

Hockey Zones

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



Missing the Cut - A Dedication to Success

An Interview With Jack & Jordan Evans

Editor's Note:
Recently, I had a good chat with Jordan who is a 14 year old Bantam player and

his Dad, Jack regarding the highs and lows of trying out for Quadrant hockey. Here is their story. I trust you will find it inspiring!

Jordan, last year you tried out for the Calgary Royals Bantam team and did not make the cut, how did you feel?

I was very upset when I found out that I didn't make the cut. For days I felt terrible because I thought I was good enough to make it. It really affected my self-esteem because I felt that I didn't measure up. Afterwards, I accepted things and eventually moved on.

Jack, how did you feel when you found out that Jordan would not get to play AA?

I felt sympathetic, but helpless. I was as positive

as can be expected under the circumstances. I said very little and did very little, but was there to support him as he needed it. I began to focus on the community try-outs for Jordan.

Jordan, where did you end up playing last season?

Southland Bantam – Division 1

Jordan, what adjustments did you have to make playing on the Southland Bantam 1 community team?

I was actually more relaxed. Half the team was competitive and the other half was there to play hard and to have fun. I felt free to try and experiment with new things for hockey and play outside the box. Overall it was a very fun and productive season.

Jordan, how did you turn the disappointment of initially not making AA into a positive

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Look Inside for
More Great Sports Tips

"The difference between the impossible and the possible lies in a person's determination."

~ Tommy Lasorda

Tucker Hockey

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

Minor Hockey Group Programs Easter, Spring, Summer & Christmas Power Skating Player Development Checking Clinics	Elite Power Skating	Adult Recreational Group Programs (Ages 18 - 65+) Fall, Winter, Spring & Summer Power Skating Player Development
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- 15 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

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.

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Missing the Cut (Cont'd from cover)

experience at the community level?

I eventually let it all go and made the best of playing community hockey. I experienced and tried new things which helped develop and expand my game. I had total support last year in community hockey. Some of the parents of other players on my team kept asking my dad "Why is Jordan playing community hockey and not AA hockey?" It was great for my self-confidence and overall I had the best year so far in hockey.

Jordan, what did you learn, or take away from playing last year on a community level team?

I started to believe inside that I was a good hockey player, again. It was a growing period for me. It helped my self esteem and it helped me believe in my abilities again.

Jordan, why did you not give up the goal to play at the AA level?

I love the game of hockey. It was a test for me not to make the AA level last year, however, after a very successful Bantam Division 1 season, it helped

improve my self confidence and I trained harder to try to reach the next level this season.

Jordan, what goals did you set for yourself to make it to the AA/AAA this year?

Last year when I got cut, I received no feedback on why I got cut. I wanted to get stronger and faster as a hockey player, and I began to ask more questions of myself, my Dad, and the other Bantam AA players who played on the team last year. Basically, I talked to my Dad every night about how I fit against players who I knew who were playing at the AA level. This helped me know what I needed to do.

Jordan, what types of training, attitude and lifestyle changes did you make last season and during the off-season?

I cut out junk food. I ate only healthy foods, became more focused, improved my work ethic, worked with weights and strengthening

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Next Issue Spring/Summer 2011 Features

- Coach Rex's Favorite Drill
- NHL Heritage Classic
- Playing Outdoor Hockey
- Kids Hockey Advancement Society Poker Tournament
- Calgary Flames End of Season Report
- Meet the Instructor - Wally Kozak

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2011 issue consists of fresh hockey education and teaching articles, an expression of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grass roots rink level", features upcoming Tucker Hockey Adult and Minor Hockey programs, and provides hockey quotes, stories and prize contests. In summary, it will create good hockey ... "Food for Thought!"

Enjoy your hockey - the World's Greatest Sport! - and I hope you enjoy our Tucker Hockey Newsletter!

- Past issues available at www.tuckerhockey.com -



Coach Rex's Story ~ An Opportunity to Play

Growing up during the 1960's and 70's in a community of less than 500 people on picturesque Little Bay Island in Newfoundland, I dreamed, like most Canadian boys, of playing in the NHL. My boyhood idols were future Hall of Famers Bobby Hull and Bobby Orr.

At age 7, I laced up my first pair of hand-me-down skates, complete with four or five extra pair of socks so I could fit them better and I learned to skate by pushing a sled on the natural ice of the community's salt water harbor. A few days later, my Dad replaced the size fours with a second hand pair of snug- fitting size two Bauers and I was off to the races! I quickly gained my inside edges and began to move faster. With each stride I took, I no longer needed that heavy sled for support! Skating came naturally to me. I was somewhat gifted compared to my friends and quickly discovered that I loved to skate and fell passionately in love with skating and later with playing hockey. You could say I became a hockey fanatic who found myself in an area of the world without a rink, a minor hockey association, coaching or even money to play the game.

Little Bay Island is a small remote island 2.5 miles long by 1.5 miles wide off the Northeast Coast of Newfoundland. As the crow flies, my home town of Little Bay Island is only about a mile off the Newfoundland Coast, but it's a 45 minute ferry boat ride. For all intents and purposes this ruled out youth community hockey for my hometown - a small fishing village.

Undeterred, not having an artificial rink or a hockey coach, I continued to play shinny hockey with my pals and skated long hours every opportunity that came available on the local harbor, or the island's 5 fresh water ponds. Whenever there was a sheet of ice I was often the first person on and usually the last one off. During December and January, when the harbor ice grew to be a foot thick, the occasional winter rain would visit for a few hours until the temperature plummeted again and the storm blew through. What was left in the wake of Nature's Zamboni was my "rink of dreams"; pure glare ice for a couple of thousand feet in any direction to skate on, play shinny on, and / or practice shooting on (better be accurate because rounding up the pucks was a big job and a good skate under those circumstances).

I was a grade A student, but other than studying and doing homework, every bit of my free time during the late fall and winter months was spent out on the harbor or a nearby pond; skating, and playing shinny hockey when weather conditions allowed. Often we waited for several months without an opportunity to skate due to the bad ice conditions, so we got our hockey fix playing road hockey with a sponge puck - it seemed like we played almost every day. It was a terrible feeling when you wanted to play ice hockey each day but could not.

"Orr and Stanfield on the point, Esposito wins the draw, puck goes back to Orr on the point, Orr over to Stanfield, Stanfield back to Orr, Orr to Bucyk in the corner, Bucyk back to Orr, Orr with the shot...He scooores!" So vividly, I recall the words of Bob Wilson, radio announcer of the WBZ AM Bruin Hockey Network, I reminisce to find myself being transported to another time, as an avid young hockey fan tuned into the radio broadcasts because they brought the Bruin and Ranger games play-by-play sailing north across the cold Atlantic with crystal clarity to my eager ears. I was starving for hockey action and news.

Conversely, I can also recall my frustration over the inability, from time to time, to see the Hockey Night in Canada images being broadcast on CBC television every Saturday night because of bad weather conditions affecting the outdoor TV antenna. I recall getting as close to the TV as possible to try and make clear of the very snowy objects moving about on the screen, while listening to the audio which was generally good no matter what the video reception was like.

I always wanted to play in the NHL, and was often kidded about my determination to do

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Coach Rex (Cont'd from 4)

so by my friends. My father would often say to me, "If you don't get something involved in hockey it will be a strange thing."

However, there was no opportunity for me in this remote area of Newfoundland to play organized hockey. I played on the harbor and island ponds until I left home at the age of 17 to attend Memorial University in the City of St. John's. At the tender age of 18, I experienced my first skate on one of the city's soft artificial arena ice surfaces – quite a difference for a dedicated rural shinny hockey player used to the crisp natural outdoor ice which offers a faster and harder surface.

My goal of playing competitive university hockey quickly became unattainable. My lack of experience with organized hockey caught up to me as I skated with players who had been exposed to artificial ice and proper coaching from Minor Hockey elsewhere in the province. So I settled on playing intramural hockey and focused on graduating with a business degree. I finished my university years with one goal achieved, my degree, and one goal still unfulfilled.



My first pair of Skates - Size 4

As I grew older my life's dream to be involved in hockey remained the same, only the plans had changed. After spending 5 years in the academic and another 15 in the business world, I gave up my career in corporate financial planning, and later sales, to pursue my love of the game of hockey.

Now I find myself residing in Calgary, Alberta operating my own full time hockey business for the last 9 years and instructing hockey players on the ice over 500 times per year, teaching power skating and various hockey skills. I made that journey to a life in hockey on the road less traveled, pursuing my childhood dream, by honing my power skating, hockey skills and coaching qualifications over the past 20 years. I am grateful to be in a profession that I am passionate about. It truly is a dream come true. I see myself as an uncommon commoner.

Growing up my dad was a hard working fisherman and my mother a school teacher turned stay-at-home mom. Funds to buy hockey equipment and opportunities to play were quite limited. I recall as a child receiving parcels in the mail during the Christmas season from my beloved Aunt Doris, living in Montreal at the time. She would always ask me

what I wanted for Christmas and my reply was always the same - hockey gear. Receiving elbow, shin, and shoulder pads etc., was the highlight of my Christmas and it meant the world to me. I felt so excited to see the equipment and couldn't wait to go outside to play.

As a result of my involvement with the minor hockey system in Calgary and the success of Tucker Hockey, I created a vision to do something good in the world and develop goodwill in the hockey and business communities. Mainly with the help of my good friend Nick Radmanovich, the Kids Hockey Advancement Society, a non-profit organization, was founded in 2008 to provide disadvantaged kids with

an opportunity to play. Calgary may be a very affluent city but there are still families who could use some help giving their kids an opportunity to play. For the past 3 years we have raised funds to provide children from disadvantaged families an opportunity to play sports, especially hockey.

I used to think that if I had the opportunity with an indoor rink, gear, coaching, and parents who had financial means, could I have made it somewhere with my skills, passion and drive and my tremendous love for the game? Currently, my hockey business offers me an opportunity to teach players of all ages and have fun on the ice myself at the same time. I truly enjoy the unique mix of my business and hockey lives.

With the support of the hockey and business friends I have made over the years, I hope that with our continued fundraising efforts there will be more opportunities for kids who wish to chase their dreams or just want to have fun playing. That's why I volunteer countless hours every year to help raise funds via the Kids Hockey Advancement Society's golf and poker tournaments.

Yes, I believe it's important to have an opportunity to play. These are values I cherish due to my own childhood memories.

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



KidSport© ~ Providing Opportunities to Play

By: Aprill Wade

A few years ago, much to my surprise, I became a single mom. At the time my children were 1, 2, 4 and 7 years old and it was decided that they would live with me full time with limited contact with their father. I was not sure how I would manage but I did know that there was nothing more important to me than my children and I did not want to deny them any opportunities that they should have. It was not their fault that their father left and I decided to do everything I could to give them a “normal” life. I have always been actively involved in sports and as a high school teacher and coach, I have seen the benefits that come to kids who play sports.

Before my ex left, we had spoken with our oldest about playing hockey and he was so excited to play. The first week of evaluations in September, my ex left and I was left to figure out how to manage having four children with one playing Novice hockey. Once evaluations were done and our team was formed, I couldn't have been happier. We had incredible, supportive coaches and a team of parents who all loved their sons and were willing to help out the single mom. Evan never played Tyke hockey, so I was new to all this. A few weeks later I broke my arm and once again the team parents stepped up. I had parents picking up Evan for the early morning practices, shovelling my driveway and even bringing me meals. At a time when I felt so alone, I had the hockey team parents to boost my spirits.

Hockey is now an integral part of my life and all that comes with it. My daughters are “rink rats” who have made numerous friends over the years with siblings of Evan's team members. Hockey has become so much more than just watching a game out of a sense of parental obligation but rather something I look forward to each week. The very first time you see your son or daughter get their first goal, or

in my case as a goalie Mom, their first shut-out, your heart swells with pride. When you are at the rink so often, you get to know the parents and when you run into them at the local grocery store, the talk soon turns into a conversation about the game the night before. Hockey has changed the lives of my family for the better. We have met amazing people and have had some great laughs and adventures.

Without the help of Kidsport and the Flames Evenstrength program, none of this would have been possible. As a single Mom, responsible for providing for 4 children, hockey does not fit into the budget, especially when you have a goalie. However, with their help I have been able to allow Evan to play the game that he loves. Through Kidsport donations he was outfitted with all new goalie gear this year and no longer needs 4 pairs of socks to make his goalie skates fit or a whole role of tape to make his chest protector stay on. Hockey is the one place where he gets to release all the energy and frustrations that a child going through a divorce has. He has had nurturing, supportive coaches over the years that have filled the void of a missing father and I have had other moms there for me when I needed a shoulder to cry on. Hockey is so much more than having your child play a game, it is a family sport that when you immerse yourself in it, will change your lives.

Kidsport has changed all of our lives for the better. The sense of community I feel from other parents is incredible. Last Sunday I was at the arena at 6:15 am and it was nice to see 5 parents show up with a coffee for everyone amongst laughs – kind of like that Tims commercial with the 3 fishermen. Kidsport has allowed me to become part of that hockey community as well as the soccer community for my daughters in the spring. Just as Evan excels at hockey the girls excel at soccer and swimming. I have these incredible athletes on my hands who all live to play sports and Kidsport allows me to do that for them.

Editor's Note:

Thanks Aprill for your heartwarming story of how KidSport has helped change your family's life for the better. The Kids Hockey Advancement Society is pleased to contribute fundraising dollars to KidSport each year. KidSport does great work in the community to help kids play sports. Best wishes to you and your family in sports!! Enjoy!!

Feel Good ... Play Well

By Wally Kozak

The better you feel the better you will perform. This is true in sports and in school. The object of "Mental Training" is to learn how to control your feelings by practicing positive thinking. The sooner you learn to handle your emotions, the sooner you will be on track to playing your best.

For example what is your response when your team gets scored on.... write it down....describe what you do when it happens. Do you shake your head? Grit your teeth? Or swear? These are normal... **NEGATIVE RESPONSES.** These will hurt you and your team for they create negative thoughts and negative energy.

How can you help that? In a negative state your concentration, your coordination, and your strength are affected reducing your ability to play at your best. You have to learn to change your reaction from a negative response to a **POSITIVE** one. That is done by following these steps:

1. Write down what bothered you most in a game? There are many possibilities...like a referees' call, making a mistake, the coach yelling or even a teammate who takes a dumb penalty.

THREE THINGS THAT BOTHERED ME MOST LAST GAME WERE:

1. _____
2. _____
3. _____

2. Write down what you did when those things happened? Did you clench your fist? Swear? Shake your head? Some of us are teeth gritters, others may put their head down... but we all have a habit of reacting to certain things in different ways. This exercise helps you learn about what you react to and how you react. This is the first stage to developing a positive mental state which will help you perform.

You must "KNOW YOURSELF."

It is a good idea to discuss these reactions as a team. Knowing what bothers us as a team and talking and even laughing about it will help you. Your teammates and the coach react more positively in the future. You are learning that Hockey needs mental skills as well as physical. The "team talk" is a good activity and the

coaches can share what bothers them (stressors) with the players. You are all in the Game together learning to deal with the mental and physical challenges... learning to be the "best you can be."

3. For each situation that bothered you; write down some positive thoughts that help you realize that it is not the end of the game.... There is lots of time to play... You may get help from your coach or teammates to complete this.

1. _____
2. _____
3. _____

4. The final step in learning to develop emotional control is to make up a "cue" word or phrase that keeps your mind in focus...your thoughts positive to perform at your best for the entire game. One example could be.... "change the channel".....

My Cue Words That Will Help Me Stay Sharp:

Follow these steps after each game. You will notice that you will not be as upset about things. You will help each other to stay positive and focused. Your team will have more discipline, energy and spirit.

Share this program with your parents and coaches. It is used by many athletes to develop mental skill that will be useful in the Game of Hockey as well as the game of life.

For finding out more about Team Building with your Association contact Wally Kozak at:
wkozak@telusplanet.net
403-293-6291 or 403-710-6256

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.





A View From the Pressbox

Flames Mid - Season Report

On December 16th, 2010 I attended the Calgary Flames vs the Toronto Maple Leafs game, team game No: 32 of the 82 NHL game schedule. At this time, the Flames were positioned 4th in the North West Division and 14th over all in the Western Conference. The top story line was Dion Phaneuf's return to Calgary. Flames GM, Darryl Sutter was quoted as saying he had to trade Phaneuf to sign Giordano and Bourque and he would do it again. There was a unique buzz in the Saddledome air. The Flames played a spirited game winning 5 to 2. Olli Jokinen was the first star, scoring 1 goal and 2 assists. The Flames used Olli more off the half boards on the power play to utilize one of his strengths - his shot. It worked tonight! Looking back at the Flames season, so far, here are a few observations with some accompanying stats.

Highlights:

- Alex Tanguay, second in points, has been the most consistent Flames forward.
- Kipper is playing well again.
- Henrik Karlsson has been a steady backup and may play 15 – 20 games.
- Mark Giordano is a solid top 2 defenseman - playing physical and contributing strong offensive skills as well.
- Rene Bourque has become a good power forward with 13 goals, second on the team behind Iginla but he still lacks consistency.
- Jarome Iginla is finally playing up his strengths – keeping his feet moving, battling for the puck and shooting more. Iginla with 14 goals and 16 assists for 30 points is back to nearly a point per game. He will score 35 - 40 goals again.
- Jay Boumeester is stepping up his offensive play. He has been the best two way defenseman on the team.
- Secondary scoring from Curtis Glencross – 7 goals and Niklas Hagman – 8 goals have been a welcomed addition.

Lowlights:

- Last season's injury to Daymond Langkow, arguably the number 1 centre on the team has hurt the Flames.

Neither Matt Stajan with 1 goal in 26 games (missed games due to a concussion), Olli Jokinen with 5 goals or Craig Convoy, who has played only 17 games and been a healthy scratch lately have not measured up offensively.

- Glencross has the skill to be a top 6 forward but, like Bourque, he is too inconsistent and found himself in the press box for this game.
- The Flames goals against average is 2.82 this season for 21st best in the league.
- Last season the Flames were fortunate to lose only 32 man games to injury so far the total is up to 163 man games this year.
- The Flames power play is 24th 15:0 % at 20 goals on 133 chances. The penalty kill is 21st - 26 goals against on 134 chances for 81%.
- Overall the team has trouble scoring goals especially at critical times in a game.

Summary:

The Calgary Flames have been inconsistent, especially at home. The Flames home record, of 9 – 6 – 0 is the 20th best in the league. It does not make the Saddledome a feared building to play in. The home record must improve if the team wishes to be a playoff contender. The road record, 25th best in the league at 5-9-3 must improve as well. How far will the Flames go this season? This writer believes the Calgary Flames will be in a dogfight to make the playoffs. Currently, they are 6 pts behind Columbus for the 8th playoff spot and 9 pts behind Vancouver for the lead in the Northwest Division. It's simple. We need more wins. However, the margin between winning and losing on any given night in today's NHL is a fine line. The team needs to play a stronger game from start to finish. If Kipper keeps up his level of play, and the team continues to get secondary scoring from the likes of Hagman, Glencross, Stajan and Jokinen etc. there is a chance to make the playoffs. They must also improve on their speciality team play particularly at home - this is critical. But that's a lot to ask - let's wait and see. When the Flames play a skating, up tempo and puck pressure game they are very competitive and can be victorious on most nights, but this rarely happens. A consistent team effort will ensure a much needed winning streak. Flames fans are patiently waiting!

Calgary Flames 2011 Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Sat, Jan. 15, 2011	Calgary	Toronto	5:00 PM	CBC
Mon, Jan. 17, 2011	Calgary	Montreal	5:30 PM	Sportsnet West
Wed, Jan. 19, 2011	Minnesota	Calgary	7:30 PM	TSN
Fri, Jan. 21, 2011	Dallas	Calgary	7:00 PM	Sportsnet West
Sat, Jan. 22, 2011	Calgary	Vancouver	8:00 PM	CBC
Mon, Jan. 24, 2011	Nashville	Calgary	7:30 PM	Sportsnet West
Wed, Jan. 26, 2011	St. Louis	Calgary	8:00 PM	Sportsnet West
Tues, Feb. 1, 2011	Calgary	Nashville	6:00 PM	Sportsnet West
Thurs, Feb. 3, 2011	Calgary	Atlanta	5:00 PM	Sportsnet West
Sat, Feb. 5, 2011	Los Angeles	Calgary	8:00 PM	CBC
Mon, Feb. 7, 2011	Chicago	Calgary	7:30 PM	Sportsnet West
Wed, Feb. 9, 2011	Ottawa	Calgary	7:30 PM	Sportsnet One
Fri, Feb. 11, 2011	Anaheim	Calgary	7:00 PM	Sportsnet West
Sat, Feb. 12, 2011	Calgary	Vancouver	8:00 PM	CBC
Mon, Feb. 14, 2011	Calgary	Colorado	8:00 PM	Sportsnet West
Wed, Feb. 16, 2011	Dallas	Calgary	7:30 PM	TSN
Sun, Feb. 20, 2011	Montreal	Calgary	4:00 PM	CBC
Tues, Feb. 22, 2011	Boston	Calgary	7:00 PM	Sportsnet One
Fri, Feb. 25, 2011	San Jose	Calgary	7:00 PM	Sportsnet One
Sun, Feb. 27, 2011	St. Louis	Calgary	6:00 PM	Sportsnet West
Tues, Mar. 1, 2011	Calgary	St. Louis	6:00 PM	Sportsnet One
Wed, Mar. 2, 2011	Calgary	Chicago	7:00 PM	Sportsnet West
Fri, Mar. 4, 2011	Columbus	Calgary	7:00 PM	Sportsnet West
Sun, Mar. 6, 2011	Nashville	Calgary	6:00 PM	Sportsnet West
Wed, Mar. 9, 2011	Calgary	Dallas	7:00 PM	Sportsnet West
Thurs, Mar. 10, 2011	Calgary	Phoenix	7:00 PM	Sportsnet West
Sat, Mar. 12, 2011	Vancouver	Calgary	8:00 PM	CBC
Tues, Mar. 15, 2011	Phoenix	Calgary	7:30 PM	TSN
Thurs, Mar. 17, 2011	Colorado	Calgary	7:00 PM	Sportsnet One
Sun, Mar. 20, 2011	Calgary	Anaheim	6:00 PM	Sportsnet West
Mon, Mar. 21, 2011	Calgary	Los Angeles	8:30 PM	Sportsnet West
Wed, Mar. 23, 2011	Calgary	San Jose	8:00 PM	Sportsnet West
Sat, Mar. 26, 2011	Calgary	Edmonton	8:00 PM	CBC
Wed, Mar. 30, 2011	Anaheim	Calgary	7:30 PM	TSN
Fri, Apr. 1, 2011	Calgary	St. Louis	6:00 PM	Sportsnet One
Sun, Apr. 3, 2011	Calgary	Colorado	6:00 PM	Sportsnet West
Wed, Apr. 6, 2011	Edmonton	Calgary	7:30 PM	Sportsnet West
Sat, Apr. 9, 2011	Vancouver	Calgary	8:00 PM	CBC

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Tucker Hockey Profile

Meet the Instructor - Jim Hepburn

What is your hockey background?

Currently, I am working on my 14th year as the Head Instructor for Hockey North America's Adult Beginner Program. I also played in the Hockey North America League from 1988 to 1996. I also played a lot of shinny and pick up hockey over the years.

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

Rex started coming out to our Hockey North America Beginner Program as a Guest Power Skating Instructor in 2003, giving the HNA beginners a sample of power skating and what Tucker Hockey could offer them. Rex saw me work with the Hockey North America beginner players and liked my rapport with the players and thought that my skills would be a good fit for his programs. I started in 2005 working with Tucker Hockey Minor and Adult groups.

What is the most enjoyable part of instructing for you?

I like to see the sense of accomplishment from the players who are under my care. Working one on one with the students can be very gratifying because they get individual attention and immediate feedback to enhance their progression.

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

There are many challenges when teaching different age and skill levels, and many ways of addressing and teaching skating and hockey skills.

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

Having to deal with Rex – he is so keen that he is worse than a Drill Sergeant, just kidding ha ha. His programs are built

cont'd p. 12

Editor's note:

Recently, I had a good chat with Jim Hepburn, Instructor for Tucker Hockey. Jim has been a valuable member of the Tucker Hockey team for the past 5 years. He has helped teach power skating and hockey skills to various Minor and Adult groups. Here is a summary of our conversation.

Jim, tell us a bit about yourself.

I am a true Albertan; I was born in Edmonton and moved to Calgary 30 years ago. I am married to Barb, a great lady, and have two children, Kelsea and Casey, and two small dogs. I truly enjoy being with people.

What does hockey mean to you?

It's a great Canadian tradition, a popular form of recreation for both men and women of all ages, and it's also an excellent way to exercise.

Are you coaching any other sports at the present time, or have you coached in the past?

I am still heavily involved in coaching Ringette; I'm in my 16th year. Over the years I have coached my kids in soccer, baseball, lacrosse, and, of course, hockey.

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

~Henry Brooks Adams

Jim Hepburn (Cont'd from 11)

for players to succeed. Most major challenges or difficulties with skills are broken down into minimal challenges so everyone feels a sense of accomplishment.

Any fond memories you'd like to share with us about your experience instructing?

Overall, I really enjoy coaching, "It's like paying it forward". I hope the players I have coached will go on and one day coach and get as much satisfaction as I do. The student will eventually surpass the teacher, and that's what keeps the sport growing and getting better. It feels real good when someone you have coached goes on to accomplish great things in their sport. My daughter Kelsea is already in her 6th year of coaching Ringette that started when she was just 16. My son is now an assistant Instructor, working with me in the Hockey North America Adult Beginner Program and shows great promise. I guess the apple doesn't fall too far from the tree. As Coach Rex often jokes "They have good genes", that's because he knows my wife has a Phys Ed degree and has also coached many teams in her teaching career.

What sessions, that Tucker Hockey offers, do you prefer to help instruct with – Minor or Adult?

Adults – They appreciate their development more because they comprehend and feel their ongoing development.

Kids – Most don't know how they got better, for most it "just happens".

Are there any other recreational activities, outside of hockey that you participate in?

I am an avid golfer and have played slo-pitch, water sports, skiing, racquetball, and squash over the years.

Do you have any tips for other individuals who'd like to participate in instructing?

Be approachable, make it fun, don't talk down to your students, and be on an even level with your group's skill and aptitude. It's important to adjust to your audience. Everyone wants to learn and be better at what they do, so it's important to create a good positive learning environment. I pride myself on my people skills and being personable with my students.

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?

In today's game, it's all about speed and agility. Without a strong skating foundation, players will not excel. Skating is the most important hockey skill. All players require countless hours of good instruction and practice time.

What does the future hold for Jim Hepburn?

I will continue to work on my coaching techniques. I feel my strengths are my people skills and my outgoing personality. I hope that the players I have taught will be able to succeed in their future endeavors, whatever they may be. I have often been called "Mr. Care". During my many years of coaching Ringette, I have told my Ringette players "The game is for you girls, not for me". I have coached three teams in one season, and I genuinely do it for the girls.

Editor's note:

Gentleman Jim. Having spent countless hours on the ice with Coach Jim, the following personal traits come to mind. He is positive, upbeat, personable, caring, and he has a great sense of humor. Jim is too modest to talk about his many Ringette and hockey accomplishments, so I will attempt to do that. He has coached more than 1200 players over the last 14 years in the Hockey North America Beginner Program, helping beginners learn the fundamentals of hockey and instilling and growing their love of the game. Jim has been a dedicated volunteer coach in the Calgary Ringette system for more than 16 years. He has taught from the Bunnies to the Open 18+ level (5 year olds to 35+ years old). Being a Head Coach for nearly two decades, he has won 12 City Championships, 10 Provincial Championships, and 1 Western Canada Championship. As well, his Ringette teams have won the prestigious ESSO Gold Ring Tournament 6 times in his decorated coaching career. He has a soft spot with the kids, often bringing popsicles to distribute to the kids at the conclusion of a week-long Tucker Hockey program. He is a people person who gives you a lift every time you're in his company. He definitely cares about the players that he coaches. Jim, my friend, I have valued your contributions to Tucker Hockey over the years...much appreciated! I look forward to many fun times on the ice in the years ahead!

**"Who dares to teach must
never cease to learn"**

~ John Cotton Dana



Daytime Ladies Hockey League

An Interview With Louise Young

Louise, tell us a little about yourself.

I'm at 40 yr old, stay at home mom who's been involved with hockey since I was little. Started by figure skating and then playing Peewee hockey with the boys and eventually played on a ladies team with my 4 other sisters who made up our own line. I found that after having 2 boys both involved with hockey that it became too much for me to play in the evenings and weekends. My sister and I got together with some other hockey moms and started to play shinny at SFC.

What made you choose hockey as a sport to play?

My dad always wanted his own hockey team but ended up with 5 daughters and 1 son so he showed all of us the basic skills of hockey on our backyard pond. All of kids loved skating and would go out everyday to the pond to play.

How has playing hockey benefitted you?

Playing hockey is a great social sport. I have the ladies tell me all the time if they missed a few weeks, how much they miss our talks in the dressing room and after. Hockey is also an excellent way to keep yourself in shape. It's a good way to have nice looking legs and gluts.

What's your favorite hockey playing memory?

I've got a lot of favorite memories but with this team it's a big plus to play with my sister again, winning the final, and holding on to the crystal trophy we nicknamed "Precious"

How long has the Ladies Daytime Hockey League been around and how did it become a reality?

This is our 2nd year for the LDHL. We started this with a bunch of hockey moms playing shinny and found other ladies shinny teams in the city. We decided to set up a league with all the ladies daytime shinny so we could play real games with referees and goalies.

What is your role in the organization?

I guess I would be the liaison for the league. I try to find new teams and players and also try to solve all the problems that

come with running the league.

Do you have help from others to run the league?

For sure, we have a Treasurer, Referee Coordinator, Ice Coordinator, Game sheet and Stats coordinator, and every team has at least one or two Team Representatives.

How many teams play in the League?

We have 5 Intermediate teams and 2 Beginner teams

How many players in total?

About 110 players

What is the age range for the League?

The range would be about mid 30's to over 50.

What is the length of league play?

We play from the beginning of October to the end of March and usually get 1 and 1/4 or 1 hr ice slo

What are the costs associated with playing in the League, individually and teams?

It's \$2500.00 for a team to join or \$250.00 for an individual.

What arenas does the League play out of each season?

All of our games for the Intermediate league are played at the Flames Community Arena. The Beginner league is at Trico and Flames Community Arena.

Since it's a Daytime league, when are the games played? In the morning or afternoon? On weekdays or weekends?

The Intermediate league is all morning games that are played on either Tuesday, Wednesday or Thursdays. The Beginner league plays on Tuesday afternoons and Wednesday mornings.

What makes your League stand out with regards to other Leagues?

Cont'd p. 27

Tucker Hockey Customized Programs Group and One-on-One

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

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

Here's the easy way to set things up.

- 1: Parents / groups / teams just need to determine times, dates, guaranteed budget and recruit a minimum 1 to 10 players
- 2: Tucker Hockey will find the ice, set – up a “ customized curriculum ” (based on parents / organizers direction / input) and provide professional instruction.
- 3: Type of Programs - customized curriculum will specialize in
 - a) power skating
 - b) hockey skills development
 - c) conditioning or
 - d) combo programs
- 4: Frequency of Programs - 1 session per week for 10 weeks
 2 sessions per week for 5 weeks
 5 sessions per week etc.
- 5: Time of Programs -
 - a) Week days before 4:00 pm (Non Prime Time)
 Only \$329 per player, includes 10 on ice sessions (based on 10 players)
 - b) Weekday after 4:00 pm and weekends (Prime Time)
 Only \$399 per player includes 10 on ice sessions (based on 10 players)

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

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



Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

~ Frank Portman

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

~ Jamie Yu



VOICE

“We want to hear your voice!”

Tell Us What You Think!

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Articles from New Contributing Writers are Appreciated.

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Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey 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
Junior A	Coaches' Clinics
Junior B	Minor Teams
Midget AAA	Minor Hockey Association Projects
Midget AA	Customized Minor Hockey Programs
Midget AA (Girls)	(Arranged with Hockey Parents)
Midget A	Adult Recreational
Bantam AAA	Ladies Teams
Bantam AA	Men's Teams
Minor Hockey -	Male
Community	Female
Midget	Father and Son
Bantam	Mother and Daughter
Bantam Girls	Grandfather and Grandson
Pee wee	Husband and Wife
Pee wee 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.

Get in Shape and Have Fun!

**13th
Annual**

Tucker Hockey
Programs that Deliver Results

**Winter
2011**

ADULT Daytime Recreational Programs

Level 1

Beginner/Intermediate

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

Group 2: George Blundun

Wednesdays, Jan. 19th to Mar. 23rd

7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

Group 3: Stu Peppard

Wednesdays, Jan. 19th to Mar. 23rd

12:15 to 1:15 PM

\$399 New Participants/\$359 Past Participants

Level 1.5

Intermediate

These programs will focus on the
technical skills of skating, passing,
puck control and shooting as well as
individual tactics and team tactics
plus scrimmage. For players who
want to improve on their
technical skills as well as learn to
play the game. (10 Sessions)

Group 1: George Blundun

Mondays, Jan. 17th to Mar. 28th

No Session Feb. 21st

7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

Group 2: Stu Peppard

Fridays, Jan. 21st to Mar. 25th

12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

Level 2

Intermediate/Advanced

For players who have participated in
and feel comfortable with the Tucker
Hockey Level 1 and 1:5 programs
and who wish to be challenged with
more advanced skating skills and
a higher paced conditioning pro-
gram. The level 2 program includes
advanced technical skills, individual
tactics, breakouts, regroupings and
defensive zone coverage, and
scrimmage. (10 Sessions)

Group 1: Henry Viney

Thursdays, Jan. 20th to Mar. 24th

12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

Testimonial

*"I had never played hockey before
and barely knew how to skate. The
instructors were always willing to
help. I would recommend Tucker
Hockey to everyone! Because of
the way they treated me and en-
couraged me to learn the skills,
I definitely will be continuing in
learning and playing hockey!"*

- Tracy Normandeau, Adult Rec. Hockey
Player

TOP 5 REASONS TO ATTEND:

- Fitness and Fun
- Improve Skating and Hockey Skills
- Pass on New Drills/Teach Points to your kids
- Reduce your stress/reward yourself
- Step all over your Hockey Buddies!

Register and Pay online at
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Rex Tucker

Head Power
Skating Instructor



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Improve Your Hockey and Skating Skills!

Get in Shape and Have Fun!

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Programs that Deliver Results

**Winter
2011**

ADULT

Evening Recreational Programs

Level 1

Beginner/Intermediate

Power Skating/Player Development

Programs which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage. (10 Sessions)

Group 1: Father David Bauer

Sundays, Jan. 16th to March 27th

No Session Feb. 20th

9:45 to 11:00 PM

\$399 New Participants/\$359 Past Participants

Group 4: Optimist

Tuesdays, Jan. 18th to March 29th

10:15 to 11:30 PM

No Session January 25th

\$399 New Participants/\$359 Past Participants

Level 1.5

Intermediate

These programs will focus on the technical skills of skating, passing, puck control and shooting as well as individual tactics and team tactics plus scrimmage. For players who want to improve on their technical skills as well as learn to play the game. (10 Sessions)

Group 3: Henry Viney

Wednesdays, Jan. 19th to March 30th

10:15 to 11:30 PM

No Session January 26th

\$399 New Participants/\$359 Past Participants

Testimonial

"The coaching from Tucker Hockey has elevated my game from both a skill and fun perspective. I can sincerely recommend Tucker hockey to especially weak skaters but also to skilled players as well. Personally I have had the feeling of having improved after every course I have done. My passion for the game has certainly increased."

- Leon Anderson, Adult Rec. Hockey Player

TOP 5 REASONS TO ATTEND:

- **Fitness and Fun**
- **Improve Skating and Hockey Skills**
- **Pass on New Drills/Teach Points to your kids**
- **Reduce your stress/reward yourself**
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Improve Your Hockey and Skating Skills!

Get in Shape and Have Fun!

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Tucker Hockey Programs that Deliver Results

**Spring
2011**

ADULT Recreational Programs

Level 1

Beginner/Intermediate

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

Group 1: Rose Kohn

Saturdays, April 9th to June 25th
12:00 to 1:15 PM

No session April 23rd & May 21st
\$399 New Participants/\$359 Past Participants

Group 2: Westside Rec Centre

Wednesdays, May 4th to June 22nd
7:00 to 8:00 AM

\$329 New Participants/\$299 Past Participants
(8 Sessions)

Group 3: Crowchild Twin Arenas

Wednesdays - No Session May 18th
April 13th & 20th - 9:15 to 10:30 PM

April 27th to June 22nd - 8:45 to 10:00 PM
\$399 New Participants/\$359 Past Participants

Level 1.5 Intermediate

These programs will focus on the technical skills of skating, passing, puck control and shooting as well as individual tactics and team tactics plus scrimmage. For players who want to improve on their technical skills as well as learn to play the game. (10 Sessions)

Group 1: Optimist

Mondays, April 11th to June 27th

April 11th, June 20th & 27th - 9:15 to 10:30 PM
April 18th, May 2nd, 9th, 16th, 30th, June 6th,
13th - 9:30 to 10:45 PM

No session April 25th & May 23rd
\$399 New Participants/\$359 Past Participants

Group 2: Westside Rec Centre

Saturdays, April 30th to June 18th
4:30 to 5:45 PM
Cancelled
\$329 New Participants/\$299 Past Participants
(8 Sessions)

Group 3: Stu Peppard

Fridays, April 29th to June 24th

12:00 to 1:00 PM - No session May 20th
\$329 New Participants/\$299 Past Participants
(8 Sessions)

Stick Handling & Shooting Program

Shooting: This 5 session program will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Stick Handling: This 5 session program will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Crowchild Twin Arenas

Thursdays, No session May 19th

Shooting - April 14th: 8:45 - 10:00 PM

Stick Handling - April 21st: 9:00 - 10:15 PM

Shooting - April 28th: 10:30 - 11:45 PM

Stick Handling - May 5th, 26th, June 9th, 23rd
- 9:45 to 11:00 PM

Shooting - May 12th, June 2nd, 16th
- 9:45 to 11:00 PM

\$399 All 10 Sessions

\$229 5 Shooting Sessions Only

\$229 5 Stick Handling Sessions Only

Testimonial

"When I started playing Rec Hockey 2 years ago, I could barely stand on my skates. Stopping, turning and backward skating was out of the question! Now coaches and ladies on my hockey team often comment on how well and fast I skate. All in all, I recommend this program to many people and so far 3 of my friends have taken it and they love it!"

- Asuka Forest, Adult Rec. Hockey Player

TOP 5 REASONS TO ATTEND:

- **Fitness and Fun**
- **Improve Skating and Hockey Skills**
- **Pass on New Drills/Teach Points to your kids**
- **Reduce your stress/reward yourself**
- **Step all over your Hockey Buddies!**

Register and Pay online at
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Improve Your Hockey and Skating Skills!

Spring AAA Programs

Elite Power Skating/Conditioning Camp

PROGRAM OF EXCELLENCE

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

A Power Skating Curriculum Consisting of:

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

Group 1 - 8 Sessions

Atom Div 1 & 2

Peewee Div 1 & 2

Saturdays, April 30th to June 25th

Westside Rec Centre

6:00 to 7:00 PM

(No Session May 21st)

Group 2 - 10 Sessions

Bantam Div 1, AA & AAA

Midget Div 1, A & AA

Saturdays, April 9th to June 25th

Rose Kohn

10:45 to 11:45 AM

(No Session April 23rd & May 21st)

8 Sessions: \$349 New Participant / \$329 Past Participant

10 Sessions: \$399 New Participant / \$379 Past Participant

Includes G.S.T. & Practice Jersey

Spring Super Power Skating Hockey Skills and Development

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

Group 1: Ages 7-10+

Saturdays, April 9th to June 25th

Full
8:30 to 11:15 AM

(No Session April 23rd & May 21st)

\$329 New Participant / \$309 Past Participant

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

Group 2: Ages 9-12+

Saturdays, April 9th to June 25th

Rose Kohn

9:30 to 10:30 AM

(No Session April 23rd & May 21st)

\$329 New Participant / \$309 Past Participant

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

New Group 3: Ages 7-10+

Saturdays, April 9th to June 25th

Rose Kohn

1:30 to 2:30 PM

(No Session April 23rd & May 21st)

\$329 New Participant / \$309 Past Participant

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

Rex Tucker

Head Power Skating Instructor



T.H.E. Way to Success!
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Programs Which Deliver Results!

Summer Season Programs

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Tucker Hockey
Programs that Deliver Results

**Register
Today!**

Elite

Power Skating/Conditioning Camp

PROGRAM OF EXCELLENCE

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

A Power Skating Curriculum Consisting of:

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

Register Early - Spaces Fill Quickly!

Testimonial

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

- Darren Martin, Calgary Royals AA Player

\$279
New Participants

\$259
Past Participants

Group 1

Atom Div 1 & 2

Peewee Div 1 & 2

August 8th to 12th

Max Bell #2

6:00 to 7:15 PM

Group 2

Bantam Div 1, AA & AAA

Midget Div 1, A & AA

August 8th to 12th

Max Bell #2

6:00 to 7:15 PM

Rex Tucker

Head Power Skating
Instructor

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

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



Special Summer Offer For Minor Hockey Players



Tucker Hockey

Programs that Deliver Results

SUPER POWER SKATING

Group 1: Ages 7-10

Super Power Skating

Monday, August 15th to Friday, August 19th
5:15 to 6:30 PM Rose Kohn

Group 2: Ages 9-12+

Super Power Skating & Hockey Skills Development

Monday, August 15th to Friday, August 19th
6:30 to 7:45 PM Rose Kohn

Group 3: Ages 7-10

Super Power Skating & Hockey Skills Development

Monday, August 22nd to Friday, August 26th
5:30 to 6:45 PM Rose Kohn

Group 4: Ages 9-12+

Super Power Skating

Monday, August 22nd to Friday, August 26th
7:00 to 8:15 PM Rose Kohn

Group 5: Ages 7-10

Super Power Skating

Monday, August 29th to Friday, September 2nd
5:30 to 6:45 PM Optimist

Group 6: Ages 9-12+

Super Power Skating

Monday, August 29th to Friday, September 2nd
7:00 to 8:15 PM Optimist

Hockey Skills Development:

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

\$249 New Participants

\$229 Past Participants

Testimonial

"I noticed an immediate improvement to my son's skating skills after attending your program. This increased skating ability resulted in the desired improvements in his game and I believe that he had a very successful and enjoyable year as a result."

- Bruce Lavoie, Father of Alan

TOP 5 REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
- Tucker Hockey Practice Jersey & G.S.T. Included

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035



Exceptional Hockey Value!



Introduction to Checking Tucker Hockey

Programs that Deliver Results

Summer Checking Programs

Group 1: Ages 10-13+
Tuesday, August 2nd to Friday, August 5th
6:00 to 7:15 PM Optimist

\$229 New Participants / \$209 Past Participants
(Includes G.S.T. & Practice Jersey)

Our Introduction to Checking Programs:

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



Rex Tucker
Head Instructor

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

Testimonial

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

- Clint Buckler, Minor Hockey Parent

Register Today - Programs Fill Fast!

A Special Service to Minor Hockey Associations

Tucker Hockey Player Evaluations

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

Benefits of Tucker Hockey assisting with your player evaluations are:

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

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

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

Rex Tucker Director, B.Comm

- 20 years+ Hockey Instruction Experience
- A Professional Power Skating Instructor since 1997
- Full Time Professional Hockey Coach since 2002
- NCCP Advanced Level 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German and Austrian players for 5 summers at Canadian Hockey Camp – Europe, based in the Czech Republic



Call 403-244-5037 Today!

**13th
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Special Offer For Minor Hockey Teams, Coaches and Players

Tucker Hockey

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

**Super Power
Skating**

OR

**Player Development
Sessions**

Top 5 Reasons to Experience Tucker Hockey:

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



Rex Tucker

**Head Power
Skating Instructor**

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

Testimonial

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

- Derek Dunn, Minor Hockey Coach & Parent

Call 403-244-5037 Today!

Special Winter Offer For Minor Hockey Players!

**13th
Annual**

Tucker Hockey
Programs that Deliver Results

Super Power Skating

Super Power Skating and Hockey Skills Development

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

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Spots!**

Group 1: Ages 9 to 13+

Fridays, January 21st to March 25th

6:45 to 7:45 AM

Rose Kohn

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- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
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Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Testimonial

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

- Lawrence Rosen, Minor Hockey Parent
of Adam

Register Today - Programs Fill Fast!



Calling All Girls! Come See What You Are Missing

Did you know that there are 500 girls registered with Girls Hockey Calgary? Don't miss your opportunity to play exciting, fun and competitive hockey specifically for girls.

Benefits of playing Girls Hockey are:

- All-Female Teams from Novice to Junior levels
- Hockey Alberta Qualified Coaches
- Competitive Teams at all Skill Levels
- Skill Development
- Team Bonding
- Make New Friends
- Elite Teams for Bantam AAA and Midget AAA
- Tournaments and Hockey Alberta Provincials

Girls Hockey Calgary 403-278-9223
www.girlshockeycalgary.com

Girls Building Futures, One Goal at a Time.

Ladies League (Cont't from p. 13)



I think the fact that it's daytime and appeals to all the stay at home ladies and the price is very reasonable. We're not about making money in this league, it's about getting the ladies out there

and having fun.

Is there any information you'd like the general public to know about the League?

The best thing is that we can cater to a variety of women because we have the intermediate level as well as the beginner level. The teams in the Intermediate level have had some experience with hockey or ringette or skating making all teams fairly even. The Beginner level has all ladies who are just starting out. I've had so many moms whose kids play hockey and they always wanted to play hockey but were too scared to try until I pushed them to come out and now they are hooked and can't believe what a rush they get from playing hockey. This is a perfect opportunity for all moms to really understand what their kids go through playing hockey.

What does the future hold for the League? Any plans on expansion?

Hopefully the future holds great things for our league. Perhaps we could have an Advanced level for all those young ladies who just finished college or university hockey. For sure, we would love to expand. It would be great to see more ladies at the beginner level making that big step to come out and try.



**We don't stop playing because
we grow old; we grow old
because we stop playing.**

~George Bernard Shaw

2011 Kids Hockey Advancement Society Fundraising Poker Tournament Announcement



The 2nd Annual Kids Hockey Advancement Society Fundraising Texas Hold 'Em Poker Tournament will be held on Friday, March 18th, 2011 at the Stampede Casino located at 421, 12 Avenue S.E.

Last year we raised \$8,700 for KidSport, this year our goal is \$12,000.

Once again, Tucker Hockey and SeisWare International Inc. will be the tournament sponsors, volunteering their time and efforts to ensure a successful tournament.

This year, due to last year's overwhelming support, we've decided to expand the tournament registrations to 150 players. If you'd like more information, to participate in the tournament, or provide tournament sponsorship please email Christyne at programs@tuckerhockey.com.

TUCKER HOCKEY - TOP 10

WHY EXPERIENCE TUCKER HOCKEY?

BECAUSE YOU WANT TO...

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



Tucker Hockey Guarantee**

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

We Will Guarantee the Following:

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

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

Hockey from “The Importance of Wearing a Mouth Guard” Perspective

An Interview With Julie Stang, RDH

Julie, tell us a bit about yourself.

I am a Dental Hygienist in the Calgary area and have been in the dental field for over 20 years! My interest in the field are Prevention and Protection in Dental Hygiene and Sports Injuries.

What made you choose to go into business for yourself?

I have two teenage kids in sports and was encouraged by my husband to find a better mouthguard, make them for a reasonable cost and open my own business.

Why Mouth Guards?

Easy! My kids have always needed them. My son has been playing lacrosse since TYKE and they needed to wear mouthguards. I had had that one made professionally for my son 6 years ago and it cost \$150.00! It lasted two weeks and it was flat! My thought was: there must be something better out there! Off I went to the U.S., found the training and courses and the materials to make them.

How long has Xtreme Mouthguards been operating?

Xtreme Mouthguards is in it's fourth year of operation. All of my customers have come by Word-of-Mouth and I greatly appreciate their referrals!

What types of mouth guards do you offer, and what are the differences between them?

We offer PRESSURE LAMINATED mouthguards. They are usually a two or three layer mouthguard, each layer is formed and cooled one at a time, allowing for complete customization in biting thicknesses.

What is the price range for your mouth guards?

They range in price from \$55 for single layers, \$85 for double layers to \$110 for triple layers and up for custom colours. Logos and players names are included in the cost.

There are mouth guards out there that are of different colors, have logos on them, look like various things

such as vampire teeth, flags of various countries or have their names printed on their mouth guard. What is your company product line in this area?

Xtreme Mouthguards will do custom colours, logos, team logos and graphics with limitations. We do not create the graphic designs as this would cost significantly more, I would refer those out. I prefer to have the cost go into the quality and proper fit of the mouthguard.

Are there different types of materials used for different mouth guards? Which one in your opinion is better and why?

There are many version of mouthguards out there, even the custom fit ones! Some have poor quality material that crumbles apart after they have been worn, some are prefabricated layers and they tend to peel apart after use and a lot of them are too thin and flatten out and lose their shape in a couple of week. Newer materials and fabrication techniques have given greater fit resulting in a comfortable, durable and more protective mouthguard than what we once had available to the dental field. All at a lower cost!

What makes a mouth guard fundamentally important to the game of hockey? And why should players wear them?

Mouthguards ARE a protective piece of SAFETY EQUIPMENT. Mouthguards, in conjunction with a helmet, most likely will eliminate tooth injury, reduce trauma to the lips, tongue and jaw and may reduce the severity of a concussion when they are properly worn.

cont'd p. 35



A Little Hockey Humour

You Know You're An Avid Hockey Fan If...

- * Your idea of serving breakfast is giving each of your kids a fork and dropping an Eggo in the middle of the table.
- * You reprimand your children with "minors," "majors" and misconducts."
- * When you come to a traffic signal and the light turns green, you stop.
- * When you come to a traffic signal and the light turns red, you get really excited and chant, "He shoots! He scores!"
- * You call a trip to the Hockey Hall of Fame a "pilgrimage."
- * You went into a bank because it advertised "Free Checking"....and walked out disappointed.
- * You can pronounce anything in French, yet you have no idea what it means.
- * Everything in your wardrobe is your team's colors.
- * You deck the guy who says, "Check, please."
- * When someone says, "two minutes" you respond, "What for!?"



Celebrating Esso Minor Hockey Week

The Guinness Book of World Records recognized Esso Minor Hockey Week, which will run this year between January 21 - 29, 2011, as the largest ice hockey tournament in the world. The record was set January 5 – 13, 2007 when 664 teams and 10,922 players took part here in Calgary. The tournament has brought Calgary teams together for 39 years and this year will be Esso's 31st year as title sponsor. The tournament is prestigious in the minds of so many Canadian kids. It's a chance for players from novice up to midget levels to get together for fun and competition. For some kids it will be the only tournament they will play in all year. No event of this size can run smoothly without a very dedicated group of volunteers, parents, officials and players. So hats off to the countless number of volunteers each year who provide the kids approximately 11,000 in Calgary and other parts of Canada with the opportunity to play.

"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)



Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 4th Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Tucker Hockey is committed to contribute the volunteer time and the effort as required to ensure the continuing success of the Society.

We look forward with great anticipation to this year's tournament, tentatively scheduled for **Wednesday July 27th, 2011**, at the Inglewood Golf and Curling Club.

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

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

In July of 2010, the Society raised \$15,000 to help children acquire hockey gear and register for organized hockey through Kidsport of Calgary. An additional \$5,000 was raised which will directly sponsor deserving children through the Society's own program, which was launched in 2010.

The goal in 2011 is to once again provide funds to Kidsport of Calgary. The funds will create an opportunity for children to play hockey. The Kids Hockey Advancement Society will also expand its own program which sponsors deserving children directly. Thanks to a solid base of wonderful loyal sponsors since the Society's inception and the addition of amazing new sponsors that came on board in 2010, the Society experienced incredible growth over a short span of just three years! The Society's fund-raising efforts produced \$10,000 in 2008 and doubled to \$20,000 in 2010! We are confident that new records will be set again this year!

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

Support the Society By:

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

Please call **Nick Radmanovich at 403 - 829 - 2993** / Tournament Director if you have any questions regarding this year's golf tournament or if you require additional information.

Please get involved and feel good about giving back!

Rex Tucker
President, Tucker Hockey

KIDS-HOCKEY.ca

ADVANCEMENT SOCIETY



Presents their Fourth Annual
**Fundraising
Golf Tournament**

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

Limited Space! To Avoid Disappointment Register Online Today at:

www.kids-hockey.ca

Tentatively

Wednesday, July 27, 2011

Inglewood Golf Club

19 Gosling Way S.E.



How You Can Help

- Participate with other hockey buddies /golf enthusiasts
- Individual entry fee \$229 includes:
 - Green Fees and Power Cart
 - Sirloin Steak and Buffet
- Donate Tourney & Live Auction Prizes
- Be a Sponsor - visit website



Contact Nick Radmanovich – Tournament Director at (403) 829-2993 or nradman@shaw.ca for more information.

The Right Zone



By: Michael White

In this edition of Hockey Zones, I wish to focus on the power of being in the right training zone. All training regardless of the sport requires the right mental techniques.

Below are some basic methods to enhance your results while doing your physical activity.

- Develop a good workout rhythm – maintain your workout at a consistent level throughout – from start to finish including warm up and cold down.
- Visualize the end result – project positive energy, and imagine yourself at peak performance.
- Incorporate conscious breathing into your workouts – optimize your breathing patterns. Your body needs oxygen to perform at an optimal level and to also speed up the recovery phase of your workouts.
- Use positive cue words to enhance your training – words such as breathe, relax, and focus. They will make you more confident and energize your workouts.
- Don't give up – keep your eyes on the prize.

Here are some ways to maximize your workout and post-workout recovery.

- Try to maintain a regular sleep schedule - get enough sleep - minimum 8 hours per night.
- The purpose of the bedroom is for sleep - avoid sleeping distractions such as computers, and TV.
- Having trouble sleeping? Sleep in a dark and cool room. Also include foods with melatonin – oatmeal, sweet corn, rice, tomatoes, apples, oranges, and almonds. Why? Produced by the brain, melatonin is a hormone that works with your body's sleep-wake cycle. Concentrations of this hormone increase in your body as night approaches because darkness stimulates the release of this chemical, causing you to become sleepy. Eating foods containing melatonin is a natural way to help increase the amount of this hormone in your body. Melatonin also is said to help with jet lag and slowing the aging process.

Incorporating these pointers into your workout schedule will allow for a more productive training regimen. It will help you optimize your efforts and assist in achieving your goals. Bring it on! I am better prepared now!



The Merits of One-on-One Coaching

Coaching Innovation

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

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

Top 10 - Advantages of 1 on 1 Coaching

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

One-on-One Testimonial

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

- Trevor Wannop, Father to Spencer

Benefits Outweigh Costs

Concerns often addressed such as:

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

Tucker Hockey - Provides Proven One on One Coaching Results

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

One-on-One Testimonial

"My son started hockey.... at age 11. Before Tucker Hockey he could barely stand up - stopping, turning and skating backwards were pretty much non-existent, and as parents we were worried how he would fit in as a "late bloomer". But the one-on-one sessions he attended with Rex were one of the best opportunities I could give my son - Rex was patient, considerate and so thorough I thought I could skate after just listening to him coach! Rex's own love of the game shows through in his patience, his endless optimism and his ability to build self-confidence and improve skills. My son was recognized by his coaches as being one of the most improved players that they expect will move up at least a division or two..... I truly believe that Tucker Hockey deserves credit for the growth and development we (and his coaches) saw over this hockey season.

Many thanks Rex! "

- Cathy, Mother to Kyle



Pucks, Paradigms and Leadership

This program was developed by former professional hockey player Bob Wilkie. It was a need that Bob saw as a coach and a former player. To many times the teaching points of the game are lost in the distraction of winning.

This CD set comes complete with workbook and 8 CD's covering these topics:

- Habits*- How to make changes
- Attitude*- Keeping a positive one
- Self Image*- Defining who you are
- Goals*- Knowing where are going
- Desire*- The starting point of success
- Imagination*- Visualizing for success
- Communication*- A vital factor to achievement
- Leadership*- What it is and how to become a leader

A great gift idea, THE “How To” manual for enhanced mental performance

Pre Order yours today, this will be released in November of 2010 and a limited numbers of copies will be available initially.

Go to igotmind.com for more information or email
bob@igotmind.com

Mouthguards (Cont't from p. 28)

How does, if at all, a mouth guard protect against concussions?

More and more research is being done and published regarding the prevention of concussions. JAW THRUST concussions usually occur when the upper and lower jaws are slammed shut. Usually a blow or fall to the chin area results in an upward and backward force of the lower jaw to the base of the skull called the fossa. This at times, will result in a complete knock out of the athlete. Two layer mouthguards have the desired thickness between the jaws to prevent this force thereby stopping the impact. CEREBRAL CONCUSSIONS usually occur when a blow to the body causes a sudden jarring of the head, or any blow to the head, neck or face takes place. Studies are showing that a properly worn mouthguard, ONE THAT STAYS IN BEFORE, DURING and AFTER the impact, help to stabilize and strengthen the neck muscles to lessen the movement of the head. (Arc of rotation - back and forth motion)

How long should a player wear his mouth guard before replacing it with a new one?

Once the mouthguard no longer FITS! The jaw bones dimensions change as the child grows and teeth changes also occur depending on their ages. Check your players mouthguard, if there isn't any coverage in the back teeth, chewing area, it needs to be replaced too!

What should a player look for when initially purchasing a mouth guard?

PROPER FIT! Most commercial mouthguards are too large for smaller mouths and too long for all mouths. Stock mouthguards offer little to no protection, Boil & Bite's are slightly better (the better ones are the two part types) these are not comfortable to wear and are usually seen hanging out of players mouths. They should be replaced frequently. Custom mouthguards are recommended because they offer the greatest protection, comfort and wearability.

How does one go about taking care of their mouth guard? Are there special cleaners for them, or can regular tooth paste or mouth wash be used?

Mouthguards should be rinsed after each use and allowed to dry in their containers with holes. They can be cleaned with mild soap and water and can be sanitized with Retainer/Denture cleaning tablets. I also have Sonic Cleaners available to loosen any debris in them.

Are there any misconceptions about mouth guards?

Many. Not ALL mouthguards are equal! Good quality = great protection!

YES, you do need a mouthguard with a helmet

YES, they can last a whole season

YES, we can make them for braces (and Invisalign too!)

YES, they can be made to accommodate lost or growing teeth

CUSTOM FIT is affordable

What makes Xtreme Mouthguards unique from other companies?

We have always offered a MOBILE SERVICE! We will come to your home, office, school and arenas. Please call to book an appointment. We now have a location open for walk-ins on Saturdays. No Appointments Necessary! They are usually delivered within 7-10 days.

What would you like to say to parents and payers about mouth guard education?

More and more studies are being published about the mouthguard protection. They ALL conclude that Custom Fit Mouthguards are by far the most protective mouthguard to have. They are to be considered a piece of Protective Gear-like a Helmet.

Is there any other important information about mouth guards that you'd like to inform the general public of?

The newest Sport Concussion Guidelines have been published and are available through THINK FIRST CANADA and the SCAT2 concussion assessment sheets are there for downloads. Hockey Canada had an excellent resource for gear and mouthguard videos and lectures in their SPORT SAFETY PROGRAM. (My mouthguard is featured in these!) Links to these sites are on my website at:

www.xtrememouthguards.com



Missing the Cut (Cont'd from p. 3)

of my legs.

Jack, what did you do during this time to assist Jordan in achieving his goals?

I basically said to him “You can call it quits, or you can get more focused about your hockey.” After that, I became less involved and stepped back. I basically translated any questions Jordan had during the season, and also asked him how he thought he did, rather than telling him how he did, on the ice. How do you think you fit? We had some really good and healthy discussions.

Jordan, what other steps did you take over the past year to ensure you were selected for the Calgary Royals team?

I talked to players and to some adults that I knew who played at that level. I changed my approach during tryouts, and tried to stand out. I knew I had to work hard and give it all my effort. Just play hockey and forget about the nerves. I had success out of the gate right away, and my confidence grew with each shift I played.

Jordan, who were the key people who helped you this past year to get to your goal of being selected for the AA/AAA team?

My Dad. We had many good discussions; he was a great sounding board and gave me direction. My Mom provided me with healthy meals, and she was a second set of eyes. She provided a good check for both me and my Dad regarding our views, whether we were right or wrong. Also, one of the Coaches of the National Sports Academy showed me how to play hockey away from the puck, and enhanced other hockey skills. Coach Rex of Tucker Hockey helped take my skating to another level. I became stronger and faster, my forward striding is now more efficient, and this season I feel I am applying more of these enhanced skating skills on the ice.

Jordan, how did you feel after making the cut this year?

It was great sense of accomplishment for me. I was elated. My Dad said that I left the rink trying to show a poker face, but once outside I was so happy, I couldn't stop a grin from ear to ear. What was really special about making the cut was that it exceeded my expectations. I went in thinking I would maybe make AA, but I made the Bantam AAA team. I worked so hard for this and I am happy it paid off.

Jordan, what are your expectations this season at the

AAA level?

I would love to be a top scorer, and to be a go-to-guy on the team. I have always been a team player and that's important to me. My confidence keeps growing every week. This is my draft year for the Western Hockey League so I am very focused trying to do well this season.

Jack, what advice would you have for parents whose child is going through the same situation that Jordan experienced?

There are many emotions that a parent experiences in this type of situation, when your child gets cut. However, the sooner you park the negative emotions and move on, the better it is for you and your child. There are many good times to be had in hockey. Don't let an experience like this ruin all of your good hockey memories.

Jordan, what would you tell players who have been cut?

Don't get down on yourself, keep a positive attitude, don't give up, train harder and believe in yourself. What worked for me was not letting anything negative influence me and

cont'd p. 38

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!**



Two Boys in Hockey

By Nick Portman

My two sons, young men now, have been through the Calgary Minor Hockey system and are still playing, one in organized university intramural hockey, and the other shinny and pick-up, when he gets the chance. Even though we live in different provinces, when they come to visit we still get to play together at my over-45 pickup games, where younger relatives are welcomed. These games are a treat for me.

If growing up is a gradual progression from total dependence to independence, then a parent's job is to nurture that development. As parents, we can help our children to find their dreams. We must also help them develop the tools they will need to pursue those dreams. The young adult will choose which dreams he or she will follow. This all sounds simple and straightforward, but it's not so easy. We weren't perfect parents, our sons weren't perfect, and the world isn't perfect either.

In one way, we were lucky - hockey wasn't one of our dreams, so there wasn't the danger of one of us trying to achieve a dream of our own through one of our children. But neither of us had much experience with organized sport and this created problems. In organized sports, you meet every kind of person, with every kind of attitude. We had to find out what approach to hockey would work for our family, and who to trust. That took a long time, and it was sometimes a painful experience, for all of us.

Specifics:

The biggest problem for us was tryouts. We simply did not know how to handle them; they didn't fit with the way we see the world, where the kids would just get to play. Elite hockey and the world of tryouts didn't make sense to us. But that was the system, and it was hell for us. We took tryouts too seriously, and so did almost everybody else (whether they admitted it or not). I can think of very few people I met during those times who would have said that the outcome of the tryouts wasn't important, although there were some. Those people I still admire - for them, hockey wasn't too serious.

The second big issue was the development of hockey skills. How much training does a child need in hockey? Certainly, skating above all else. Learning to skate requires practice.

If the child is going to stick with it, that practice needs to be fun. We were lucky in that we had an excellent power skating teacher in our neighbourhood, and in later years we found Tucker Hockey programs. But in-between the early years of power skating and the later years with Rex was a mixed bag. There are lots of training programs and camps available in Calgary. Some of them are excellent, some of them are poorly run. Some people are great with kids, others aren't. Sometimes what is being taught is a good fit for your child, sometimes it isn't. We could have done a better job of looking out for development programs that didn't just run drills for the sake of drills, without any fun attached. We could have done a better job of finding programs that would be fun for our kids. Learning that the wrong program was worse than no program at all was a hard lesson.

The third issue for us was our degree of involvement in our sons' hockey. This had a positive and a negative side. Eventually we got this right, but, for a while I, the male parent, was too involved. I became too involved in specifics, and neither of my sons needed this from me. This was a big mistake, but I learned, eventually, and made the necessary corrections. On the plus side, the involvement enabled us to do one part of our job well. Parents have to be aware of the people who are training their kids. We have to protect our children from adults with poor attitudes, and also when a normally well behaved adult has a bad day. This part I think we did well.

On the other hand, positives:

We were there for our sons. We went to our sons' games, got involved in volunteering, managing, coaching, and so on. This meant hockey was a shared experience, and now we

Cont'd p. 38



Five Good Reasons to Clean Your Gear



Think about it...
You wash everything except your sports equipment!

#1 In Sports Hygiene
www.nosweatesports.ca

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Phone: 403 | 204-1401

Located in the
Macleod Tr. Co-op
Shopping Centre
(Right beside the Co-op Liquor Store)

Missing the Cut (Cont'd from p. 36)

focusing on the things that I could control, which was my own play.

What recommendations do you have for players who want to make the jump from community hockey to Quadrant hockey next season?

Be determined and focused. Train hard. Don't lose sight of your goals.

Jordan, what are your future plans with regards to your hockey career?

In the short term I would love to be drafted into the Western Hockey League. I wish to play for the Major Midget AAA Royals. In the long term, it would be great to play in the Western Hockey League or the NCAA. Also, in the foreseeable future, I would like to help out other hockey players on the ice by helping out as an Instructor.

Editor's Note:

Jordan Evans was one of only two community bantam hockey players, who tried out this year from the Southwest, to make the Calgary Royals Bantam AAA

team. After being cut the first year of Bantam, the odds of making quadrant hockey, are against any player making it as a 14 year old. Jordan Evans beat the odds to not only graduate to play Quadrant AA hockey but play Bantam AAA.

Jordan was not lucky. This young man overcame adversity. He believed in his hockey abilities, kept his hockey goal alive, never gave up on his dream, and increased his focus, training and work ethic. This fine young man persevered to turn missing the cut - into a success story.

Jordan, you can play any day on the Tucker Hockey team – there's an instructor's track suit waiting for you. Coach Rex is looking forward to working soon with you, mentoring you and having fun on the ice during an upcoming Tucker Hockey Minor Super Power Skating and Hockey Skills Program!

Congratulations again on your inspiring accomplishment and best wishes with your future hockey endeavors. Go Jordy Go!!

"Continuous effort - not strength or intelligence - is the key to unlocking your potential."

~ Liane Carlos

Two Boys (Cont'd from p. 37)

have plenty of shared memories to look back on and talk about. And there are plenty of laughs too. I think that's part of the glue that holds a family together, and it provides a solid foundation for the children to grow from.

Our second big positive was letting our sons decide how much hockey they wanted. There is a world of potential for most children in Canadian society today. We live in a competitive world where there is a lot of pressure to achieve. This puts pressure on adolescents just as they are developing the tools to deal with those pressures. They have to make choices about what they wish to pursue at school, which dreams to follow. One of our sons decided, much to our surprise, to pursue his hockey dreams. We supported him, helped him get the tools and training he wanted, and we did this on the understanding that we'd do that as long as he was willing to work at it. He took it as far as he wanted to, and then he let it go. Our other son switched to recreational hockey when the Rec League started in Calgary, and thoroughly enjoyed his years of playing in that league.

Letting our sons decide also led to each of them wanting more skill development. During their early teen years, both boys took up skill development with Coach Rex. They worked on the skills they wanted to pursue. But a hockey skill, say, for instance, a breakaway deke, is really a mixture of skills. Our sons' training inevitably broadened to develop all the individual skills they needed to achieve a particular objective. Because they wanted to pursue particular skills, drills they otherwise wouldn't have chosen were now okay. With Rex's help and guidance, we let the boys make the choices, but that led to general development.

The third big positive was enjoying the game. Fundamentally, we all love hockey. When our sons were living at home with us, we watched the Olympics together, the Worlds, sometimes the Juniors, many Flames games, and we played together when we got the chance. When the opportunity arises we still do. The shared experiences, the memories, those are important to all of us.

So is the fact that both young men still play.

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

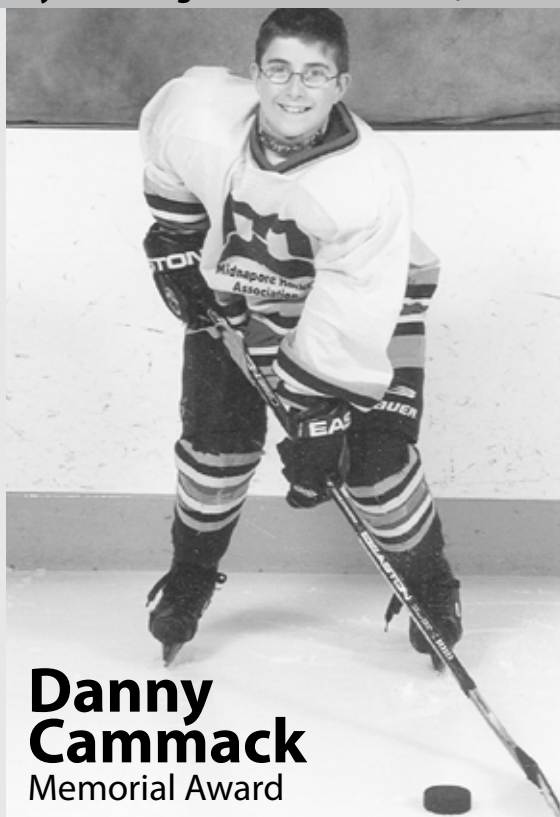
Since 2004, Tucker Hockey has offered over 40 free programs to various Minor and Adult Hockey Players. Giving back more than \$10,000.

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

Christmas 2009 - Quincy Running Rabbit

Spring/Summer 2010 - Adam Rosen

Fall 2010 - Brittany Ragan

Christmas 2010 - Cade McNeil-Roberts

Thank you everyone who entered -

with the high calibre of entries it was difficult to select just one winner!

Why I Love Hockey!

It felt great the first time I wrist shot the puck top shelf !

So, I wanted to improve.

That winter I had a rink in my backyard.

I practiced every day for forty minutes.

The next practice my coach said I was a natural.

I like the pressure of another player rushing towards me.

I like when you hit the sweet spot on your stick and you hear it.

I like when my brother plays hockey with me outside.

I like when my mom is there, it gives me confidence.

Hockey helps me get things off my mind.

~ Cade McNeil-Roberts

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Adult Recipients

Fall 2009 - Tom O'Sullivan

Winter 2010 - Len Moriarity

Spring/Summer 2010 - Roger McPherson

Fall 2010 - Arend Terae

Winter 2011 - Ken Berze

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, Head Coach - Edmonton Oilers

"We have tried other programs... and while each had some benefit (i.e. 3-on-3 was great for puck control and confidence!) none compared to your programs from a skating development and professional perspective."

- Bruce Lavoie, Minor Hockey Parent

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

- Trevor Wannop, Minor Hockey Parent

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

- Murray Cotton, Minor Hockey Parent

"The very best thing was the encouragement. When I started with Rex I wasn't a very good skater and I found all the time I was encouraged to develop. I had had 2 or 3 positive comments and... instructed at a level I could deal with to move me up a notch. So rather than being bombarded with all of the things I needed to know... skating wise I was able to progress notch by notch and feel real comfortable all the time I was doing it. And Rex was able and his instructors were able to get that across to us, to everybody, individually while we were on the ice....."

- Nick Portman, Adult Rec. Participant

"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, Development - Canadian Women's National Teams

"As a player, you may not realize you are doing anything wrong, or you just think you are doing everything right. However, it wasn't until Rex Tucker, one of the best power skating instructors out there, tweaked my skating skills that I learned about my potential to improve...Rex is very passionate about the game and he cares about the players that he gets out. I think he's been awesome... I have to say I improved dramatically. I learned a lot of little things to get a step on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now....There is no such thing as a perfect skater, but there are great skaters. I now feel that a player's skating skills will always have room for improvement....no matter what level of play.....Thanks for your help Rexy !!..."

- Mark Bomersback, Semi-Pro Hockey Player

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

- Andrew Woolley, Father of Tim