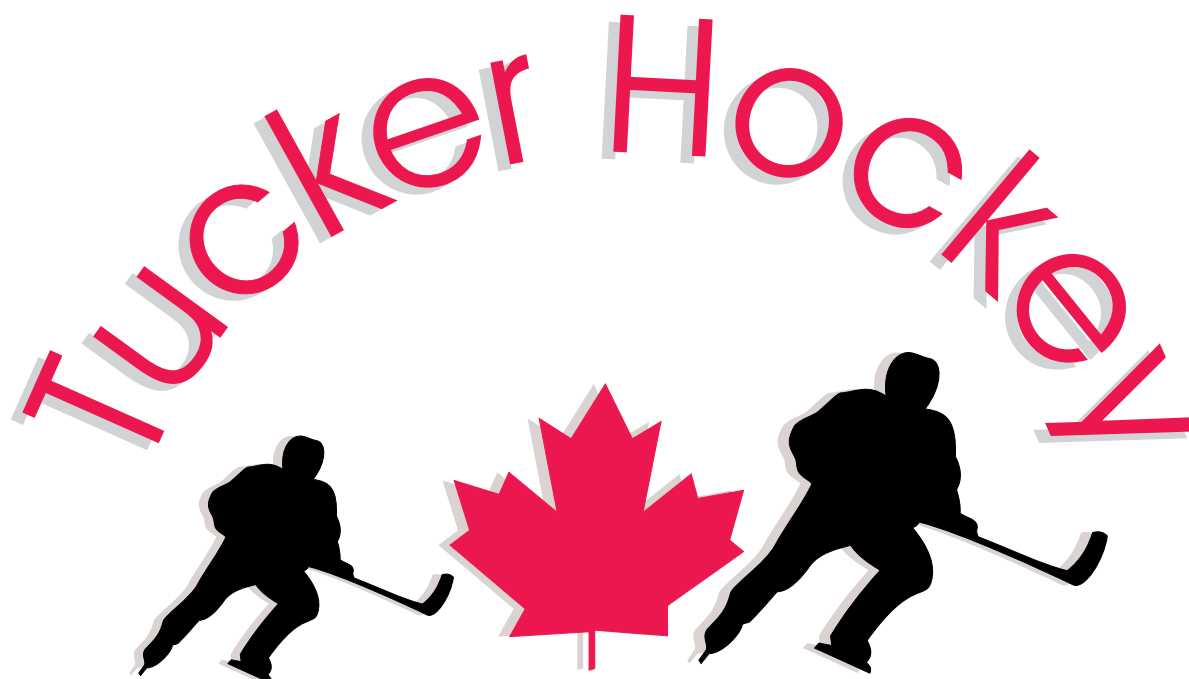


Hockey Zones

For the LOVE of the GAME

Volume 10 No. 2 Issue # 28

Spring / Summer 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

Spring & Summer 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 to Bantam Players	Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Spring & Summer 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 7-14+
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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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President Rex Tucker
Executive Assistant Christyne Kavanagh
Hockey Consultant Bob Tuff
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On-Ice Instructors

Rex Tucker David Mahoney
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Brett Pinder Kris Bramall
Derek Cameron Devin Mintz
Jordan Evans Luke Beaucage
Sheila Kelly Frank Lyall
Alannah Jensen Colton Buckler
..... Rob Swart

Hockey Zones Newsletter

Managing Editor Rex Tucker
Publisher Christyne Kavanagh
Advertising Sales Rex Tucker
Contributing Writers Wally Kozak
Christyne Kavanagh Michael White
Bob Tuff Ern Rideout
April Clay Rex Tucker
Kim Faires Jeff Mueller
Dean Holden Vadim Sapozhnikov
Official Photographer Terence Leung

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Advertising Enquiries: Christyne at
programs@tuckerhockey.com
Send prebuilt ads with "Tucker Hockey Ad" in
subject line to
programs@tuckerhockey.com

Mailing Address

P.O. Box 46014 Inglewood RPO
Calgary, AB T2G 5H7
Ph: (403) 998-5035 Fax: (403) 244-5037
Email: programs@tuckerhockey.com
www.tuckerhockey.com

Managing Editor's Message



Welcome to the 28th edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

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.

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.

We have now given the front cover of our newsletter a glossy facelift. 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

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,
Yoursi nH ockey,

Rex Tucker
Managing Editor



Next Issue Fall 2013 Features

- Letters to the Editor
- Kids Hockey Advancement Society Golf Tournament
- 2014 World Junior Hockey Schedule
- Tucker Hockey Christmas Programs
- Calgary Flames 2013 - 2014 TV Schedule
- 2014 Czech Hockey Exchange



A View from the Press Box

Calgary Flames now Calgary Flickers?

In the Spring / Summer 2012 Hockey Zones edition I wrote the following:

...The time has come for the Flames organization to do a major re-building, not a "reload" or "tweaking". The current team is not close to being a serious playoff team and potential Stanley Cup contender. The team must acquire some top end offensive skilled players, otherwise the losing pain will continue year after year. Players such as Bouwmeester and Iginla should be traded for draft picks... The Flames must also inject more youth into the team. Kids like Baertschi, Backlund, Brodie...should be given more ice time and a more important role next season...

On Friday April 19th I attended the Flames game against the Anaheim Ducks. It was Miikka Kiprusoff's final game of the season on home ice...maybe his last game as a Calgary Flame? The fans were aware and showed their support and appreciation with a standing ovation during the last 2 minutes of the game. For this writer, it was the top hi-light – a very special moment - in a very disappointing Flames season. Kipper stopped 32 shots and received the 1st star of the game from a Flames 3 to 1 victory. Will Kipper be back next season? It's one of many questions facing the Flames organization and fans who turn their focus towards next September.

Reflecting back on this shortened lockout season, new Coach Bob Hartley did bring a refreshing puck pressure, higher tempo, and more entertaining game for Flames fans. At the start of the season like every new coach of a team, Coach Hartley was getting to know his players. After 20 games into the season Hartley realized he did not have the talent or size to excel. Really folks?... did the Flames have a No: 1 line this past season? When we look at the other 29 teams in the league the Flames probably had the worst No: 1 line! As well, there were too many 3rd liners on the team.

Coach Hartley is a very demanding and savvy coach; it will be a much different Flames team on the ice next October. You heard it here! The team needs to be younger, faster, have more size, play more physical and show more grit. Coach Hartley is now cognizant of the character and talent in the Flames dressing room. He will have a greater influence on the make up of the team going forward. Changes will be blowing in the wind this Summer!!

After not making the playoffs for the 4th season in row, the Calgary Flames organization have some important questions to answer to rebuild this franchise and bring back a winning team to the city. Here are a few thoughts that come to mind. I am sure you have many others!

What is the main goal of the Flames organization?

In the past, ownership and management had over-valued some of the talent on the team and now is the time to make some more progressive and major changes post Iginla era. The organization plans to retool the team with the expectations to make the playoffs next season. A lofty goal indeed to maintain fan interest and enthusiasm but how realistic is this? The Montreal Canadiens finished near the bottom of the NHL standings in 2012 and turned it around this season to win the North - East Division! So it can be done... but the Flames will have to make some bold and progressive moves! They will need to win the lottery in the free agent market and their young guns must truly start to excel next season. The team possesses assets it did not have last year including three - 1st round picks in the NHL entry draft as well GM Jay Feaster finally has some salary cap room to play with (approximately \$20M+). He can finally start to mould the team to his and Coach Hartley's likings. Next season's salary cap is estimated at \$64.3 Million and the Flames owners are prepared to max the cap!

Who will be the new Captain of the Flames?

Maybe one of last season's alternates - Mark Giordano, Mike Cammalleri, Curtis Glencross? Or maybe someone else like Dennis Wideman or a proven winner from the free agent market to provide the necessary team leadership? Personally, I would like to see Mark Giordano wear the C. He plays with heart every shift!

Do they make a bold move or two? Trade Cammalleri (1 year at \$6 million) and / or Tanguay (3 years at \$3.5 million) or buy them out?

Under the new CBA each team has two freebie buyouts, this off season or next, each team can let loose 2 players at a cost of 2/3 salary with a zero salary cap residue. Yes, the timing maybe right to buyout one or maybe both of the veterans or package them in a trade or multiple trades. However, it may

Cont'd p. 5

Calgary Flames (Cont'd from 4)

be difficult to trade Cammalleri because his production is not in line with his contract. The Flames may have to pay a portion of his salary to make any trade work.

How do they fill the void and acquire a No: 1 Center on the team?

Can this be done with a major trade or via free agency? Probably a trade package will work best. Players like Cammalleri, Tanguay, Sarich, Babchuk, Jackman or even Horak could be potential trade bait.

What to do with the goaltending situation?

Kipper it seems will not return and finish the last year of his contract for \$1.5 million. The team must start planning for the near future - when the No: 1 goalie will not be Kipper. Joey Macdonald who they re-signed is a very capable back-up but can he be a seasoned starter? The Flames have some very good prospects in Karri Ramo, KHL and Reto Berran, a Swiss goalie; Edmonton Oil Kings star Laurent Brossoit and Joni Ortio, a prospect from Europe as well. Will any of them rise up to be the No: 1 guy or will the Flames have to trade for a No: 1 goalie? They certainly need to improve their overall team defence (2nd worst goals against in the league) and stabilizing the goalie position is of paramount importance.

What Free Agents do the Flames re-sign?

The most significant Flames restricted free agents are Aliu, Backlund, Bouma, Butler, Brodie, Bryon, Cervenka, and Cundari. The top priorities are Backlund and Brodie. They should also resign Aliu, Butler, Cervenka and Cundari. Cervenka needs a second chance – the challenges of a shortened season and adapting to the North American way of life limited his success and overall effectiveness. However, only do it with an incentive laden deal! The most significant unrestricted free agents are Begin, McGratton, Babchuk, Carson, Irving, and Taylor. They should resign only Begin. Let the others test the free agency market.

Who do they pick in the 2013 NHL Entry Draft?

Over the past 25 years the Flames have never picked in the top 5 of the NHL Entry draft. This year they will pick 6th overall and have 3 picks in the 1st 30 choices. They must deliver on some very good selections. They need to draft someone who can make the roster now. For their first pick at the No: 6 position, several top prospects should still be available such as Sean Monahan, Center, Ottawa 67's who is 6'2" and 186 pounds. He is described as a big pivot who will

take some time to make a big impact with his offensive game still developing. Elias Lindholm, Center, Bryon, Swedish Elite League, who is 6'0" and 185 pounds. He is a well rounded centre and uses great hockey sense to read the play and his vision is elite. Frederick Gauthier, Center, Rimouski, 6'5" and 210 pounds is a 2 way centre who has both the size and skating ability. The amateur scouting staff must do their due diligence prior to the draft date.

Will they aggressively pursue the free agent market?

Do they go after two or three of the following players? Centres like Patrik Elias, Mike Ribeiro, Derek Roy, or Stephen Weiss. Right Wingers like Pierre Marc Bouchard, Nathan Horton, Michael Ryder, or Pascal Dupuis. Left Wingers like Brendan Morrow, Ryane Clowe, Clarke MacArthur, Dustin Penner, Mason Raymond, or Viktor Stalberg. Defensemen like Ron Hainey, Ryan Whitney, or Douglas Murray. Goalies like Antero Niittymaki, Cristobal Huet and Alex Auld? The free agent list is slim this off season especially the goalie list! However, the problem may be – do any of these free agents want to play for a rebuilding team like Calgary or rather a guaranteed playoff team or potential Stanley Cup contender?

In Conclusion:

It seems like everything is on the table during the off season for progressive changes and advancement! The time has come for the Flames organization to do some major rebuilding work. The denial days are finally over! The Flames must inject more youth, speed, physicality and grit into the team. Kids like Baertschi, Backlund, Brodie, Reinhart et al should be given more important roles next season. After that, roster improvements will have to definitely come through free agent signings or a few trades. The Flames have to take a few calculated risks! Yes indeed, Jay Feaster is still the man who can rebuild the current Flames roster and to get this team more competitive and later into the playoffs. However, we live in a very results orientated NHL world and the Flames fan base want positive changes and a competitive team soon not 5 years down the road. Say tuned. It will be a very interesting off season has management and the coaching staff tackles the rebuilding process. Time and patience will be two key words over the next couple of years.

“Candour is a compliment. It implies equality. It shows how true friends talk.”

~ Peggy Noonan

Coach Rex's Corner

We are only a few months away from another minor hockey season and of course that means player evaluations! It can be a very stressful and anxiety filled time for both players and their families. Below is a Tucker Hockey player tryout checklist to help players and their parents increase their awareness and knowledge about getting ready for September evaluations. Hope you enjoy the read and will feel better prepared to do your best on the ice! All the best with tryouts!

PLAYER TRYOUT - TOP 10 CHECKLIST

1. Preparation

- a. Get plenty of rest the night before
- b. Equipment is ready - Skates sharpened, equipment bag checked for all items
- c. Good pre-game meal, minimum 3 hours prior to competition
- d. Arrives at the rink minimum 45 minutes prior to competition - not rushed
- e. On the bench, keep head in game
 - i. Talk to line mates - the better they play, the better you look
 - ii. Watch the play on the ice - measure your competition for making the team
 - iii. Avoid dehydration - drink before you're thirsty!!

2. Remember the important "cue words" when you get to the rink

- a. Relaxed - not too nervous or anxious
- b. Focused - Concentrate on the on-ice activities and success
- c. Confident - in your ability to make the team, building on past successes
- d. Energized - you feel good, ready to handle any challenge

3. Three major criteria which all coaches/evaluators use to select their team are:

- a. Skating - quickness, speed, agility
- b. Hockey sense - Reads the play well, makes good quick

decisions, positional play

- c. Character - Strong work ethic, leads by example, competitiveness

4. Know and show your strengths

- a. If you're a skater - "skate", shooter - "shoot", passer - "pass", etc
- b. Know what you bring to the team

5. Believe in your hockey abilities

- a. You're good enough to make this team
- b. That you want it - willing to pay the price
- c. Put it all out on the ice - don't have any regrets

6. Stand out from the crowd - get noticed

- a. Give 110% during every shift or drill
- b. Want the puck - play around the puck, not on the perimeter

7. Play with intensity - elevate your game to the next level

- a. Don't take "shifts off"
- b. Finish the scrimmage as good as you started
- c. Be consistent with all drills from start to finish, no "cheating on a drill"
- d. The pain of fatigue is only temporary - it goes away
- e. Don't be a cheater or pouter, be a worker and a leader

8. Overcome adversity

- a. Making a bad play/decision
- b. Making a mistake during a drill - stumbling/falling
 - i. Park the mistake and move on - learn and grow

9. Objectively evaluate your on-ice session

- a. Build on your successes - a good goal, pass, or check
- b. Look at areas for improvement for a better next session

10. Be proud that you gave it your very best

Player Selection Criteria

When it comes to player selection, skills and abilities are often initially designated as the most critical criteria. These abilities can consist of skating, puck control, passing and receiving, shooting, checking and the area which I specialize in developing - hockey sense. Coaches must remember that there are other individual characteristics or personal traits which must also be considered in order to select the best team; only by having a clear coaching philosophy in place can the coach identify what identity he/she wants the team to take and ultimately, what kind of athletes to select to realize this vision. Can the coach relate the performance of the athlete to effort?

There have been many regrettable cases of player selection whereby skills override other individual qualities, such as attitude (positive, coachable), work ethic (motivation,

'peel back the layers of the onion' to examine the athlete more deeply as a person; not to stop at their skillset.

GOLDEN EAGLES – high on skills and high on effort. These are your top athletes. Consider yourself privileged to even have one per season; they are indeed rare! GE's are passionate about improving, take instruction and suggestions well and consistently lead by example.

EFFORT EAGLES – low to moderate ability but high on effort. These are your reliable, humble, hard-working athletes who should form the majority backbone of the team and are consistently working towards contributing to team success.

Cont'd p. 35

This diagram has been in circulation for many years. I first saw it in the late 1980's at a coaching clinic. It provides a useful overview by dividing athletes into four general categories:

The Effort Grid:

		EFFORT	
		High	Low
S K I L L S	High	GE: GOLDEN EAGLE (franchise player)	TT: TALENT TRAP (floater)
	Low	EE: EFFORT EAGLE (mucker & grinder)	MT: MIRACLE TRAP (farm team)
Admission Ticket (effort)			

competitiveness) and these decisions may even compromise the personal philosophy of the coach; perhaps some of you have first-hand experience with a situation like this? I am sure those of us have learned from hindsight that when choosing a team, one must not be seduced entirely by skill; especially when it is paired with low effort - and certainly not at the expense of our coaching philosophy - but to evaluate individual players on each of their overall aptitudes. How will they 'fit' into the vision for the team as a whole? As Tom Renney is fond to say, an experienced coach looks to

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"*





Capacity...

“There is nothing better in the world than investing in another human being.”

If you are in a coaching, teaching or leadership position (which includes all of us) you should be striving to increase your capacity in the following areas:

Capacity to be happy;

We need to do what is necessary to feel good about ourselves. For example:

- Live your life with integrity – do you always do what you say you are going to do?
- Do you treat people with respect and dignity – especially your family? What do you want your brand to be (friendly, approachable, caring, a good listener, supportive)? What is your brand right now?
- Stay in good physical shape as this will give us the mental and emotional energy to do what we need to do.
- Get enough sleep.
- Count your blessings. Look at all of the good things in your life. We usually fall into the trap of dwelling on things that are not perfect. Instead, think of the things that are important to you and give thanks. (Family, friendships, health and faith for example)

Capacity to be excited about yourself;

It is very easy to be excited or envious about someone else or someone else's “stuff”. The challenge is to be excited about yourself, your family, your team, etc.

- One of our biggest mistakes is that we focus too much on what others have accomplished. We usually get distressed when we compare ourselves to others.
- Concentrate on being the best that you can be. Where are you right now and put steps in place that will help you become all that you can be.

Capacity of getting better;

What are the little things that you need to do every day to

get better (Rise 15 minutes earlier, exercise 3 times a week, proper diet, reading good books, etc.)?

- These activities should be attached to your most important goals, whether it's family, business, health, etc.
- You may not see any changes in the short term, but by repeating these activities until they become habitual the long-term change will be measurable.

“We are then what we repeatedly do. Excellence is not an act but a habit.” ~ Aristotle

- Strive to be right morally and ethically 100% of the time.
- Remember, before you can be a great leader, parent, coach – you have to become a great person.

Capacity to compete;

You have to learn to compete and get better at it. You just can't go out into any arena of life and just sit there. You cannot score a goal unless you shoot the puck. You won't hit the ball until you take a swing.

- You must compete in order to get better
- Life is a balance sheet: on one side is what you want and on the other side is the sacrifice that you must make.

There are days when every successful person wants to quit: BUT THEY DON'T!

Bob Tuff Bio:

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





Tucker Hockey Profile

Executive Assistant - Christyne Kavanagh

Editor's Note:

Recently, I had a good chat with Christyne Kavanagh, Executive Assistant for Tucker Hockey. Christyne has been a very valuable member of Tucker Hockey's business operations for more than 4.5 years. She is a very dedicated individual and cares about the quality of her work and the overall success of Tucker Hockey.

Christyne doesn't like to talk about herself. She can be somewhat private and reserved. So it took quite a bit of coaching by Coach Rex over the past 2 years, to finally get her to open up and complete a profile for Hockey Zones! Finally, my persistence paid off! Here is a summary of our conversation over a coffee and folks she sure loves her coffee!

Christyne, tell us a little about yourself.

I live with my wonderful partner, Devon of 7 years with our two babies; a 2 year old Blue Healer named Motts and a 5 month old Sheppard/Lab cross named Crue. I'm the oldest of 6, and I have a wonderful nephew who is 7 named Cobey and a beautiful Niece who is 6 named Brooke. I love being an Auntie!

How did you come to work for Tucker Hockey?

Rex's previous assistant was helping him part-time on a short-term basis and we happened to know one-another. She mentioned an opportunity was available and I immediately emailed Rex my resume because I wanted to transition from my current career in the telecom industry into something I could be passionate about. Also, the perk of working from home was too much of an incentive to pass up!

What is your hockey background?

While never playing the game or growing up with it I started watching it in my early twenties when my Grandfather became sick. He used to play and referee in his younger years and was a huge fan of the Toronto Maple Leafs. Hockey Night in Canada was his favourite program and during the last few months of his life it became the one thing he could

remember; the players, the rules, Don Cherry. So we'd sit together and watch the Maple Leafs, spending quality time together. Once he passed, my Mom and I would make it a habit of watching Hockey Night in Canada every Saturday, cheering the Maple Leafs on. Eventually watching it on TV wasn't enough so we started attending Calgary Flames games as frequently as we could and we became hooked!!

What is your fondest hockey memory?

For two years in a row my mom and I were able to attend two play-off games. The first one we attended was in Vancouver, a weekend well spent! The second one was in Detroit to watch the Flames during their run to the Stanley Cup final. There I was with my Flames jersey in a sea of Red Wings fans having the time of my life. Calgary won the game 1-0 on a Conroy goal I believe. Sitting in the historical Joe Lewis Arena was my hockey highlight!

How long have you been with Tucker Hockey and what are your duties for Tucker Hockey?

I started working for Rex in October of 2008 on a part-time basis and by December I was working for him exclusively. He fondly refers to me as his "boss" which I quite enjoy! Over time my position has steadily evolved from being an administrative assistant answering phones and processing registrations, to more business related tasks, including marketing, advertising, social media and creative business tasks. One task I'm particularly proud of is our Hockey Zones Newsletter. In 2009 Rex decided to produce the newsletter in house and having never published anything I was given the task of learning how to use publishing software! My first kick at the can was our Fall Newsletter in 2009, which at the time almost overwhelmed me, but Rex with his positive attitude and coaching abilities guided me through the process and we succeeded! I now create all of the marketing materials for Tucker Hockey, created our new website and am also the official videographer! Coming from a sales background, the tasks I've been given have definitely expanded my knowledge and skills portfolio.

Cont'd p. 33

KIDS HOCKEY



ADVANCEMENT SOCIETY

Providing Opportunities To Play

Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 6th Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Personally, I am committed as well as other dedicated team members to contribute the volunteer time and effort as required to ensure the continuing success of the Society.

We look forward with great anticipation to this year's tournament, scheduled for **Wednesday September 18th, 2013**, at the Inglewood Golf and Curling Club.

The Kids Hockey Advancement Society was incorporated to provide an opportunity for children to play, to develop their skating and hockey skills and to participate in organized hockey – the nation's greatest sport.

The benefit to these children in terms of physical fitness, mental health and well being and social development are significant and well-documented. The benefits to society as these children mature into exemplary and responsible citizens are even more significant.

Thanks in large part to the enduring loyalty from a tight community of donors, the Kids Hockey Advancement Society has continued to see strong fundraising dollars come in and with the addition of new partners last year, we've been able to maintain a high bar that we set for ourselves, even with an economy still struggling to recover.

In September of 2012, the Society raised \$20,000 to help children acquire hockey gear and register for organized hockey through KidSport of Calgary. An additional \$800 was directly donated by adopting "Tuck" the Bear, a Hand Carved Wooden Bear that sits comfortably in KidSport Calgary's Corporate Office as their Mascot. He was introduced in 2010 and will continue to be adopted out each year, raising funds along the way!!

The goal in 2013 is to provide once again funds to KidSport of Calgary, while also personally funding individual children at the grassroots level in the community as well. The Society has once again set a high standard that we are committed to achieving, thus ensuring more deserving kids get the chance to participate in organized hockey.

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

Support the Society By:

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

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

Please get involved and feel good about giving back!

Rex Tucker
President, Tucker Hockey



Kids Hockey Advancement Society 6th Annual Fundraising Golf Tournament

Wednesday, September 18th, 2013

Inglewood Golf Club

19 Gosling Way S.E.

Shot Gun Start - 2:00 PM

How You Can Help

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

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

**Only 88 Spots
Available!
Register Early
to Avoid
Disappointment!**

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



So ALL Kids Can Play!



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

KIDS HOCKEY



ADVANCEMENT SOCIETY

"Providing opportunities to play"

2013 Board of Directors

President: Rex Tucker

Vice-President & Secretary: Jim Hepburn

Treasurer: Nick Radmanovich

Director at Large: Michael White

Director At Large: Wayne Newby

Society Giving Back

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

2008 - Inaugural Golf Tournament:	\$10,000
2009 - 2nd Annual Golf Tournament:	\$12,000
2010 - Inaugural Poker Tournament:	\$8,700
2010 - 3rd Annual Golf Tournament:	\$15,500
2010 - Sponsored two Children's Hockey School Registrations:	\$1,800
2011 - 2nd Annual Poker Tournament:	\$11,220
2011 - Karlee Lewis Skate-A-Thon/Kids Cancer Care Foundation of Alberta:	\$1,000
2011 - 4th Annual Golf Tournament:	\$16,700
2012 - Oilympics Hockey Marathon:	\$2,000
2013 - 5th Annual Golf Tournament:	\$20,800
Total Donations to Date -	\$99,720



"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.psscalgary.com



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

"It is impossible to underestimate the importance of the coach in the development of an athlete. From the youngest peewee player to the elite athlete, the coach is a pivotal character in the moral as well as the physical development of his/her charges.

The more intensive the training, the greater the opportunity for moulding the athlete's character and personal philosophy as it pertains to his/her athletic career. Elite athletes appear to cleave to their coaches as mentors, guardians, and in some cases, almost as surrogate parents. They are fortunate indeed if their coach is concerned with their moral and intellectual development as well as their training."

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

Tucker Hockey Tips

Basic Tips To Help Players of All Ages Improve Hockey IQ / Smarts On The Ice

- Make sure your skates fit properly - usually 1:5 size smaller than your shoe size.
- Be aware of your weight on your skates – it should always be on the middle of your blades.
- Maintain a deep knee bend when you are skating – the Sidney Crosby hockey stance is ideal.
- Proper stick length – below the chin when the tip of the stick is on the ice.
- Keep your stick on or very near to the ice.
- Keep 2 hands on the stick especially when handling the puck in traffic.
- When handling the puck, be sure to keep your shoulders and arms loose, and arms away from your body for improved puck handling skills.
- There are 3 ways to start up in hockey i.e. t – start, v-start and crossover start. The most effective and most popular is the v – start.
- Always face the play / puck, try to avoid turning your back to the puck.
- Keep your head on a swivel – be alert on the ice.
- Head up at all times - beware of the danger zone – 3 to 4 feet off the boards. Avoid getting hit from behind – Safety first!
- Communicate with your teammates – make eye contact and talk on the ice.
- Know when to stride (keep your feet moving) and when to glide (save ice) and read / anticipate the play.
- Know the short game (stops and starts) vs. the long game (crossover / glide turns) to maximize flow on the ice.
- Want the puck – track the puck’s movement on the ice with relentless effort and speed. Be an active participant (around the puck) and not a spectator (watching and wondering what just happened!).
- When receiving the puck accelerate with speed.
- Drive over the blue line with speed – go hard to the net.
- Take more shots on net – Gretzky said “You will always miss with the shots you don’t take”.
- Don’t go behind the net after a shot on net - always stop in front of the net and look for the rebound or a loose puck.
- Play a 200 foot game – skate hard and smart in all 3 zones.

The 5 Levels of Skill Development:

(1) Fundamentals (2) Train to Train (3) Train to Compete (4) Train to Win (5) Mastery



Without continual growth and progress, such words as improvement, achievement, and success have no meaning.
~ Benjamin Franklin

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	
Pee wee	
Pee wee 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***

A Special Service to Minor Hockey Associations

Tucker Hockey Player Evaluations

- Tucker Hockey is available to assist minor hockey associations with their September evaluations.
- Based on our hockey knowledge and experience, we provide professionalism, fairness, and integrity to the player evaluation process.
- Minor hockey associations have retained Tucker Hockey mainly because we have no prior knowledge of the players we are evaluating, and therefore no preconceived notions about their abilities.
- We score the players using the same scoring system as everyone else, provided by the association, and can only grade the players based on what is seen on the ice.

Benefits of Tucker Hockey assisting with your player evaluations are:

1. Our goal is to assist with your evaluation process
2. To bring outside professional help to the process
3. To ensure fairness and integrity through our impartiality
4. To ensure that players have equal opportunity to be slotted according to their abilities, as shown on the ice

The process is designed to be fair to all, and to slot the players into the level of hockey that best fits their skills and abilities. When everyone in the association plays their part, it is a successful process and will result in a great year for all, especially the players!

Note: As this is a busy time of year, services will be offered on a first come first served basis.

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 Level 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German and Austrian players for 5 summers at Canadian Hockey Camp – Europe, based in the Czech Republic



Call 403-244-5037 Today!

Get in Shape and Have Fun!

**15th
Annual**

Tucker Hockey

Programs that Deliver Results

**Summer
2013**

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.

Group 1: Southland Leisure Centre

Monday, August 12th to Friday, August 16th

9:00 to 10:15 PM

\$279 New Participants/\$259 Past Participants

Group 2: Rose Kohn

Monday, August 19th to Friday, August 23rd

8:45 to 10:00 PM

\$279 New Participants/\$259 Past Participants

Group 3: Norma Bush

Friday, September 13th to Sunday, September 15th

8:30 to 9:45 PM

\$149 New Participants/\$129 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.

Group 1: Max Bell #2 Arena

Monday, August 26th to Friday August 30th

8:45 to 10:00 PM

\$279 New Participants/\$259 Past Participants

Group 2: Norma Bush

Friday, September 13th to Sunday, September 15th

7:00 to 8:15 PM

\$149 New Participants/\$129 Past Participants

\$60 Drop In Fee

Specialty Shooting/Puck Control Clinic

Southland Leisure Centre

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. 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.

Monday, August 26th to Friday August 30th

9:00 to 10:15 PM

\$279 New Participants/\$259 Past Participants



Testimonial

"Rex is a fantastic instructor for young and old alike - he can translate skating mechanics to all abilities with ease. Rex is personable, very reliable, and produces excellent results. I would recommend Rex and his organization to anyone looking to improve their skills."

~ Tobin Rooney Adult Rec Player

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

Rex Tucker
Head Power Skating Instructor

Improve Your Hockey and Skating Skills!

Introduction to Checking Tucker Hockey

15th
Annual

Programs that Deliver Results

Only 20
Spots

Summer Checking Programs

Group 1: Ages 10 - 13+

Tuesday, August 6th to Friday, August 9th

5:00 to 6:15 PM Southland

Saturday, August 10th - Max Bell 5:00 to 6:15 PM

Group 2: Ages 10 - 13+

Monday, August 12th to Friday, August 16th

6:15 to 7:30 PM Southland

\$279 New Participants / \$259 Past Participants
(Includes G.S.T. & Practice Jersey)

Our Introduction to Checking Programs:

- Checking is aimed at gaining possession of the puck, not injuring an opponent
- The purpose of this program is to introduce players to proper techniques and tactics to give as well as how to receive a body check
- The program covers a list of checking "Do's and Don'ts", emphasizing "**SAFETY FIRST**"
- This includes a five step progression from the basics to skating, to position angling, to stick checking, to body contact/confidence to body checking



\$60 Drop In Fee

Rex Tucker
Head Instructor

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Testimonial

My son participated in a checking clinic with Tucker Hockey. The instruction on proper hitting techniques, safety and how to take a hit boosted my son's confidence on the ice during games to a whole new level. It was a well structured program that challenged my son in all aspects of contact hockey with the emphasis on fun. A great clinic that I feel should be taken by all players to reduce the injury component of the game. A job well done!

- Clint Buckler, Minor Hockey Parent

Register Today - Programs Fill Fast!

Special Summer Offer For Minor Hockey Players

**15th
Annual**

Tucker Hockey

Programs that Deliver Results

**Only 15
Spots!**

SUPER POWER SKATING Daytime Programs

Hockey Skills Development:

Focusing on the technical skills of skating, puck control, passing, and shooting plus scrimmage.

Group 1: Timbits

Monday, August 26th to Friday, August 30th

1:00 to 2:00 PM

Max Bell #2

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

Group 2: Novice

Monday, August 26th to Friday, August 30th

2:15 to 3:15 PM

Max Bell #2

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

Group 3: Atom

Monday, August 26th to Friday, August 30th

3:30 to 4:30 PM

Max Bell #2

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

\$60 Drop In Fee

\$229 New Participants / \$209 Past Participants

Register and Pay

online at

www.tuckerhockey.com or call

Tucker Hockey at

403-998-5035



Testimonial

"Our son with great excitement at being apart of a team sport understood his weaknesses and when the opportunity arose for him to take advantage of Tucker Hockey, he did so whole heartedly. The confidence and skill that he came away with has been remarkable. Speed, control, and technical ability that he was taught in a few short days has caught him up and in some cases exceeded the skill of some on his current team."

- Jim Bore, Father of Nathan

Exceptional Hockey Value!

Summer 2013

**15th
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

Rex Tucker
Head Power Skating
Instructor

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



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

Summer 2013

**Only 15
Spots**

Group 1

Atom Div 1,2 & 3

Tuesday, August 6th to Friday August 9th

Southland Leisure Centre

Saturday August 10th - Max Bell #2

6:30 to 7:45 PM

\$60 Drop In Fee

Group 2

Peewee Div 1, 2 & 3

Bantam Div 1, 2, 3 & AA

Tuesday, August 6th to Friday August 9th

Southland Leisure Centre

Saturday, August 10th - Max Bell #2

8:00 to 9:15 PM

\$299 New Participants / \$279 Past Participants

Recommendation

"Rex is an exceptional skating coach. I have had the privilege of working with Rex at all levels of minor hockey player from Novice through Midget AAA. He customizes his teaching to the student and clearly has a complete understanding of the most effective techniques to use with the individual."

- Darcy Hulston, Hockey Parent

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

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

Improve your quickness and speed with and without the puck!

Special Summer Offer For Minor Hockey Players

15th
Annual

Tucker Hockey
Programs that Deliver Results

Only 25
Spots!

SUPER POWER SKATING

Hockey Skills Development:

Focusing on the technical skills of skating, puck control, passing, and shooting plus scrimmage.

Group 1: Ages 7 - 8

Monday, August 12th to Friday, August 16th
5:00 to 6:00 PM Southland Leisure Centre

Group 2: Ages 9 -12+

Monday, August 12th to Friday, August 16th
7:45 to 8:45 PM Southland Leisure Centre

Group 3: Ages 7-8

Monday, August 19th to Friday, August 23rd
5:00 to 6:00 PM Rose Kohn Arena

Group 4: Ages 8-9

Monday, August 19th to Friday, August 23rd
6:15 to 7:15 PM Rose Kohn Arena

Group 5: Ages 10-12+

Monday, August 19th to Friday, August 23rd
7:30 to 8:30 PM Rose Kohn Arena

Group 6: 7 - 8

Monday, August 26th to Friday, August 30th
5:00 to 6:00 PM Max Bell #2 Arena

Group 7: 8 - 9

Monday, August 26th to Friday, August 30th
6:15 to 7:15 PM Max Bell #2 Arena

Group 8: 10 - 12+

Monday, August 26th to Friday, August 30th
7:30 to 8:30 PM Max Bell #2 Arena

Group 9: 7 - 8

Tuesday, September 3rd to Friday, September 6th
5:00 to 6:00 PM Max Bell #2 Arena

Group 10: 9 - 10

Tuesday September 3rd to Friday, September 6th
6:15 to 7:15 PM Max Bell #2 Arena

**5 Sessions: \$229 New Participants /
\$209 Past Participants**

**4 Sessions: \$199 New Participants /
\$179 Past Participants**

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



\$60 Drop In Fee

Testimonial

"Our son has shown a great improvement in his skating after taking the Tucker Hockey Power Skating sessions. The instructors all do a wonderful job, the kids work hard but are having so much fun they don't even notice. Our son is much more confident in his skating now which makes hockey more fun. Thank you Tucker Hockey!"

- Christy Campbell, Mother of Nixon

Exceptional Hockey Value!

Special Summer Offer For Minor Hockey Players

**15th
Annual**

Tucker Hockey
Programs that Deliver Results

**Only 20
Spots!**

Summer Conditioning Camps

Designed to get players ready for September evaluations and the upcoming season. The curriculum includes a broad range of skating, puck control, passing and shooting drills with a strong conditioning component. Also, flow drills and a scrimmage portion during each session will allow players to become game ready!

Group 1: Pee wee/Bantam

Monday, August 26th to Friday, August 30th
6:00 to 7:15 PM
Southland Leisure Centre
(Includes G.S.T. & Practice Jersey)

Group 2: Bantam/Midget

Monday, August 26th to Friday, August 30th
7:30 to 8:45 PM
Southland Leisure Centre
(Includes G.S.T. & Practice Jersey)

\$249 New Participants / \$229 Past Participants

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
- Tucker Hockey Practice Jersey & G.S.T. Included

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



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

\$60 Drop In Fee

Recommendation

"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, Hockey Parent

Exceptional Hockey Value!

Special Summer Offer For Minor Hockey Players

**15th
Annual**

Tucker Hockey
Programs that Deliver Results

**Only 20
Spots!**

Shooting Clinic

Will cover the wrist shot, snap shot, slap shot, flip shot and back hand shot from both the stationary and moving situations, as well as one-timers and shooting under pressure.

Group 1: Ages 12-14+

Tuesday, August 6th to Friday, August 9th

9:30 to 10:45 PM Southland Leisure Centre

Saturday, August 10th - Max Bell #2 9:30 to 10:45 PM

\$279 New Participants / \$259 Past Participants

Group 2: Ages 10-14+

Monday, August 12th to Friday, August 16th

9:00 to 10:15 PM Southland Leisure Centre

\$279 New Participants / \$259 Past Participants

Group 3: Ages 10-14+

Monday, August 19th to Friday, August 23rd

8:45 to 10:00 PM Rose Kohn

\$279 New Participants / \$259 Past Participants

Group 4: Ages 10-14+

Monday, August 26th to Friday, August 30th

8:45 to 10:00 PM Max Bell #2

\$279 New Participants / \$259 Past Participants

TOP REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Shooting Skills in a Positive & Fun Environment
- Guaranteed to Improve Hockey Skills
- Excellent Player to Instructor Ratio; 5 to 1
- Tucker Hockey Practice Jersey & G.S.T. Included

\$60 Drop In Fee

Register and Pay

online at

www.tuckerhockey.com or call

Tucker Hockey at

403-998-5035



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

Testimonial

""The camp was an excellent experience. The instruction level was top notch with a small ratio of players to instructors which allowed them to help each player on an individual basis as needed. The drills were excellent and they made sure all the players knew how to do them properly so they could progress to the next drill. I would not hesitate to put my son back in a Tucker Hockey clinic at any time."

Trevor Bell, Father of Ryan

Exceptional Hockey Value!

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

Special Fall Offer For Minor Hockey Players!

**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
(10 Sessions)

Group 1: Ages 7 - 10

Thursday Mornings, October 17th to December 19th

6:45 to 7:45 AM

Optimist

\$399 New Participant/\$369 Past Participant
(Includes G.S.T.)

Group 2: Ages 10 - 13+

Friday Mornings, October 18th to December 20th

6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 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**

**Only 10
Spots!**



Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

\$50 Drop In Fee

Testimonial

"The excellent player to instructor ratio permitted the one on one attention needed to make the small improvements needed to get to the next level. I have recommended Tucker Hockey to many friends with children in hockey."

- Phil & Stephanie Kelly,
Minor Hockey Parent of Noah

Register Today - Programs Fill Fast!

**15th
Annual**

Fall 2013

Tucker Hockey

Programs that Deliver Results

Enhanced

\$50 Drop In Fee

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, Oct. 20th to Dec. 22nd
9:45 to 11:00 PM

\$439 New Participants/\$399 Past Participants

Group 2: George Blundun
Wednesdays, Oct. 16th to Dec. 18th
7:00 to 8:00 AM
\$439 New Participants/\$399 Past Participants

Group 3: Stu Peppard
Wednesdays, Oct. 16th to Dec. 18th
12:15 to 1:15 PM
\$439 New Participants/\$399 Past Participants



Testimonial

"I have known Rex since 2007 and have played shinny hockey for over 20 years. Rex has taken my game to a completely different level with his basic hockey training and fundamentals, yet making it fun, challenging, and imaginative. Anyone remotely interested in playing hockey should NOT miss an opportunity to attend one of his clinics. I highly recommend Rex both as a hockey coach/trainer and as a gentleman and businessman with great integrity and compassion (in his work for charitable causes)"

- Arthur Wong, Hockey Player

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, Oct. 18th to Dec. 20th
12:00 to 1:00 PM

\$439 New Participants/\$399 Past Participants

Group 2: Optimist
(8 Sessions)
Tuesdays, Oct. 29th to Dec. 17th
10:15 to 11:30 PM
\$349 New Participants/\$319 Past Participants

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, Oct. 17th to Dec. 19th
12:00 to 1:00 PM

\$439 New Participants/\$399 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
(8 Sessions)
Wednesdays, Oct. 30th to Dec. 18th
10:15 to 11:30 PM

Wednesdays; 10:15 to 11:30 PM

Shooting - October 30th

Stick Handling/Passing - November 6th

Shooting - November 13th

Controlled Scrimmage - November 20th

Stick Handling/Passing - November 27th

Shooting - December 4th

Stick Handling/Passing - December 11th

Controlled Scrimmage - December 18th

\$349 New Participants/\$319 Past Participants

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

Improve Your Hockey and Skating Skills!

Feel Good and Play Well

A good coach encourages players when things are not going well? They help them learn from their mistakes? They look for the positive. How coaches react with their body language or tone of voice will affect how players feel and how they perform. It is obvious if we feel good we are likely to play well. We often forget the impact of our feedback on players. Coaches who provide Positive General Feedback have an energizing impact on their team. "Way to Go, Great Job, Outstanding" are examples that show an appreciation of what the player or team is doing. Coaches who lack an understanding of the technical aspects of the game can be effective coaches by using a lot of praise and encouragement for good behavior, effort and execution.

A highly certified coach with professional hockey experience was struggling with a very talented Bantam AAA team. The team consisted of players who had competed for the City Pee Wee Championship the previous season. That all-star team was in 4th place well into the season. The frustrated coach spoke to the head coach of the Championship team from the year before. The parent - volunteer coach admitted he knew little about hockey but "I arranged a lot of games and just patted the boys on the back said "way to go" a lot." The lesson learned was to provide more praise, let the kids play and performance will improve.

"75+ ways to say Good Job" is an important coaching tool. Coaches of any sport would be wise to keep it close and use it at practice and during games. "It does not matter how much you know, what really matters is how much you care."

The best coaches are good at providing Positive General and Specific feedback. Positive Specific feedback reinforces the skills and good plays. "Great pass, Good Shot, Super Back Check... etc. "are examples of what coaches want to see happen during games. All players learn when performance is praised. Positive Specific feedback teaches and inspires players to try their best and perform well. It is an important coaching skill that takes time to learn and apply at practices and games. Remember praise the good things happening on the ice for the players on the bench to appreciate. Remember to pat them on the back when they come off the ice complimenting what they did well. All players will begin complimenting each other more often. The impact of positive feedback will create an energy flow throughout the team that will show improvement on the ice. Feel good, Play well...A Good Team looks out for and supports each other.

75 + ways to say VERY GOOD

1. Super
2. Super Good
3. Right On
4. Great
5. That's RIGHT
6. You've Got it
7. Great Work
8. Much Better
9. What a Play
10. Good Work
11. Exactly Right
12. Bang On
13. Much Better
14. Great Improvement
15. Nice Play
16. You are really working today

17. Look at that
18. That's the best.
19. That's better
20. Good discipline.
21. I knew you could do it
22. Good example
23. That's How
24. Congratulations
25. Well Done
26. Keep working, were getting it.
27. Congratulations
28. We're getting better
29. Way to lead
30. That's how
31. Now you have it
32. Good for you
33. Nice Job
34. Couldn't have done it better myself
36. You're learning.
37. We are learning fast
38. Nice ...
39. Your making us look good
40. One more time, you'll have it
41. Terrific
42. WOW
43. Terrific
44. Nothing can stop us (you)
45. They can't keep up with us (you)
47. What a save

Cont'd p. 32

Wally Kozak Bio:

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

Teacher, Coach, Mentor: Over 20 years

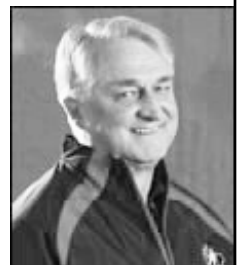
International, University, Major Junior and Minor Hockey. High School Football, Wrestling and Track and Field.

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.





Royals Conditioning Camps Bantam – Midget (1996-2000)

The Calgary Royals Will be holding
2013 Conditioning Camps for Bantam
thru Midget age players Starting

August 12th – 30th 2013

**We are holding 11 camps
for players born 1996 - 2000**

The 2013/14 Bantam Try-outs start on
August 24th 2013
Midget tryouts start in early
September

Please Visit the Calgary Royals Web Site at
www.calgaryroyalsaa.com

to view camp availability or register
for the camp of your choice

**Any questions can be
directed to**

registrar@calgaryroyalsaa.com

or

Conditioning-rrpt@calgaryroyalsaa.com

*Don't Delay as
Spots are Filling
Fast*

Developing Foot Speed – Off-ice Principles

What do hundreds of researched methods and thousands of hours testing them in the gym get you?! They get you answers! After working with well over 5,000 athletes aged 8 to 60 and testing numerous drills, gadgets and hyped-up programs, the answer is clear to me. The notion of ‘foot speed’ is a combination of 2 related things: single-leg strength & movement pattern perfection.

Foot speed really boils down to movement speed. The best solution to those of us with ‘slow feet’ is stronger legs. Consider this: If you put a player on the goal line and he takes a quick first step but fails to push with his back leg, he won’t move far. What he needs to do is take a powerful push with his back leg so he can create force, and thus some speed. Being the largest component of speed, strength allows players to stop and start much more easily as they are able to transmit more force into their skates (Newton’s 2nd Law!)

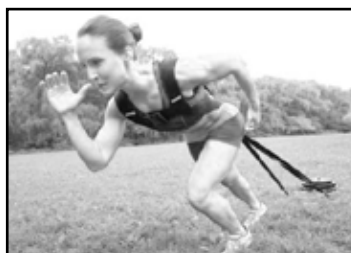


Component number two is the movement. For young players up to the age of 12, you’ll need to ‘groove’ their footwork with highly specific and perfectly practiced skating patterns. This

is because their coordination is most influenced up to that age. Excellent methods of doing so include on-ice power skating and skate treadmill instruction. With your skates off, try Russian box drills (see photo 1) and a great one that I got from James Gattinger here in Calgary, the midline hop (To do this, hold a one-foot squat position on a low 6” box with your left foot while pushing your right leg out in a 45-degree skating stride motion with your foot off the floor. Then hop upwards and put your right foot on the box, sinking into a squat position, while pushing your left leg out at a skating stride motion. Repeat for 30-60 seconds). Personally, these are the only ones that improve striding mechanics in the gym! Agility ladders and cone drills just don’t have the carry-over to your on-ice performance, so I use them as a warm-up device.

Here’s a sample program of drills to improve your foot speed (as well as lateral speed, sprint & balance!):

1. Warm-up: Running drills like High Knees, Butt Kicks, Pull-throughs (kick one leg out front and pull it down towards the floor) in a ladder or on the floor. (Have fun with these, try them sideways too!)
2. Strength: Single Leg Squats, Deadlifts, Hamstring Curls and Hip Flexion – 3 sets of 10-15 per leg to start. (Try some variations with one or two dumbbells, kettlebells, feet on a step or a TRX training system)
3. Dragging / Pushing: Pull a lightly-loaded sled or tire forwards, sideways and backwards 3 times over 20-30 meters (see photo 2)
4. Accessories: Finish with a squat hold for 30+ seconds, midline hops and/or some heel raises for your calves.



Once you have progressed in your pounds lifted, add 1-2 exercises of light plyometrics such as jumping up 2-3 stairs or a light-intensity long jump for 2-3 sets of 5 reps—just remember to land softly

with little noise coming from your feet. Also, include some hip stretching such as your adductors (groin) and hip flexors (front of thigh) in order to help ‘take the brakes’ off your pushing leg muscles!

Tip: NFL players with higher vertical jump and/or longer broad jump scores typically run a faster 40-yard dash! These guys produce the most force out of their legs and thus have the numbers to prove it.

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’.



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.



Tucker Hockey Customized 1 on 1 Program Testimonial

When I started working with Rex Tucker, my skating was a huge liability. With his comprehensive and customized program, my skating became a strength.

Not only did he help me with fundamental power skating, he helped me become a smarter, and stronger skater... He addressed every aspect of my technique including stride and foot speed. When I came to Tucker Hockey, I was playing Midget Division 6 and progressed to play in the Calgary Junior B Hockey League.

You don't realize just how valuable skating is as a skill until you improve it and can actually feel it. No one can have enough power skating lessons, not even the pros, and Rex Tucker is one of the best in the business.

~ Frank Portman

Thanks again for running such an awesome hockey camp for us! Everyone improved by leaps and bounds thanks to you! You guys were phenomenal and we all enjoyed the camp thoroughly. Thanks again!

~ Jamie Yu



VOICE

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Look Again Vancouver: There's More than One Champion in the House

Last March, I watched the Vancouver Canucks unveil their retro third jerseys in a game against the Detroit Red Wings. The uniforms were a modern version of the old Vancouver Millionaires' jerseys from the early 1900s, and were meant to celebrate 100 years of professional hockey in Vancouver, by paying tribute to the 1915 Stanley Cup Champion Millionaires. As I watched the Canucks step on to the ice, though, in those maroon and white sweaters with the classic 'V' on the front, I wasn't really thinking about the Millionaires.

I was thinking about women's hockey, and how rarely, if ever, we celebrate the women's game, or pay tribute to its history. The reason the Vancouver-Detroit game brought this to mind, and what most people probably don't realize, is that the Millionaires weren't the only team to wear that classic 'V' in 1915. That same year—the year the Millionaires won the Stanley Cup—there existed a corps of female hockey players that took to the ice wearing the Millionaires' jerseys, and long white skirts, to defeat a women's team from New Westminster, to become the Women's 'Mainland Champions' of British Columbia. They matter-of-factly called themselves 'The Vancouver Ladies Hockey Team,' and they would even receive a championship cup, donated by Vancouver jeweller O. B. Allan, to commemorate their victory.

This group of Vancouver women weren't an anomaly either. Plenty of women in Western Canada played hockey back in the 1900s, and some even earlier than that. They played the same game as their male counterparts, the only difference being that women, at least in the earliest years of women's hockey, skated in long skirts rather than pants (which, though undoubtedly cumbersome for the forward players, offered a serious advantage for the goalies). Other than that, the game was the same: the teams each skated with seven players aside (pacific coast ice hockey rules at that time incorporated a sixth position, called a 'rover,' in addition to

the customary three forwards, two defenders, and goalie), and they followed the same rules as the professional men's game. They carried the same large, roughly-hewn, one-piece sticks made of ironwood or ash (carved by members of the Mi'kmaq nation), and they wore the same floppy, black leather skates as the men.

They were true hockey players in every sense of the term. Of course, it was more than likely that their games weren't taken as seriously as even those of their male counterparts in the amateur leagues. (The Millionaires were professionals in the PCHL, and had no trouble getting press coverage.) The papers of the time, if they mentioned the women's games at all, often contained cute references to the women's looks or dress, or condescending remarks about their level of play compared to that of men—remarks that bear a similar tone to what can still be found in today's media (though, as each year passes, those remarks become less and less acceptable). In the very early years, the commentary often focused on the players' marital status, and writers joked about how being single, or married, might affect a woman's game. Journalists sometimes mocked the players, and treated women's hockey as though it were nothing more than a passing novelty, or pantomime, put on for the amusement of the mostly-male crowd.

Cont'd p. 32



Vancouver Amazons

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



Look Again Vancouver (Cont'd from 31)

But, as time progressed, and the game started to develop, the players improved. They would eventually abandon their long skirts, and opt for a more flexible uniform similar to what the men wore. Women's teams would proliferate all throughout B. C. and Alberta (which had a distinct advantage due to its colder climate), and especially in strong hockey centers like Calgary and Edmonton. The increase in teams would necessitate the use of specific names in order to differentiate one team from another. Teams with names like the Vancouver Amazons, the Calgary Crescents, the Calgary Hollies, the Edmonton Monarchs, or the Fernie Swastikas—before Hitler got a hold of it, the swastika was considered a symbol of good fortune, and before WWII, was a popular choice for women's hockey teams—all these teams and more, became well-known competitors at the annual women's invitational tournament at the Banff Winter Carnival, which, by 1918, had become the premiere hockey event for women in Western Canada.

So, women's hockey—especially in Western Canada—isn't really as green as one might think. While it's true that people are probably more familiar with the history of women's

hockey in Eastern Canada—with teams like the Rivulettes springing to mind—or with more modern milestones such as the introduction of women's ice hockey into the Winter Olympics in 1997; or the names of significant female players in the sport, like Hayley Wickenheiser, or Cammi Granato; and (for Canadians especially) the gold-medal winning game in Vancouver in 2010, it's also true that long before the Wickenheisers, and the Granatos came along, there existed these courageous and determined women of the 1920s, and even earlier. All of these women were picking up sticks, putting on skates, and busting through some heavy social stereotypes, to take to the ice to play a game they loved, and wanted to learn. They were the true pioneers of the game—trail-breakers that opened the door and eased the transition into the game for later generations of women. For this they should be celebrated, because someday a women's professional ice-hockey league will finally be realized, and when that day comes, it will be, in no small part, because of the contribution of these women.

Amazons indeed.



Vancouver Ladies Team



Fernie Swastikas

75 + Ways to Say VERY GOOD (Cont'd from 27)

- | | | |
|--------------------------------------|------------------------------|---------------------------|
| 48. What a play | 59. Nice! | 70. Keep her going |
| 49. That's what we want | 60. Way to go | 71. That was Beautiful |
| 50. Wonderful | 61. That's the way | 72. You did well |
| 51. Better | 62. Tremendous | 73. Keep it Up |
| 52. You must have been practicing | 63. That's how to handle it. | 74. Beautiful |
| 53. Your hard work is an inspiration | 64. Right on! | 75. You did a lot of work |
| 54. You did that very well | 65. What Improvement | 76. Marvelous |
| 55. Outstanding | 66. Unbelievable | 77. That's it |
| 56. Fantastic | 67. Superb | 78. What Speed |
| 57. Your Flying | 68. Good Remembering | 79. That's smart |
| 58. We're Flying | 69. Keep it up | 80. I Like that |

Tucker Hockey Profile (Cont'd from 9)

How has working for Tucker Hockey benefitted you professionally and personally?

Working for Rex is an adventure! He constantly challenges me to “think outside the box”! I’m a very left-brained individual, so tapping into my creative right side has been rewarding and at times strenuous! His confidence in my abilities has allowed me to expand my professional horizons, where my doubts are overcome by his enthusiasm and certainty that I can complete any task he gives to me. Personally I have fun at my job, it’s stress free and allows me the freedom to work from home, so if something comes up I’m not tied to a chair and phone for an expected period of hours. I have no pressures, and enjoy “coming to work” everyday!

In your opinion, what makes Tucker Hockey successful?

In one word: relationships. Rex has built a hockey business - its foundation is built upon the strong relationships he creates; with his instructors, parents, minor coaches, participants and business associates. Rex is passionate about hockey and his enthusiasm to share his knowledge with others is contagious. He makes you want to achieve your greatest potential. I may be biased, but The Tucker Hockey Way is a philosophy and a lifestyle where anyone who comes in contact with us will truly benefit from the experience.

How do you feel Tucker Hockey is different from other Calgary hockey organizations / schools?

The emphasis on ice is “having fun while learning”. With a dedicated staff of on-ice instructors the kids are given individual attention, given corrections and positive reinforcement while completing different drills. Rex then incorporates fun skating games in between drills to reinforce to the kids what they just learned – they learn and get better without really realizing it. Also, while I can’t speak for the other companies, Tucker Hockey has a loyal following of minor and adult participants who keep coming back program after program. One particular individual started being taught by Rex at age 6, he’s now 15 and one of our on-ice instructors! We cultivate relationships!

What is the most challenging aspect of dealing with hockey parents on a daily basis?

Creating the right fit for their children in our programs. Our

programs are designed for the individual player, while there may be 25 participants on the ice, each drill is specifically constructed to challenge each participant, autonomously of the other players. Some parents believe being on the ice with older, more mature players will somehow benefit their own child, but really that’s not the case. Because of how our programs are designed, the individual player will benefit by purely focusing on their own performance, putting in the effort equals success. Sometimes putting the younger kids in with the older kids hinders their progress both physically and mentally – they spend more time paying attention to what others are doing that they lose focus on their own development. Our goal at the end of the program is to make the player better at skating, shooting, puck control, etc. than when they started.



What is your experience and involvement with the Kids Hockey Advancement Society?

Initially in 2009 I was brought on to the organizing committee mainly in an administrative role. Having never golfed a game in my life it was definitely a learning experience, so helping to organize a charity golf tournament was intimidating! After 3 years of helping to organize it I was given the entire tournament to run and became the official Tournament Director. Running it last year was truly an eye-opener! There are tonnes of little things, behind the scenes, that need to be managed to make sure the golfers have a wonderful and memorable day. There were a couple minor glitches, but at the end of that day, helping to raise funds for kids to play sports, especially hockey, is very rewarding all in itself!

What are your interests and hobbies outside of Tucker Hockey?

Family is very important to me, so when I can, I spend as much time with them as possible. Since Devon and I are gamers, we have Rock Band nights where friends and family can come to our house to rock out the guitar, drums or microphone to their favorite tunes. I’m also a poker fanatic so usually once a month we have a small tournament at our house and play a round or two! During my quiet moments I like to sit in my comfy chair, pull out my iPad and read a good novel. And of course watch Hockey Night In Canada!

Cont'd p. 36



A Tribute to My Father

In Loving Memory of

Raymond Laurence Tucker

November 9, 1931 – February 23, 2013

“My Father was someone who gave me the tools I needed to build my life, the knowledge I needed to use them successfully, the encouragement to overcome life’s obstacles, and the confidence to take pride in a job well done.”

My Father lived his life with intelligence, honesty, and integrity and with a very straight forward approach. Growing up on Little Bay Islands, Newfoundland, my Father was no stranger to hard work and spent most of his life on the Atlantic Ocean, both fishing and carrying freight on a schooner along the north – east coast of Newfoundland. At the early age of 49, he was forced to retire due to illness but had already worked nearly 36 years of his life!

Growing up I developed a passion for the game of hockey but it certainly didn’t resonate from my Father. He had very little interest if any in the sport. He paid very little attention to my youth hockey playing or later my career aspirations to be involved in the game of hockey. Conversely, I had very little affection or interest in the fishery and making a living from being on the ocean. I have often joked over the years with friends...that the water I like...it’s the frozen stuff...what you can put in your drink or skate on!

Nevertheless, I feel truly blessed because my Father motivated me and enriched my life in so many ways with his steady actions, and strong words of wisdom. Even though we have made our living from completely different spectrums of the working worlds, I have incorporated many of his philosophies and principles on life into my Tucker Hockey business world and my own day to day living.

- Always say thank you and show appreciation.
- Be independent - your own man – paddle your own canoe.
- Think with your own head.
- Stand firm on your beliefs - don’t sell yourself out for anything or anyone.
- Live by the Golden Rule – do on to others as you would have them do on to you.
- Keep your word – it’s everything.
- Appreciate and value a good day’s work – never leave a job unfinished.
- Always do your best work.
- Listen to and take care of your body.
- Always save for a rainy day.
- Don’t let the highs get too high and the lows get too low.
- Take life one day at a time – make the best of the cards you are dealt.
- Know what it is you want in life and go after it.

Over the years I have valued my Father’s many lessons on the facts of life. He has instilled into me the will to succeed and for this I am forever grateful. I cherish the wonderful memories we had together. Heartfelt thanks to my friend, my mentor, my Father. Dad, rest in peace.

A father is a man who expects his son to be as good a man as he meant to be.

~ Frank A. Clark

Player Selection Criteria (Cont'd from 7)

TALENT TRAP – high on skills and low on effort. These athletes are a conundrum to a coach because they lack work ethic, yet tease with their clearly superior skills. In the absence of true GE's (due to scarcity), these athletes often get multiple chances by coaches who believe they need their skill level, can 'change them' or 'get through to them.' Will they become more of a GE with focussed coaching, additional maturity, a heightened sense of accountability and the right team culture? Or would the coach be better off with another EE? That is the million dollar question! It is an honourable intention to work with a TT, but the athlete has to match the commitment of the coach and demonstrate their understanding of the situation ("I know I don't work near hard enough in these situations"); and show a willingness to take responsibility to improve ("Tell me how I can get better and prove to everyone I am a dependable player, coach.") ... otherwise it could be a very frustrating time for all involved!

MIRACLE TRAP – low on ability and low on effort. These people are not usually chosen for team sports and weed themselves out fairly early in the try out process – if they even try out!

Team Composition

EE's make up the majority of successful hockey teams – if you are fortunate, you might get the odd GE too! The TT can have a negative effect on the team and the coach must be proactive with this athlete immediately (act with a team-first approach in mind). They must be made aware that while their skills could be a tremendous addition to the team, their work ethic must improve to a minimum acceptable standard, or they will be held accountable. Depending on the age / level, this could involve ice time (earn your ice: more effort equals more ice) and ultimately, if the TT does not buy into the effort level required, it is recommended that this athlete should not be part of the organization. The admission ticket for this type of athlete is work ethic – this is an important life lesson for the TT to learn, and although it may sound harsh, releasing a player as a last resort might do them a world of good.

Coaches, be careful not to spend too much time with TT's at the expense of your time with the EE's and GE's – determine a timeline and stick with it. Otherwise, the time you spend managing the TT could be at the expense of the EE's and GE's. I term this a 90/10 situation: 90% of your time is taken up by 10% of the individuals. Each individual coach needs to assess their situation and make their own gut decision concerning if they want to deal with the TT at all... and for how long.

Coaches, be clear on your coaching philosophy prior to framing the vision of your team. Know what is negotiable and what is non-negotiable and communicate this to your staff and potential athletes prior to the selection process; then hold people accountable, including yourself. By modeling your words, this will help clarify the player evaluation / selection process and provide the foundation of a successful program for the coming season!

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!**





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

Tucker Hockey Profile (Cont'd from 33)

What does the future hold for Christyne Kavanagh?

Well at some point I really should learn how to skate! Maybe take a few Tucker Hockey courses myself! I also love to learn, so perhaps taking some online courses to hone my Adobe Photoshop and Illustrator skills might be fun. The opportunities are endless!

Editor's Note:

Thanks Christyne for finally agreeing to complete a Tucker

Hockey Profile. It was definitely worth the wait!! Christyne is the pleasant voice on the end of the phone line when you call our business number 403 – 998 – 5035. She is a very dedicated, loyal, caring and valuable member of the Tucker Hockey Team and yes... I have often called her my boss! Christyne, I have valued your many contributions to Tucker Hockey...greatly appreciated! I look forward to working with you on many more enjoyable, interesting and challenging tasks in the months ahead. Maybe soon on a pair of skates!!

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

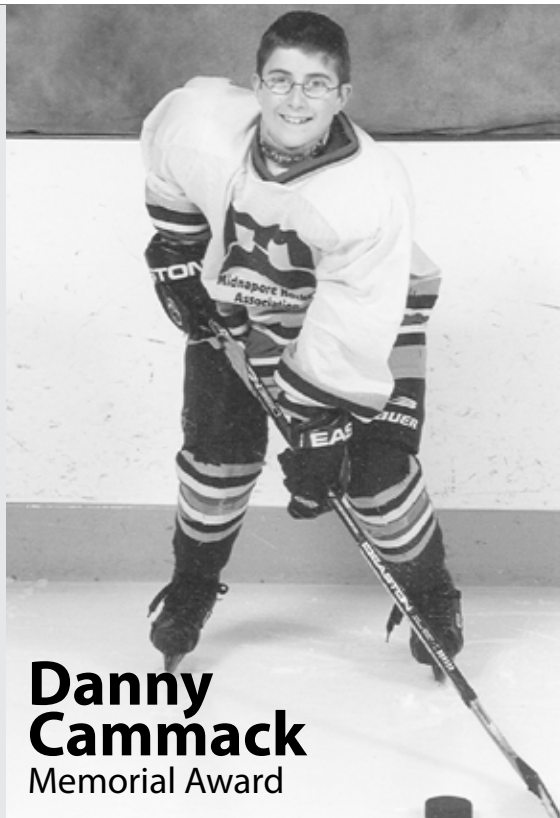
Since 2004, Tucker Hockey has offered over 70 free programs to various Minor and Adult Hockey Players. Giving back more than \$20,000.

You Could Win!

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

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

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



Danny Cammack
Memorial Award

Congratulations to Scholarship Recipients

Spring/Summer 2012 - Aidan Bain

Fall 2012 - Nathan Bore

Winter 2013 - Govind Dhillon

Spring/Summer 2013 - Jackson Zink

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! Hockey is the greatest sport ever. I like a lot of teams and my favourite team is the Boston Bruins. My favourite player is Bobby Orr. He inspired me to play because he was such an amazing player and I want to be like him when I grow up. I like to collect hockey cards and items. I play forward on my team and I love to score goals and get assists. I am working on my backwards skating to get faster. I hope some day I can play on a higher level team or the NHL.

~ Jackson Zink

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Adult Recipients

Fall 2010 - Margo Demerse-Berg

Winter 2012 - Kim Faires

Spring/Summer 2012 - Dennis Melbourne

Fall 2012 - Francois Le Bel

Winter 2013 - Lily Wat

Spring/Summer 2013 - Alexander Fonin

Practice - Practice – Practice

By Michael White

In today's fast - paced world, people want results Now. It's not 2 weeks, not 6 months or 1 year from now but, just NOW! We all need to grow. However, we have to give ourselves time to grow. There are no shortcuts to skill development and personal growth.

Coaches can be a vital part of our growth - providing us with the technical expertise, motivation and guidance to take our skills to the next level. Coaches can be both moral and intellectual keys to our overall growth and development. They can provide us with exercises to practice as we hone our skills on a daily basis. Coaches can correct our bad habits, and tweak our skills but WE have to put in the long hours and efforts required to get better.

Once we commit to practicing the coaches exercises, there are three (3) principles to always keep in mind.

1. Discipline – we must be willing to dedicate ourselves to a discipline. This means giving not only our time, energy and efforts to practice but making it a top priority. We must do this today on schedule! How disciplined we are shows our commitment and dedication to the practice(s). Our success will grow. It requires hundreds and sometimes thousands of hours of deliberate practice to really get good at something.
2. Discovery – as we practice our skills we discover hidden truths about ourselves. When you experience adversity along the way consider this time as a training period when you are being tested – tested to see if you really want it? Are we willing to sacrifice? Are we willing to persevere? Are we willing to see things through to its completion? As we gain more knowledge and skills, we will see our progress naturally grow in intensity and desire. Our stamina in the routine ultimately becomes strengthened and elevated to a higher level.
3. Development – perhaps the most important principle of practice. Getting results. Our goal all along is to get better. One step better than yesterday. Practice helps perfect our goals. Better today than when we started this program yesterday. We want to move beyond the sphere of our known capabilities. Get outside our comfort zone, outside the box; stretch ourselves mentally, emotionally

and physically. If we do this we will see our greatest potential will be achieved!

All of above 3 D's are needed for us to get our best practice, to grow and excel!

Fans Are So Creative!



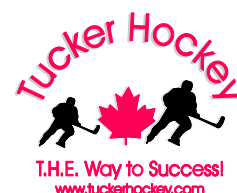
Why Tucker Hockey "Knows" Power Skating

- 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