

Hockey Zones

Tucker Hockey's official newsletter-reinforcing hockey's **POSITIVES** to all ages!



Chemistry on Ice

It Takes More than Just Talent

Tucker Tips

Oxford's Dictionary defines the word chemistry in the following way: "The science of the elements and compounds and their laws of combination and change resulting from interactions between substances in contact".

Chemistry can create some very special moments and memories. We witness chemistry throughout our day to day living from personal relationships, dance partners and unique friendships etc. On occasion a person will have the rare and unique experience of meeting someone for the first time but feel like he or she has known this individual most of his or her life. It's a very special and comfortable feeling.

When relating chemistry to hockey, championship teams have special chemistry on and off the ice. The Montreal Canadiens, New York Islanders, and Edmonton Oilers dynasties besides having incredible talent had exceptional chemistry on the ice as well. It's a necessary and paramount ingredient in building a winner.

Chemistry on the ice between players is a special thing to watch! Players pass the puck

around, make incredible plays and score hi-lite reel goals. From a viewer's perspective, it appears players who showcase great chemistry on the ice know exactly where their teammates are going to be on the ice!. Players make behind the back passes, blind passes, anticipate their teammates tendencies on the ice and work incredibly well together!.

Individual as well as team success truly depends on the degree of chemistry on the ice. When thinking about hockey chemistry on the ice the following players come to mind over the years. Gretzky and Kurri, Trottier and Bossy, Kariya and Selanne, and Iginla and Conroy a couple seasons ago just to name a few. I am sure you can think of many many more? Jarome Iginla experienced an out standing 2002 season winning the Art Ross and Maurice Richard trophies. . However, Iginla would be the first to admit... with out the special chemistry and play from Craig Conroy... the exceptional season of 2002 would not have been possible.

Several season's ago during the 2003 NHL campaign, I remember viewing a couple games on

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**"Chase your Passion,
Not your Pension"**

-Edward James Olmos

**"Choose a Job you Love and
You Will Never Have to
Work a Day in Your Life"**

-Anonymous

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Adult Hockey Philosophy

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

Minor Hockey Philosophy

"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 was important in the life of a child."

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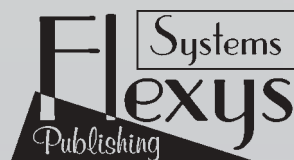
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Chemistry on the Ice (cont'd.)

television which illustrated good and bad chemistry. After the first two periods of a Flames vs. Bruins game, Glen Murray had scored three goals. During the second intermission, the television interviewer complimented Murray on his great play. Murray stated "It sure helps to be playing with a player like Joe Thornton... we have great chemistry on the ice!!"

When watching the
Rangers play

during the same week, I observed the lack of chemistry between Pavel Bure and Eric Lindros who were playing on the same forward line. They could not get anything going on the ice! Even when seated on the player's bench, these two players did not communicate i.e discuss their play, strategies or tactics on the ice. The move by Trottier, the coach at the time, to keep two highly skilled players together did not work out. There was very little if any chemistry – and little or no scoring production !

For anyone who as played the game, I am sure he or she have experienced a situation where there's great chemistry among line mates/teammates. Playing

the game is fun, but where there's no chemistry, playing becomes a chore and a very frustrating experience!

It's important for coaches to recognize the presence or absence of chemistry.

Coaches and their players need to communicate so as to make necessary adjustments throughout a game or season to enhance overall performance.

A talented team will win games, even series – but not championships, unless the team displays great chemistry on and off the ice!

During this years training camp schedule, I heard Darryl Sutter, Head Coach of the Calgary Flames say to a sports reporter, "We are still trying to find chemistry with our forward lines". Sutter is a very smart hockey coach, who is constantly searching for the right chemistry with his forward lines and overall team play.

Food for Thought

A talented team will win games, even series – but not championships, unless the team displays great chemistry on and off the ice! The Calgary Flames of 2003/04 had great team chemistry, which elevated the team to the Stanley Cup Finals!



Next Issue:
Winter 2006

Features

- People at the Rink: Hockey from a Manager's Perspective
- The Proper Way to Stretch – Static & Dynamic
- Coaching and Instructing Hockey – Different Roles
- Coach Rex's Corner – Forward Stride

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Fall 2005 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–



Referee Treatment

Stop the Abuse!

By Martin N. Walker
Coach and Parent, Calgary

We hear a lot about abuse these days, and we're supposed to be on guard against it. We're also told about the positive benefits of hockey, and team sports in general. To help our children develop, we give them into the hands of coaches. The amount of abuse many – not just some – of those same coaches pile onto referees is horrific.

A midget game is getting out of hand. The coach of one of the teams screams abuse at the referees. In the stands, two fathers, both past presidents of a Calgary community hockey association, join in. The rest of the parents add their shouts. The

referees get tired of it, and after repeated warnings, throw the coach out. The parents (including the past presidents, both of them ex-coaches) only shut up when one of the players turns around on the bench and holds

up both of his hands to quiet them. The game resumes, and is played to the end. The team goes to the dressing room. The coach, in his fury, has trashed it. Why do many hockey players grow up with behavioural problems centred around lack of self control? At least the referees behaved like adults, even if their refereeing wasn't perfect. Who among us can say their coaching is perfect?

An invitational tournament, teams come from all over, Peewee age. One of the coaches doesn't like a call. He asks the ref to come over and says, "Do you know what we do with guys like you in Saskatchewan? We tie them to a tree and shoot them." To a sixteen year old.

Two assistant coaches are yelling at one another. The games are in one of those rinks where the benches are very close – there's only a few feet separating these guys. They're middle aged, both out of shape, but they continue to turn up the invective. Eventually, to prevent a fight from erupting then and there, the referee throws them both out. It happens that one of them is a father that the teenaged referee knows. After the game, that father finds the referee, apologises and thanks him for saving him from doing something stupid. What's wrong with this picture?

The first season my son refereed, I think he was thirteen, I went to the games with him. I never had to protect him physically, but emotionally, yes, we had lots to talk about. He was not prepared for the abuse from adults, especially the coaches, men he'd always looked up to. Then he learned that the abuse wasn't about him, or his refereeing, but that these adults had

Cont. page 5

Ref Abuse Could Lead to Team Cutbacks

Editor's Note: Unfortunately, Referee abuse is prevalent in sports other than hockey as well. Sad but true. Read on!

By Sarah Kennedy, Calgary Sun
Reprinted with Permission

The number of Calgary amateur soccer teams may have to be cut back because of the number of referees being forced out by abuse, say officials.

Scott Mabee of the Calgary Minor Soccer Association said every year the association loses about 80 per cent of its referees, making it difficult to properly officiate every game.

"It could mean we can't accept as many teams or we may have to have games without referees and parents would have to do it," he said yesterday.

Mike Seifert, referee program co-ordinator for the Alberta Soccer Association, said the problem is not in recruiting referees but retaining them.

"We can't keep them for over a year," he said.

"We conducted a large survey last year and the majority said the reason they quit is because they don't need to take that crap from the sidelines."

The problem could be compounded as officials within the associations are considering whether to stop allowing 12-year-olds to referee games, said Seifert.

The problem is not in recruiting referees, but retaining them. "We can't keep them over a year!"

"There are lots of cases where we have referees who are 13 or 14 and coaches or parents are yelling abuse at these kids," he said.

"In my mind, I can't comprehend that."

Mabee said the Calgary association has implemented a program out of Ontario called Just Play

which requires referees to rate coaches, players and spectators after each game to pinpoint the exact problems for the association.

"If refs are having problems with players but not throwing them out of the game then we may need to re-educate the refs," he said.

Referee Treatment (cont'd.)

their own problems, they were angry and not always in control of themselves. An important lesson, but one that should not need to be learned at the age of thirteen.

Unfortunately, there are many people, in the stands and on the benches, that seem to believe that once someone puts on that striped shirt, he (or she) is fair game for abuse.

As a coach, as a team manager, and as a parent, there have been times when I've been angry too. My particular hot button seems to be when one of my players might be hurt, a dirty play with no

call. We all have our hot buttons. But the number of times a few words progress from a question or a comment to personal abuse, is something those of us involved in hockey need to get under control. Too often, we don't even try the question or comment, but move directly on to abuse.

It's bad enough when it's targeted against adult referees. It's even worse when the kids are referees – they don't have the equipment to deal with abuse from the grown ups they're supposed to respect. Whether our kids are on the ice as referees, or as players, we do them a great disservice by allowing

this behaviour to continue. Each and every one of us, on the benches and in the stands are responsible.

It is our responsibility to be in control of our own actions. If we don't accept that responsibility and act on it, than we shouldn't be in the stands and most definitely not on the benches.

Abuse is not fun. But I'll bet you one thing – if a referee enjoyed the game, then chances are it was fun for everyone involved. Isn't that what hockey's supposed to be, first and foremost?

All true stories.

A Review With a Refreshing Slant

Coach Lyle's Tip Sheet

What is good for the coaches in minor hockey is also good for the Parents to understand what and how the Coaches are really trying to accomplish.

The 3-P's of Coaching Philosophy plus Lyle's Number 4

1. **Positive**— Verbally and body language: always.
2. **Patience** — The minor hockey players develop physically, mentally and neurally at quite different rates from 10 to 20 years old. Let them grow into their game at their own rate. Just make sure they are being taught the correct Techniques.
3. **Prepared** — Practice plans and game plans that have micro and macro objectives using learning objectives in an upbeat and fun atmosphere must be prepared in writing well in advance. Plan well and be prepared to improvise.
4. **Persistence** — Persistence is your mechanism that drives the 3-P's to successful teaching and coaching.**

*Thanks to the Hockey Canada National Coaches Certification Program; Ken Hitchcocks 6 X R's. **Remarks are those of Coach Lyle.*

Another Slant to Coaching Success Six R's of Respected Team Leaders

Ken Hitchcock — Head Coach, Philadelphia Flyers

1. **Role Model** — All leadership begins with self-leadership. You must make the commitment to the process of developing your leadership skills.
**A 24-hour Duty.
2. **Remind**— Continually remind your players about what is important and that the commitments and sacrifices that they are making will payoff in the end.
*e.g., proper technique in all aspects of skill development.
3. **Reinforce** — Reinforce the positive strides your players make...builds confidence and fuels a positive momentum and environment on your team.
**No negativism.
4. **Reassure** — In times of stress, give the players a sense of hope and optimism.
**Lead by Example.
5. **Refocus** — Refocus negative thoughts on something more positive and productive.
**No room for negative pounding because of poor results in practice or games.
6. **Reprimand** — You must have the ability to constructively confront and reprimand your players when necessary. You must hold them accountable to live up to and maintain your team's rules and standards.
*Develops Discipline for player & coach.

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Friendship Thoughts

By Garvin "Art"

- A friend is a present you give to yourself!
- Friendship is an art, very few people are born with a natural gift for it!
- The most beautiful discovery that true friends make is that they can grow separately without growing apart!
- There is one thing better than making a new friend, and that is keeping an old one!
- A cheerful friend is like a sunny day, which sheds its brightness all around!
- The best time to make friends is before you need them!
- Silence is a friend who will never betray you!
- Live so that your friends can defend you but never have to!
- Stay is the most charming word in a friends vocabulary!
- Friendship flourishes at the fountain of forgiveness!
- Friendships, like geraniums bloom in kitchens!
- Friends are the family we choose for ourselves!

"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 athletic training."

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



Hockey from a Player's Perspective

Adjusting from Junior A Hockey to Collegiate Hockey

Editors Note:

Whether making the jump from Pee Wee Div 1 to Bantam AA, Bantam AA to Midget AAA, Midget AAA to

Junior A, Junior A to Collegiate, Collegiate to Semi – Pro, or Semi Pro to Pro, many players often discover the tough realities – just because you excelled at one level, there's no guarantee you will perform well at the next level!

Currently, the next one, Sidney Crosby, is learning about the speed and strength of players in the NHL. It's an adjustment for him at this stage in his promising hockey career. For example, Alexandre Daigle has not lived up to the hype and promise of his Major Junior hockey days with his play at the NHL level! So many players cannot make the adjustment and therefore do not excel at the next level.

Mark Bomersback, who is the all-time leading scorer in the Alberta Junior A hockey league, will play his third year of Collegiate hockey with Ferris State this upcoming season. Mark discovered quite a difference between Junior and Collegiate play. While working for Tucker Hockey over the Summer months, Mark was kind enough to openly and honestly share his thoughts about his adjustment to the Collegiate game.

Thanks Mark, I trust it may help other elite players who aspire to take this hockey journey or a similar route. Good luck on your road to the NHL!

By Mark Bomersback, All-time Leading Scorer Alberta Junior Hockey League, Ferris State University – Third Year Player and Future NHL Prospect

When playing in Junior A hockey and dominating the league, you don't really think about the next step or improving your game to get to the next level. I dominated the Alberta Junior

A for four years doing better and better every year and thought that when I advanced to the College level I would dominate there too! Well, I have to say that I was wrong!

The speed of the game is faster, players are stronger, goalies are better and the checking is tighter. These four aspects of the game were the biggest adjustments for me.

It's a totally different game at the Collegiate level. Some of the biggest changes from playing Junior A and Collegiate are the speed of the games.

I dominated the Alberta Junior A for four years doing better and better each year and I thought that when I advanced to the College Level I would dominate there too! Well, I have to say that I was wrong.

Everybody is in pretty good shape and the game just never slows down and the minute you take a shift off you are going to look bad out there.

Also, the physical aspects of players are different because everybody trains hard, players are bigger and stronger making it harder to win one on one

battles and knock a guy off the puck. With the games being so fast you have less time to think out there, somebody is always on you.

The goalies are a lot better too. Goalies especially cut down on their angles not giving you much room to pick a corner to score.

The game at the collegiate level is more tight checking and every team has it's own system not allowing players to free wheel around the ice. When you have the puck you better be thinking beforehand what you're going to do with it!

Editors Note:

If a player aspires to excel in hockey and advance up the ladder of success, he or she must always keep working hard to hone his or her skating and hockey skills.

A good example was Hockey Hall of Fame Inductee, Paul Coffey, who played in the NHL for over 20 years and one of the best skaters to ever lace on the blades.

During the prime of his career, Paul was quoted as saying. "It's important to keep trying to consistently improve... I know I'm still there".

If

If you can keep your head when all about
you are losing theirs, and blaming it on you,
If you can trust yourself when all men doubt you,
but make allowance for their doubting too;
If you can wait, and not be tired by waiting,
or being lied about, don't deal in lies, or being
hated, don't give way to hating, and yet don't
look too good, nor talk too wise:

If you can dream – and not make dreams your master;
If you can think – and not make thoughts your aim;
If you can meet triumph and disaster and
treat those two imposters just the same;
If you can bear to hear the truth you have spoken
twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken, and
stoop and build them up with worn out tools:

If you can make one heap of all your winnings
and risk it on one turn of pitch – and toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and
sinew to serve your turn long after they are gone,
And so hold on when there is nothing in you
except the will which says to them “HOLD ON”!
If you can talk with crowds and keep your virtue,
or walk with kings – nor lose the common touch:

If neither foes nor loving friends can hurt you,
If all men count you, but not too much;
If you can fill the unforgiving minute with
sixty second's worth of distance run,
Yours is the Earth, and everything that's in it,
and – which is more – you'll be a Man, my Son!

-Rudyard Kipling



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 the 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.

Character

In matters of style,
swim with
the current...
in matters
of principle,
stand like a rock.

-Author Unknown



Player Evaluations

For Parents, Coaches and Players

Evaluations in community hockey for 2005/06 will be very near to completion by the time this article hits the press.

Since history tends to repeat itself, probably at least a third of parents and players and often even the coaches are not pleased with the way the placement of players were evaluated and teams assigned.

The boldness of the above statement is a rather brave approach to viewing the most recent evaluation exercises but it is not for reasons of false courage. It is likely a very truthful prediction from my own experiences with the process, evaluations have been a bone of contention and grist for discontent, rightly or wrongly, on an annual basis at this time of the year, as sure as the farmer's are doing their fall harvest; flu shot's are being touted; and with the start of a new school year, the player's of both genders are reassessing or reaffirming who this year's "crush" is going to be.

So the conundrum among all the Minor Hockey population is valid for thoughtful recognition. Do not let it be some kind of negative influence on the season like some dark cloud of self inflicted embitterment that often times during the season, festers into vocal abuse and rains down upon all the players, coaches, officials and fellow parents and relatives in attendance.

When that disruption by a few happens, we, the majority, plus a few converts by then, should neither cower under our virtual auditory umbrella nor ignore the onslaught of any abuse. Retaliation in kind is not an option. We must first keep in mind that we have, first and foremost, parents, friends and relatives who are very pleased with the participation, sportsmanship, skill development and enthusiasm of the players.

It behooves us all to understand the current process of determining: "grouping players of varying sport specific [hockey] skills; varying athletic coordination and skills; physical sizes; learning skills; attitude; and enthusiasm". Then to match them with other groups throughout the organization so parity within like divisions and levels are achieved. With very, very few exceptions, the following is true: **"Parity breeds the best of entertainment and development of the players"**.

To process the "Evaluation" to the most optimized level of parity, fairness and enjoyment for the Minor Hockey Athlete, takes many volunteers (the majority being parents and maybe some outside individuals or development organizations); plus, administration staffing from community roots through association, provincial and national who are touched. Not to be naïve, some friends involved will have personal agendas that they will pursue.

Understand the process; then address the people.

Attitude

The currents that
define our dreams and
shape our lives
flow from the
attitudes we nurture
every day

-Author Unknown

Desire

Success is focusing
the full power
of all you are on
what you have
a burning desire
to achieve.

-Author Unknown

Persevere

On the road
to success you can
be sure of one thing...
there is never
a crowd on
the extra mile.

-Author Unknown

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A Coaching Creed

Be a resource person able to assist the athlete to develop his/her athletic potential and self-dependency.

Recognize individual differences in athletes and always think of the athlete's long term best interests.

Aim for excellence based on realistic goals and the athlete's growth and development.

Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents and proper attitudes in language, dress and deportment.

Make sport challenging and fun.

Skills and techniques need not be learned painfully

Be honest and consistent with athletes.
They appreciate knowing where they stand.

Be prepared to interact with the media, league officials and parents. They too have important roles to play in sport.

Coaching involves training by responsible people who are flexible and willing to continually learn and develop.

Physical fitness should be a lifelong goal for all Canadians.
Encourage athletes to be fit all year, every year
and not just for the season.

Source: Hockey Canada



The Merits of One-on-One Coaching

Throughout the year, there are many group hockey development programs to choose from: power skating, hockey skills, checking, three-on-three and conditioning, etc. However, if a player is serious about reaching his or her short and long term hockey goals, they must consider one-on-one coaching

Advantages

There are many advantages of private/specialized one-on-one sessions, including.

- More personable – players receive closer attention
- Proper assessment of a player's skills
- Customized on-ice programs to suit needs and abilities
- More hands on approach/input from parents/players
- More effective way to bridge the skill gap and speed up the improvement

- process every time a player skates
- Times and dates determined by parents/players – better suited to a busy schedule (before and after school)
- Enhance hockey skills as well as life skills, self confidence and self esteem
- Qualified and experienced instruction to help achieve short and long term hockey goals

Benefits Outweigh Costs

Concerns often addressed are:

- Programs are more expensive than group programs but the benefits outweigh the costs if a player/parent 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 costs.
- Participants experience guaranteed

improvements and enjoyment – love of the game!

Tucker Hockey Provides Proven One on One Coaching

Please call Rex Tucker at 244-5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures. Visit our website at www.tuckerhockey.com for more information.

Here are two rising stars who have experienced Tucker Hockey one-on-one coaching and taken their game to a higher level:



Mark Bomersback
Alltime leading Scorer in AJHL
3rd Year Player
Ferris State University
Future NHL Prospect

"I thought Tucker Hockey really benefited my overall hockey skills and especially skating skills. As a player, you may not realize you are doing anything wrong or you just think your doing everything right. However, it wasn't until I did about a dozen one-on-one coaching sessions with Rex Tucker, one of the best power skating instructors out there, that I learned about my potential to improve.

I had Rex tweak my skating skills and I have to say I improved dramatically. I learned a lot of little things to get an extra step on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now that I have had Rex Tucker's personal instruction.

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 you play. I plan to continue to hone my skating skills to make it to the next level... the NHL! Thanks for the help Remy!"



'Mac' McIntosh
2005/06 Mount Royal Cougars
Female Hockey Team

"Thanks for all your help with her in the one-on-one sessions and allowing her to assistant-coach with your hockey camps this past August. Your coaching has made a huge improvement in her skating, puck control and most of all... her confidence.

Thanks again for all your coaching help with her this year! It has made the difference."

-Roger, Jessica's Father

Tucker Hockey 2005

Fall & Christmas Minor Programs

Fall Power Skating & Hockey Skills Development

Ten Sessions

Group 1: Ages 9-12 +
Southland Leisure Centre
Fridays 1:45 - 2:45 pm
October 7th to December 16th
(inclusive except November 11th)
\$210 per player (based on 10 players)

Group 2: Ages 9-12 +
George Blundun
Fridays 7:00 - 8:00 am
October 7th to December 16th
(inclusive except November 11th)
\$210 per player (based on 10 players)

Group 3: Ages 9-12 +
Southland Leisure Centre
Mondays 4:15 - 5:30 pm
October 17th to December 19th
(inclusive)
\$290 per player (based on 10 players)

Group 4: Ages 9-12 +
Stu Peppard
Fridays, 3:00 - 4:00 pm
October 7th to December 16th
(inclusive except November 11th)
\$290 per player (based on 10 players)

Minor Super Power Skating Programs

Price includes Practice Jersey,
GST and Ice Time with
Professional Instruction!

Super Power Skating Christmas Programs

Group 1: Ages 7-10

Tuesday, December 27th – 5:45 - 7:00 pm
Southland Leisure Centre

Wednesday, December 28th – 5:15 - 6:30 pm
Norma Bush

Thursday, December 29th – 5:15 - 6:30 pm
Southland Leisure Centre

Friday, December 30th – 5:30 - 6:45 pm
Village Square



**Makes a GREAT
Christmas Gift**

Group 2: Ages 9 - 12 +

Tuesday, December 27th – 7:15 - 8:30 pm
Southland Leisure Centre

Wednesday, December 28th – 6:45 - 8:00 pm
Norma Bush

Thursday, December 29th – 6:45 - 8:00 pm
Southland Leisure Centre

Friday, December 30th – 7:00 - 8:15 pm
Village Square

Christmas Super Power Skating

Just \$169 per player!
Includes GST, Practice Jersey
& Five Hours On-Ice
A Full Power Skating Curriculum

Register online at www.tuckerhockey.com or call 998-5035

Tucker Hockey 2005

Fall Adult Recreational Programs

Level 1

Beginner/Intermediate Players

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

Group 1 – Father David Bauer
Sundays 10:00 - 11:15 pm

October 16th to December 18th (inclusive)
\$299 New Participants/\$269 Past Participants

Group 2 – Stu Peppard
Wednesdays Noon - 1:00 pm
October 19th to December 21st (inclusive)
\$249 New Participants/\$199 Past Participants

Group 3 – George Blundun
Wednesdays 7:00 - 8:00 am
October 19th to December 21st (inclusive)
\$249 New Participants/\$199 Past Participants

Group 4 – Ernie Starr
Saturdays 10:15 - 11:30 pm
October 15th to December 17th (inclusive)
\$299 New Participants/\$269 Past Participants

Level 2

Intermediate/Advanced Players

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 technical skills program. The Level 2 Program includes advanced technical skills, individual tactics – offensive and defensive, team tactics – breakouts, regroupings and defensive zone coverage and conditioning drills plus scrimmage. (Ten Sessions)

Group 1 – Southland Leisure Centre
Mondays 4:15 - 5:30 pm
October 17th to December 19th (inclusive)
\$299 New Participants/\$269 Past Participants

Group 2 – Henry Viney
Thursdays Noon - 1:00 pm
October 6th to December 15th
(inclusive except for November 17th)
\$249 New Participants/\$199 Past Participants

Group 3 – Stu Peppard
Fridays 3:00 - 4:00 pm
October 7th to December 16th
(inclusive except November 11th)
\$249 New Participants/\$199 Past Participants

Fall, Winter, Spring and Summer Adult Programs Available!

Arena Locations

Crowchild Twin Arenas – 185 Scenic Acres Drive NW
Father David Bauer – 2424 University Drive NW
Henry Viney Arena – 814 - 13th Avenue NE
Stew Hendry – 814 - 13th Avenue NE
Stu Peppard Arena – 5300 19th Street SW
Southland Leisure Centre – 2000 Southland Drive SW
George Blundun – 5020 26th Avenue SW
Village Square – 2623 56th Street NE
Norma Bush – 2424 University Drive NW
Ernie Starr – 4808 14th Street SE

Tucker Hockey World of Instruction

The Spectrum of past participants in Tucker Hockey Power Skating and Hockey Skills Development programs have included the following categories of players:

Collegiate • Junior A • Midget AAA & AA
Bantam AAA & AA • Community – Novice to Midget
Initiation • Adult Recreational • Male & Female
Father & Son • Mother & Daughter
Grandfather & Grandson • Husband & Wife

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- "5 Options" attack through the neutral zone into the offensive zone
 - drive skating
 - turn backs
 - delay to the boards, deceptive "tuck and go" move
 - "stop up" delay
 - Gretzky middle cut
- Breakaway shooting and/or deking strategies
- Demonstrating the Goalie's weakest areas

Individual Technical & Skill Development

- Receiving passes with a "firm" stick, and to avoid "cushion/cradle" of the pass
- Shooting in stride of either leg
- Shooting back against the "flow or the grain"
- One time shooting
- Deflections in front of net
- Deflections as player approaches the net
- Wrap around plays at the net
- Puck protection and longer puck possession

Team Scoring Tactics

- Cycling the puck back into the corner when under defensive pressure
- Various options available from Corner Cycling
- Setting a "pick and roll" play during the Corner Cycling
- Setting a "pick and roll" during the offensive neutral zone attacks
- Shorthanded goal scoring attacks and strategies
- Powerplay goal scoring attack and strategies
- End of the Game "Goaltender Pulled" scoring strategies

Transition plays and passing

- How to take the most advantage of offensive zone turnovers
- How to take the most advantage of neutral zone turnovers
- The optimum strategy for the wingers in transitioning from the defensive zone

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Balance and Edge Control

By Rex Tucker

Balance and edge control are the foundation of skating. In order to become a strong skater, a player requires tremendous balance and edge control. Many of the essential skating skills such as starting, striding, crossovers, tight turns and pivots will not be performed well by a player without strong balance and edge control. An illustration to skating is that of building a house. For example, if an individual plans to build a house he/she requires a strong building foundation – i.e. concrete, a basement. A strong skating foundation requires great balance and edge control.

Balance is the proper distribution of body weight over the skates. When a player has mastered balance, they will enjoy greater maneuverability and speed – and until they do the aspects of control and speed will be limited and other players may easily knock them down. When a player masters good balance, it will provide the means to withstand crunching body checks and speedy turns as well as sudden stops and changes of direction. Balance is mainly controlled by upper body positioning and by weight distribution over the skates. Proper development and use of the back muscles is essential. While the legs are the driving force and are used for power and motion, the importance of the back muscles is to keep the upper body still or balanced above the moving skates.

For example, if a player uses too much upper body lean i.e. common mistake of dropping the inside shoulder into the circle when making a tight turn, he or she will fall down. When skating a curve, always remember to keep the shoulders level.

Balance on Two Skates

This skating skill is important when a player is glid-

ing i.e. reading the play or when waiting for a pass. It is also important when checking or being checked by the opposition. Before introducing the art of checking, coaches must have players functionally master the basics of skating i.e. balance, edge control, stops and starts, turns and pivots, and agility. The majority of mistakes made when checking an opponent results from incorrect body position on the skates which is directly associated to skating skill.

Balance on One Skate

This skating skill should be mastered when skating both forward and backwards. A player can never tell when he will be confronted with a body check while on only one skate. An example is a player being hit when in the progress of making a forward crossover.

Balance on the Inside Edges

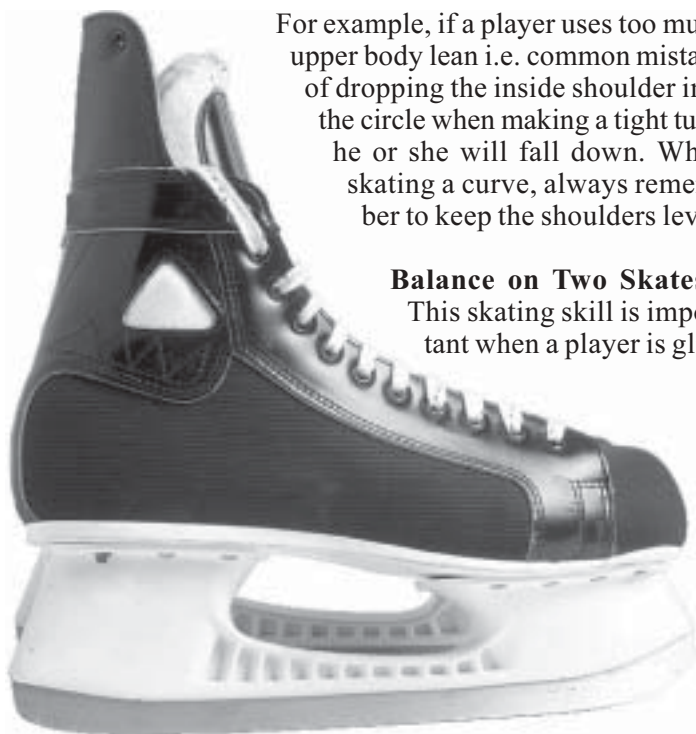
Mainly used for starting and striding, even with a minimal use of the inside edges it will provide greater stability than using the flats of the blades. The more a player digs into the ice with his/her inside edges and bends the knees, the more traction is available and the more difficult it is to get knocked down. Goalies spend the majority of their time standing on their inside edges. When guarding the net, good balance on the inside edges and the proper knowledge of how to use them in a game is essential.

Balance on the Outside Edges

Mainly used for turning and stopping. Balancing on the outside edge is more difficult for beginners than balancing on either the flat or the inside edge. For example, in order to perform a forward crossover properly it's important to cross over from the thighs not the ankles. It's imperative to obtain a full extension – step... crossover... under push... when crossing over (eg. right foot over left foot) to acquire a proper leg extension and to avoid loss of power a player must feel the outside edge of his/her left skate cutting the ice.

To improve balance and edge control of especially young players, various exercises can be performed during warm ups and practices on the ice. These warm up exercises can include: balance on the flat of the blades (i.e. two skates), balance on the flat of the blade (i.e. one skate), balance on the inside edge (i.e. one skate), and balance on the outside edge (i.e. one skate). Specific drills include knee raises, hip openers, cranston sits, groin stretches, leg lifts, toe touching, squats, jumps, hops, shoot the duck, forward and backward C – cuts (inside and outsides edges),

Cont. page 21



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Wednesday, December 28th
8:30 - 10:00 am – Henry Viney

Thursday, December 29th
8:15 - 9:45 am – Henry Viney

Friday, December 30th
8:30 - 10:00 am – Henry Viney

Group 2: Ages 13+

Tuesday, December 27th
9:45 - 11:15 am – Stew Hendry

Wednesday, December 28th
10:15 - 11:45 am – Henry Viney

Thursday, December 29th
9:30 - 11:00 am – Stew Hendry

Friday, December 30th
10:15 - 11:45 am – Henry Viney

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By former NHL & WHA Goal Scorer Morris Lukowich (Luke)

"Shooting in Stride" is a great goal scoring skill to learn. NHLer Joe Sakic has perfected it.

In my years in the NHL, "shooting in stride" was a "scoring weapon" that assisted me in getting into the NHL and to beat goaltenders and light up the red light behind them.

Guaranteed, learning to "shoot in stride" will increase the number of goals you score each year.

"Shooting in Stride" is a scoring skill that can be developed at a young age and which can be perfected as a player develops more strength, power and quickness in releasing the shot.

As a young ten year old hockey player growing up in Saskatchewan, one of the famous quotes that I heard on Saturday nights "Hockey Night in Canada" was spoken by the great Alex Delvecchio, Captain of the Stanley Cup winning Detroit Red Wings and career 456 NHL goal scorer. I clearly remember Mr. Delvecchio say "it is not how hard you shoot the puck, but where and how quick you shoot the puck".

I liked what Mr. Delvecchio said because I was a small player and did not shoot the puck very hard (at the time I heard this I actually had trouble raising the puck let alone shooting it hard). Yet the "NHL Scoring Tip" stuck with me and gave me hope and determination that "quickness and deception" in shooting could make up for the lack of power in my shooting at the time.

Understanding "why" this skill works is

Shooting in Stride How to Shoot Like NHL Great Joe Sakic

the first step. "Shooting in Stride" is effective because:

- the shot catches the goalie "unprepared" to make the save/stop.
- the shot catches the goalie "off balance" to make the save/stop.

Normally there are a few ways to score on the goalie: power, deception or surprise. "Shooting in Stride" is more deception and surprise than it is power.

Following are key points in developing the "shooting in stride" goal scoring skill:

- Choice of the lie of your hockey stick.
- Choice of the tape color for you hockey stick.
- Keeping the puck in a shooting "sweet spot". ("teeing up the shot" is avoided).
- Having a quick release that surprises or tricks the goalie. ("telegraphing the shot" is avoided).
- Shooting/releasing the shot while the legs are moving, with no break in the skating stride.
- Shooting "back against the flow" and catching the goalie off balanced

Hockey Stick Lie

Mark Howe made a major contribution to my becoming a dangerous NHL Goal Scorer. A "high" lie, such as a 6 or 7 lie, greatly assists in the ability to "shoot in stride" effectively. In my rookie camp with the Houston Aeros in 1976, Mark noticed that the puck was sliding off the heel of my stick. He suggested that I test one of his sticks. It was a much "higher lie" than what I was using. Not only did it improve my puck command, it really allowed me to release the shot quickly. Thanks Mark!

A "high lie" stick has the puck closer to your skates

and in your "shooting power zone". Thus, instead of having to pull the puck a long way into the "shooting power zone", which takes time and which "telegraphs" to the goalie that the shot is coming, I was able to release the shot without "telegraphing" my shot and signalling the goalie that the shot was coming.

Hockey Stick Blade Tape

In my career I tested out black, white and also no tape at all. I found the most effective was to use black hockey tape on the blade. There are different opinions on this, yet I found that the black tape hid the puck from the goalie's sight better. Black tape worked better for surprising the goalie with the shot and for disguising the release of the shot.

Keeping the Puck in a "Shooting Sweet Spot"

In my goal scoring camps, this is a detail that we work very hard to accomplish. I believe that players stickhandle the puck too much (called "dusting the puck") and that this interferes with their skating and also releasing the puck in stride. Also, if you stickhandle the puck just before you shoot, you have basically "telegraphed" to the goalie that you are going to shoot and he gets set/ready for the shot. The player loses the element of surprise. I work with the players to keep the puck in the "shooting sweet spot", mostly on their stronger



Luke's Bio

Morris Lukowich (Luke) is a former NHL & WHA Goal Scorer who played with the Houston Aeros, Winnipeg Jets, Boston Bruins and L.A. Kings. Luke scored more than 300 Goals during 11 years in the National Hockey League and World Hockey Association between 1976 and 1987. Morris (Luke) currently coaches the "Maximum Goal Scoring System". If you have suggestions or comments you can reach him at 660-3006 or luke212@shaw.ca.

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Luke's Lookout (cont'd.)

forehand side. This allows the player to shoot the puck in stride at any moment and off either leg. (instead of "teeing" the puck up and signalling the shot to the goalie)

Quick Release

The quick release, instead of taking a long time to pull and shoot the puck, is a must for shooting in stride. Even if a player uses a low lie hockey stick, he can still develop the skill of shooting the puck from where it is instead of "telegraphing" the shot by pulling the puck and then shooting.

Legs Continue Moving

So important. For years I practiced being able to shoot off either leg and while I was skating. The idea was to have no interruption in my skating stride as I shot. Not only does this make for more deception and surprise, it also allows for the player to skate to many rebounds before the DMan or goalie get to them.

Note: The key to this is to stop stickhandling the puck, but to keep the puck in the "shooting sweet spot" so that you can release the shot with the legs moving. Wayne Gretzky really did not stickhandle the puck that much, he mostly "guided" it and kept it in the "shooting sweet spot". He really only stickhandled when he needed to get past a DMan or goalie with a fake or deke.

Shooting "Back Against the Flow"

This skill was one of the main reasons that I scored more than 300 goals in professional hockey.

It works better for left-handed shooters against left handed catching goalies, such as Patrick Roy and for right-handed

shooters against right handed catching goalies, such as Grant Fuhr.

For me, being left-handed, it is the ability to skate/move/flow to my right, pull the puck slightly to my right and into the "shooting sweet spot" and then fire the puck quickly back (to the left) in the direction of the goalie's low blocker side.

The key was to be able to release the shot just at the moment that the goalie was pushing off his right leg to move himself across the crease. The goalie was adjusting to my cross ice attack, which I believe is more effective than a direct attack on the goalie. By changing my angle of attack, by moving slightly to the right, I forced the goalie to move and to temporarily be off balance with the majority of his weight and balance on his right leg.

When I shot back at the goalie's low blocker side, the goalie would have to transfer his weight to his left foot and then back again to the right leg so that he could attempt a "kick leg save" on my shot. Many times my shot, if slightly inside the goal post and had beaten the goalie before he was able to transfer his balance/weight and attempt the "kick leg save".

The skill is called "shooting back against the flow" and was one of the main reasons that I played in the NHL.

With this awareness and knowledge, good coaching/mentoring and lots of practice, you can become a great "shooting in stride" goal scorer, perhaps someday as good as Joe Sakic, one of the best ever.

Good luck in your hockey season and shoot to score!

Balance (cont'd.)

and forward and backward swizzles etc are effective power skating drills to enhance balance and edge control.

When skating it is very important to "feel your edges". Many pro players have confirmed what most knowledgeable power skating instructors already know – players often do not truly understand the importance of skating until their playing days are over or they get cut from a team. **Make sure it doesn't happen to you!**

The player who appreciates and develops proper skating mechanics (including strong balance and edge control) conserves energy and improves his skating effectiveness and longevity in the game.

A good example of this was Hockey Hall of Fame Inductee, Paul Coffey, who played in the NHL for over 20 years and one of the best skaters to ever lace on the blades. During the prime of his career, Paul was quoted as saying "Athletes should always be in a stage of improvement and be willingly trying to get better... and I think I'm still there."

An example in hockey today is Sidney Crosby, a rising Superstar. Sidney, who is only 18 years of age, has a very promising career in the NHL. Sidney is a great skater – with excellent balance and edge control skills. As a result, he is a very strong on his skater and hard to knock off the puck for a player under six feet tall. However Sidney realizes that there are many aspects of his game he needs to improve upon if he is to excel at the NHL level.



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To be eligible to win the Danny Cammack Memorial Award, you must be an avid hockey player 13 years of age 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 Christmas Winter Super Power Skating Program.

Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Winter 2005 Alexander Bearinger • Spring 2005 Darren Martin • Summer 2005 Carson Elliott

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



Danny Cammack Memorial Golf Tournament

We would like to take this opportunity to offer our sincere thanks for participating in the second Annual Danny Cammack Memorial Golf Tournament, which took place at McKenzie Meadows Golf and Country Club on August 27th.

This tournament raised approximately \$3,000 for the South Fish Creek Recreation Centre's Youth Financial Assistance Program (for hockey) and the Ehlers-Danlos Type IV Research Fund, of which both donations will be made in Danny's name.

The way the community, businesses, and individuals rallied around this event was

genuinely inspirational. It is of great comfort to us that Danny has not and will not be forgotten, and that his name will live on by helping kids to play the game that he loved so much. Please know that the money raised will make a difference in the efforts to find a cure for this rare but life-threatening connective tissue disorder.

We are already looking forward to next year's tournament, which will again take place at McKenzie Meadows in late August. Hope to see you then!

Sincerely,

Paul, Betty, and Kevin Cammack

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

Danny Cammack had many of the passions of 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 quarterly 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".

Award Recipients

Winter 2004 – Jeff Okamura
Spring 2004 – Wilfred Budduke
Summer 2004 – Ronald Wong
Fall 2004 – Homer Two Young Men
Winter 2005 – Angelito Ponce
Spring 2005 – Roger McIntosh
Summer 2005 – Neil Fleming
Winter 2005 – Wayne Newby

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