

Hockey Zones

For the LOVE of the GAME

Volume 12 No. 2 Issue # 34

Summer / Fall 2015



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

Summer 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 Pee wee & Bantam Players	Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Summer & Fall Minor Super Power Skating & Hockey Skills Development A program which focuses on the technical skills of skating, puck control, passing and shooting plus scrimmage. Ages 7 to 14+
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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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Hockey Zones Newsletter

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Managing Editor's Message



Welcome to the 34th edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

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

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

The Summer / Fall 2015 issue features many interesting articles including:

Calgary Flames Year End Report, Meet the Instructor – Sheila Kelly, Tucker Hockey Tips – Evasive Skating, Sled Training, 2015 IIHF World Hockey Championship Experience in Prague, Czech Republic, How Much Pop Do

You Allow Your Kids to Drink? as well as the Kids Hockey Advancement Society Wrap Up etc.

Back in the Spring of 2004, over 11 years ago... it's hard to believe... Hockey Zones had very humble beginnings - an 8 page newsletter! It has grown into a solid publication, with – Winter / Spring and Summer / Fall editions each year. The average hard copy and electronic circulation range from 6,000 to 7,000 copies per issue.

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

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

Sincerely,
Yours in Hockey,
Rex Tucker
Managing Editor
Hockey Zones



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

Next Issue: Winter / Spring 2016 Features

- Letter to the Editor
- Calgary Flames Second Half Schedule
- Meet the Instructor - Ben McGinn
- Tucker Hockey Upcoming Programs
- 2016 European Adult Hockey Tour
- Tucker Hockey Tips



Calgary Flames Had A “Blazing” Surprising Season!

In the Spring / Summer 2014 Hockey Zones edition I wrote the following:

The Calgary Flames made some tremendous strides last season to steer the franchise in the right direction...With so many up and coming young players and prospects in the system, Flame's fans are in store for some very entertaining hockey in the years ahead... The Flames will continue to inject more youth, speed, physicality and grit into their line up... It will be a very interesting off season as the Flames management and coaches tackle the ongoing rebuilding process. Again time and patience will be two key words for next season as well but the franchise is certainly heading in the right direction.

Wow! What an exciting 2014 – 2015 Season! A season I can definitely say surprised me and probably everyone else in the hockey world. For example, when I attended the April 7th game between the Flames and the Coyotes I was entertained by the Flames rising stars. Sean Monahan scored the tiebreaking goal midway through the third period to lift the Calgary Flames to a 3 to 2 victory. Johnny Gaudreau had opened the scoring when he one-timed a shot inside the near post. Each player had very productive seasons; Monahan had 31 goals and 31 assists for 62 points and Gaudreau 24 goals and 40 assists for 64 points respectively. They represent the young and rising guns of the Flames – folks it's a bright future!

The Calgary Flames surprised all the hockey experts and ended a 5 season playoff drought to reach the post season and advance to the 2nd round of the Stanley Cup playoffs. In the regular season the team had a 20 point gain in the standings over last year. It was the highest jump among Western Conference teams and 3rd highest in the league overall. The Flames were among the NHL's best late game teams. Tying for 1st place in overtime wins with 9. The team was ranked 2nd in third period goals differential of +31, 3rd in wins when trailing after 2 periods with 10 and 5th in point percentage when leading after 40 minutes. The players topped the league in blocked shots with 1557 with Kris Russell leading the way. Experts predicted a 14 to 16 place finish in the 16 team Western Conference – but the Flames

ignited into a Blaze of Success!!

WHY DID THE FLAMES HAVE SUCH A GREAT SEASON?

- Top Notch Coaching - It started at training camp when the coaching staff had the players participate in a very physically demanding practice routine. Besides being in top notch shape, the players developed tremendous team chemistry over the season. They loved being around each other, working hard and playing for each other. Their motto was never give up! Bob Hartley won the Jack Adams Trophy for Coach of the Year. It was very well deserved. He and his coaching staff did an exceptional job and are to be commended!
- Rising Young Stars - Sean Monahan made significant improvements from rookie to sophomore. His mature play beyond his years elevated him to the No: 1 centre position. T. J. Brodie blossomed into a top notch defenseman. Being a smooth skater and puck handler, Brodie aggressively jumped into the play and had a career high 41 points. Johnny Gaudreau a Calder trophy finalist had a remarkable season. His creativity and playmaking ability was a joy to watch.
- Emerging Veterans - Juri Hudler Calgary's leading scorer broke out for a career high 76 points forming the top line with Johnny Gaudreau and Sean Monahan. He won the Lady Byng Trophy. Juri took his game to another level and showed great leadership and mentorship skills with the younger players. Mikael Backlund has been signed to a multi year deal. He was used in some tough minutes and gives the Flames strength down the middle. Matt Stajan's experience and leadership played a big part in the Flames season and playoff success. Mark Giordano blossomed into a great leader by example and one of the top defenseman in the league. Giordano would have been a candidate for the Norris trophy if he had not been injured. Dennis Wideman played some heavy minutes after Giordano's injury. The 32 year old had been strong handling the puck with good offensive instinct of when to jump up into the play. Kris Russell partnered with Wideman took more minutes in Giordano's absence.

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Calgary Flames 2015 -16 First Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Wed. Oct. 7, 2015	Canucks	Flames	8:00 PM	SNET
Sat. Oct. 10, 2015	Flames	Canucks	8:00 PM	HNIC
Tues. Oct. 13, 2015	Blues	Flames	7:00 PM	SNET
Fri. Oct. 16, 2015	Flames	Jets	6:00 PM	SNET
Sat. Oct. 17, 2015	Oilers	Flames	8:00 PM	HNIC
Tues. Oct. 20, 2015	Capitals	Flames	7:00 PM	SNET
Fri. Oct. 23, 2015	Red Wings	Flames	7:00 PM	SNET
Sun. Oct. 25, 2015	Flames	Rangers	5:00 PM	SNET
Mon. Oct. 26, 2015	Flames	Islanders	5:00 PM	SNET
Wed. Oct. 28, 2015	Flames	Senators	5:30 PM	SNET
Fri. Oct. 30, 2015	Canadiens	Flames	7:00 PM	SNET
Sat. Oct. 31, 2015	Flames	Oilers	8:00 PM	HNIC
Tues. Nov. 3, 2015	Flames	Avalanche	7:00 PM	SNET
Thurs. Nov. 5, 2015	Flyers	Flames	7:00 PM	SNET
Sat. Nov. 7, 2015	Penguins	Flames	8:00 PM	HNIC
Tues. Nov. 10, 2015	Flames	Panthers	5:30 PM	SNET
Thurs. Nov. 12, 2015	Flames	Lightning	5:30 PM	SNET
Fri. Nov. 13, 2015	Flames	Capitals	5:00 PM	SNET
Sun. Nov. 15, 2015	Flames	Blackhawks	6:30 PM	SNET
Tues. Nov. 17, 2015	Devils	Flames	7:00 PM	SNET
Fri. Nov. 20, 2015	Blackhawks	Flames	7:00 PM	SNET
Tues. Nov. 24, 2015	Flames	Ducks	8:00 PM	SNET
Fri. Nov. 27, 2015	Flames	Coyotes	7:00 PM	SNET
Sat. Nov. 28, 2015	Flames	Sharks	8:00 PM	HNIC
Tues. Dec. 1, 2015	Stars	Flames	7:00 PM	SNET
Fri. Dec. 4, 2015	Bruins	Flames	7:00 PM	SNET
Tues. Dec. 8, 2015	Sharks	Flames	7:00 PM	SNET
Thurs. Dec. 10, 2015	Sabre	Flames	7:00 PM	SNET
Sat. Dec. 12, 2015	Rangers	Flames	8:00 PM	HNIC
Tues. Dec. 15, 2015	Flames	Predators	6:00 PM	SNET
Thurs. Dec. 17, 2015	Flames	Stars	6:30 PM	SNET
Sat. Dec. 19, 2015	Flames	Blue	1:00 PM	SNET
Sun. Dec. 20, 2015	Flames	Red Wings	5:00 PM	SNET
Tues. Dec. 22, 2015	Jets	Flames	7:00 PM	SNET
Sun. Dec. 27, 2015	Oilers	Falmses	7:00 PM	SNET
Tues. Dec. 29, 2015	Ducks	Flames	7:00 PM	SNET
Thurs. Dec. 31, 2015	Kings	Flames	7:00 PM	SNET
Sat. Jan. 2, 2016	Flames	Avalanche	8:00 PM	HNIC
Tues. Jan. 5, 2016	Lightning	Flames	7:00 PM	SNET
Thurs. Jan.7, 2016	Coyotes	Flames	7:00 PM	SNET

After 7 Memorable Years, KHAS Says a Sincere Thank You and Good Night...



By Rex Tucker

After a great deal of deliberation and with many mixed emotions, the Kids Hockey Advancement Society Board of Directors has decided to dissolve our Society and therefore shut down our annual golf

tournament. Since 2008, we have donated over \$150,000 to various worthy causes within the City of Calgary of which, in excess of \$100,000 of these distributions went directly to KidSport Calgary. We feel we've made a difference but times and priorities have changed in our lives. Unfortunately, the Society and golf tournament have run its course.

Back in 2008, when the Society was born, I was looking for a way to give back to the grassroots hockey community in Calgary. From a modest upbringing in the small rural fishing village of Little Bay Islands, Newfoundland, I experienced firsthand the obstacles entailed in following my passion for hockey. I felt a need to give back to help other children who may experience disadvantages and lack of opportunities to play hockey. Thus the Society and Golf Tournament were born.

Success is to be measured not so much by the position that one has reached in life, as by the obstacles which he has overcome while trying to succeed. - Booker T. Washington

As the President of the Society and Tucker Hockey being the event sponsor since its inception, I've had the opportunity to work alongside the very dedicated volunteer members of the KHAS Board, loyal tournament directors, many enthusiastic day of the event volunteers and generous golf tournament supporters, and I know firsthand the hard work and time commitments required to organize a successful tournament. Our Little Tournament that could, which started out donating \$10,000 in its first year was able to grow and donate in excess of \$150,000! We feel good about what a small board of 5 members has accomplished.

I would like to take this opportunity to recognize and thank the following people for their support over our 7 year period.

Here's a list of the many kind people who stepped up to help our fundraising efforts!

Board of Directors:

Lyle Hanna, Jim Hepburn, Christyne Kavanagh, David Mahoney, Wayne Newby, Nick Radmanovich, Ern Rideout, Marcela Tucker & Michael White

Golf Tournament Directors:

Christyne Kavanagh & Nick Radmanovich

Tournament Sponsors:

Rob Allendorf
Brad Babcock
Mark Becker
Paul Bergman
Janet Blair
Murray Brack
Mike Broadfoot

Russ Brown
Reid Brodylo
David Burton
Paul Cammack
Amy Chan
Liz Davis
Darren & Jason Delichte
Mark Dejong
Arfan Devji
Dave Edwards

Tod Englehart
Josh Esler
Ed Evans
Lisa Francis
Chris Gokiart
Rob Gryba
Nicole Hankel
Peter Hanlon

RARE Oilfield Service Corp
Westpark Parking Services
Ice Dawgs Hockey Team
Marauders Hockey Team
Bissett Resources
Blue Castle & SeisWare Int.
Curve Dental & Centennial Arena Expansion
Bissett Resources
Fort Calgary
Private Citizen
Private Citizen
Calgary Instant Printing
Aspen Properties
Critical Mass
Investors Group
Co-operators Insurance
SynOil Energy Services & StimWRx
Englehart Reed
Professional Skate
Scotia Inspire
Francis Solutions
Critical Mass
RARE Oilfield Service Corp
Flexys Systems Publishing
Calgary Flames

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Win -Win Coaching

“Phil” Jackson is considered one of the greatest coaches in the history of the NBA, Jackson has won 11 NBA Titles surpassing the previous record of nine. He holds the NBA record for the most combined championships (13) as a player and a head coach. He also has the highest winning percentage of any NBA coach (.704). Phil is a leading advocate of the “Positive coaching Alliance”. Community sports leaders would be wise to goggle the positive coaching alliance to access resources that help provide perspective for coaches, parents and players.

“ 70% of kids drop out of sports by the age of 13. It’s disturbing; sideline confrontations, coaches losing their cool. What are we teaching our children about the Game and more important about life. There is a better way and it starts with positive coaching”

Phil Jackson

The Positive Coaching Alliance teaches coaching with two wins in mind. It is called Double Goal Coaching. The first goal is to win. The second goal is teaching life lessons through sports, which ultimately brings more rewards than points on the scoreboard. It is a proven coaching method that is achieving amazing results on and off the playing surface. Research is clear; kids who have fun in sports try harder, perform better and stay involved longer.

John Wooden a legendary Basketball coach define success: “Success is peace of mind, which is a result of self satisfaction is knowing you made the effort to do your best to become the best that you are capable of becoming.”

Hockey Canada’s Mission Statement is to ...

“Lead, develop and promote positive hockey experiences.”

It’s short, it’s simple and it’s straight to the point. The mission statement is the backbone of the governing body’s beliefs when it comes to amateur hockey across the country. Spring is the time of year where Hockey Associations review their season and select new board members. It is an important to revisit your Mission Statement. This is a critical time for everyone to think about what they are involved for. When everyone has a healthy perspective similar to that created by Hockey Canada and the Positive Coaching Alliance they will

have the guidelines necessary to serve the Sport of Hockey.

The difference between the “Sport” of hockey and the “Business” needs to be understood.

Minor hockey is about the development of its players on and off the ice. When everyone is on the same page the kids will enjoy the game more and they will .. “Try harder, perform better and stay involved longer.”

All the best to all volunteers who provide the leadership and the direction that your Associations will follow.



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.



How Much Pop Do You Allow Your Kids To Drink?

After returning from the 2015 World Championships & the IIHF Coaching Symposium in Prague, I bumped into some parents of children I've coached over the past few years. I asked them how their sons/daughters were doing & they instantly told me about their kids' busy schedule while playing spring hockey. The commonalities between conversations included the sport (hockey); how often their kids were on the ice (3-5 times per week, not to mention off-ice training in some instances, & the absence of any other sports/activities because they were too busy with hockey!); the duration of their spring season (mid-March to the end of June/early July); & how well/poorly their kids' team had performed at various tournaments/showcases. The performance comment undoubtedly led to a coach critique, but that's a topic for another time!

I need to mention that the kids in question are between 6-12 years of age!

I realize one could probably insert any sport into this story (since I coach a multitude of sports) but hockey was the only sport mentioned by these folks. I am constantly amazed at how many parents allow their children to specialize too early in a late specialization sport!

Sadly, minor hockey seems to never end these days. Once the 'normal' (fall/winter) season is over – as early as February to as late as March – kids start going full-tilt with their spring hockey teams. Some spring teams are even selected in the previous fall with kids meeting once (or twice) a week in order to 'prepare' for the spring season with their spring teammates; apparently playing 'normal' hockey isn't 'good enough' for that? I have even heard of players skipping their 'normal' practices or games so they can attend spring hockey training. Hockey can easily become a year-round obsession... if the parents let it.

My question is, how much hockey is too much? What about playing other sports, participating in other activities, not scheduling everything all the time (maybe even take a month or two off along the way) in order to give kids a chance to be kids? Ride a bike, play outside, whatever!

USA Hockey has taken a real leadership position on this

subject through their **American Development Model** (www.ADMkids.com), initiated in 2009. Jenny Potter, a four-time Olympian with Team USA (who won five gold medals combined at Winter Olympics & the IIHF World Championships) is a supporter of the multi-sport approach for her own son & daughter. "The hockey season is a long season. I'm a big proponent of exposing kids to many different sports. My son plays football in the fall, he does hockey in the winter, lacrosse in the spring. He might skate here & there all year round. My son has to play against kids practicing seven days a week but those kids are going to hate hockey by the time they're fifteen."

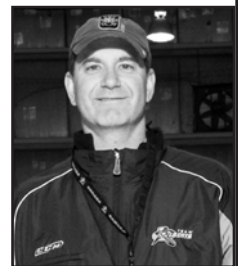
Mark Dennehy, men's hockey coach at Merrimack College, had this to say: "Children need to be well-rounded. The best players I've ever coached have been good athletes."

The U.S. Olympic Committee recently published a report based on a survey distributed to nearly 2000 Olympians. The results showed that the vast majority of Olympians did not specialize in their sport until very late in their development; & even then, some continued to play other sports! These

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Dean Holden Bio:

- B.A., M.Ed. (Coaching), National Coaching Institute Graduate, N.C.C.P. Level 4, Hockey Canada H.P.2 N.C.C.P. Level 4 / Hockey Canada H.P. 2
- Chartered Professional Coach (since 1994) specializing in Skill & Game Sense Development for Team Invasion Sports (hockey, soccer, basketball, lacrosse, rugby, etc.) using Smart Transitional Games (on & off ice)
- Masters of Education (Coaching)
- Published researcher in Neuro-Motor Psychology, Decision Training www.GetSportIQ.com
- Skill Academy Coach Grade 7 - 12 since 2004
- Former Canadian National Men's Assistant Coach, Korean National Women's Head Coach, Major Junior, Junior A & University Coach
- Sport IQ provides leadership, mentorship, education & technical directorship to individual coaches / players, teams, parents, associations & international federations
- www.GetSportIQ.com





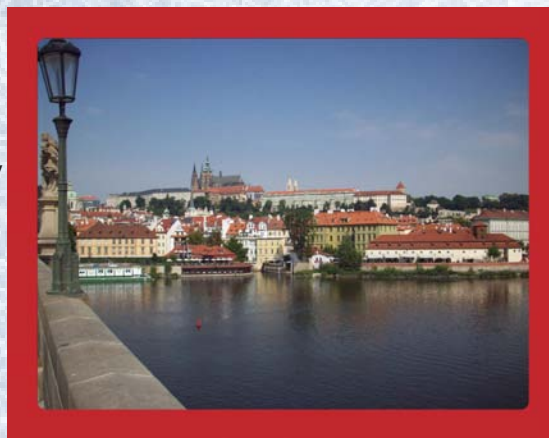
2016 European Adult Hockey Tour



Tour Details



- May 8 to 21, 2016
- Awesome Experience for Avid Adult Intermediate Recreational Players
- 2 Country Tour of Europe – Czech Republic and Austria
- 5 Game Hockey Series and Tour in the fabulous cities of: Prague, Nymburk, Plzen, and Karlovy Vary, Czech Republic also Vienna and Salzburg, Austria.
- Sightseeing, brewery tours and other attractions available on the tour
- Group travel attire for all participants
- Personalized Home and Away Game Jerseys
- 2 weeks accommodation and most meals included
- Arrival and Departure Group Receptions
- Professionally organized by a friendly and dedicated support staff
- An outstanding hockey, travel vacation, cultural, and friendship exchange experience
- Opportunity to extend your stay in Europe
- Bring family members along as well
- Don't miss out, only 16 Player Spots Available!!



Tour Price
To be confirmed
Fall 2015

Serious inquiries contact Coach Rex
403 - 244 - 5037 or email programs@tuckerhockey.com

Exceptional Hockey Value - Experience the hockey trip of a lifetime!

Coach Rex's Corner

2015 IIHF Men's World Ice Hockey Championship Experience



Most people have a bucket list. Things they wish to see or do in their life time. Being a hard core hockey fan on my bucket list had always been the IIHF Men's World Hockey Championship. Over the past decades I have had the pleasure and good fortune of attending Canada Cup, World Cup of Hockey, World Junior, and Stanley Cup playoff games in Toronto and Calgary but had not yet experienced the IIHF World Ice Hockey Championship showcased in Europe.

When it was announced that Prague and Ostrava, Czech Republic would be hosting this year's championship I thought it would be a perfect hockey setup! Why? Prague is one of the most beautiful cities in the world and located in Central Europe. Being a popular travel destination, fans from all over the world would flock to the Czech Republic. The competitive atmosphere would be dynamic and electric! As well my wife, Marcela is from Prague so I felt it was a perfect opportunity to visit our Czech family overseas, conduct a couple hockey business meetings for future projects and enjoy some great international hockey. I was not disappointed. It was 17 days of hockey heaven from May 1st to 17th, 2015 and every one of the tournament games were broadcasted on the local Czech TV.

After arriving in Prague I managed to secure tickets and had the pleasure to attend 6 of the games at the Prague O2 arena: Canada vs. Sweden and Latvia vs. Austria during the round robin, Canada vs. Belarus quarter final game, Canada vs. Czech Republic and Russia vs. USA semi final games and the Gold medal game Canada vs. Russia.

Canada dominated the tournament winning the Gold medal

with very dominating 6 to 1 win over Russia. Our first medal since 2009 and our first Gold medal since 2007. Team Canada went undefeated 10 wins and 0 losses. Canada out-shot its opponents 416 to 210 plus 206 and out scored its opponents 66 to 15 plus 51! Sidney Crosby the Captain of Team Canada became the 26th member of the triple Gold Club (Olympics, World Juniors and World hockey Championship) and the 1st to captain all 3 teams. Why was Team Canada so strong this year? So many top NHL stars were available after being knocked out of the playoffs and the majority said yes. Dave Reid, Hockey Analyst on TSN emphasized why the players said yes because the tournament was in Prague! Prague was a strong attraction for players to attend the tournament with their families and the Czech Republic proved to be a great host country.

Here are a few unique insights, facts and observations on the tournament.

A Few Tournament Facts / Observations:

- This year's tournament was the 79th IIHF Ice Hockey World Championship.
- The theme of the tournament – "Hockey & Smile". Lots of fans were having a good time at the tournament!
- A total of 16 countries compete in this annual hockey tournament.
- After the competition both Slovenia and Austria were relegated to the B Pool.
- Seating capacity at Prague's O2 Arena is 17,383 and most games were sold out
- The Czech Republic established a new tournament attendance record of 741,690.
- Thousands of fans throughout Europe traveled to attend the games, stayed in hotels, and enjoyed food and beverage as well as the many Czech attractions. For many of the fans it's an annual hockey vacation.
- The tournament was certainly a big boost to the local Czech economy bringing in millions of dollars.
- This is truly a "big money" IIHF tournament - generating

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IIHF (Cont'd from 10)



millions of dollars in profits.

- Sometimes we think only Canadians are passionate about hockey, but other countries are equally as zealous about the game!
- I secured club

seats for the round robin games which included all you could eat buffet and all you could drink. Great set up for \$125 per ticket. Wondering how that kind of set up would go over in Calgary?

- Latvia is a small country population 2:1 million with only 17 indoor rinks and less than 4,000 registered male players in their hockey system. Their loyal fans show incredible support such an example were 2 Latvian drummers – who banged on their drums for practically the whole game against Austria!
- I lucked out and obtained a first row seat behind the Belarus team bench for Canada's quarter final game. With great admiration I watched Sidney Crosby during one of his back check plays going into 5th gear with 3 strides between the blue lines! A beautiful skating sight to see - so much power and speed.
- Czechs were doing their 2 foot jumping in their seats. It was quite the sight with practically the whole arena crowd jumping up and down against Canada in the Semis. Very happy to see Canada win 2 to 0 but it was a bit of a somber win. I could feel the disappointment and emotion from the partisan crowd! But they were classy had saluted the winning Team Canada with a great ovation.
- Jaromir Jagr was named 1 of the 3 best Czech players in the tournament. It was Jagr's last tournament and he received tremendous admiration and applause from the crowd. A special moment of thank you for all Jagr has done for his country on the international stage.
- Less than 3 hours after witnessing a dominant Czech crowd for the first semi final game the Russians came to town for the second semi. The Russians came from the other pool side in Ostrava and parts unknown to fill the O2 arena. They were loud and rowdy with their Russia Russia chants. Alexander Ovechkin flew in Friday from North America and played in the Saturday semi final to help the Russians win against the Americans. However, his presence didn't really help Russia in the Gold medal game. Canada dominated! Team Canada controlled the

puck and most of the play. Watching Ovechkin, Malkin, Kovalchuk, and Tarasenko chasing the puck all game was a very unfamiliar sight indeed. They were very ineffective against a stronger Team Canada.

- The gold medal game was a sell out - cheapest seats priced at \$360 Canadian.
- Canada won 1,000,000 Swizz Francs for winning all of its games in regulation time.
- Canada outshot Russia 37 to 12 in the Gold medal game.
- Russia only had 5 shots in the first period, 1 shot in the second and 6 in the third respectively.
- Russia's warm-up tactic – a stare down from the their blue line towards Team Canada's end, I had never witnessed it before and this tactic sure didn't work!
- Many of the Russian players left the ice before the Canadian national anthem was played – poor sportsmanship indeed. The IIHF President, Rene Fazell was not impressed with this tactic at all and fines are anticipated.
- Canada had 4 of the top 5 scorers in the tournament.
- Jason Spezza with 14, Jordan Eberle with 13, Taylor Hall with 13, and Matt Duchene with 12 points respectively.

Some Sights and Sounds at the O2 Arena:

- The fans expressed incredibly intense emotions of nationalistic pride at each game.
- Friendly rivalries among countries at the arena and national flags displayed everywhere.
- Friendly dance competitions amongst opposing fans displayed on the jumbo tron – lots of serious fun!
- Bob and Bobvek were the on ice mascots from Czech fairytale / storybook days – funny and light hearted presentations on the ice and in the stands. Good Czech humor!
- Fans dressed up in weird and wild costumes including cow suits as well as all kinds of different hats.
- A 65 year old 300 lbs Swede dressed in blue and yellow spandex with face paint – OMG!
- A 10 Czech drummer band in the stands making lots of upbeat noise and getting the crowds going.
- The arena was cleared out after the games with hundreds of riot police – no messing around! A very effective way with only 2 - 3 hours timelines between back to back playoff games to exit fans and have ticket holders attend the next game.

Cont'd p. 26

Meet the Instructor

Sheila Kelly



Editor's note:

Recently, I had a good chat with Sheila Kelly, Instructor for Tucker Hockey. Sheila has been a valuable member of the Tucker Hockey team for the past 5 years. She has helped teach power skating and hockey skills programs to various Spring and Summer Minor groups. Here is a summary of our conversation.

Sheila, tell us a little about yourself.

I was born and raised in St. John's, Newfoundland and Labrador. Growing up, my two older brothers used me as a goalie in hockey and that's how I got my start. I played hockey in the winter and soccer in the summer. As I got older, I played ball hockey in the summertime. I was a rink rat growing up. If I wasn't playing, I was coaching, timekeeping, or refereeing. At the age of 17, I attended St. Francis Xavier University in Nova Scotia on a hockey scholarship graduating with Bachelor degrees in Science in Human Kinetics and Education. I then moved to Calgary to pursue work as a Physical Education teacher.

What sports do you participate in?

I play Women's Senior AA hockey in Calgary with the Calgary Coyotes. I also play ball hockey and I'm starting to play golf.

What is your hockey background?

I started playing hockey when I was 4 years old. I played boys and girls hockey in the St. John's Minor hockey system. I had the privilege to captain Team Newfoundland and Labrador at the Canada Games in 2003. I received a

hockey scholarship to St. Francis Xavier University in Antigonish, Nova Scotia. I played varsity hockey for 5 years, winning 3 AUS championships. I was also named an AUS First Team all-star twice and Most Sportsmanlike player once. Following graduation, I moved to Calgary for work and continue to play senior AA women's hockey. I am an assistant captain with the Calgary Coyotes and since 2009 we have won Alberta Provincial's three times and the Western Shield once.

On the coaching side of things, I have been instructing since I was 12 years old when I started helping with the local Learn to Skate program. After that, I instructed with an All Girls program for girls aged 6-12. In the summer times, I instructed at Wally Bray's Ice dog hockey program for 4 summers before heading off to university. At university, I instructed at several camps throughout the years run by my hockey team. I spent one year as assistant coach at St. FX while I finished my education degree. Since I've been in Calgary, I've instructed at Tucker Hockey.

How has hockey influenced your life?

Hockey has been a major influence in my life as it has taught me such life skills as teamwork, cooperation, leadership, commitment, work ethic, and time management. Hockey has taught me that life isn't always fair and I've learned you have to make the best of all situations. Hockey has opened many doors for me including a scholarship to university. Most importantly, hockey has leaded me to some life-long friendships. I've met some of my best friends through hockey and continue to foster these great friendships all across Canada and throughout the world.

When and how did you first become acquainted with Tucker Hockey?

I first became acquainted with Tucker Hockey in 2011. I have always enjoyed coaching and was looking for a program in Calgary where I could help kids learn to play hockey. I became acquainted with Rex Tucker, a good Newfoundland boy. We connected right away and I've been involved with Tucker Hockey ever since.

Cont'd p. 24

Tucker Tips

What is Evasive Skating?

Evasive skating is a tactical game situation skill. A skater seeks to evade, protect and keep the puck away from his or her opponents – to maintain possession of the puck, to make a play and to ultimately generate a scoring chance or a goal. A player often skates one way, fakes and then goes the other way. It's deception with the puck. By performing effective evasive skating skills a player will limit his or her giveaways and turnovers in the game.

However, in order to accomplish evasive skating in a game a player requires strong technical skating and puck control skills. Technical skating consists of forward and backward: balance, edge control, starting, stopping, striding, tight turns, crossovers, pivots and progressions to agility and mobility. This is the fundamentals of skating. The fundamentals of all aspects of forwards, backwards and all direction skating requires specific technical practice to achieve mastery. It is often in the form of deliberate practice. Technical skating is the foundation of playing the game. A player requires a strong technical base of skating; otherwise he or she does not have the tools to play the game, to keep up and to be involved in the play. Being able to skate well is one thing but being able to skate well with the puck and keep the puck on his or her stick and not give it away while being pressured or checked by an opponent is a skill with a much greater degree of difficulty. A player must practice puck control both stationary and moving. Work on his or her control, confidence, creativity and speed with the puck. With effective practice of those skills a player will be more comfortable on the ice. The player will be able to play more instinctively without thinking. With improved skating and puck control abilities the game becomes more automatic. Once becoming proficient in the technical skills a player needs to take these learned skills into a game or tactical situation with handling the puck under pressure with 1 or more opponents trying to take the puck away. A player learns to create, control time and space on the ice with the puck - that's the art of evasive skating.

At the NHL level today there are many gifted evasive skaters such as Duncan Keith, Patrick Kane, Pavel Datsyuk but none better than Sidney Crosby. Crosby is so strong on his skates and so gifted in handling the puck down low i.e. the

short game - along the offensive zone side boards, corners and behind the net. It is very difficult for a defenseman to take the puck away from Crosby. Defending players just hope to contain him! Even a defenseman like Zdeno Chara at 6' 9" 255 lbs continues to have trouble handling Crosby down low in a game even though Crosby is of much smaller stature at 5' 11" 200 lbs. Due to Crosby's low centre of gravity, exceptional skating and puck control abilities, it's very difficult for anyone including Chara to take the puck away from him. The art of evasive skating is a tactical skill that Sidney Crosby has mastered with many years of practice. One of the very best over the past two decades has been Jaromir Jagr. During the 2015 IIHF World Hockey Championship at the ripe old age of 42, Jagr still showed his great evasive skating skills being deceptive with opponents and controlling the puck and the play. His outstanding play won him the tournament MVP award.

To teach evasive skating, one of my favorite drills is to perform 1 on 1 Battles with a player in a confined area on the ice. Start with the player in the neutral zone, between the blue lines, with the puck. Check / battle with the player, then reduce the playing space to between the redline and one of the blue lines, then reduce the space to the centre face off circle and further reduce the space again to only half the centre face off circle. The challenge for the player with the puck is less space / area to control the puck and skate around. With this limited space – there is less time to handle the puck. With limited time and space to perform evasive skating the player is increasingly challenged and the skills will be stretched. In conclusion, evasive skating is a tactical skating skill which is extremely valuable and effective in hockey – watch for it the next time you view a game. Watch the game within the game!



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



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)	Adult Recreational
Midget A	Ladies Teams
Bantam AAA	Men's Teams
Bantam AA	Male
Minor Hockey -	Female
Community	Father and Son
Midget	Mother and Daughter
Bantam	Grandfather and Grandson
Bantam Girls	Husband and Wife
Pewee	
Pewee Girls	
Atom	
Novice	
Tyke	

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

What Makes Tucker Hockey Unique?

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

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

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

Pay-It-Forward - We offer Tucker Hockey Awards – since 2004 Tucker Hockey has offered over 75 free programs to various Minor and Adult hockey players, giving back more than \$25,000.

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

Altruism - For 7 years from 2008 to 2014, Tucker Hockey was proud to be the Event Sponsor of the Annual Kids Hockey Advancement Society Golf Tournament which raised in excess of \$150,000 for various local charitable causes; contributing our volunteer time and efforts to promote philanthropy and raise social consciousness about the less fortunate children in the Calgary Hockey Community and providing them an opportunity to play hockey.

T.H.E. Tucker Hockey Way

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



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

Multi - Program Savings

Make it a Combo!

Effective to August 31st, 2015

Participate in 1 Program	Pay Regular Price
Participate in 2 Programs	10% off the 2nd Program
Participate in 3 Programs	15% off the 3rd Program
Participate in 4 Programs	25% off the 3rd Program
Participate in 5 Programs	50% off the 5th Program
Participate in 6 Programs	Free Program

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

Family Discounts Apply - Both Adult & Minor Programs Qualify!

Buddy Referral Program

Refer 1 Buddy	Save \$75 off your registration price
Refer 2 Buddies	Save \$150 off your registration price
Refer 3 Buddies	Save \$250 off your registration price
Refer 4 Buddies	Your program is FREE

Promotional Offers Can Not Be Combined

This can include, but not limited to:

- Using Gift Certificates
- Using Buddy Referral Program

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

Promotional Offers Available for All Summer Minor and Adult Programs Advertised

Quality Year Round Hockey Services

Adult Summer 2015 Programs

Level 101 & Hybrid 101 / 201 Programs

Adult Fall 2015 Programs

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

Program Descriptions

101 Program

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

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



201 Program

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

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

Ladies Only Program

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

Specialty Clinic

This Program covers shooting, puck control, backwards skating and scrimmage. It is geared towards any type of player, regardless of skill.

Hybrid 101 / 201 Program

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

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

Register & Pay Online Today!



CALL 403-998-5035 TODAY



Quality Year Round Hockey Services

Minor Summer 2015 Programs

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

Elite Power Skating & Conditioning Camps - Peewee / Bantam

Checking Clinics - Peewee / Bantam

Shooting Clinics - Ages 10 - 14+

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

Conditioning Camps - Peewee / Bantam / Midget



Minor Fall 2015 Programs

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

Program Descriptions

Super Power Skating & Hockey Skills Development

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

Elite Power Skating / Conditioning Camps

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

Checking Clinics

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

Shooting Clinics

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

Conditioning Camps

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

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

Register & Pay Online Today!



CALL 403-998-5035 TODAY



Special Offer For Minor Hockey Teams, Coaches and Players

17th Annual

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

Tucker Hockey provides customized power skating or hockey development mentoring with coaches and their players on their practice ice times.

Coaches will learn new drills, teaching points, and teaching techniques for player development.

- 1) Power Skating**
- 2) Hockey skills**
- 3) Checking – preparing Peewees for Bantam level hockey**

Top 5 Reasons to Experience Tucker Hockey:

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



Rex Tucker

**Head Power
Skating Instructor**

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

Price:

- **\$300 per hour (1 – 2 sessions per team)**
- **\$250 per hour (3 – 5 sessions per team)**
- **\$200 per hour (6 – 10 sessions per team)**

****All prices are PLUS GST****

Testimonial

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

~ Aris dePeuter, Manager - McKnight Senior Timbits Royal

Call 403-244-5037 Today!



Coaching Innovation

1-on-1 Coaching Programs

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 the merits of 1 on 1 coaching.

Top 10 - Benefits of 1 on 1 Coaching

- Customized on – ice programs to suit skill deficiencies and abilities.
- Coach connects better with 1 on 1 on ice setup.
- Receive a strong assessment of a player’s skill set.
- More personable setup – players receive much closer attention and immediate feedback from the coach.
- Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting.
- More direct coaching approach - input from parents / players are welcomed.
- More effective way to bridge the skill gaps - improve skills quicker / maximize every on ice session.
- Times and dates determined by parents / players - better suited to busy schedules (before or after school hours or after minor hockey season ends).
- Enhance not only hockey skills but life skills including personal traits such as self confidence, self esteem,

improved work ethic and love of the game.

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

Benefits Outweigh Costs

Concerns often addressed such as:

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

Contact Coach Rex at 403 - 244 - 5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures, visit our web – site at www.tuckerhockey.com for more information as well as numerous testimonials from very satisfied clientele.

The Spectrum of Tucker Hockey

Proven 1 on 1 Coaching Results Have Included:

Learn to Skate, Novice to Midget AA, Junior A & Semi – Pro, Adult Beginner / Intermediate - Male & Female

The Johnson’s 1 on 1 Coaching Testimonial:

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

~ Tim & Dawn Johnson April 2012

Customized Programs

Why sign up for hockey programs which offer “canned / preset” on – ice curriculums if you know what your player or players need to improve on?

The answer is **“Customized Programs”!**

WE DELIVER AND GUARANTEE RESULTS!

Why not spend your time achieving results on the areas of your game or your team’s game that specifically needs growth and development?

We have operated customized programs for 10+ years to the following:

- Individual Players (tyke to semi – pro),
- Minor Groups, Teams (tyke to midget) and Minor Associations
- Adult Recreational Groups and Teams (various male & female divisions).

HERE’S THE EASY WAY TO SET THINGS UP.

1: Recruitment - Parents / groups / teams need to determine potential dates, times, a guaranteed budget and recruit a minimum 1 - 15 players.

2: Establish Timing of Programs

- Off Season (Spring and Summer Time)
- During the Season
 - Early Morning (Before School or Work Starts)
 - Late Afternoon (Before 4 PM)

3: Determine Type of Program - customized curriculum of:
Power Skating, Hockey Skills Development, Body Checking, Conditioning or Combo Programs

4: Frequency of the Program - 1 session per week for 10 weeks
2 sessions per week for 5 weeks
5 sessions per week etc

5: Tucker Hockey - will find the ice, set – up a “customized curriculum” (based on parents / organizers direction / input) and provide professional on ice instruction.

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



Minor Hockey Testimonial

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

Dan Argento, Minor Hockey Parent

KHAS Society (Cont'd from 6)

Mohammad Hassoun	Titan Mapping
Chris Heaman	Berkshire Securities, Manulife Securities, Dundee Wealth, Hollis Wealth & Black Tie
Bill Hopkins	Macleod Dixon
Alan Klassen	Albi Homes
John Leduc	Alignlink & Results.com
Quinn Mach	Calgary Instant Printing
Jim McArdle	Sheep River House Appraisal
Jamie McDonald	First General Services
Bill McKenzie	Big Rock Brewery
Rhys & Simone Mersereau	B. Dean & Associates
Andrej Milosz	Critical Mass
Corey Molengraaf	Westcor Creations
Mark Neale	Hollis Wealth
Wayne Newby	Marauders Hockey Team
Sean O'Connor	Western Securities



Rex Tucker, Camilla De Guissepe, Scott Coe & Derek Bidwell

Michael Vanlenzuela	Bissett Resources
Kris Van Grieken	Telsec
Jack Vanstone	Millionaire Builders Network Ltd & Mortgage Intelligence
Chris Vatour	Airdrie Holiday Inn Express
Greg White	Cirrus Environmental
Matthew Williams	Design Group Staffing
Arthur Wong	Japhda Holdings & Optimus US Real Estate Fund



"Tuck" The Bear

Rob Pryde	Tokpella Resources Ltd.
Tom Raptis	Private Citizen
Ryan Remington	Remington Development
Mike Rose	Duvernay Oil & Tourmaline Oil
Gary Sartorio	Shaganappi GM & Shaganappi Chevrolet
Jeff Seckinger	High Street Dental
Dean Setoguchi	Cordero Energy
Mark Schock	C & S Adjusters
Tony Spoletini	Spolumbo's
Rob Suggit	Calgary Hockey Magazine
Rob Swart	Ice Dawgs Hockey Team
Chris Teal	Macquarie Capital Markets
Paul Valentine	Valentine Volvo

Day of the Event Volunteers:

Laila Adam, Alex Allan, Murray Brack, Ashley Chartrand, Kaisa Christie, Murray Dejager, Lyle Hanna, Barb Hepburn, Jim Hepburn, Matt Heseltine, Val & Sydney Hokanson, Lanny Jamieson, Chelsey Kavanagh, James Kelly, Esther Klipper, Mark Kosak, Andrew Lambert, Sheila Larios, Terence Leung, Francois Le Bel, Joan Lisiecki, David Mahoney, Sandra Major, Alyson McCann, Wayne Newby, Lisa Parham, Frank Portman, Krista Saunders, Sandie Smith, Tracy Sokoe, Brie Stangeland, Andrew Staub, Marcela Tucker, April Wade, Christine Walker, Michael White and Ron Wong.

Cont'd p. 32



Jon Montgomery & Mark Kosak

Meet the Instructor (Cont'd from 12)



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

Tucker Hockey has taught me many things. It has rejuvenated my love for coaching hockey and passing on my knowledge of hockey. It has also taught me how important the basics of skating and skills are. When you are a young player, you don't realize how small aspects of your skating and skills can make you such a better and more complete player. Instructing at Tucker Hockey has fine-tuned my ability to help players with the specifics of skating strides and basic skills.

What is the most enjoyable part of instructing for you?

The most enjoyable part of instructing is working with the kids and seeing the "light bulb" go on when they finally get the skill they have been working so hard on. Coaching kids, seeing the smiles on their faces, and watching them have fun really invigorate me.

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

Love the game and the game will love you back. Hockey is about having fun. I think it's important for coaches, parents, and players to come to the rink with a positive attitude and make sure they enjoy playing the game. Skating is the foundation of hockey. Investing in a quality skating program

will cure bad habits, and set the foundation of proper technique that will lead you to being a fantastic skater. The better skater you are, the easier it is to develop your other hockey skills.

What does Sheila like to do for fun?

I like to be an active person. I obviously enjoy playing and coaching hockey. Outside of that I participate in ball hockey and golf. I also like to hike, get together with friends, and workout at the gym.

What does the future hold for Sheila?

The future is unknown, but whatever I do, it will always be fun!

Editor's note:

Thanks Sheila for taking the time from your busy school, teaching, hockey playing and personal life to complete a Tucker Hockey Instructor Profile. Sheila brings a very easy going and calming influence to the hockey rink. She works extremely well with our young skaters. It's indeed a great pleasure to have a fellow Newfoundlander on the Tucker Hockey team. Her smile and pleasant approach to enjoying life is a true delight. Sheila, my friend I have valued your contributions to Tucker Hockey...much appreciated! I look forward to many fun times on the ice in the years ahead. Keep that easy going spirit and love for the game. Let's give er on the ice! Teach! Teach! Teach!



Business Development Opportunity

Tucker Hockey, a growing and progressive hockey organization, is looking for a person to promote our quality and professional year-round services, including Minor Teams, 1-on-1 coaching, and the 2016 European Adult Hockey Tour

Requirements:

Outgoing personality, strong communication skills, excellent people and networking skills, sales and marketing experience, great team player, must have own vehicle.

This position is offered on a part-time, commission basis, with great incentives and flexible hours.

Please forward resumes to
programs@tuckerhockey.com.

Only qualified applicants will be contacted for an interview.

COOLJOB ALERT



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

Ideal Qualifications Include, but not Limited to:

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

Personal Traits:

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

Send Hockey Resumes to: [**programs@tuckerhockey.com**](mailto:programs@tuckerhockey.com)

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



IIHF (Cont'd from 11)

- In the club seat lounge I saw two 12 to 13 year old Swedish boys drinking a beer with each of their Dads - not something you will see in Canada! However, not a big deal in the European world!

Atmosphere Outside the 02 Arena:

- The Prague subway system, security and police control were top notch and handled the large and lively crowds going to and from the 02 arena quite well.
- Fan Fest activities were well organized – lots to see and do outside the arena.
- A large merchandise store mainly stocked with IIHF, Czech, Russian and Swedish souvenirs.
- Latvia, Swedish and Russian fans were the most prominent visitors in Prague.
- Big screens in the Prague Old Town and Wenceslas Squares with 1,000's of people drinking beer, eating food and watching with a few police observing the situation – no violence to be seen. Great to see for those people who did not have tickets to the games!

Directorate Award Winners:

- **Top Goaltender:** Pekka Rinne (FIN) Top Defenceman: Brent Burns (CAN)
- **Top Forward:** Jason Spezza (CAN)
- **Media All-Star Team:** G – Connor Hellebuyck (USA) D – Brent Burns (CAN) D – Oliver Ekman - Larsson (SWE) F – Jason Spezza (CAN) F – Jaromir Jagr (CZECH) F – Taylor Hall (CAN)
- **MVP:** Jaromir Jagr (CZECH)

Final Results:

Gold Medal – Canada Silver Medal – Russia Bronze Medal – United States

Future Tournaments:

2016 Moscow and St: Petersburg, Russia
2017 Paris, France and Cologne, Germany
2018 Copenhagen, Denmark (Hosts For the First Time)
2019 Bratislava and Kosice, Slovakia
2020 Zurich and Lausanne, Switzerland

Next Year's Tournament:

The host country will be Russia. Hungary will return to the Championship after a 6 year absence. And Kazakhstan

returns after a 1 year absence. The seeding in the preliminary round was based on the 2015 IIHF World Ranking which ended at the conclusion of the 2015 IIHF World Ice Hockey Championship.

Group A (At St: Petersburg) - Canada (1), Finland (4), United States (5), Slovakia (8), Belarus (9), France (12), Germany (13) and Hungary (19).

Group B (At Moscow) - Russia (2), Sweden (3), Czech Republic (6), Switzerland (7), Latvia (10), Norway (11), Denmark (15) Kazakhstan (17).

The first games are played on May 6th, 2016 and the tournament runs until May 22nd, 2016.

In Conclusion:

Personally, the 2015 World Ice Hockey Championship was a fantastic hockey experience. I have to place it in my top 3 hockey spectator events! I never get tired of hearing our Canadian national anthem being played. As Jackie Gleason would say” How sweet it is!” I’m looking forward to next year’s tournament, but will watch it on TV. Who will take the Gold? Russia? Or Canada again? Or maybe another country? That’s the beauty of the WHC. It’s a very difficult tournament to win even on home soil! For me, the next live hockey spectator experience on my bucket list will be the Spengler Cup in Davos, Switzerland. It is cited as the oldest invitational ice hockey tournament in the world. First held in 1923. I would love in the future to experience the holiday atmosphere and excitement at the Vaillant Arena from this classic holiday season tournament held between Christmas Day and New Year’s Day. Go Canada Go!! The biggest challenge I fear will be securing tickets to the event! Dare to dream dare to dream! What’s on your hockey bucket list? Dare to dream, dare to dream!



Calgary Flames (Cont'd from 4)

Wideman had a career high 34 points and led the league with 283 block shots. Note: Lance Bouma and Paul Byron are RFA's.

- Good Prospects in the System - Sam Bennett, Markus Granlund, Josh Jooris (RFA), Michael Ferland (RFA), Emile Piorier, Morgan Klimchuk, Jon Gillies, Joni Ortio, Tyler Wotherspoon and Max Reinhart (UFA).
- Solid Goaltending - Jonas Hiller and Karri Ramo (UFA) – both provided a steadiness in net. If Ramo tests free agency, it could create an opportunity for Joni Ortio to be a solid backup.
- Strong Defensive Core - The Flames top 4 defenseman last season of Giordano, Brodie, Russell and Wideman were as good as any group in the league. The foursome accounted for 41 goals and 138 assists for 179 points. Prior to the entry draft the Flames traded to the Boston Bruins their 15th, 45th and 52nd picks for 22 year old 6' 5" 212 lbs Doug Hamilton. Hamilton led the Bruins with 10 goals and 42 points in 72 games last season. He will be a strong addition to an already stellar blue line. Now with the addition of Doug Hamilton the Flames clearly have the best defensive backend in the league. Note: David Schlemko, Corey Potter and Raphael Diaz are UFA's.

WHAT TRANSACTIONS IN THE OFF SEASON?

The 2016 Salary Cap has been increased to \$71 million with the floor at \$52 million. The Flames had approximately \$47 million committed for 16 players prior to the signing of Backlund. The team has monies to spend in the off season. The Flames will need to surround their top end talent with a stronger supporting cast consisting of size and skill to ensure last season's success was not a Flash in the Pan. A top 6 forward from the free agent market or trade market is certainly on the wish list. Hard to say how they will handle their RFA's and UFA's in the off season but I believe they should definitely re-sign Lance Bouma.

IN CONCLUSION:

With the existing young guns and rising prospects in the system, Flames fans are in store for another very entertaining season. The Flames of course will be well coached and will play with a never say die attitude battling again for a playoff spot in an extremely competitive conference. Can they improve on last year's stellar performance? Yes indeed, and we are in store for some exciting hockey again in Calgary! Can't wait for the puck to drop on October 7, 2015!

Excerpt From: The Nutrition Edge

SHOULD I EAT DIFFERENTLY IN THE OFF-SEASON?

Quick Answer

Normally you should change your eating habits if your activity level changes. If you are much less active in the off-season, you will not need to eat as much. If you play a summer sport that requires you to move more and train more, then you will probably need to eat more. The habits that you should not change are eating fresh fruit, fresh vegetables, and nutritious whole grains every day.

There are three possible off-season training scenarios that could require you to follow a modified nutrition plan:

Scenario 1: You practice an entirely different sport.

Scenario 2: You do off-season hockey-specific training.

Scenario 3: You stop training during the off-season and lose conditioning.

You probably have at least one of the scenarios happening

in your off-season, maybe even all three?

If you practice a different sport, your nutrition program will need to adjust to the demands of that sport. We cannot give you specific guidelines for your new sport because there are so many possibilities of sports you could be doing, but here are **5 questions** to ask yourself about your off-season sport:

1. Does your off-season sport have longer practices than you had in the hockey season? YES – then eat more than you did during the hockey season at your meals and snacks before or during practice.

2. Does your off-season sport make you sprint more than hockey did? YES – then this is a great sport to help you with fuelling for hockey. You should try the same nutrition program you used for hockey.

3. Does your off-season sport need you to move slower than

Cont'd p. 30

How Much Pop? (Cont'd from 8)

findings demonstrate the importance of a multi-sport background for overall development!

Average number of sports played among Olympians (by age)

Age	Average Number of Sports Played
10 & Under	3.11
10-14	2.99
15-18	2.2
19-22	1.27
22 & Older	1.31

Similar findings come from the **NHL** when considering American-born players. When asked, *“How old were you when you first started to specialize (only play & train) in hockey?”*

Player	NHL Team	Age of Specialization
Craig Anderson	Ottawa Senators	High School
David Backes	St. Louis Blues	18
Beau Bennett	Pittsburgh Penguins	15
Dustin Brown	Los Angeles Kings	16
John Gibson	Anaheim Ducks	15
Jimmy Howard	Detroit Red Wings	15
Trevor Lewis	Los Angeles Kings	15
Jonathan Quick	Los Angeles Kings	17
Brandon Saad	Chicago Blackhawks	15

ESPN did a similar study with 128 NFL quarterbacks – 73 active, 55 retired - & the results supported late specialization! 95% played multiple sports in high school. Nearly 70% of them played three sports or more. There were only 5 active NFL QBs who reported that they were single sport specialists... & each of them was a backup QB!

While some parents might feel obligated to encourage their future hockey stars to play spring hockey, lest they fall behind the Jones's on their road to a college scholarship & financial riches with a future NHL contract or three, they need to keep in mind the realities of the numbers: how many kids will actually receive some sort of college scholarship (miniscule %), let alone play one game in the NHL (infinitesimal %). How many might play beer league? Almost all of them!

Ken Campbell, a reporter & analyst for The Hockey News, wrote *‘Selling the Dream’* a couple years ago. (I highly

recommend every minor sport parent should read this book.) His research contained some startling findings. For example, in terms of expenses & lost wages, **Matt Duchene's parents spent more than \$300,000 on their son's hockey career;** & that's just the financial sacrifices they made! That actually turned out to be a great ‘investment’ on their part, but what about the vast majority of other families who make all those sacrifices, only to find out there's no pot of gold at the end of the rainbow?

Parents should examine & understand their **main purpose** for registering their kids in hockey/sport! Perhaps they need to think back to when they were kids; remember why their own parents put them into sport in the first place? In my instance, these are **the reasons my parents put me into sport**, as told to me many years ago:

- (1) **To have fun & make new friends**
- (2) **To learn invaluable life lessons**
- (3) **To develop healthy habits**
- (4) **To find my passion**

Mark Dennehy sums it up nicely: *“When my mother put me in hockey, the reasons were simple: to make friends in town & to learn some incredible life lessons.* It had nothing to do with the endgame of college or the pros. If you're putting your son or daughter in a sport & your endgame is high school, college, pro level, you've already sort of bastardized the purpose.”

So for those who try to justify their early specialization in a late specialization sport & say to me, *“But Coach Dean, our child LOVES hockey; if he isn't on the ice with his winter or spring team, he's playing floor hockey at school, road hockey out front in the driveway, or playing 4 v 4 in another spring league. I am just supporting his dream.”* I would reply, *“If your kid kept asking you for pop (or chocolate or chips), would you let him/her have as much as they want, whenever they want? Or would you choose to be an educated, prudent parent & limit their intake, not to mention the timing & composition of their intake?”*

Understand your true parental motivations, align them with the best interests in your child's overall long-term personal development & look to educate yourself along the way! **Sometimes you need to ask ‘why?’ & say ‘no!’**

Sled Training

With the spring sun beginning to bring us warmer weather, specific training methods become abundantly available to the progressing hockey star. Of these methods, the sled allows for tasty strength & speed progression through multiple planes and objectives.

Typical sled packages come equipped with the handles, nylon straps and clips. Depending on the model you purchase you may also get numerous upgrades such as multiple handle grips on the sled, weight plates, belts or shoulder straps and even the ability to jump onto the sled itself as it doubles as a platform. Nonetheless, hundreds of exercises are at your disposal including drags forwards, laterally and backwards, sprints, rowing the sled towards you and lunging / pressing the sled as you move forwards. The absolute beauty of this training tool is that you can use it in time trials, partner challenges and races between competitors, which is something everyone can really enjoy!



With an origin dating back to football linebacker training, sled work has allowed numerous training benefits. More scientifically, the sled allows the user to concentrically contract (shorten muscles while under tension) their muscles to push / pull the sled while completely limiting the eccentric contractions (lengthening muscle while under tension) that cause muscle soreness and more lengthy recovery periods. For this reason, the sled typically makes its way into training

programs as athletes are transitioning from very heavy and hypertrophic methods (increasing muscle size) into speed-strength activities in the last few months prior to training camp.

As trainers of numerous hockey athletes, we tend to have some of our most fun utilizing this tool. To liven the early sessions after the off-season, we have used light lunging and low walks (knees & hips bent while moving forward, laterally or backward). For upper body conditioning, handles are attached with long nylon straps and the sled is dragged with every step and press or pull. In later phases of hypertrophy and more time-sensitive conditioning, sleds can be used for bear crawls, lateral cross-over walks and back peddles. Finally, as eluded to earlier, prior to training camp, athletes will typically drag or push the sled for speed with sprints.

The exciting dynamics of the sled allow for multiple paths toward the same goal. Players will benefit from the single-support of one-legged manoeuvres and running dynamics which translate into skating stride efficiency.



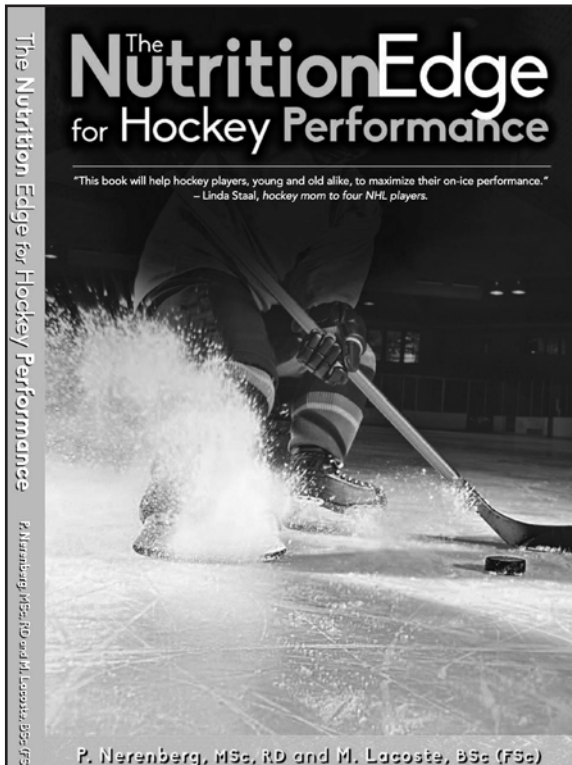
Training tip: As most hockey athletes get stuck in the same training program year in and year out, I encourage growth by challenging themselves to use new methods such as sled training in

order to progress their talents and encourage them to find the missing link to increase their potential.

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'.



The Nutrition Edge (Con't from 27)



hockey did? YES – you can probably drink or eat during your sport much more easily, this is a good time to try a sports drink or a sports gel during a practice to get used to digesting while you move.

4. Does your off-season sport include cross-training sessions that you did not have during the hockey season such as strength training? YES – then make sure you are eating a good recovery snack after your cross-training sessions (especially if the sessions are very tough!)

5. Does your off-season sport have longer competitions/ games/ matches? YES – then you will need a different nutrition plan that gives you energy at the right time for your summer sport. Try not to let 90 minutes go by without having some energizing food or drink.

If you are doing an off-season hockey specific training program, your nutrition habits may still need to be adjusted. Not all hockey training programs are the same, so you need to evaluate the training program you are doing and make any necessary changes to your nutrition program. To help you figure things out, here are 3 questions to ask yourself about your training program:

1. Do you train more often in the week in the off-season? YES – then a recovery meal or snack is even more important to have right away after your training sessions.

2. Do you train at different times of the day now? YES – then you will need to re-arrange your eating schedule to match your training schedule. If you train in the morning, make sure you are giving yourself enough time to digest breakfast.

3. Are you trying to gain muscle or lose body fat?

GAIN MUSCLE – If you are trying to gain muscle, you need to eat more calories in the form of protein and carbohydrates than usual and you should be eating or drinking something every 1 to 3 hours.

LOSE BODY FAT – If you are trying to lose body fat, you should reduce the amount of high fat foods you eat and aim to eat mostly nutritious foods such as those found in **The Nutrition Edge for Hockey Performance** food guides.

The off-season is the perfect time to experiment with the types and amounts of foods you eat before exercise. If you find the winning combination before your season you are getting ahead of the competition!

If you are taking the off-season completely “off” then it goes without saying your fitness level will decrease. When you train less, your body will need less calories and you might be less hungry. If you are eating less food, try to make sure that the foods that you eat are really nutritious (like the green light foods in the Digging Deeper Section at the end of **The Nutrition Edge for Hockey Performance**). Try not to have sweet drinks, lots of bread, chips, ice cream, hot dogs, and fried food – in fact, most of the foods you will find at a typical summer BBQ! To keep your Nutrition Edge over the summer, try to keep the great habits that you have. Eat mostly fresh fruit, vegetables, lean proteins, and whole grains at meals. Keep the summer BBQ foods for an occasional meal.

Written by: P. Nerenberg, MSc, RD and M. Lacoste, BSc (FRC)

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

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

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

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!**

Tucker Hockey Proud Ambassadors of Easton

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HOCKEY**

SCORE.

KHAS Society (Cont'd from 23)



Peter Maher, Sandie Smith & Mike Rogers

Invited Celebrities & Special Guests:

Beesley, Derek Bidwell, Al Coates, Scott Coe, Burke Dales, Camilla Di Guiseppe, Eric Francis, Nastasha Guillot, Dwayne Hay, Wally Kozak, Rob Lazeo, Nick Lewis, Morris Lukowich, Carla Macleod, Peter Maher, Jon Montgomery, Justin Phillips, Joffrey Reynolds, Mike Rogers and Colleen Sostorics.

Prize Donors & Golfers:

Numerous Golf Tournament – Foursome, Proxy, Live and Silent Auction Donors and avid golfers – too many to mention individually but you know who you are.

Thank you to everyone mentioned for donating their time, efforts and monies towards our fundraising endeavours and we have many fond memories over these past years. History and statistics show that children who are involved in organized sport have a healthier and overall abundant

life. Please know that you helped change lives and made a DIFFERENCE.

Even though the Society will be shutting down, I will still continue my philanthropic endeavours through Tucker Hockey. I have set up a new Tucker Hockey Awards Program focusing on helping kids at the grassroots level. This program will include free year-round certificates to Tucker Hockey programs for deserving kids, donating one free hockey program to every Calgary Hockey Minor Hockey Association so they can help a child in their local organization as well as donating \$5,000 worth of free programs to KidSport Calgary to distribute to disadvantaged kids who wish to participate in hockey programs. In 2016, Tucker Hockey is planning on giving back a total of \$20,000 worth of programs to the local hockey community to help replace the past donations made possible through the KHAS Society. Therefore, directly impacting many kids whose passion and love for hockey reminds me of my own zeal for the game as a young boy.



Rex Tucker & Lisa Parnham

If you wish to continue to support KidSport Calgary directly, please contact Kevin Webster, Executive Director – KidSport Calgary.

Kevin@kidsportcalgary.ca www.kidsport.ca/calgary
Office 403 - 202 - 0251 Cell 403 - 874 - 3692

We leave one closing thought with you:

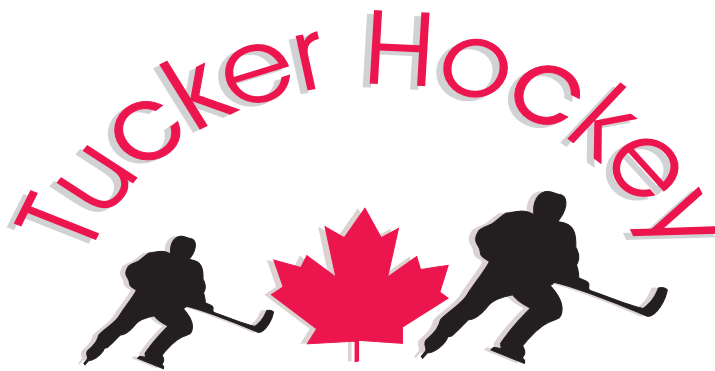
"A hundred years from now, it will not matter what my bank account was, or what kind of house I lived in ... but the world may be a better place because I made a difference in the life of a child."



2012 Volunteer Team

Tucker Hockey Awards

watch it
hear it
live it
LOVE IT!



T.H.E. Way to Success!

In Partnership With

KidSport Calgary - Donating Free Hockey Programs

Calgary Minor Hockey - Donating 1 Free Hockey Program to EVERY Association

T.H.E. Way Award - 2 Free Year - Round Tucker Hockey Program Scholarships

Giving back over \$20,000 to the Calgary Grassroots Hockey Community EVERY YEAR!

T.H.E. Tucker Hockey Way

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

For More Information Contact Us at
programs@tuckerhockey.com



Tucker Hockey Classic Awards

"Giving Back to the Calgary Hockey Community"

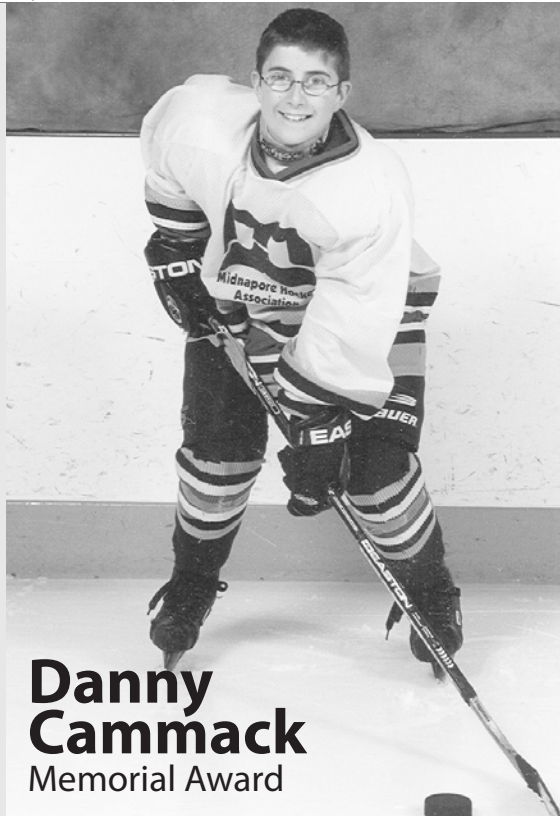
Since 2004, Tucker Hockey has offered over 75 free programs to various Minor and Adult Hockey Players. Giving back more than \$25,000.

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 2014 - Luka Brkic

Fall 2014 - Jakob Anderson

Winter 2015 - Cameron Kaun

Summer/Fall - Ivan Rimdap

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

Why I Love Hockey!

I love hockey because of the intensity and speed with which the game is played and also learning various skills and movements from coaches. Lastly, I also love the fun I have during practices on ice as well as making new friends during tournaments and games.

My favourite teams are the Calgary Flames & the Montreal Canadians

Ivan Selnan Rimdap - Age 8

Tucker Hockey Classic 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 2013 - Robert Pryde

Winter 2014 - Ron Warner

Spring/Summer 2014 - JF Richer

Fall 2014 - Clement Cheung

Winter 2015 - Kelly Jamison

Summer/Fall - Mike Smith

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 10,000+ 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, President and CEO of Hockey Canada**

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

~ **Marie Lachance, Minor Hockey Parent**

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

~ **Aris dePeuter, Manager - McKnight Senior Timbits Royal**

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

~ **Wally Kozak, Past Consultant - Hockey Canada**

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

~ **Perry Cavanaugh, Past President Calgary Minor Hockey**

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

~ **Bill McKenzie, Minor Hockey Parent**

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

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

~ **Linda Cote, Mother to Jeremy**

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

~ **Sarah Christensen, Mother to Ty**

