

Our son Brandt has dramatically improved his skating ability with each session he has attended. As his skills increase so does his confidence and love for the game. The instructors are excellent and great with the kids, nobody gets left behind, they work with each child individually until they understand and are able to complete each drill. Tucker Hockey will continue to be part of Brandt's development.

~ Mark Proctor, Minor Hockey Parent

Register and Pay
online at
www.tuckerhockey.com
or call
Tucker Hockey at
403-998-5035



TOP 5 REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
- Excellent player to instructor ratio; 5 to 1

Register Today - Programs Fill Fast!

Spring 2014

**16th
Annual**

Tucker Hockey
Programs that Deliver Results

**Register
Today!**

Elite

Power Skating/Conditioning Camp

This program is for players who are serious about taking their skating to the next level

A Power Skating Curriculum Consisting of:

- Extreme Forward and Backward Edge Control
- Foot Speed/Acceleration/Quickness
- Forward Striding - Technique & Speed
- Backward Striding - Technique & Speed
- Skating Agility & Mobility Drills
- Drill Progressions Without - To - With Pucks

Rex Tucker
Head Power Skating
Instructor



**** Register Early - Spaces Fill Quickly! ****

Group 1

Atom Div 1,2 & 3

Pee wee Div 1, 2 & 3

Saturdays; April 12th to June 21st

Trico Centre - 10 Sessions

2:15 to 3:15 PM

No Session May 17th

Group 2

Bantam Div 1, AA & AAA

Midget Div 1, A & AA

Saturdays; April 12th to June 21st

Trico Centre - 10 Sessions

3:30 to 4:30 PM

No Session May 17th

\$459 New Participants / \$419 Past Participants

Spring 2014

**Only 15 Spots
Available**

\$50 Drop-In Fee

Group 3

Atom Div 1,2 & 3

Pee wee Div 1, 2 & 3

Saturdays; April 26th to June 21st

Westside Rec Centre - 8 Sessions

6:00 to 7:00 PM

No Session May 17th

\$369 New Participants / \$339 Past Participants

Register and Pay online at
www.tuckerhockey.com
or call **Tucker Hockey** at
403-998-5035

Testimonial

"Tucker Hockey is one of the best Hockey Camps I've come to know. The instructional methods used and quality of instructors are excellent. All on ice drills are very well coordinated and planned."

*Jim Scott, Minor Hockey Parent of Johnny K.
(Airdrie)*

S.A.M. - Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!

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 Co-ordinator 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.

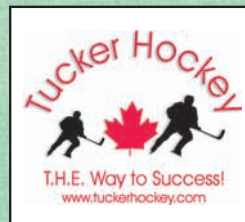
4) Power Skating Mentoring Clinics for Minor Hockey Coaches

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



September 26, 2013

Kids Hockey Advancement Society
Box 46014, Inglewood RPO, Calgary, AB, T2G 5H7

Dear Friends at the Kids Hockey Advancement Society,

On behalf of KidSport™ Calgary, I would like to express my sincere appreciation for your support and hard work in producing the 6th annual Kids Hockey Advancement Society golf tournament held September 16 at Lakeside Golf Course in Chestermere. KidSport simply could not help all those thousands of local kids without the generosity of those in our community so we are truly grateful for **your donation this year of over \$21,000**. This is a new record high despite overcoming the challenges resulting from the June floods, including a change of date and venue. This now brings the total donations from this annual event to a very impressive **\$85,500!**

KidSport™ Calgary has been providing financial assistance to children in need for the past 18 years. Our mission is to “overcome the financial obstacles that prevent some young people from participating in organized sport”. We work closely with families and local sport clubs to help pay registration fees and distribute the necessary equipment for KidSport™ kids to play sports safely and confidently. Since 1995, KidSport™ Calgary has helped make sport dreams come true for more than 22,000 kids, with hockey being amongst the 2 most popular sports.

It is our solemn belief that ALL children should have the opportunity to simply enjoy being a kid. Through sport participation, kids learn valuable skills such as communication, leadership abilities, cooperation and team work. These lessons are integral to the development of a child's self-esteem. Your generosity will help to spread the word that KidSport™ is available for those in need. It will continue to reinforce the importance of encouraging and motivating children to play while they are young where early physical activity habits help increase the probability that kids will remain active in adulthood. KHAS has helped ensure that thousands of children will continue to have positive, life changing experiences for many years to come.

In closing, special thanks is extended to all the generous sponsors, Lakeside Golf Club and of course, to the players who came out and enjoyed a great day of fundraising for KidSport.

With gratitude,

Mark Kosak
Regional Manager , The KidSport™ Society of Calgary

www.kidsportcalgary.ca

750, 2424-4th St. SW, Calgary AB, T2S 2T4

Ph:403.202.0251

Fax:403.202.1961

The Little Tournament that Could! (Cont'd from 9)

Inglewood Staff:

Head Pro; Jeff McGregor – Thanks Jeff, it's been a great 5 years!

Lakeside Staff:

Owner; John Wilson

Food & Beverage; Stephanie & Brett Beninger

Head Pro; Jay MacLeod

To all of the Golf Course Staff, Marshals, Pro Shop Staff, Kitchen Staff and Servers, you all deserve a huge round of applause for all of the hard work and dedication to the Society in helping us provide a great event for our participants.

Kids-Hockey.ca Website Coordinator:

Critical Mass; Andrzej Milosz

Event Day Volunteers:

Barb and Jim Hepburn, Ashley Chartrand, Matt Heseltine, Mark Kosak, Chelsey Molengraaf, Lisa Parham, Sandie Smith, Brie Stangeland, Rex and Marcela Tucker, Christine Walker, Michael White and Ron Wong

Without your generous donation of time, the Tournament would not have run well, nor have been such a success!

Thanks again everyone for donating your time, dollars and energy to our worthy cause. Without your generosity our tournament wouldn't be as successful as it's been over the past six years.

In addition to the money donated to KidSport, the Kids Hockey Advancement Society will also be working on a pilot project this year with a Minor Hockey Association in Calgary, providing much needed funds towards the skating and skill development of its minor players. Should the project be successful, the Society plans on branching out to other Associations in the future, creating a greater skill development foundation for the kids playing at the grassroots level of hockey.



The Tourmaline Oil Group

Mark your calendars, because the Society is already looking forward to next year's tournament, scheduled for **Monday, September 15th, 2014 at the Lakeside Golf Club in Chestermere**. We plan on expanding our golfer capacity, increasing sponsorship and donating more funds; all the while having fun doing it!



The Dundee Wealth & Scotia Inspire Group

2013 Kids Hockey Advancement Society Directors

Rex Tucker; President

Jim Hepburn; Vice President & Treasurer

Christyne Kavanagh; Secretary

Marcela Pecena; Director at Large

Michael White; Director at Large

*Tuck; After
Spending the
Night with
the Boys at
Pro Skate!*



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 – Oillympics Hockey Marathon: | \$2,000 |
| 2012 – 5th Annual Golf Tournament: | \$20,800 |
| 2013 – 6th Annual Golf Tournament: | \$21,925 |
| Total Donations to Date - \$121, 645 | |

Tucker Hockey

Customized Programs

Group and One-on-One

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

If you know what you need - why not get what you need - work on the areas of a player’s game that specifically needs improvement ?

Here’s the easy way to set things up.

- 1: Parents / groups / teams just need to determine times, dates, guaranteed budget and recruit a minimum 1 to 10 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 will specialize 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 -
 - a) Week days before 4:00 pm (Non Prime Time)
 Only \$399 per player, includes 10 on ice sessions (based on 10 players)
 - b) Weekday after 4:00 pm and weekends (Prime Time)
 Only \$449 per player includes 10 on ice sessions (based on 10 players)

Note: All programs subject to ice and staff availability, price based on 10 to 1 player to instructor ratio.

A reduced rate if Tucker Hockey does not provide the ice.



Minor Hockey Testimonial

“Connor made the Div 2 Peewee 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, Minor Hockey Parent



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

“Mind your own Business!”

Bob Hartley, the head coach of the Calgary Flames speaking at the Hockey Alberta Summit, held in August 2013, strongly stated that anyone who shortens the bench in minor hockey should be “kicked out”.

Rick Carriere, former Major Junior coach and GM and present Sr. Director of Player Development for the Edmonton Oilers stated that the only league that should shorten the bench is the NHL. All other leagues are about development.

Minor hockey today is challenged trying to deal with coaches and associations who condone shortening the bench.

I recently witnessed the shortening of a bench at a Novice 3 level game. The 2 centers who were the team’s best players played every second shift while 3 sets of wingers rotated around them. Do the math and you will discover that 2 players got more ice time (10 minutes a game) and over a 30 game season that adds up to 300 minutes of opportunity to play, develop and to have fun.

In the same game the team was up 5-1 and killing off a series of penalties. One of the 2 top players was on the ice for the entire penalty kill and when there was 3 vs 5 PK both top players were on the ice. I sat beside a parent whose son did not get on the ice for 14 minutes. He was upset and did not complain. I was upset and spoke to one of the assistant coaches after the game suggesting that what was happening was not good for the kids or the game.

The next day I received E-mail from an association executive member telling me to “*mind my own business*”. My reply was that it was “my business”.

Parents are reluctant to complain because of the ramifications. My opinion is they should complain because of the ramifications. Shortening the bench allows fewer players to develop and enjoy the game. They accept the way it is and will quit playing the game sooner than later

As this season starts it is time to reflect on why kids play hockey, why coaches coach hockey and why parents put their kids in Hockey. If everyone “thinks” about it, they should come agree that is about FUN for the kids. Unfortunately adults forget about that. They often get caught up in “Winning” which is what the business of Hockey is about.

WE need to think about the kids and the SPORT of hockey. Hard work and teamwork are two of the most important lessons learned that playing hockey teaches. They are the foundation for success on the ice both in the Business of Hockey and the Sport of Hockey.

There are many valuable lessons that Hockey teaches:

1. The importance of Listening – to your coach, teacher and parents.
2. The Importance of Respect for teammates, opponents and officials.
3. The importance of learning from making mistakes, losing and winning.
4. While Hockey Canada advocates a Fair Play code there are many coaches who practice an Equal play code. At competitive levels the best coaches manage their benches using a fair Play philosophy. They manage the ice time to teach the importance of respect, teamwork and learning. All players experience all game situations. Everyone feels part of the team and in the end the best TEAM will win.

You play the game with the goal of winning. The lessons learned in competition will last for a lifetime. Let kids play and learn the lessons that sports can teach.

Google and join the “Positive Coaching Alliance” and learn more about WIN –WIN coaching.

“Try not to become a man of success but rather a man of Value” - Albert Einstein

Wally Kozak Bio:

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

Teacher, Coach, Mentor: Over 20 years

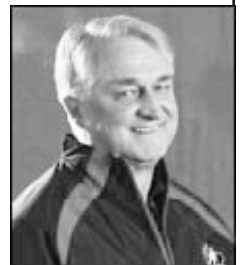
International, University, Major Junior and Minor Hockey.
High School Football, Wrestling and Track and Field.

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.

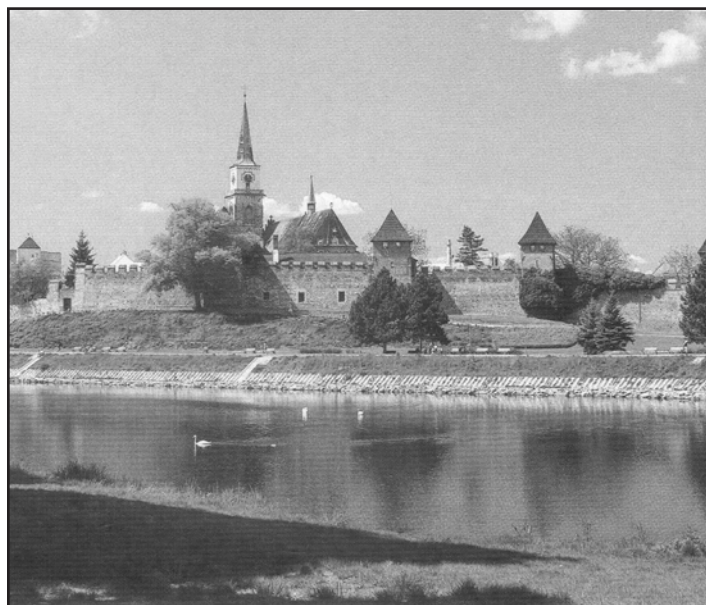


Canadian / Czech Exchange (Cont'd from 4)



Astronomical clock in the Old Town Square and Vltava River Cruise. Thanks to the Czech Republic's location at the crossroads of various cultures in the heart of Central Europe – it can provide opportunities to extend your stay and explore other countries near to the Czech Republic.

To ensure a wonderful time on and off the ice, the Hockey Exchange Program is professionally organized and managed by a friendly, dedicated support staff. Two unforgettable weeks consisting of elite hockey training balanced and supplemented with unique Czech cultural experiences. Excellent opportunity to make new hockey friendships!



- Access to all the sports facilities within the sport center for both players and parents
- 24 hour camp supervision by a staff of professional counsellors
- 3 exhibition hockey games against local Czech competition Group travel attire for all participants
- Personalized Home and Away Game Jerseys
- Arrival and Departure Receptions in Prague

An outstanding hockey, travel vacation, cultural, and friendship exchange experience!

Additional Features / Added Value Included:

Sightseeing trips to historic and cultural sites in the Czech Republic such as Karlovy Vary, Crystal Factory Nizbor or Karlstejn Castle etc. Explore one of the most beautiful cities in the world – Prague! We will show you the beautiful center of Prague, historic Charles Bridge, Prague Castle, the old



Sign Up Now! Only 20 Roster Spots Available!

Don't Miss Out! And Be Disappointed!!

**** 2 Goaltenders - 6 Defensemen - 12 Forwards****

*****If demand warrants, a selection camp will be necessary*****

Sign up on our website:

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

For further details contact:

Rex Tucker at 403 - 244 - 5037

Canadian/Czech Hockey Exchange Program Price
Estimated Price \$4,999 Inc. GST Per Player or Parent
****Due to the unpredictability with international travel costs, the Czech Hockey Exchange Program price will be confirmed late 2013.****

Peewee & Bantam Strength!

Let's be honest—when comparing youth hockey players to adult hockey players, there is a noticeable difference between their skills and game play, right?! Absolutely! Barring this in mind, their strength training program should also reflect the differences that are apparent within their bodies and abilities.

As a general rule, strength training for Peewee- and Bantam-aged players should include a number of general principles in order to maximize both athletic development and safety. First, athletes within this age bracket are typically undergoing puberty and present noticeable changes in both their on-ice coordination and rapid changes in skate sizes! The transformation that occurs at the growth plates of each long bone happens rapidly so coaches need to be aware of how to ensure their athletes are using perfect technique so as not to damage these open growth plates as well as their soft tissue. I strongly advise these players train only with supervision!

Second, youth training needs to be fun! Although we all thrive on challenges and games for motivation, youth appear to do best when they are motivated and have a coach who can infuse enthusiasm into their specific goals. Bolstering this, studies have shown that youth can increase their body composition (more muscle, less bodyfat), strength and self-confidence when training in a similar way to their typical challenging on-ice environment. Your goal is to keep them interested!

The attention-span of youth athletes also demands consideration. These players in particular need brief training sessions in order to maximize their results and further their development. The rapidly-developing body of a youth athlete is trying to grow in size and strength as a product of its natural processes so the length of the training sessions required for these athletes needed to cause adaptation and improvement in the gym is much less than an adult. Basically, there are two processes happening at one time and they both need time to recover in order to produce positive results.

Specific to the Peewee and Bantam age groups, a study conducted in the *July 2011 Journal of Strength & Conditioning Research* showed a significant decline in

squat and squat jump ability around age 11, then going on to show accelerated improvement thereafter as youth athletes compensated for their coordination difficulties. Similar studies hold true for the tender age that these players are at with regards to proper technique and strength programming.

So where does this leave us in the gym? Peewee and Bantam hockey players require safe, natural movements in the right dosage. My recommended programming would include:

1. **Fun & Dynamic warm-up (10 minutes):** light aerobic work running / biking to raise your heart rate followed by controlled dynamic stretching on the spot such as long lunges, butterfly & downward dog variations, then performing movement drills such as shuffling, running drills and/or agility work.
2. **Controlled-tempo, full-body, compound exercises performed in a circuit (15 minutes):** Include 2 sets of bodyweight / light dumbbell squats (no more than 15 lbs total), push-ups on a bench, TRX bodyweight row & hanging / captains chair knee leg raise. A second series would include more holds & balance with one-leg squats while holding a wall, 3-5 lbs dumbbell shoulder flies and light deadlifts.
3. **Cardio & Core (10 minutes):** 60 second bike/ run followed by a 30 second plank / leg raise / leg rotation.
4. After a job well-done, have some fun with 10-15 minutes of stick-handling or shooting!

Tip: Avoid too much specialization for youth hockey players in the gym! A 2004 study found that high-level hockey players who participated in a higher quantity of training from a younger age had a higher dropout rate than those who spent less time doing so. Let them 'sample' sport from ages 6-12, become more specialized between 13-16 and commit to one activity should they want to after age 16! Remember, the key is proper doses of quality for these young budding stars!

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'.



Hockey by the Numbers (Cont'd from page 14)

on one game playing role at a time but also on the **constant transition between roles**. 'One game-playing role' drills are fine for perfecting a technique but if you only do 1 on 1's in drills where the defender and attacker knows it is a 1 on 1 and after the shot they go back to the lineup, then you are not practicing the *reality of hockey*, which is: (A) Both players read the situation. (B) Attack and defend with good technique. (C) After the shot the attacker follows the shot for the rebound and the defender denies a second shot. (D) Make a second play on offense or the defender starts the breakout for the next repetition. **A coach who doesn't consistently practice transition is missing the essence of the game.**

Teams that play systems that are purely contain or totally aggressive also don't understand the game. The plan should be to **pressure when possible** (if you are within a half stick and have a good angle) and **contain when there is no chance for the closest player to get a stick on the puck and body on body**. *In other words, play smart, not scripted!*

Your team play philosophy and practices should reflect your understanding of these facts. There is nothing wrong with effective skill drills to learn proper technique when very young - and for a neurological warm up when the players are older (one can always add more complexity to skill drills.)

But you can't keep using beginning drills (like the dreaded horseshoe) for most of practice at every level and expect the players to be successful in game situations!

Drills where players go through pylons carrying the puck in front of them instead of in the triple-threat position are OK for beginners but they must progress into more complex situations that are game-like if you want players to be effective in games. **Game-like means:** unpredictable / chaotic, pressure-filled situations (require decision making), with a score kept (provides accountability: winners are rewarded; losers are punished – age appropriate.)

Constraints-Led Approach

Coaches and teams covet players who exhibit a high degree of hockey sense – the ability to make the best decision under pressure – and these rare individuals are independent problem solvers. Yet today's coaching culture seems to want to create robots that depend on the coaches' instructions and play-by-play / cheerleader feedback to perform. **Over prescriptive coaching** creates coach-dependent, less confident athletes who are afraid to make mistakes. Not only will this methodology inhibit hockey sense, eventually the athletes will tune you out.

Cont'd p. 35

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.

We enjoy and preserve what we love.

We love what we understand.

**We understand because we have been taught
The Tucker Hockey Way!**

"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)



2014 IIHF World Junior Championship

December 26 to January 5, 2014 - Malmö, Sweden

Note: All Times Listed are MST

* TSN Broadcast

Preliminary Round

Malmö Isstadion Group A

Malmö Arena Group B

| | | | |
|---------------------|-----------------------|----------------------|------------------------|
| 26 Dec, Thu 5:30 AM | Germany VS Canada* | 26 Dec, Thu 7:00 AM | Norway VS Russia |
| 26 Dec, Thu 9:30 AM | Czech Republic VS USA | 26 Dec, Thu 11:00 AM | Switzerland VS Sweden |
| 27 Dec, Fri 7:00 AM | Slovakia VS Germany | 27 Dec, Fri 9:30 AM | Finland VS Norway |
| 28 Dec, Sat 5:30 AM | USA VS Slovakia | 28 Dec, Sat 7:00 AM | Sweden VS Finland |
| 28 Dec, Sat 9:30 AM | Canada VS Czech Rep* | 28 Dec, Sat 11:00 AM | Russia VS Switzerland |
| 29 Dec, Sun 7:00 AM | Germany VS USA | 29 Dec, Sun 9:30 AM | Norway VS Sweden |
| 30 Dec, Mon 5:30 AM | Czech Rep VS Germany | 30 Dec, Mon 7:00 AM | Russia VS Finland |
| 30 Dec, Mon 9:30 AM | Canada VS Slovakia* | 30 Dec, Mon 11:00 AM | Switzerland VS Norway |
| 31 Dec, Tue 5:30 AM | Slovakia VS Czech Rep | 31 Dec, Tue 6:00 AM | Sweden VS Russia |
| 31 Dec, Tue 9:30 AM | USA VS Canada* | 31 Dec, Tue 10:00 AM | Finland VS Switzerland |

Relegation Round

| | | | |
|------------|---------|-----------------|-----|
| 2 Jan, Thu | 3:00 AM | Malmö Arena | TBD |
| 3 Jan, Fri | 8:00 AM | Malmö Isstadion | TBD |
| 5 Jan, Sun | 4:00 AM | Malmö Isstadion | TBD |

Quarter Finals

Semi - Finals

| | | | | | | | |
|------------|----------|-----------------|-----|------------|----------|-------------|------|
| 2 Jan, Thu | 4:00 AM | Malmö Isstadion | TBD | 4 Jan, Sat | 7:00 AM | Malmö Arena | TBD* |
| 2 Jan, Thu | 6:30 AM | Malmö Arena | TBD | 4 Jan, Sat | 11:00 AM | Malmö Arena | TBD* |
| 2 Jan, Thu | 9:00 AM | Malmö Isstadion | TBD | | | | |
| 2 Jan, Thu | 11:30 AM | Malmö Arena | TBD | | | | |

Bronze Medal Game

| | | | |
|------------|---------|-------------|------|
| 5 Jan, Sun | 7:00 AM | Malmö Arena | TBD* |
|------------|---------|-------------|------|

Gold Medal Game

| | | | |
|------------|----------|-------------|------|
| 5 Jan, Sun | 11:00 AM | Malmö Arena | TBD* |
|------------|----------|-------------|------|

Tucker Hockey Initiatives

For The Betterment of the Game

For the 2013 – 2014 NHL Season, the NHL & NHLPA will grandfather in facial visors. Players who have played 26 regular season or playoff games do not have to wear a visor. According to Mathieu Schneider of the NHLPA, it was a clear majority of players support to make the change for the upcoming season.

Times are changing but are they changing quick enough? Last season the games best player – Sidney Crosby received a puck in the face near the end of the season and broke his jaw. The injury caused him to miss the remainder of the season and prevented the young superstar from winning the league's scoring championship. The injury not only hurt Crosby but also his Penguins overall play and team chemistry leading into and during a shorten playoff season.

In today's NHL world, teams are signing their star players to long term multi level contract deals. Recently, Ryan Nugent-Hopkins signed a 7 year – \$42 million U.S. dollar contract with the Edmonton Oilers. Management and owners are protecting their star players with long term financial deals but what about their physical health / safety on the ice. Doesn't it make sense for them to protect their players on the ice as well? The players are getting faster and the pucks are moving faster and often out of control on the ice. There is less time and space to play the game. The playing surface

is not getting any bigger but the players and overall play are getting quicker. More injuries are bound to happen with sometimes out of control play. In this year's exhibition season Sam Gagner of the Edmonton Oilers, received a stick to the face and broke his jaw. Not only player's jaws but eyes need to be protected but as well player's heads from cuts, breaks and especially concussions - do visors offer the best protection from dangerous pucks and sticks?

Skaters play minor hockey up to Midget AAA with full facial protection prior to playing Major Junior A where half visors are the norm. U.S. collegiate players play with a full facial shield as well as Women's national team players. Why not NHL players? Craig MacTavish was the last player to skate in the NHL without wearing a helmet. He played his last season with the St. Louis Blues back in 1996 – 1997. Only 17 years ago! To think that someone would play in NHL today without wearing a helmet would be considered crazy! Taking a big risk!

Just maybe as the game evolves we will look back in 20 years or so and say to ourselves - really anyone playing in today's game not wearing a full facial protection is crazy?

Just thinking? Do you have any thoughts on this subject? Letters to the editor are truly welcomed!

Where Are All the Ladies (Cont'd from 13)

the first one. Let me explain.

While it may be true that hockey, at present, is more of a guy's game than a girl's game, and many more males learn to play at a young age, it is not necessarily the case in a co-ed power-skating and hockey skills development class that all the men will be higher-skilled than the women. It is a class after all, so it attracts people that, well, can't skate really well. Or can skate reasonably well, but want to get better. Many of the male participants I skated with never played when they were young, or played briefly and quit. A lot of them started skating as adults. In the sessions that I've participated in, there has always been a wide range of skill-levels, with the majority of the participants falling somewhere in the middle.

But, even if it were true that all the men are better-skilled, it wouldn't matter, since a power-skating and hockey skills

development class, by its very nature, is set up with the individual participant in mind. There is only the player and the drill, and you work the drill at your own pace according to your own ability. So, there's no way you can hold up other participants by being too slow, or because you can't maneuver effectively. Each participant is focused on him or herself, and the instructors are teaching each skater according to his or her abilities.

Of course, this doesn't eliminate the fact that women will still be in the minority, and might still feel conspicuous on the ice, and though the majority of the drills are singular in nature, there are times when you're required to partner up, or work in a small group within the group. But, these kinds of situations are intimidating for everyone, not just women. Once women get past the impression that they don't belong,

Cont'd p. 36

Hockey by the Numbers (Cont'd from page 32)

Offensive skills, decision making and problem solving aren't developed using drills. Patterns stifle creativity. **Small area games provide variable problem-solving opportunities for players.** Players gain intrinsic feedback from their own performances - successes and mistakes (and that of their peers) - and from keeping track of the score. These forms of feedback are far more valuable than constantly hearing from their well-intentioned (but misguided) coach! The ultimate goal is to see a coach silently observing, and speaking only on occasion.

It might seem counter-culture to most of today's coaches, but open your mind to the newest coaching methodology that is proving highly successful, especially in Invasion Games such as hockey: the Constraints-Led Approach. http://www.sportnz.org.nz/Documents/Communities%20and%20Clubs/Coaching/Constraints_Led_Approach_May_07.doc In the constraints-led approach, coaches shape and guide rather than direct.

Coaches, your job is to define the playing rules of the small area game or activity and enforce them while keeping score. Practice your patience and bite your tongue. Let the players 'Figure It Out' (FIO) - don't tell the athletes 'how' to do it. By learning how to manipulate the individual, environmental and task constraints and how to embrace a guided discovery technique, you will become a master facilitator of the game! Over time, the athletes will start to apply tactical thinking themselves and they will surprise you! **The game becomes the best teacher of the game, while developing coach-independent athletes** - players who exhibit hockey sense!

In order to develop puck handling and hockey sense you need to play a lot of small area games where individuals get numerous opportunities to touch the puck and have to make decisions. If the players only get on the ice with adults who run drill type practices, then they never get to develop these kinds of skills. With an average 60 minute 'drills' practice, a player only moves between 7 to 11 minutes

and stands around 49 to 53 minutes. **In this reality, it truly would be better to just eliminate practices and play only games.** With 3 lines in a 75 minute ice time with a 5 minute warm up each player would get the 5 minute warm up and 23 minutes of playing time.

Most hockey cultures outside of North America play cross ice games or small area games exclusively until the players are 9 and 10 years old. These cross ice games create tight situations and the average player gets 6 times or more touches because of this. The additional game-like play during practice is why they are developing the creative players and stickhandling ability. We must learn from the methods Europeans use to produce good individual and team offensive skills! Wouldn't it be fantastic to run cross ice tourney's with other teams in the association (team 1 vs. team 2 or mix the teams) to make for a more effective, fun and efficient use of ice!

A coaching colleague, Tom Molloy, did a hockey school in Vierumaki Finland several years ago, using this philosophical template emphasizing a skills warm up and the majority of time in small area games. NHL'ers Teppo Numminen and Jyrki Lumme were his assistant instructors (at that time, they were still active NHL players). At the end of the school, Lumme said to him, *"Tom, if the kids in Canada all practiced this way consistently, then no one would be able to compete with them. They have so many rinks and so much talent (sheer numbers) there."*

These numbers and progressive thoughts should be considered when planning practice. If the majority of practice consists of skill drills or patterned plays and systems, then the coach has forgotten the nature of the game. Instead, use the skill drills as a warm up but also do lots of transition games, activities, contests, and shootouts. Make it fun, challenging, competitive and game-like; this is what will allow your players to develop best and will increase your team success!

In order to succeed,
your desire for
success should be
greater than your fear
of failure.
~ Bill Cosby

Success is not final,
failure is not fatal:
it is the courage to
continue that counts.
~ Winston Churchill

I've failed over and
over and over again in
my life and that is why
I succeed.
~ Michael Jordan



The Merits of One-on-One Coaching

Coaching Innovation

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

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

Top 10 - Advantages of 1 on 1 Coaching

1. More personable – players receive much closer attention from the coach
2. Coach connects better with each individual player
3. Able to provide a proper assessment of a player's skills
4. Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting
5. Customized on – ice programs to suit skill needs and overall abilities
6. More hands on approach - input from parents / players welcomed
7. More effective way to bridge the skill gap - improve skills quicker / maximize every skate session
8. Times and dates determined by parents / players - better suited to your busy schedule (before and after school)
9. Enhance hockey skills as well as life skills, self confidence and self esteem
10. Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker!

Benefits Outweigh Costs

Concerns often addressed such as:

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

Tucker Hockey - Provides Proven One on One Coaching Results

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

One-on-One Testimonial

"A personal note of thanks for the exceptional work you did with my son... We saw tremendous growth and progress in his hockey abilities - and so did his team! The individual work and attention that you provided to him and his two team mates in your small group one-on-one coaching provided building blocks of skills and self-confidence development that he will carry forward with him."

- Trevor Wannop, Father to Spencer

Where Are All the Ladies (Cont'd from 34)

they discover that everyone is there to learn to skate better, and that it's normal for everyone – men and women both – to feel a bit vulnerable when attempting to learn a new skill. The tone of the class is generally set by attitude, and not by gender.

Being in the minority in any social situation is always intimidating. Humans aren't wired for it. We are built to belong – formed to thrive within a tribe, not outside of it – so

anxiety over isolation is normal, but once women realize that their first impressions are not entirely accurate, and embrace the co-ed situation for what it is – a group of humans with a common goal of learning – then the isolation problem will solve itself. Eventually more women will join, and the numbers will even out, and both men and women can learn the skills they need to grow in a sport they both love. Until then? It's off to the ref's room with you ladies! But hey, it's not as bad there as you think.

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

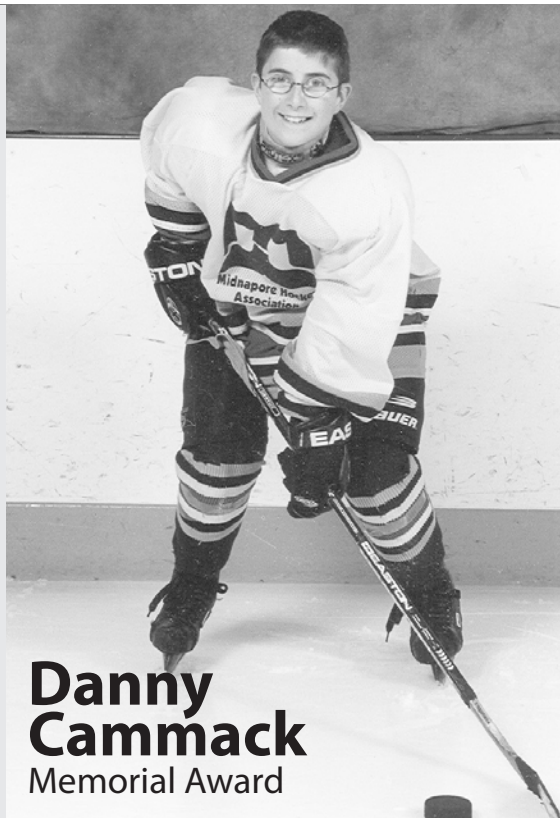
Since 2004, Tucker Hockey has offered over 70 free programs to various Minor and Adult Hockey Players. Giving back more than \$20,000.

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

Fall 2012 - Nathan Bore

Winter 2013 - Govind Dhillon

Spring/Summer 2013 - Jackson Zink

Fall 2013 - Charlie DeLand

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

Why I Love Hockey!

I love hockey because I love shooting and passing. I love to learn new stuff. I always ask questions if I don't understand something or I just go to the back of the line and watch other people go first. I can make new friends easily and I made a lot of good friends at hockey. I love to do a scrimmage against people. I am easy to coach I am a good listener. I will probably play hockey until I am 90.
~ Charlie DeLand - 11 Years

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

Winter 2012 - Kim Faires

Spring/Summer 2012 - Dennis Melbourne

Fall 2012 - Francois Le Bel

Winter 2013 - Lily Wat

Spring/Summer 2013 - Alexander Fonin

Fall 2013 - Robert Pryde

Emotional Control

By: Michael White

Controlling your emotions in any sport is of paramount importance for success. Emotional intelligence is a key component of a winning attitude. It refers to the ability to perceive your emotions, reason with your emotions, understand your emotions, manage your emotions and control your emotions.

For example if you are the captain, the primary leader of the team, you must keep your emotions in check, never too high, never too low, on an even keel. The team captain's mission is to win the team's trust, and to gain their respect. Stay calm and carry on – even when the score is one sided. Work hard, do your best and lead by example – set a great example for the rest of your teammates.

Some ways to manage and control your emotions can include the following.

1) Choose to be an optimist. Keep positive even when the game situation looks bleak. Maybe there's still time on the clock, you just need a break in this game (a good bounce, a referee's call in your favor etc) or maybe there's another game / opportunity to redeem yourself. Keep the big picture - look towards the bright side and keep the situation in perspective. It's part of life's learning process. Being thankful for what you do have makes it easier to wake up in the morning with a positive attitude. Gratitude is a powerful force in our lives especially in sports. It's a privilege to play a sport at this level!

2) Choose how to react to your emotions - we try to justify our emotions but we need to own our emotions and decide which

is the best way to react. Be conscious of your old moods and feelings reappearing (getting too nervous or anxious). Try not to let past experiences, situations and results trigger your reactions. Try not to let your emotions get the better of you again! Learn from past moments and experiences (taking a bad penalty etc). Be stronger emotionally and perform better the next time out!

3) Know that you must take responsibility for your actions and emotions. Do not be a victim to your emotions. Be in charge – be in control. You can make a better choice, a better action and have better control of your emotions. It's not the situation but how you react to the situation!

In the end, emotional control will produce better play / performances and an even superior experience for yourself and everyone on the team. And at the end of the game isn't that what it is all about? Don't let your emotions deter you from giving your best efforts and achieving your best results!

Take control of your consistent emotions and begin to consciously and deliberately reshape your daily experience of life.

~ Tony Robbins

Senior Hockey Players Wanted

The 55+ Hockey Association provides venues for senior players to continue (or resume) hockey with other players of similar vintage.

If you'll be 55 years old or older before April 1, 2014, you are eligible to play in the Calgary 55+ Hockey Association.

Currently, the Shouldice hockey rink (Located at 1515 Home Road N.W.) is seeking both skaters and goalies of all skill levels for the 2013/14 season.

We play Mondays and Wednesdays at 10AM to 11:15AM in a season from October 2, 2013 through March 2014.

To learn more, contact

Gary Hudson at 403-276-4182, or

Reg Pankewitz at 403 922-5910.

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

"I equate a session with Rex to be equivalent to 3 minor team practices. So what it does for the kids, they go out there, you see them at the beginning of the year skating with their pals and by the end of the year they've improved so much all the other guys are trying to keep up with them all of the time. I think that what they get from Tucker Hockey is an infectious love of the game and skating because Rex just loves hockey so much that it brushes off on the kids. They come out of Rex Tucker skating well and playing hard and professing their love of hockey. And I think some of that comes from Rex just because of his attitude and how excited he is about it. It rubs off on the kids and you can't get enough of that".

~ Trevor Wannop, Minor Hockey Parent

"... It wasn't until Rex Tucker, one of the best power skating instructors out there, tweaked my skating skills that I learned about my potential to improve... Rex is very passionate about the game and he cares about the players that he gets out. I think he's been awesome... I have to say I improved dramatically. I learned a lot of little things to get a step on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now..."

~ Mark Bomersback, Semi-Pro Switzerland National League A

"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

"Brendan just finished the 7 to 9 year-old power skating group. He loved it and I thought his skating really improved... the classes were well organized with a great variety of drills and fun drills for the kids too, no wasted time and the instructor to student ratio was great! All in all a great job by Tucker Hockey!"

~ Murray Cotton, Minor Hockey Parent

"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, last year you gave my son Tim Woolley (from England) some 1 -2 -1 hockey lessons. This year he made his rec team Coventry ...in his first game he scored and got "man of the match". You have given him so much. Do you realize the effect you can have?... You've helped him with confidence, fitness, communication and other things...thank you!"

~ Andrew Woolley, Father of Tim