

Hockey Zones

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

Coach Lyle



It's a New Game A Major Change in How the Game will be Played Has Begun

You witnessed the turmoil caused in the NHL last year as referees called stick penalty after stick penalty after stick penalty, ad nauseam. The referees were booed loud and clear by fans from both teams. With the two man refereeing system effectively catching more infractions, there was twice as much to boo about. Well, Minor Hockey, "Welcome to Your New World of Hockey beginning now, with the 2006-07 season".

Minor Hockey, and all hockey between you and the National Hockey League, will have to put on a new face as to your style of play and learn it real fast or you fail. The fact that the referees in last year's NHL had so many penalties to call was not their fault. It was caused by the reluctance and truculence of the players refusing to accept the New Look of NHL Hockey in a changing world. Add to the list of players who did not get it, the Coaches, Managers and Fans who did not buy into "IT". This caused much self inflicted frustration not only onto themselves but adding undue hardship heaped upon the referees. And this could happen to you, my Minor Hockey friends, if you do not pay attention to the "what" and "why" of the referees' penalty calls this year, starting now.

Players, coaches, moms and pops in Minor Hockey will enjoy themselves more by understanding the "new look" calls by the referees this year and what it will mean to the improved style of game that is going to be played...or you lose.

Hockey Canada says it best in their web site of September 7th, 2006, NR116. "It's a new game: new standard of play and rule emphasis to take effect in minor hockey."

"Minor hockey at all levels of play in all 13 Branches across Canada will get a facelift this season with the implementation of a new standard of play and rule emphasis initiative, placing the focus squarely on the building blocks of the game: skating, puck possession and proper body positioning. These changes will enhance player opportunities for skill development at all levels of play, with the goal of providing a positive minor hockey experience for all involved." "It's A New Game"

What you want to understand from this is that it is not a change to new rules; it is placing a very strong emphasis on enforcement of existing rules. Get it? Many playing and/or watching the NHL last year did not get it.

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Look Inside for More Great Sports Tips

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**"Change always
comes bearing gifts"**

-Price Pritchett

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- Past Instructor for Hockey Alberta (coaching clinics)
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New Game (cont'd. from cover)

Let's face it, it was new and strategy wise, the Coaches and by extension, the players did not want to give away too much advantage to the other team who might not be fully adhering by the rules. Call it cheating, if you like, but I want to think that it was an easing into the new approach of enforcing the rules as written. This year, from the NHL to you in Minor Hockey will not have the luxury of "easing into the new emphasis on strict "adherence to the rules". Your New Game starts right now and if you get started right now, you will be helping yourself by playing with more skill; parents and fans will cut out a lot of frustration out of their lives.

To succeed in this New Game it will demand of the Forwards and Defenseemen to be much better skaters. It is not just speed that you will need to succeed but to get there, you will have to work on the basic fundamentals of skating; then add your Individual Hockey Skills and Tactics. Some but not all important aspects to concentrate on include balance, agility, stability, strength, power, etc. Then will come speed in your skating.

"The only way to add speed to your skating skills, is to work on proper skating technique," not to just skate. This really puts a lot of pressure on Coaches and often results in embarking on long periods

of time with Skating Drills, Playing Shinny, Playing Games, etc. The end result is the reinforcing of bad skating habits.

Our new game of playing with fresh and stronger emphasis of enforcing the existing rules will most surely result in a speed game, why else would Mr. Fit of the Flames, Jarome Iginla arrive at their preseason camp 10-15 lbs lighter than previous seasons? More puck control skill; quick, explosive team tactics, with new Offensive Zone markings there will be more offensive play. The Defenseemen will have to be more agile more often. The stick impediments, holding, stick between the legs, etc. will have to go or you play one short. Their control of distance-and-speed of the attackers will demand high skill in agility and speed.

While the changing emphasis on infraction call's will mean a changing emphasis on speed and skill (proper technique), what is the prime operative word from the Coaches and one for the players to absorb, adapt and wisely use: (it's an oldie because it's basic)...keep your feet moving.

Please make use of Hockey Canada's website: www.hockeycanada.ca for more information regarding "It's a New Game". And check out Tucker Hockey's Power Skating website: www.tuckerhockey.com.



Next Issue:
Winter 2007

Features

- Letters to the Editor/Prize Winner Announcement
- Flames Draftees – Where are They Now?
- Critical Years of Hockey Development – Ages 7 to 12
- Forward Stopping
- Minor Hockey Week Tribute
- Insights into Off Ice Training

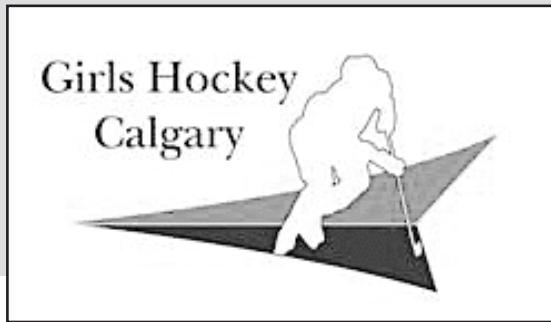
Welcome to Hockey Zones

The official newsletter of Tucker Hockey.

The Fall 2006 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–



Girls Hockey Calgary

18 Years Old and Still Going Strong

By Trevor Mueller

Wow, did you know Girls Hockey Calgary (GHC) is 18 years old this year. Over the years GHC has grown into one of the largest female hockey associations in Canada. GHC will have over 615 girls playing on over 42 teams for the 2006/07 season.

Why the success? What makes GHC so unique?

A combination of factors have led to GHC being the fastest growing female hockey program; focused and committed leadership, supported by enthusiastic and skilled volunteers, competitive leagues and development programs designed specifically for female hockey players, and finally the unique culture of fun and camaraderie that can only be found on all female teams.

All successfully sporting organizations have a common denominator, a solid foundation. GHC is no exception. Over the past three years the board of directors of GHC have been reorganizing and positioning the organization to cope with the growth it is now enjoying. Empowering volunteers is at the core of a strong organization. GHC mission statement provides this compass.

“The mission of GHC is to provide individual growth, team development, and the opportunity to play female hockey at the appropriate age and skill levels within a safe, healthy and fun environment”.

Often sports organizations either focus on the elite athletes or single mindedly focus on the grass roots recreational members. What sets GHC apart is their ability to provide an outstanding development platform for the top tier athletes while never compromising the emphasis on fun and enjoyment of hockey for the entire membership.

“I wasn’t sure of making the move to girls hockey but it ended up being great. Not only did I make some true friendships but the hockey itself was

very competitive and I think I’m a much better player after this first season playing here. There seems to be more opportunities for girls here as well if you want to go somewhere in hockey. I recommend making the switch “Kayla (former Peewee Division One)

Uncompromising commitment to developing female hockey players is a key success factor for GHC. The results of this commitment are evident when assessing the quality of our graduates. GHC continues to be a favorite recruiting ground for colleges and universities as 13 of 15 graduates of our Midget AAA program went on to play for a post secondary institution. The highlight of last year was when GHC alumni Carla McLeod and the Canadian female hockey team won the Olympic gold medal at the Turin Games.

“After just one season in GHC we have noticed a huge improvement in our daughter Brittany’s skill development. We were really impressed with the level of play, which continued to improve throughout the season”

-Bantam Parent

The final piece of the puzzle that makes GHC a choice for many girls is the friendly fun atmosphere in which they play. Whether its the year end banquet where all 42 teams attend with family and friends or the numerous sleepovers, team meals or movie nights that spontaneously happen year round,

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Girls Hockey

cont. from 4

the atmosphere of fun is everywhere.

In recent years GHC's infectious friendly community atmosphere has spread to other local female hockey teams as well. For the past two years the Women's hockey teams from SAIT, MRC and the U of C have been integral to the GHC evaluation process. Our two local National Women's Hockey league teams the Oval X-Treme and the Strathmore Rookies both volunteer generously to our programs. These partnerships provide access to wonderful role models and is an intangible rarely found in other sports associations.

Girls Hockey Calgary has the unique ability to provide a program that offers opportunity to reach for an Olympic gold medal or simply to play a great game and have fun. The most distinctive benefit to being a member of GHC community are the many friendships that are formed. Friendships become the bonds that truly make GHC a family.

Girls Hockey Calgary – by the Numbers

- Over 615 players
- 42 teams from Novice to Junior
- One Olympic Gold Medal "Carla McLeod" Torino 2006
- 13 out of 15 Midget AAA graduates this past season went on to play college or university hockey
- Our three GHC Midget AAA teams host the Macs Midget Tournament Female Division every Christmas season
- GHC leads all Alberta hockey associations in medals at provincial championships in the past three years
- GHC hosted a banquet that had over 725 athletes and parents in attendance (spring 2006)



*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.

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Hockey from a Retail Owner's Perspective

B & P Cycle & Sports Ltd.

Editor's Note: Recently, I had a good chat with Brent Fasick, General Manager of B & P Cycle Sports Ltd about his family sporting good store business and hockey in general. Here is our Q and A session.

Brent, what is the history of B & P?

We started up in 1972. My parents Bill and Pat, opened up a bike repair shop on 36th Street and 17th Avenue SE. We started selling bikes and in the Winter months doing skate sharpening. Later on the CCM bike rep said to us... why not sell skates from me as well? From there, it grew and grew.. and we changed the name to B & P Cycle and Sports.

Originally, we had 1250 square feet of space and stored supplies in trailers outside in the back. In 1985, we constructed 11,000 square foot building on 52nd Street / 17th Avenue SE. and turned it into a sporting good store... we did it all.

Starting in 2002, we decided to just specialize in bikes and hockey equipment. That's what we do best !

What is the uniqueness of B & P?

It's a one store family business. The original owners are still heavy involved. I am second generation doing the General Manager duties and my wife, Lisa is involved with the book keeping. We are 100 per cent independent, with no buying group discounts from volume. My parents are still hands on in the business.

Service is of paramount importance. We have many loyal customers over the years. We offer competitive pricing, and

a comfortable friendly service environment.

How has the business changed in the last 34 years?

Hockey is not another game any more, it's "the Sport". With the variety of equipment, hockey camps and high expectations, people want to make it a career. Parents and players are quite serious about the sport paying \$700 to \$800 for a pair of skates and \$200 to \$300 for a graphite hockey stick. Wooden sticks will not disappear, hockey is too traditional. We service the high end customer but we stock entry level goods too.

How has the hockey season changed?

The hockey business used to be eight months of the year. Now it is 12 months of the year... we have more equipment on display now and nothing is put away any more.



Does the name B & P Cycle & Sports reflect the scope of its products and services?

Some potential customers do not know we are heavy into the hockey side... the upstairs and basement were

used for storage and we only used the main floor, now we display hockey equipment year round on all three floors.

However, we have developed a strong and loyal customer base over the years, who know what we are all about.

What is the breakdown of your business?

It's a 60/40 per cent split... hockey being 60 percent and cycling 40 percent. For hockey, it really only slows down in May and June. We service the surrounding Rural Alberta areas such as Chestermere, Strathmore, Blackie, Indus and Siksika. 20 per cent of our business is from customers from outside Calgary.

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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.

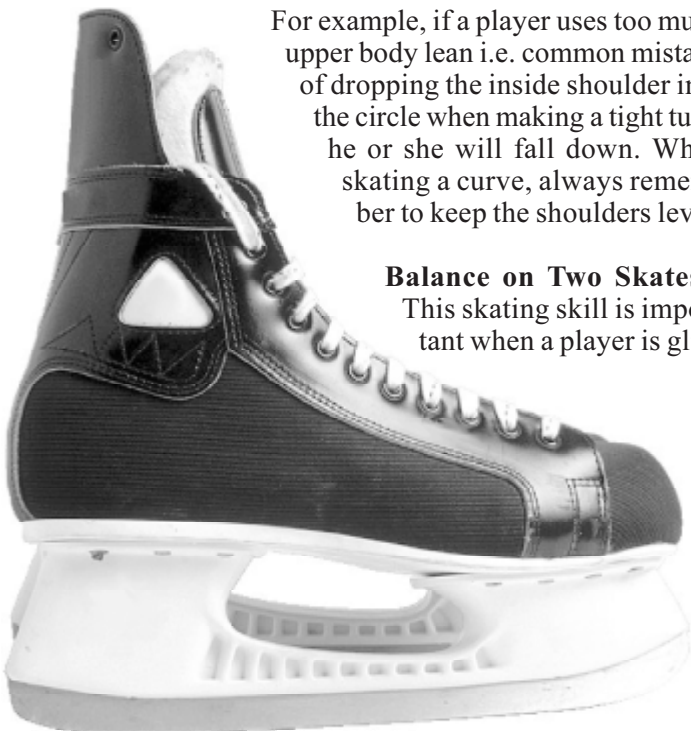
Balance on the Inside Edges

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 outside edges),



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Letters to the Editor

The Draft's Old News

I recently picked up a copy of your "Hockey Zones" newsletter at Father David Bauer arena. I am impressed with the content.

As a Flames fan I am really interested in their steps to build a strong team and so I am naturally interested in the annual June entry draft and follow the career of the Flames picks.

My "beef" is... a great deal of time is given by the media at the time of the Draft, but it becomes old news very fast. It seems there is no follow up where these young men are playing and how they are progressing.

In all fairness, however, the odd article appears on the early picks but as Darryl Sutter states "the middle rounds often produce great talent as some players are late bloomers". Hence, the interest in following their careers i.e. team, scoring and progress. I believe that this reporting has possibilities for your "Hockey Zones" publication. Please give it some thought. I am not alone in this thinking.

-Walt Anderson

Editor's Note: Great suggestion... look for an article in our Winter 2007 edition!

Fair Play

This letter is written in reference to Michael White's article in the Spring / Summer issue of Hockey Zones called "Thoughts on Fair Play".

Michael made some great points on the competitive world of sports. In August, I also picked up a copy of the National Post, on the front page there were pictures of American sprinter Justin Gatlin and cyclist Floyd Landis, both had failed drug tests. The title of the article was winning above everything.

Yes, I agree with you Michael it seems some athletes will do anything to win!

The latest round of sports drug scandals reveal a sick sports culture.

What type of values is society teaching our kids?

-Jeff Weir

Editor's Note: Yes, some of the world's elite athletes are not great role models of fair play for the youth of their sports. Sad but true.

Now Reaching San Jose

I am a fellow Calgarian but I now live in San Jose, Ca. I was recently home and came across your newsletter. I have added it to my site for my clientele.

I teach power skating in San Jose and am always looking for articles to share with my clients. I enjoyed your articles very much.

Thanks and Good Luck!

-Cathy Andrade

Editor's Note: Thanks for your kind words Cathy! Good luck with your power skating programs – wishing you extra glide in your future stride!

My story...

Like several of your previous students, as a child I did not have the opportunity to play ice hockey nor learn to skate. As an adult I often wondered, other than making a complete fool of myself attempting to play in an established league, how would someone like myself even begin to play ice hockey. As I entered my 40's, I had more or less given up on the dream.

To my surprise, when my son turned six,

he expressed interest in playing hockey. I quickly signed him up for the initiation level hockey program in our community. This program required that a parent be on the ice with the child at all times. Needless to say, not only did my son enjoy the program, but I had a blast.

While checking the bulletin boards at the ice rinks for power skating programs for my son, I came across a brochure for Tucker Hockey. Not only were there programs for kids, but also beginner/intermediate programs for adults. And the program times were not at 11:00 pm on Friday nights, but rather decent times during the evenings and mornings/afternoons.

With some reservations, I contacted Karen at Tucker Hockey. I spent a couple of days mulling over the information Karen provided me with. I decided it was now or never, so I bit the bullet and registered.

As expected, it was a bit intimidating, but more so fun, exciting, exhilarating and fulfilling. All of the other students in this particular program had played some level of hockey before, and were supportive and encouraging. I'd like to thank, Rex, Frank and Mark for helping me live out a dream and for making my first ice hockey experience enjoyable and memorable. Hopefully my story will encourage others to do the same.

I know it's a cliché, but it really is, never too late. And you can teach an old dog new tricks. Thanks again to the folks at Tucker Hockey!

-Alan L., 2006 Spring Participant

**Don't worry that children never
listen to you, worry that they are
always watching you**

-Robert Fulghum

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- We understand hockey – we are a hockey family, too!

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- JJ's Jerseys has been in the planning for well over three years. We knew we wanted to be in the promotional product industry. Because of our children's involvement in minor hockey, we recognized a market existed for practice hockey jerseys not only in house league teams but also for tournaments, 3 on 3, hockey schools, ringette, power skating and adult leagues. As we researched the industry further we knew we could offer a quality product at a reasonable price.

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- If you can think of it, we can find it for you

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- Every parent knows that fundraising goes hand in hand with hockey. JJ's is developing a Fundraising Package. Stay tuned for details....

It is our goal to see that our product and service is of value to the teams, coaches, parents and players.

Check out our website at www.jjsjerseys.com. We'll see you at the rink!



The Outside Edge – The Weak Edge?

Tucker Tips

Why? Here is my rationale.

Balance and edge control is the foundation of skating. The inside edges are mainly used for starting and striding. Even with a minimal use of the inside edges, it will provide greater stability than using the flat 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.

Balancing on the outside edge is initially more difficult than balancing on either the flat or the inside edge. Regardless of difficulty, it is an essential aspect of skating on a curve. To skate and balance on the outside edge of the right foot, it is necessary for a player to lean his or her right skate, knee and thigh strongly towards the outside of his or her body so the outside blade edge cuts into the ice at a strong angle about 45 degrees. Using the left foot as the push foot, the player thrusts off and glides forward on the right outside edge. The player lifts his or her left foot off the ice after the push and holds it close to the

skating foot. It's important for the player to keep his or her skating knee well bent and his or her body weight on the back half of the blade. The player will be turning in a clock wise direction.

The outside edge is mainly used for turning and stopping. For example, in order to perform a forward crossover properly it is imperative to obtain a full extension (step – crossover – under push). When crossing over e.g. left foot over right foot, to acquire a proper leg extension and to avoid loss of power, a player must feel the outside edge of his or her inside (right) skate cutting the ice. If the outside edge is neglected, a player will lose half of his or her power. Besides the forward crossover, the outside edge on the inside skate is required for completing a strong two foot stop, a tight glide turn and a powerful backward crossovers.

It is truly amazing how many players progress through the minor hockey system often up to the midget level and above without having good control of his or her outside edges. As a result, it

adversely affects a player's stopping, turning, crossovers and overall skating agility. Many minor hockey coaches do not teach this skating skill well enough and often players as well do not practice outside edge skating skills properly.

Players will often practice an outside edge drill without getting out of his or her comfort zone. A player is reluctant to push on the outside edge to the point of falling so as to stretch his or her game. As a result, a player will develop a deficiency in his or her overall skating which continues to follow the player throughout his or her hockey career. Many players are cut during tryouts due to inadequate skating which is supported by a weak outside edge!

...Food for Thought.

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

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Dream Tomorrow
Live Today**



**Your Skates Are Your
Most Important Piece
of Hockey Equipment!**

*The right fit and sharpening will
improve your performance on the ice!*

**For Professional and Expert Skate Sharpening
check out Chris, Rick and the expert staff at
Professional Skate in Marda Loop.**



Tucker
Hockey

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 exactly 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 of 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 power skating, hockey skills development, conditioning or 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
 - Weekdays before 4:00 pm
Only \$249 per player
Includes 10 on ice sessions
(based on 10 players)
 - Weekdays after 4:00 pm and weekends
Only \$299 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 price 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 last season.

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



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The Selects Program is a Non-Profit Association

**It is built around the principles of
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Hockey from a Retail Owner's Perspective cont. from 7

What are your most popular products and services?

On the product line it is skates and bikes – goalie gear too and lots of accessories. On the service side – skate sharpening, bike repair and proper skate fitting. Biking is no longer just a mode of transportation, there are many models and styles – it's very specialized now.

Any unique/bizarre stories over the years when dealing with the public?

I have experienced customers coming in to the store to sharpen their skates, with brand new skates, having already skated on them four or five times. I'm shocked that they have skated on them without sharpening them first! You have to sharpen new skates before skating on them. Composite sticks are for performance not longevity, parents buy the sticks and won't cut them down. They want the sticks to last for several years, but it hurts their kid's development. Also, they buy skates to

last three or four years... skates that are too big for the child. Proper fit will enhance performance – it's critical! Kids will have blisters on their feet from poor fitting skates as well.

In today's market what is it like to recruit, hire and keep qualified staff?

This is the first year we have had to advertise for help with sales associates and cashiers positions. The way the Calgary market is going... it's very competitive. We are now fully staffed, except we need another cashier. Over the years our turnover has been very low. We create a good family atmosphere and team environment here. Many of our staff have been here six to ten years. We have three managers – it's a career job for them. If you don't play hockey or ride a bike, don't work at B & P (grins Brent)... that's what we are all about – plus having fun in the process.

Any areas that you would like to educate the general public on regarding your business?

B & P is more than just bikes. We service tons of teams with jerseys and equipment. We guarantee quality service. We offer products for high level hockey players but the young recreational player with very reasonable prices as well. Don't be scared by the high end stuff, we have a broad selection of entry level stuff too! We advertise clearance items on our website, www.bpcycle.com. We also keep a database on all our customers so they do not need their receipt for warranties and return products, and we have every method of payment plus gift cards available too.

Another myth – Forest Lawn is not as bad as people perceive. Our store is at the south east end of Forest Lawn. We need more parking but it's a great place

Cont. Page 23



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 72, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

NHL	Bantam	Customized Minor Hockey Programs (Arranged with Hockey Parents)
Collegiate	Bantam Girls	Adult Recreational
WHL	Peewee	Ladies Teams
Junior A	Peewee Girls	Men's Teams
Junior B	Atom	Male
Midget AAA	Novice	Female
Midget AA	Tyke	Father and Son
Midget AA (Girls)	Learn to Skate	Mother and Daughter
Midget A	Calgary Recreational Hockey - Midget	Grandfather and Grandson
Bantam AAA	Minor Hockey Coaches' Clinics	Husband and Wife
Bantam AA	Minor Teams	
Minor Hockey – Community	Minor Hockey Association Projects	
Midget		

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Tucker Hockey
is Hiring Experienced, Passionate
Instructors for Christmas Programs
Email detailed hockey resume to
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Take Your Skating to Another Level – Incorporate More “S.A.M.”!

S.A.M – Stability, Agility and Mobility

By Rex Tucker

Skating is the most important hockey skill. With the new rules implemented by the NHL, and now adopted by Hockey Canada for the 2006 – 2007 minor hockey season, supreme skating in the “new game” is indeed of paramount importance for a player’s future success.

Stability

Stability is the first stage required for a player to become a great skater. Stability requires a strong base of edge control and balance. The skills of skating, passing, puck control and shooting originates from a good hockey stance. Players need to be steady and secure on their skates.

Winning 1 on 1 battles in a game such as in the corners, in front of the net and within the short game require players to be strong on their skates especially for players who advance to the peewee (checking age) level and above.

Players, who want to be strong on their skates, need to continue to practice forward and backward edge control

(inside and outside) as well as balancing drills without and with the puck to ensure stability on their skates. It’s truly amazing how many minor hockey players are weak on their outside edges!

Several NHL players who have great stability on their skates include Jaromir Jagr, Jarome Iginla, Peter Forsberg and Todd Bertuzzi.

Agility

Players who have agility are nimble and move quickly in a game. They are always active around the play and the puck.

Agile players have great dexterity to cover a short distance very quickly and make quick skating decisions from A to B, B to C, etc. without thinking. They rely on instincts and their mind is very in tune with their skates. Great foot speed and a strong forward/backward stride are characteristics of their game.

Excellent skating skills produce confidence which generates instinctive abilities on the ice. Dave King, former Calgary Flames coach, often stated that he didn’t want thinking players on his

teams but instinctive players. If a player is not instinctive, than he or she is behind in his or her decision making.

Skating drills such as the cross drill, wave drill, 6 and 12 o’clock drill etc. will enhance agility.

NHL players such as Alex Ovechkin, Sidney Crosby, and Pavel Datsyuk showcase great agility on a nightly basis. The center position and penalty killers are characteristically strong in the skating agility part of the game.

Mobility

Players with great mobility circulate well in a game. They display a wide range of movement and can change direction very easily such as forwards to backwards as well as backwards to forwards. They can turn on a dime and change direction with ease. Defensemen have the best mobility.

Skating drills such as pivoting around gloves and pylons will assist players to improve their change of direction – forwards to backwards and backwards to forwards without stopping.

NHL players who are extremely mobile are Scott Niedermayer, Nicklas Lidstrom, and Wade Redden. Yes, they are defensemen!

Final Comments

Skating is the most important hockey skill. If a player works on his or her stability, agility and mobility, he/she will play more instinctively. He/she will experience greater success because he/she does not have to think about his or her skating in a game – it happens naturally. A player can focus on other things such as making great plays and scoring goals!



Christmas Season Programs

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Hockey**

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***This program is for players who are serious
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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

All this for only \$199 per player!

*Price includes 5 hours of Elite Power Skating
Training, a Tucker Hockey Practice Jersey and GST!*

Elite Power Skating Testimonial

"...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. I have to say I improved dramatically. I learned a lot of little things to get a step up 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. I plan to continue to hone my skating skills to make it to the next level... the NHL. Thanks for your help Remy!"

*-Mark Bomersback
4th Year Ferris State University
Future NHL Prospect*

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Improve your quickness and speed with and without the puck!

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**This Popular Program
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Bantam Div 1, AA & AAA

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Norma Bush, 5:15 - 6:30 pm

Thursday, December 28th
Henry Viney, 5:45 - 7:00 pm

Friday, December 29th
Village Square, 5:30 - 6:45 pm

Saturday, December 30th
Norma Bush, 6:15 - 7:30 pm

Group 2

Midget Div 1, A & AA

Wednesday, December 27th
Norma Bush, 6:45 - 8:00 pm

Thursday, December 28th
Henry Viney, 7:15 - 8:30 pm

Friday, December 29th
Village Square, 7:00 - 8:15 pm

Saturday, December 30th
Norma Bush, 7:45 - 9:00 pm

Why Elite Power Skating?

Skating is the most important hockey skill
It's a new game. The new standard of play and
rules will emphasize more offence in our game.
Stretch your game – keep up, and excel!





Special Fall Offer for Minor Hockey Players

Skating with the BEST!

TUCKER HOCKEY

Programs that Deliver Results

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 (10 sessions)

Group 1: Ages 9-13+

Mondays, October 1st to December 18th

4:30 - 5:30 pm Southland Leisure Centre \$299/pp

Group 2: Ages 9-13+

Thursdays, October 19th to December 21st

7:00 - 8:00 am George Blundun \$249/pp

Group 3: Ages 9-13+

Fridays, October 20th to December 22nd

7:00 - 8:00 am George Blundun \$249/pp

Group 4: Ages 9-13+

Fridays, October 20th to December 22nd

3:00 - 4:00 pm Stu Peppard \$299/pp

Prices are based on ten players

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

Register Early – Spaces Fill Quickly!

Pay by cheque to: "Tucker Hockey Enterprises Ltd." or Phone with Credit Card



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Buddy Referral Program
Recruit 4 or more friends
or team mates and receive
a free program!



Christmas Season Programs

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Hockey Skills and Development

Group 1: Ages 7-10

Wednesday, December 27th, 9:00 - 10:15 am

Thursday, December 28th, 9:00 - 10:15 am

Friday, December 29th, 9:00 - 10:15 am

Saturday, December 30th, 10:15 - 11:30 am

Southland Leisure Centre \$199/pp incl. GST

Group 2: Ages 9-12+

Wednesday, December 27th, 10:30 - 11:45 am

Thursday, December 28th, 10:30 - 11:45 am

Friday, December 29th, 10:30 - 11:45 am

Saturday, December 30th, 1:30 - 2:45 pm

Southland Leisure Centre \$199/pp incl. GST

Five Hours On Ice!

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

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Why Super Power Skating?

Skating is the most
important hockey skill

It's a new game. The new standard of play and
rules will emphasize more offence in our game.

Stretch your game – keep up, and excel!

Let's keep the "Fun" in skating too!

Get in Shape and Have Fun!



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Programs that Deliver Results

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: Father David Bauer
Sunday, October 15th to December 17th,
9:45 - 11:00 pm
\$329 New Participants/\$299 Past Participants

Group 2: George Blundun
Wednesday, October 18th to December 20th,
7:00 - 8:00 am
\$299 New Participants/\$229 Past Participants

Group 3: Stu Peppard
Wednesday, October 18th to December 20th,
noon - 1:00 pm
\$299 New Participants/\$229 Past Participants

NEW!

Level 1.5 Intermediate

This program 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: Ernie Starr
Saturday, October 14th to December 23rd,
10:15 - 11:30 pm
\$329 New Participants/\$299 Past Participants

Group 2: Stu Peppard
Friday, October 20th to December 22nd,
noon to 1:00 pm
\$299 New Participants/\$229 Past Participants

Level 2 Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 technical skills program.

Includes advanced technical skills, individual tactics – offensive and defensive, team tactics – breakouts, regroupings and defensive zone coverage and conditioning drills plus scrimmage (10 sessions).

Group 1: Henry Viney
Thursday, October 19th to December 21st,
Noon to 1:00 pm
\$299 New Participants/\$229 Past Participants

Group 2: Stu Peppard
Friday, October 20th to December 22nd,
3:00 to 4:00 pm
\$299 New Participants/\$229 Past Participants

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!



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**Only 20 Spots
Available!
per group**

Improve Your Hockey and Skating Skills!



The Coolest Game and the Beautiful Game

Hockey and Soccer Have More in Common than Meets the Eye!

By Martin N. Walker

Watching the World Cup this year, I couldn't help comparing soccer to hockey. I really wanted to call it football, but I was told most people would get confused. Too bad – it really is football. It's amazing what some of those guys can do with their feet and the ball. During this World Cup, Cristiano Ronaldo was perhaps the best example of amazing skill, a soccer equivalent to Crosby, Ovechkin, Spezza or Kovalchuk.

Some soccer fans characterize hockey as a violent game and ignore it. Recently I talked to an Englishman who wanted to know why we didn't get the violence out of hockey. I said there were a lot of people working to do that, maybe not in the professional leagues, but at the Minor Hockey level. He said, "At least we keep our violence in the stands!"

I've heard hockey people talk about soccer as a boring game in which nothing happens. But they are two great games. How about that perfectly timed long pass that hits the forward in full stride, gives him a clean breakaway? All he has to do is outrun or the defenceman, running with the ball, and fake out the goalie.

How about penalty shots, or in soccer, just plain penalties? A game of nerves between the goalie and the shooter. Who will flinch first? Hours of studying up on techniques and tendencies. Will it be the perfect shot, or will the puck roll off the end of the stick, the ball roll off the side of the boot?

Both games are games of momentum. One commentator noted that you have to win some of the midfield one-on-one battles – if you don't, you won't have the motivation and it's unlikely you'll win the game. You sure can't win a hockey game without winning one-on-ones.

Tactics can be the same. For instance, battling in the corner, trying to find a way around the defenceman and get in striking position in front of the net. Or two forwards in the corner, trying to overload the defenceman.

There's the triangle – a basic unit in both games, moving the ball or puck around.

I happen to think the fastest game can also be beautiful – just look at those Kovalchuk replays. Or any number of Gretzky passing plays.

Hockey is faster – you can skate faster than you can run. But soccer can be fast too. Phenomenal ball control in a flat out run pushes the limits of what humans are physically capable of at full speed.

Playing soccer or hockey requires great athleticism. It is also possible for the old masters to get out of shape – Tkachuk last year in the NHL, Ronaldho in the World Cup.

Playing for the first goal should be outlawed in both sports. The trap is boring in hockey, and the soccer equivalent is just as boring – or maybe worse, because the game is longer.

Both games have stars of all varieties – players who keep their cool, and some who lose it. The whole trash talking thing – who knows if the Italian player said something completely over the top, or if Zidane just let it get to him? There's the irony that Rooney's lack of self-control ended Beckham's captaincy, and Beckham's own lack of self-control got him sent off eight years ago. There are leaders in hockey who also cost the team the playoff run – Fleury, our vaunted star at the time, was legendary for taking bad penalties at critical times. There was one in particular in the series against San Jose, the last series before our long playoff drought.

Coaches use the press to play games with line-ups and injuries. Certain players in hockey and soccer play games diving – a disgraceful tactic largely imported by European players. These players used advanced acting skills to feigning injury on the field or on the ice, in their attempt to get penalties called. Very rarely do they get caught. Officiating in both sports in trying to deal with this problem, but the solution, in both cases, rests with the players.

At this level, all players have to dedicate their lives to training in order to compete at the highest levels in both sports. Their

Cont. Page 23



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The Coolest Game and the Beautiful Game

Cont. from 21

training begins when they are identified at a young age, and groomed as they progress through a selection process that is only caring to the successful.

Any player in any position can get to be a super star, in soccer or hockey. In this way, they are different from some other sports – who knows football's offensive linemen?

Strategies can be similar in both games. There are the teams that make it through great team-work, teams that rely on the individual skills of a few players, teams with flashy offence, teams that play a workmanlike game, teams whose strength is in its defensive corps, teams that focus on team defence, teams with great individual skill and ability but lack teamwork.

Soccer and hockey are both great games to play. Both games require skill and fitness. Playing either sport, you get out of it what you put in to it.

Hockey from a Retail Owner's Perspective ***cont. from 14***

to shop. Don't let the Forest Lawn name/area mislead or discourage you. Check us out!

What do you see for the future of B & P – new products/services?

We want to keep it a one store business. We are busy enough. We want to maintain the values, and mission statement we started with – quality products, great service and good competitive prices. Bigger is not always better. We may give the store a facelift in the future and do some renovations... that's about it!

Editor's Note: Thanks again Brent for taking the time out of your busy schedule to share thoughts and insights about your family business with Tucker Hockey. It served to educate myself, and maybe the general public at large, about Hockey from a "Retail Owner's Perspective".

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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

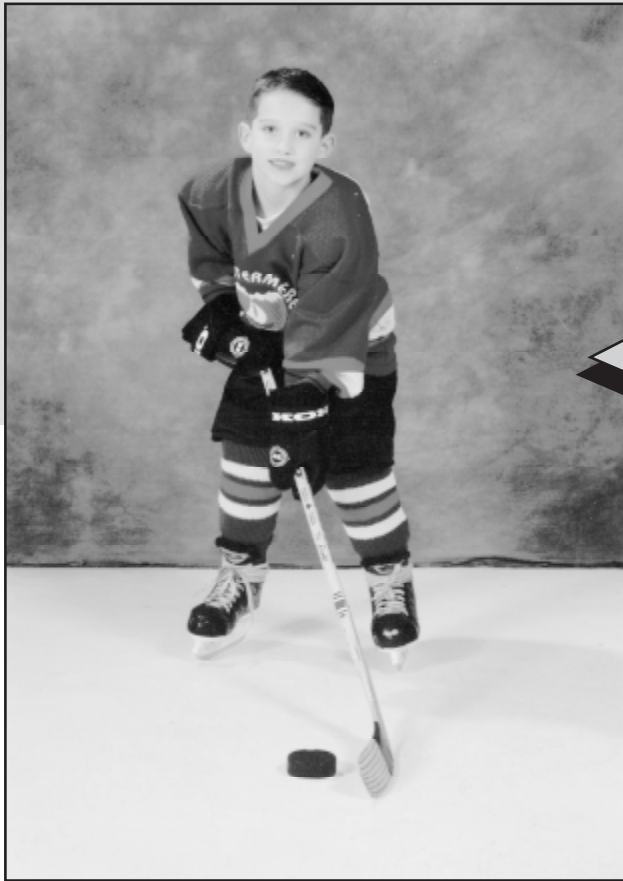
Be honest and consistent with athletes.
They appreciate knowing where they stand.

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



Profile of a Rising Star Jack McArdle

**Jack
McArdle**

Jack McArdle's Background

Age 7

Son to Jim and Noel McArdle

Favorite Sport – Hockey

Forward – Chestermere Novice 1

Editor's note: Jack is very passionate about the game of hockey. He is keen to get on the ice and improve his skills.

Over the past year, I have enjoyed working with Jack during Tucker Hockey 1 on 1 coaching sessions and group power skating programs.

Recently, we talked a little hockey together with his Dad, Jim.

Jack, why do you like playing hockey ?

I get to play games, score goals... Jim added "He is very competitive on the ice too!" (Jack smiles)

Jack, what has been your favorite hockey moment?

For now, meeting former NHLer, Wayne McBean but my greatest hockey moment will be when I meet Bobby Orr!

Jim, what do you enjoy from watching Jack play hockey?

His maturity every time he steps on the ice. I see the growth and development on a daily basis. A happy kid playing hockey. When he falls and crashes into the boards, he always gets up... that's a big relief! ...team work atmosphere ...learn the importance of life skills when playing the game.

Jack, what makes hockey such a special game?

It's fun, that's the "F" word in hockey... playing games!

Jim, when did Jack start playing hockey?

At the age of 2, he started skating. Began a learn to skate program at the age of 3. His first time on skates he just went Go!Go!Go!... At age 4 he joined the Chestermere Minor Hockey Association being an under age player. He played

Tyke/Initiation for the last three years.

Jim, did you influence Jack with his choice to play hockey?

I have just tried to give my son as much support and education as possible. My wife Noel is a great supporter too – it's a partnership for us.

Jack, what are your hobbies?

Soccer, enjoy pets, video games like Super Mario... Golf too!

Jack, what is your favorite NHL team?

Boston Bruins

Jack, who is your favorite hockey player?

Bobby Orr... playing now... Jarome Iginla

Jack, who are your biggest supporters?

My Dad and Mom, friends and family too!

Jack, why participate in Tucker Hockey 1 on 1 sessions?

I like the variety of skating drills. Jim added "It has made a significant different in his overall ability, his balance, edges and agility..he is playing the game better and enjoying the game better because of his improved skill set".

Cont. page 25

Rising Star – Jack McArdle Cont. from 24

Jack, what do you like about skating ?

I just like to skate!

Jim, any special hockey tournaments planned for Jack this upcoming season?

Minor Hockey Week, playing in the Chestermere house league, and Top Guns 3 on 3 Spring and September tournaments. Last year we were invited to be a part of the class of 99 and really enjoyed the non stop 45 minute games in the Top Gun tournaments' held April 2006 and September 2006.

Final Comments from the McArdle's

Jim, when is too much hockey too much?

When the on-ice instruction does not register with the child, there's too much emphasis on skills. It's about having fun first – playing well within a team environment. Winning is last. If Jack becomes very moody, or develops an

attitude, we talk to him and try to reason with him to be thankful that Mommy and Daddy are supporting him. If Jack stops playing road and ball hockey in the basement it's a sign he needs a break from the game of hockey..

What are your future hockey plans?

Jim said he would like Jack to play at a level to qualify for a college scholarship... to have an opportunity to play the best game in the world and get an education. As long as Jack enjoys the game, tolerates the skill and development camps, and still enjoys it! Still having fun, that's the key!

Editors' Note: *Jack started skating and playing hockey at a very young age. He continues to love the game and he is very conscientious about doing a drill until he gets it right.*

Jack, you have a great love for the game of hockey – it will help you go far. All the best with your hockey and keep having fun! Always remember the "F" word in hockey – Fun!

Balance

ont. from 8

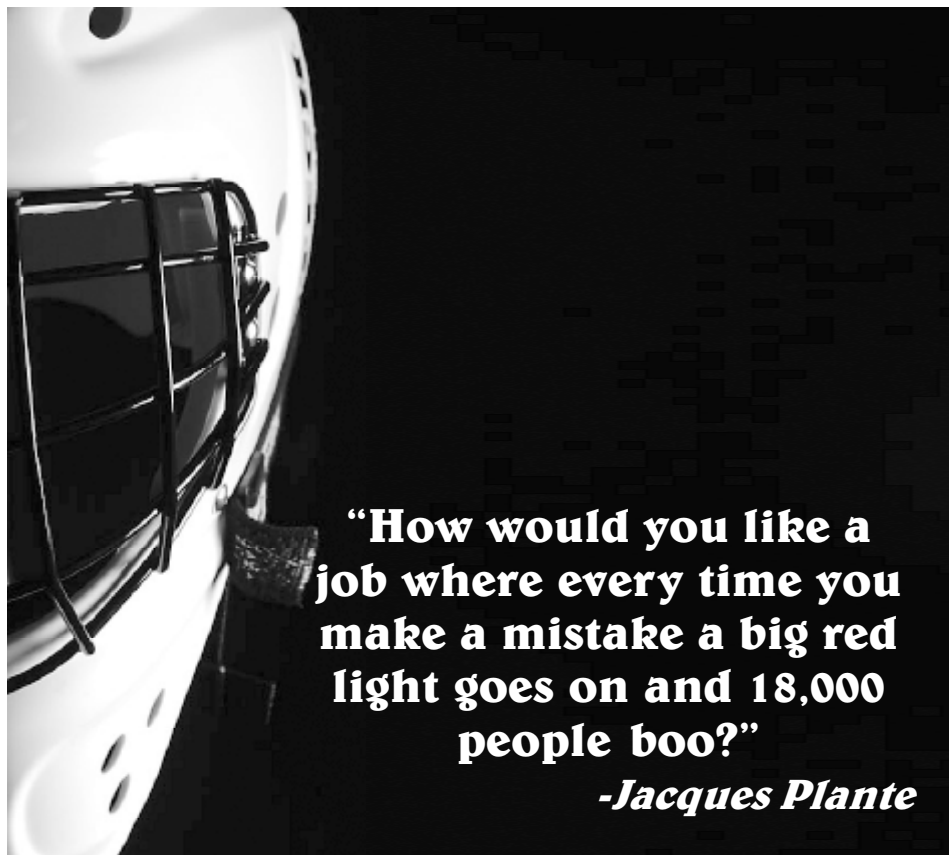
and forward and backward swizzles etc are effective power skating drills to enhance balance and edge control.

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.



"How would you like a job where every time you make a mistake a big red light goes on and 18,000 people boo?"
-Jacques Plante

"No man knows what he can do until he tries"

-Publilius Syrus

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Create a "team goal scoring chemistry" that produces a distinct advantage over the defensive coverage.

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Specific Areas Covered

Individual Scoring Tactics

- "1 on 1" drive skating attack to the defender's weak side
- "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

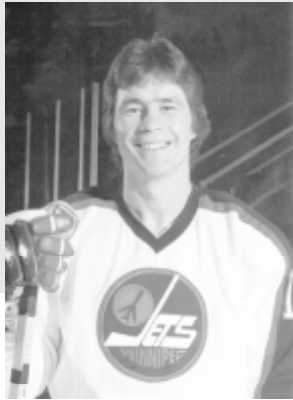
Transition plays and passing

- 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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Luke's Lookout

Cycling the Puck

A Dynamic Offence Goal Scoring Strategy

By Morris Lukowich (Luke)

"Cycling the puck" in the corners of the offensive zone is a strategy that can be fully utilized as an offensive strategy that can generate many goal scoring opportunities and create tremendous excitement and thrills during a hockey game.

Originally, in the 1970's and 1980's, when Russian and European hockey players introduced "cycling" to North American hockey, it was predominantly used as an offensive weapon that generated many scoring chances because the "cycling" strategy confused the defensive coverage and caused many "missed assignments" or "incorrect double coverage" by the defensive players.

As defensive oriented coaches started to teach greater discipline and greater clarity in how to successfully defend against "cycling", the number of scoring opportunities that were generated from "cycling" were dramatically reduced.

At very nearly the same time coaches were introducing "the neutral zone trap" to hockey and the focus was on winning games by a very low margin,

i.e. 1-0, 2-1. Defensive hockey dominated the game and dulled offensive excitement of the great sport of hockey to where many fans quit watching hockey and especially quit going to games at an NHL level.

The neutral zone trap greatly reduced aggressive forechecking and as a result the focus of "cycling the puck" became more of a "defensive" strategy instead of an "offensive" strategy. The focus was to ensure that no dangerous turnovers occurred and that the puck was "safer" being cycled back into the corners (the "dead zone") instead of into the slot area (the "red zone"). Many teams that lacked established offensive players used "cycling the puck" to "kill the clock" and this caused very unexciting hockey and quite often boring hockey.

With the resurgence of goal scoring that is happening in hockey today, how does a Coach maximize "cycling" as an offensive weapon that creates offensive opportunities, yet which does not sacrifice defensive coverage?

From my experience in the NHL I believe that there is a "cycling strategy" that triggers a "5 player" chemistry that will abundantly increase scoring opportunities and which will not sacrifice defensive coverage, but will actually improve it.



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.

If you are a coach, player or parent who is interested in receiving this "cycling strategy", then contact me at 660.3006 or email luke212@shaw.ca and I will send you the "Maximum Goal Scoring System Cycling Strategy".

Desire

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

-Author Unknown

Attitude

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

-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

Character

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

-Author Unknown



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 REX!"

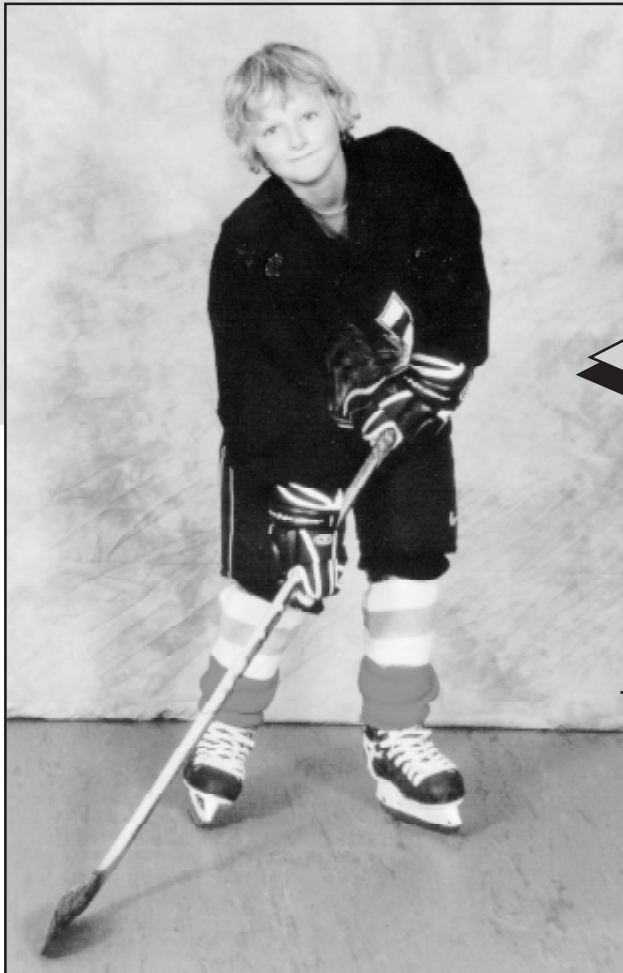


'Mac' McIntosh
 2005/06 Mount Royal Cougars
 Female Hockey Team

"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



Profile of a Rising Star Colton Buckler

**Colton
Buckler**

Colton Buckler's Background

Age 9

Son to Clint and Veronika Buckler

Favorite Sport – Hockey

Centre – Fort Macleod Atom 1

Editor's note: This year, I have enjoyed instructing Colton during Tucker Hockey 1 on 1 coaching sessions.

Colton loves the game of hockey. He is keen to learn and to improve on his hockey. Recently, we talked a little hockey together with his Mom, Veronika.

Colton, why do you like playing hockey?

I like playing with friends, skating, going fast, the competitiveness of playing in a game, having fun, scoring goals (said with a smile). I feel good when I am doing well.

Colton, what has been your favorite hockey moment?

I won the 'player with the most heart' at the Pincher Creek tournament. I knew I would win because I tried so hard.

Veronika, what do you enjoy from watching Colton play hockey?

We love watching him try. How hard he tries to do his best, how much fun he has playing with his team. It is amazing to see the improvement in his skills and understanding of the game as time passes. It is great to see him come off the ice with a smile knowing he tried his hardest, even if they just lost the game.

Veronika, what makes hockey such a special game?

It's a game that allows for such personal growth. The fun, the kids and parents have together at the rink. You kind of miss those connections in the Summer.

Veronika, when did Colton start playing hockey?

At the age of 3

Veronika, did you influence Colton with his choice to play hockey?

Yes. At first he wasn't convinced he would like it, but we figured he should do some sort of sport over the Winter months, so we kept him going, and as his knowledge and skill increased so did his enjoyment. Now he loves it!

Colton, what are your hobbies?

Soccer, kick ball, shinny, swimming and biking

Colton, what is your favorite NHL team?

Edmonton Oilers

Colton, who is your favorite hockey player?

Ryan Smith

Colton, who are your biggest supporters?

My Dad and Mom

Colton, why participate in Tucker Hockey 1 on 1 sessions?

To learn more skills, skate better, score more goals and have more fun playing the game!

Cont. page 30



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Rising Star – Colton Buckler Cont. from 29

What do you like about skating?

Being able to out skate others by going fast. Veronika added, "he likes the feel of his blades on the ice."

Colton, any special hockey tournaments planned for this upcoming season?

I am starting first year Atom... maybe a Christmas tournament

Final Comments from the Buckler's

Veronika, when is too much hockey too much?

As long as there is enjoyment... it really depends on the child. With Colton, can there be too much? He just loves it!

What are your future hockey plans?

To play in the NHL and win the Stanley Cup!

***Editors' Note:** Colton is a young hard working hockey player and he loves the game. He can't seem to get enough of the sport.*

Colton, you have a great love for the game of hockey – it will help you go far. Good luck with your hockey and keep having fun!

"The only things that are going to change you from where you are today to where you are going to be five years from now are the people you meet and the books you read"

–Lou Holtz "The Fighting Spirit"

F E E D B A C K

Tucker Hockey welcomes your comments on any articles published in *Hockey Zones*: send your email to programs@tuckerhockey.com.

The most interesting and noteworthy letters will be considered for "Letter of the Month" and will be published in the next issue of *Hockey Zones* and will receive a Tucker Hockey prize.

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Serene, Surreal & Cerebral

By Michael White

One of Coach Rex's favorite expressions is "serene, surreal and cerebral".

Here is my interpretation of Coach Rex's expression and the message he often conveys to others. I wish to start with the following quote.

"Far better it is to dare mighty things than to live in the gray twilight that knows not victory nor defeat."

-Theodore Roosevelt 1858 –

1919

26th U.S. President 1901 – 1909

To reach to the peak of your performance, you must dare to rise above what you may perceive as your limitations.

To reach a point of serenity in what may seem a surreal surrounding using a cerebral process is the ultimate.

In my 50th year I am finding that serenity is attained by reaching for the golden rings. To live life to the fullest, you must think the ultimate result. If you strive to be your best – you will succeed.

Serenity is how something looks to you. It provides you with a calm and

tranquil view. Some examples of serenity in every day life may be viewing the natural beauty of Lake Louise, or the spectacular view from the Top of Sulfur Mountain, or seeing a newborn child for the first time etc. What a beautiful world it is!

In the hockey world, it may be seeing Wayne Gretzky's Madison Square Gardens farewell skate or the closing ceremonies of the Montreal Forum with the camera focused on The Rocket.

Do not live in the grey zone. It is not true living. Playing any sport regardless of position, talent or the specific sport means pushing yourself to a place that when you arrive there it will at first glance seem surreal. You may feel it in your bones. It's a very sensitive emotion.

Some examples of surreal moments in every day life may be saying your wedding vows, holding a newborn child for the first time, acing an exam or career/job interview. In the hockey world, it may be scoring the winning Stanley Cup goal in overtime. Oh Baby... Oh Baby!

To be at "peace with your very best", and to be cerebral using your mind to accomplish your fullest potential is the key. So you can make the right decision, and turn defeat into victory, whether on the ice or in everyday life.

You must envision the final result.

Appeal to your intellect rather than your raw emotions.

Some examples of cerebral moments in every day life may be making an informed choice/decision after knowing all the facts, reading and interrupting a tough exam question and realizing the correct answer, knowing the answer to a Jeopardy question or beat the Schwab sports trivia etc. It's an intellectual moment for you.

In the hockey world, it may be making the right decision on a play which results in the winning goal being scored and your team winning big time!

You will know you have arrived. Not by anything someone else has told you but by what you truly experience in the core of your being.

Excellence is not something that can be quantified but it can be realized. Be innovative try new training techniques. Find the right equation for your personal potential, think outside the box. Be clever and keep at it! Can you hear the roar of the crowd with the ultimate shot?

The goal – you have scored in life, or in hockey.

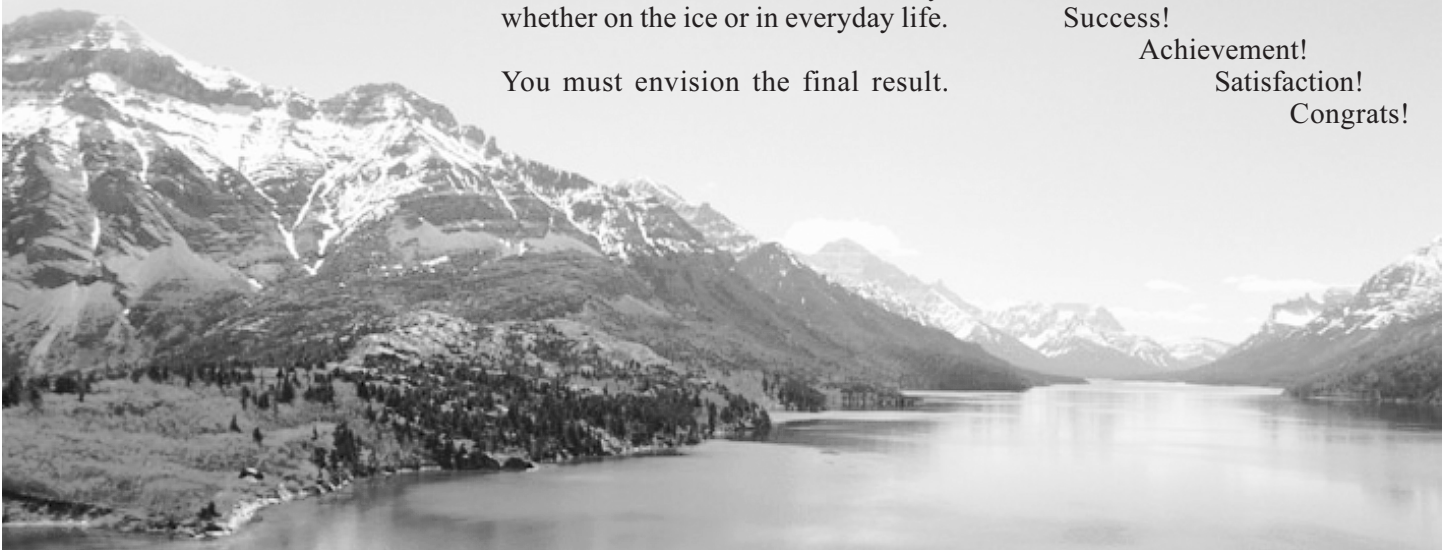
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Satisfaction!

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www.cybhl.com***



Youth Ball Hockey Growing Strong in Calgary!

Organized Indoor “Street Hockey”

playing since the beginning of the year, playing the same team every week. Again, we had another fifteen kids in our novice program.

In January of 2006, CYBHL celebrated the beginning of their second year of existence with a big bang. The league doubled in size with 117 kids who made up ten teams. This was also the first season when we were able to have different age groups. In addition, the novice group experienced tremendous growth with a total of 40 kids from three to five years old. Due to this tremendous growth, CYBHL played out of four locations, South Fish Creek Recreation Centre, Calgary Jewish Centre, Beddington Community Centre and Monterrey Park Community Centre.

The Spring 2006 season was CYBHL's most successful season. CYBHL was introduced to the Legacy Sports Centre, which built an indoor rink for lacrosse with boards, player benches and dressing rooms. This was perfect for ball hockey and CYBHL is a year round tenant of the Legacy Centre. This gives the kids the feel of playing hockey.

The registration numbers also exploded with a total of 240 kids who made up 20 teams in five age groups. This was our most competitive season with only one team that finished first during the regular season won their division championship.

In only one and a half years, Calgary is a third of the size of one of Canada's largest youth leagues in Edmonton, which had approximately 800 kids making up 54 teams – and have been around for 20 years.

The Calgary Youth Ball Hockey League is a great sport for ice hockey players to hone their skills during the off-season. Many NHL players have been playing ball hockey during their off-seasons – Ryan Smyth, George Laraque, Martin Gelas, Daryl Sydor, Zarley Zalapski just to name a few.

Ball Hockey is great for beginners and the competitive players.

If you want more information about ball hockey contact the Calgary Youth Ball Hockey League by email at info@cybhl.com, by phone at 936-8644, or online at www.cybhl.com

By John La Cara, President

The Calgary Youth Ball Hockey League (CYBHL) has seen tremendous growth during its young existence.

Ball Hockey is best described as organized “street hockey indoors”. It's played on foot with an orange d-gel ball. The sport has grown tremendously throughout Canada and the world. A youth playing ball hockey can play at any level they want. They can play in local house leagues, elite leagues, provincials, westerns, national championship or world championships. Once they become adults, they can continue playing ball hockey and compete as far as Men's World Championships. Girls have not been left out. In 2006, the first ever Women's World Championship was played.

During the inaugural season, in January 2005, CYBHL played out of a gym at South Fish Creek Recreation Centre. We started with seventeen kids that were divided into two teams. The range in age varied from six to fourteen years old playing on the same team.

During the spring season of 2005; we doubled in size. We had 33 kids playing at Murray Copot Arena. Because of the larger surface, CYBHL again only had two teams with kids ranging from six to sixteen year olds. During the same spring season, CYBHL introduced the Novice program which catered to kids ranging from three to five years old. This became an instant success with seventeen kids registered.

In the Fall of 2005, CYBHL grew again. We had a total of 57 kids who made up five teams. Games were played out of Beddington Community Centre and the Calgary Jewish Centre. This was great news for the players who had been

Words of Wisdom

**May your walls
know joy
May every
room hold
laughter
and every
window open to
great possibility**
-Mary Anne Radmacher

**Beauty is not
discovered with
the eyes, but
with the soul.**
-Anonymous

**You can't play the
game of life with
sweaty palms.**
- JoAnn White

**Real success is
finding your life
work in the work
that you love**
-Anonymous



3rd Annual Danny Cammack Memorial Golf Tournament

We would like to take this opportunity to offer our sincere thanks for your contribution to the 3rd Annual Danny Cammack Memorial Golf Tournament, which took place at McKenzie Meadows Golf and Country Club on August 26th, 2006.

Your donation and/or gifts greatly contributed to making this a truly wonderful and fun event. Our tournament raised approximately \$5,000 for the South Fish Creek Recreation Centre's Youth Financial Assistance Program (for hockey), the Rockyview Hospital Grief Support Program and the Ehlers-Danlos Type IV Research Fund. All donations will be made in Danny's name.

and individuals rallied around this function 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. Also, please know that your contributions will make a difference in the efforts to find a cure for this rare but life-threatening connective tissue disorder and that it will provide much needed financial assistance to the grief support program.

We are already looking forward to next year's tournament, and hope we can count on your support again.

Sincerely,

The way the community, businesses,

Paul, Betty, and Kevin Cammack

You Could Win!

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 Super Power Skating Program.

Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Summer 2006 James Faul • Spring 2006 John Bevans • Christmas 2005 Zach Urban • 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!



I Like Hockey!

I like hockey because hockey is fun! I get to go to one of my homes during the winter, the ice rink, where I meet lots of people. I have met some of the Flames! I am going into PeeWee and I like checking, skating, and most of all... I like scoring! Every team so far that I have played for, I was one of the best on the team. I had very good times scoring, passing and skating with the puck. Hockey is very fun because if you are bored I normally go outside and play hockey until I am un-bored. I play with tennis balls and my net in our driveway. Sometimes I imagine I am playing in the NHL, that is one of my biggest dreams! My Daddy always says I can be what I want to be! HOCKEY IS FUN!

James Faul
10 years old

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
Fall 2005 – Wayne Newby
Winter 2006 – Paul Zоргdrager
Spring 2006 – John Bradley
Summer 2006 – Tracy Tomassetti

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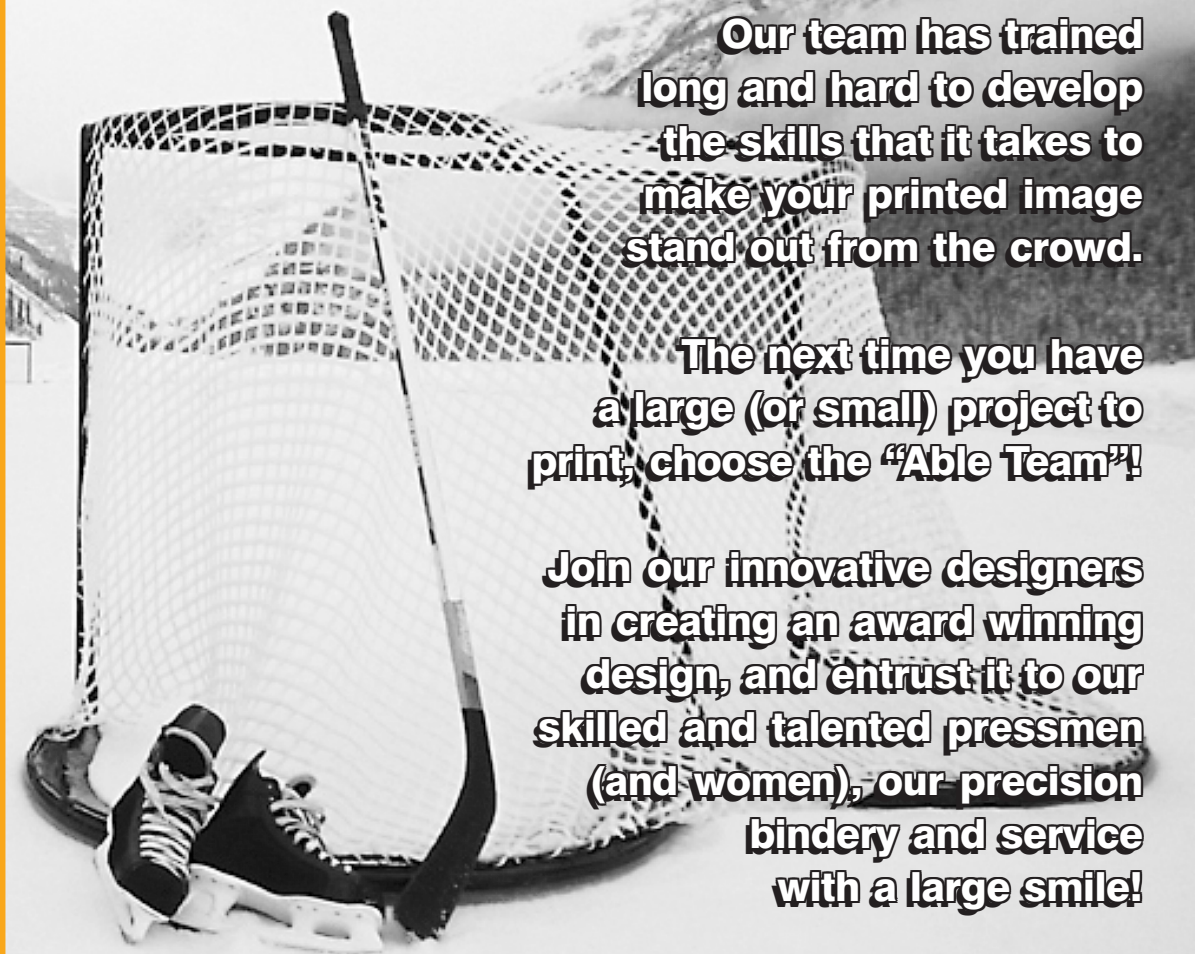
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