

Hockey Zones

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



Transition from Figure Skating to Hockey

Editor's Note: Stephanie reveals a candid, enlightening and often colorful account of her switching of winter sports. I am sure many beginner adult players can relate to her discoveries on the ice. As well, it may comfort others who are new or late bloomers to the sport of hockey.

By Stephanie Wilkins – Rasmussen

First Time Out

As a youngster from ages four to 16, I figure skated at least four times a week. Then, I hung up my skates for a 20 year period drought. It was all or nothing! Becoming friends with Rex Tucker and a little dare or challenge from him, I decided to try out skating on hockey skates at the Olympic Oval here in Calgary. My first discovery was on the bench even before I hit the ice. Hockey skates have very little support around the ankle compared to figure skates – so I tied them up as tight as I could hoping to find the same support; it was not going to happen. I cautiously stepped onto the ice not wanting a spectacle to happen. No toe pick was a scary feeling let alone a blade that was not flat. This gave me a feeling that I would either fall forwards or backwards if I did not keep my weight on the middle part blades. I now wished I had accepted the free helmet the lady at the admissions desk had offered me. With a few tips from Coach Rex and an hour circling the Oval I enjoyed myself and even tried backward

skating, which I found easier than forward. In the sport of figure skating, you skate backwards more often than forwards.

Hockey Equipment

I decided to venture out to a Tucker Hockey Level 1 recreational program, however, before that I had to purchase all of the necessary hockey equipment. When I tried on the hockey pants my friend asked me how they felt and if I could still maneuver in them. I said I think their okay but how should they feel as I did not want them to affect my shot. He delicately told me that I did not have a shot! Don't be too worried about it! I left the store with a full bag of equipment including rolls of tape which I thought only went on sticks. I discovered I needed tape for my socks as well! I knew I was going to need a list showing me the order of how to put this entire armory on. In figure skating there is no protection!

The Stick

I found it a challenge skating with a stick in my hands. When figure skating, you use your arms

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More Great Sports Tips**

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**“The future belongs to
those who believe in the
beauty of their dreams”**

–Eleanor Roosevelt

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Transition (cont'd. from cover)

for balance and having the stick in my hand seemed to be a crutch. I also learned that the stick should be below your chin with your skates on. In the Tucker Hockey program, I was having a terrible time with one of the drills where you circle a pylon with the puck which at the time was not my friend. Alex, one of the instructors, helped me out greatly when he told me gently that we are allowed to use both sides of the blade! Needless to say, after that the drill went a lot better!

Handling the Puck

I felt I was not being able to balance with my arms because of carrying a hockey stick. I felt a complete posture change with the hockey stance and full equipment on. Later handling the puck was introduced. It seemed overwhelming! Keep your head up and see the puck in your peripheral vision the instructor, Len, kept bellowing out. This was in a drill where everybody in the program had a puck and we had to skate around in the neutral zone. 'Yikes' is all I thought and 'please don't anybody run into me'! I found my skating deteriorated immediately when I had to skate with the puck going between pylons. It became a lot easier when I received a tip to tilt the stick so the puck was in better control. Thanks to Frank, one of the instructors!

Shooting the Puck

I was told my first wrist shot looked like

a golf swing. My back hurt doing it! I discovered proper posture, strength, and holding the stick correctly were crucial to a decent shot. Also, you must come in contact with the puck! It was very tricky to get the puck up in the air with the wrist shot, I soon realized. Flick your wrist; hold the stick lower with one hand and higher with the other I was told by each of the instructors. I know how in my mind to do it but executing it is another story. I discovered that I need lots of good practice time in this area of my game.

Body Contact

In singles figure skating there is no contact. Period! Thinking of pushing someone off the puck or getting them away from the net is new to me (also, body contact is not proper etiquette in the Tucker Hockey programs). However, when scrimmaging and you really want to protect your goalie or retrieve the puck a little leaning on a player seems justified (sorry Coach Rex!) especially when you're 30 to 40 pounds lighter than your male opponents! Maybe it is one secret advantage of being a lady! Luckily all the guys were gentlemen about it.

Attacking the Net

My first time shooting on a real live goalie was quite the show for the group. The drill was to skate down the ice receive a pass from an instructor and try and score on the goalie. All was going

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Next Issue:
 Winter 2008

Features

- Letters to the Editor/Prize Winner Announcements
- Overcoming Obstacles – Health
- How to Properly Demonstrate a Drill
- Checking – Crossing the Line
- Missing the Cut – What's Next?
- Unused Equipment – One Man's Junk is Another Man's Treasure

Welcome to Hockey Zones

The official newsletter of Tucker Hockey.

The Fall 2007 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–

Shared Respect

By Michael White

Sometimes in our quest for the golden rings or the MVP award we lose sight of the important things. We abandon fair play and respect believing it matters more about winning at any cost.

Respect in hockey between players, parents, coaches, officials and facilities is essential. Sportsmanship should be of paramount value to everyone involved in hockey. Each individual should be respectful of everyone's position and to be a positive role model in our great game.

Players need to play hard but play fair. Remember it's only a game. Player's should be conscious of opponent's safety as well as their own on the ice. Play safe and avoid injuring other players – remember the Golden Rule!

Parents should be able to go to the arena and support their children but not to the detriment of everyone else. They should not interfere with the coaches decisions. Parents should refrain from insulting officials and coaches, who are trying to do their very best within the game.

Coaches should instill sportsmanship and fair play within their teams. They need to understand the importance of their role

in the game. Players look up to their coaches. Coaches should have a positive demeanor towards their players, officials and other parties associated with the game. It's importance to avoid degrading or insulting with verbal remarks during the heat of battle. Players often feed off the negative actions of their coaches.

Hockey is about playing to your best abilities but there will always be rules. The officials on the ice deserve the respect of everyone in the arena including the players, coaches and parents. Remember the game cannot be played and supervised without these dedicated individuals. Referees, linesmen and the volunteer time / score keepers are such a valuable part of the hockey community. They must be treated with respect and consideration.

Even the arena managers and rink attendants deserve shared respect. They are responsible for keeping the arena facilities in good repair and maintaining good quality ice. Parents must instill in their children respect for the rink facilities including the stands and dressing room areas. If a player had a bad game, this is not a reason to break equipment or trash the dressing room. Players and coaches must respect that the rink attendants have schedules too. When one group is finished on the ice, it is respectful to make sure that practice teams are off the ice so that the ice can be cleaned on time for the next group.

Shared respect within the game of hockey requires good cooperation between all the major stakeholders – players, parents, coaches, officials and facilities. Shared respect will ensure that hockey will continue to be the greatest game on earth.

Follow Your Destiny Wherever it Leads You

There comes a time in your life when you realize that if you stand still, life will pass you by.

There is a path before you now.
Walk it one step at a time.

Keep your head up and cast
your dreams to the starts.

You will find your new journey magnificent
and beyond your wildest imaginings.

-Vicki Silvers



Transition cont. from 3

not too bad until the shot. I knew both the goalie and I were in trouble when I went to make my shot. (Yes, I now have a shot. It may not be earth shattering but it is a shot!) I lost my balance and saw the goalie's eyes big as saucers right before I did a nose dive right into him! Now completely underneath the goalie, I could hear him say, "Are you okay"? Ouch! Thank goodness for all that equipment. I replied, "Yes, how about yourself? Sorry about that"! According to Coach Rex, all anyone could see of me was a pink ribbon from under my helmet. It was rather embarrassing as the entire group came rushing over to see if I was ok. We were both fine and I even took the puck into the net with me! Not a legal goal but my first!

Understanding Drills

After completing the week long level 1 program, my confidence improved and I became more daring and decided to enroll in the Tucker Hockey Level 1.5 program. However, I soon discovered I was in a little over my head especially when introduced to some of the hockey tactical drills.

All I heard was F1, F2, F3 crosses over blue line passes to F2 or was it F3 or was it to an instructor? Where are D1 and D2? I wondered when I asked the question one of the instructors (to remain anonymous!) had a crooked smile on his face. Oh no! ...this is not going to be pretty. As I started to back away and head to the players box my team mates encouraged me to stick it out and watch the drill. So I did. Still not quite sure, I ventured out against my best instincts and attempted the drill. It was very choppy but I did it! Next time it wasn't so hard!

Edges

I spent many hours growing up in a dimly lit arena learning edge control in what was called "Patch". Patch was

basically figure eights. A normal figure skating session started out with about 45 minutes performing different types of figure eights and loops, after which the ice was flooded and another hour or so was spent doing free skate. In Patch, the whole idea is to be either on an outside edge or inside edge never going flat. At testing time we would do three circles and the judges would scrutinize them for roundness, size and flat edges. The tighter the lines were the better. Transferring to hockey skates was interesting and not as difficult as I thought. However, it is tough to break the habit of pointing my toes when I skate and do cross-overs as David, one of the instructors, keen eyes sought out!

Growing up figure skating, it was all about the edges and being in control so you made the perfect circle. That is one advantage I determined from going from figure skating to hockey. Also, in free skate the edges are crucial in taking off and landing jumps, footwork and spinning in a tight circle. In the Tucker Hockey programs, forward and backward edges are well emphasized.

Being extremely rusty, the various edge control drills awakened years of previous instruction. I am now dealing with a completely different blade and skate but the concepts are similar, the stance no! I now have a stick and puck as well. Being a figure skater I must admit, I love the power skating drills. No jumps or spins, although I must admit the temptation to do a spin occurs now and then when no one is looking!

Editor's Note: In the next issue of Hockey Zones, winter 2008, Stephanie will share her candid thoughts and experiences about searching for and fitting in with a ladies beginner recreational team and other hockey playing discoveries. Stay tuned!



A Little Humour for Parents

If there's one thing parents deserve, it's a good laugh every now and then! Here are a few quotes to make you smile!

"You can learn many things from children. How much patience you have, for instance."
- Franklin P. Jones

"Few things are more satisfying than seeing your own children have teenagers of their own"
- Doug Larson

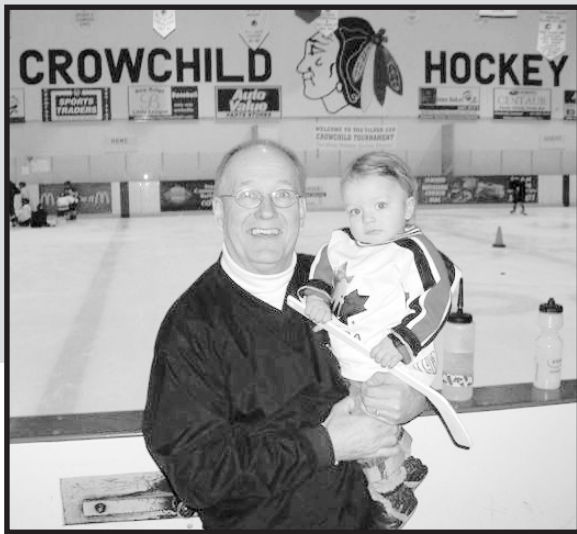
"It is amazing how quickly the kids learn to drive a car, yet are unable to understand the lawnmower, snow blower or vacuum cleaner"
- Ben Berger

"Like all parents, my husband and I just do the best we can, and hold our breath, and hope we've set aside enough money to pay for our kid's therapy."
- Michelle Pfeiffer

"The truth is that parents are not really interested in justice. They just want quiet."
- Bill Cosby

"I try to give my all whenever I feel something is important"

- Mena Suvari



Celebrating 25 Years of First Class Arena Management Service

Pat Laughton – Hockey Rink Guru

Editor's Note: There are many great people in the game of hockey. However, I really cannot think of a better ambassador of the game and a nicer gentleman than Pat Laughton, General Manager of Crowchild Twin Arenas.

Pat has said "Hockey is my life". He is a true gentleman of the sport, who shines helping anyone and everyone associated with the game. Pat has touched the lives of thousands of people from his playing, coaching, administrating, mentoring and consulting roles over his extensive hockey / arena management career.

This Summer, Pat was kind enough to take a couple hours from his busy schedule to accommodate my Q & A Session. During our time together at the Crowchild Twin Arenas, Pat juggled my many questions as well as accommodating everyone who passed through the doors. He seemed to know everyone.

HZ: Can you tell us a little bit about your early minor hockey years in hockey?

PL: I grew up in Nelson, B.C., a town of 10,000 with my older brother, Mike. We played hockey on a backyard rink with a light on the clothes line. Our parents were very supportive of our sports interests. Besides hockey, we played all sports. It made for a longer season. Often the Atom rep team played against the Pee Wee house team because there was a shortage of players.

HZ: Who was the biggest influence during your early hockey career?

PL: Well, my brother Mike who is five and a half years older. He motivated me to excel in the sport. I really looked up to him. He was drafted by the California Golden Seals.

HZ: When did you realize you were a pretty good hockey player?

PL: At an early age I was a fast skater, good puck handler and accurate shooter. At the age of ten I was presented with the MVP tournament trophy by the legendary Father David Bauer.

HZ: Where did you play your junior hockey?

PL: During my first of two years, I played with the old Penticton Broncos and helped the team to the Memorial Cup Western Final. Also, played with the Nelson Junior A Maple Leafs Tier 2.

HZ: Tell us about your NHL Experiences

PL: In 1970, I joined my brother Mike and attended the Oakland Seals camp in Oshawa, Ontario. The Seals General Manager was Frank Selke Jr., and the Assistant GM at the time was Bill Torrey. Bill was a very classy guy. Fred Glover was the coach. I was a 5' 9" 165 lb center, only 20 years old at the time. I remember meeting the coach for the first time in the hotel lobby. He shouted out when first seeing Mike and me. "I knew he was small but I didn't know he was blind too!... get over here!". I was wearing glasses at the time. During the first scrimmage I beat Carol Vadnais 1 on 1. He didn't take too kindly to it being a vet... he took me down by the ankles and shouted "Hey kid, slow down!". I had a penalty shot... wired the shot and scored on Gary (Suitcase) Smith. I had a really good camp... they kept me until the last day, but I was just too small. My brother Mike and I felt it was best if I went back to Nelson.

HZ: How did this decision affect your hockey career?

PL: I went back to Nelson and attended Notre Dame College for two years and played senior hockey for the Nelson Maple Leafs and the Trail Smoke Eaters. Notre Dame offered the first scholarship program in Canada. Later I played with Phoenix Road Runners of the Western Hockey League. After a short stint in Phoenix, I looked at opportunities in Europe.

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**"You're happiest while you're
making the greatest contribution"**

- Robert F. Kennedy



Safety First – Coaches, Wear a Helmet!



By Coach Rex

We often talk about Safety in Minor Hockey in terms of fair play, sportsmanship, playing by the rules etc. Now, we want to get down to you, the minor hockey parent/coach. We want to look at your physical responsibilities of providing a safe environment for you – the coach!

Tucker Hockey encourages all coaches who instruct on the ice, especially minor hockey coaches, to wear a helmet. The reason I make this statement is truly based on my own personal experience. For more than 12 years, I conducted numerous minor hockey practices, power skating programs and hockey skills sessions without wearing a hockey helmet. Unfortunately, it took a bang to the ole melon before I became consciously aware of my own safety on the ice and decided to smarten up!

During the fall of 2003, I was conducting a minor hockey practice as a guest instructor for a community peewee team. We were doing a fun drill called “the duck and the goose”. This fun racing drill for the kids involved practicing glide turns and forward crossovers around the circle. There were approximately five players per circle. I was eagerly shouting encouragement to one of the groups, when it happened! A player from an adjacent group lost an edge and accidentally hit me from behind! The player accidentally hit me at the calf level. I wiped out and hit the back of my head on the ice. It was such a shocker! I felt dazed and stunned for a few seconds than the feelings of a concussion began to set in. The concussion effects of the fall lingered for several days. However, I felt very lucky. The symptoms from this accident could have been much more severe!

After telling my family and friends, who are not really into the game of hockey, about what happened, they caringly said “What! You were not wearing a helmet on the ice?!” They were shocked! They couldn’t believe it! “What kind of an example are you setting for the kids you are coaching?” This was the popular remark of the day. I thought about it and realized they were truly right. As a result, I decided to smarten up and now I wear a hockey helmet!

When operating any group hockey program especially at the tyke/novice or adult beginner level it is imperative that coaches wear a helmet. Often low skilled players are not in control of their skating and you never know what they will do on the ice.

Last August, I discussed the lack of helmet usage by minor

hockey coaches across Canada briefly with Paul Carson, Director of Development, Hockey Canada at Father David Bauer Arena. At the time, Hockey Canada was conducting a summer hockey skills program on the ice. It was good to see all the Hockey Canada on ice instructors wearing helmets.

I asked Paul why it wasn’t mandatory for all minor hockey coaches across Canada to wear a helmet. He said “It is basically a political thing and impossible to police.”

From my understanding, it appears to be bureaucratic situation. Most of the various minor hockey associations do not want to be told what to do. If Hockey Canada tried to implement a mandatory helmet policy, who would police this policy at the grass roots level? With a lack of resources, the logistics of policing such a thing would seem to be impossible. Even though Hockey Canada is the governing body of hockey in Canada, the organization often it seems has very little control of our game at the grass roots level.

I feel safety awareness and education are the keys to implementing a mandatory helmet policy but how do the various hockey governing bodies do this? Why not make it a part of the coach level certification requirements. All coaches wear skates, gloves and a stick on the ice... just add a helmet to the equipment list for all coaches. When coaches obtain their team jerseys/equipment for the season, have the coaches sign a document regarding helmet usage. Any other ideas?

The writer welcomes any thoughts or ideas regarding this subject matter.

If coaches wish to be safety conscious and positive role models for their players, it is recommended that they wear a helmet. For now it’s a personal preference whether to wear one or not. But I truly feel based on my own personal experience; the smart choice is to wear a helmet. Avoid learning the hard way by banging one’s head on the ice! During an on ice session practice, players accidentally fall, collisions happen between players and coaches; coaches may step on a puck, as well as encounter ruts on the ice.

Remember coach for the love of the game, coach to have fun, coach to help the kids and coach to win, but most importantly, coach to be safe! Safety first!

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A View from the Press Box

Canada Russia Super Series

By Rex Tucker

When the Canada Russia Super series was announced by Hockey Canada earlier in the year, I could not help but reflect back, like many Canadian hockey fans, on the 1972 Summit Series. Growing up in a small rural Newfoundland out port community, I fall in love with skating and playing shinny hockey at the tender age of seven. However, it was the 1972 Summit Series which truly galvanized my love for the game of hockey. This incredible September series captivated my daily interest. At the early age of 11, after being glued to the television, I had the self realization that I wanted to grow up and work within the game of Canadian hockey. I wasn't sure what role I would play in the game but I truly felt it was my destiny. Little did I know my strong drive, passion, and love for our game would eventually lead to me to Calgary, Alberta and operating my own full – time hockey business.

On Friday, September 7th I had the pleasure of attending the seventh game of the eight game Canada Russia Super Series in Red Deer, Alberta. In part, the Super Series was held to pay tribute to the 35 year anniversary of the 1972 Summit Series. The Super Series also paid tribute to the long time international Canada – Russia rivalry over the years. Recently, Canada and Russia has faced each other in six of the past seven World Junior Gold medal games.

The Canada/Russia Super Series, a one time eight game series featuring the best under 20 players from Canada and Russia, did not live up to its billing. Canada dominated the series winning seven of the eight games. The best game of the series was the 4-4 tie which I witnessed in Red Deer. Red Deer is the heartland for hockey in Alberta. The locals love their junior hockey.

Here are a few observations, thoughts and facts about this series from Tucker in the press box.

Tournament Observations / Facts:

- It was promoted as the Super Series but rather it was a one sided series in favor of Canada. Canada allowed only 13 goals against in the tournament on the Road to winning the series. Great team defense – defense again wins championships.
- Team Canada produced a top notch hockey operation from

management, coaching and support staff. A gold medal effort indeed!

- Brent Sutter has the most impressive record on the international hockey scene. He is 19-0-1 as Canada's national junior team coach which includes two world titles. Brent Sutter is a favorite son in the town of Red Deer.
- The Red Deer Enmax Centrium is a great place to experience a hockey game. The local people love their junior hockey. It was quite an atmosphere!
- Brent Sutter, the owner and past coach of the Red Deer Rebels, had a special award presented to him by Bob Nicholson, President of Hockey Canada. The fans of Red Deer sure showed their appreciation and best wishes towards his new challenge as the new head coach of the New Jersey Devils. Sutter, the owner and past coach of the Red Deer Rebels junior franchise, turned a struggling franchise into a Memorial Cup winner and constant contender. The many fans did not forget his tremendous contributions to Red Deer and Canadian Junior hockey.

Player Observations:

- The most valuable player of the series was Sam Gagner of Team Canada. This Edmonton Oiler draftee will be a star in the NHL in the very near future.
- Unfortunately, Alexei Cherepanov, was injured early in the series. A draftee of the New York Rangers will be a player.
- Brandon Sutter, the son of Coach, Brent Sutter was the best player on the ice in Red Deer. Brandon was selected by the Carolina Hurricanes in the 2007 NHL entry draft.
- John Travares, the native of Oakville, Ontario, who plays with the OHL Oshawa Generals will be the 2009 NHL entry draft first pick. Travares just turned 17 on September 20th. He is a rising Canadian hockey star!

Post Game Press Conference Remarks:

Brent Sutter said "It's not just about teaching them about the game, but teaching them about life. When they come in you are their guardian and you have to make sure they're doing things right on and off the ice. You have to make sure they treat people the way they'd want to be treated, make sure they do their schooling and that they respect the homes they're in. What I'll miss is seeing a player come in at 15 or 16, play, and when he leaves see how much growth he had in a period of time. And when they walk out and say goodbye to you, they give you a big hug and they thank you for everything. It may not mean a lot to them, but in maybe five, ten or fifteen years

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Player Evaluations

For Parents, Coaches and Players

Evaluations in community hockey for 2007/08 are over for another year.

Since history tends to repeat itself, probably at least a third of parents and players and often even the coaches will not be 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



Team Leadership: Rotating the Captaincy

By Nick Portman

Two seasons ago I realized that the fifteen and sixteen year olds I was coaching weren't giving my pre-game and between-period chats as much attention as I'd had from younger players. Although they were generally quiet while I spoke, I could tell that I was no longer holding their attention – unless I was dealing with some specific issue like fighting or the lack of consistency in refereeing.

Their lack of attention didn't have anything special to do with me – I knew, from the number of players that repeatedly asked to be placed on my team, that I had their respect. If it wasn't about me, then it had to be something that had changed in them. I came to see this lack of attention to me as a natural development, a sign of their growing independence and their changing focus on themselves as a group, a social unit.

The question for me was, what to do about it?

Like any team, we needed pre-game hype. This was a recreational team; our hype was less about tactics and more about being pumped for the game.

In any league, for any team, there are times when the players just show up flat, for no apparent reason. The pre-game can turn that around. And of course, the between-periods chats help the team to continue to play with energy however the game is going – it's just more fun if you're out there working hard, even if the game isn't going your way.

Last season, I decided to take some risks. After we had a few games under our belts, I announced that I would be rotating captaincy. The job of the captain would be to give the pre-game talks and to talk to the referees, if necessary. A player would be assistant for two games, then captain for a game.

By the end of the season, the captains were giving the between periods talks too. The guys had a great deal of fun with it, and, by the end of November, I had a lot less to do at the games. I got to watch and enjoy, more than I had any other year. I have never seen a team as involved as this group.

The surprise for me was that the players were talking about the subjects I would have chosen anyway, motivational or tactical. I checked this out with the other fathers on the bench, and we all agreed – perhaps there were small differences in the details, but the players inevitably covered the same ground, and because they were directly involved, they covered it better than we could have. In addition, between periods, they were also able to address on-ice issues that we weren't aware of on the bench – you just don't see everything that goes on in a game.

How did I set up the rotating captaincies? There were, I believe, three keys to success. The first was that I picked the first captain and assistant captains – players who would have no trouble talking in front of the team, and would talk positively and enthusiastically. These guys would be the role models. My choices were not based on their on-ice ability, although the new captains obviously needed the respect of their team mates to be able to carry it off.

The second thing I did was call each captain a day or two before his turn to give the game talks, and I gave him some advice. I told him, the objective: to pump everyone up before the game and between periods. I suggested he choose one or two or at most three issues to talk about, and stick to those issues. He might want to talk about the previous game, something he liked about playing on this team, or some other relevant subject. I told him he could talk about something negative, something we didn't do well, but if that was his choice, he had to approach it as an issue for the team. I also told him that there should be no negative criticism of any player on our team.

After I'd laid this groundwork, I'd ask the captain if he'd chosen something to talk about, and also if he had any questions. I'd be on the phone with some players for fifteen minutes or so, but others wanted to do the whole thing without any help, and those phone calls were only a minute or so long. The amount of effort on my part was very little indeed – a series of short telephone conversations.

Cont. page 25

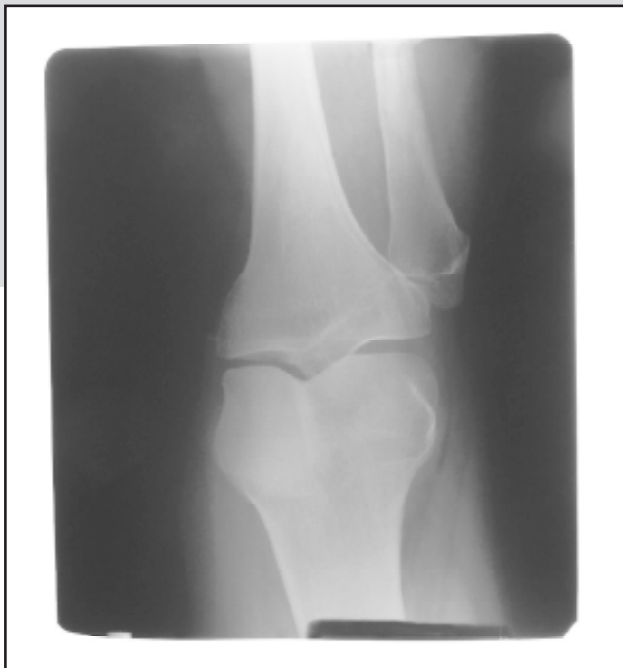
“Never tell people how to do things.
Tell them what to do and they will
surprise you with their ingenuity.”

- George Patton

“The real leader has no
need to lead – he is
content to point the way”

- Henry Miller

Overcoming a Broken Leg



By Mark Bomersback

Some people might consider themselves unstoppable or just overall lucky, when they survive four years of junior hockey and miss only two games due to injury, and later make the step to college hockey and play three years injury free. But it wasn't until my fourth and final year of college eligibility at Ferris State that feeling unstoppable was no longer a part of me.

I remember it as clear as day. It was the first game of the season on October 5th, 2006 against Union. Things couldn't be any better it seemed for me. I was in the best shape of my life and eager to produce a breakout season. Hopefully, some NHL teams would give me a good look. When things looked so good, they soon reversed and began to look very awful. It was the first period and I was skating to check an opposing player. We both collided and to make a long story short... I broke my leg. It was the tibia bone just above my skate. Instantly, something was feeling badly wrong. The first thing that came to my mind was that's it!.... my hockey career is over as I knew it.

This was the first serious injury of my career so I wasn't ready for the kind of stress, especially physically, emotionally and mentally which would follow. I overcame all of it with the help of my coaches, teammates, friends and family. With their kind support and encouragement, I knew deep down

inside and strongly came to believe that I would recover and come back stronger than ever. I diligently worked on my recovery and rehab plan. I was scheduled to be out for 10 to 12 weeks. About a week after getting the cast on, I began to ride the bike with one leg while sitting my broken leg up on a chair. Since I was going to be out for ten weeks, I wanted to keep my cardio the best I could. As well, I also kept working out on my upper body to stay in the best shape possible.

Even though the physical part of my recovery was sometimes frustrating, it was nothing compared to what I went through emotionally and mentally? It was tough going and sitting in the stands to watch my team play. I kept thinking I should be out there and helping the team. Also, it was extra tough when the team went on road trips and I would stay back and ponder my thoughts about my hockey future. Even though, it was tough to go to the rink I was there whenever I could. Seeing my teammates and just hanging out in the locker room made things that much better for me. My teammates always made sure I stayed positive and still made me feel part of the team. Time flew by and I was back doing skating drills in early December. I was about a week to two weeks ahead of schedule.

I returned early January and played the last 20 games of the season. Each game feeling better and better and finally finished the hockey season strong. I could have easily given up and just threw in the towel for the season but I didn't. However, I couldn't have done it with the help of my teammates, family and friends. No player can go it alone!

I'm a strong believer that things happen for a reason. Good or bad and there was nothing I could have done about breaking my leg except keep working hard and staying positive. Now that person, who was once unstoppable, is back and feeling stronger than ever. I feel you just have to make the best out of any situation and in the end overcoming adversity makes you that much better as a player and as a person.

"Success is the good fortune
that comes from aspiration,
desperation and inspiration"

- Evan Esar

"No bird soars too high
if he soars with
his own wings."

- William Blake



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
Dallas Stars
Development System
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



Quality Instruction Read and Adjust to Your Audience

Editor's Note: Hockey instruction is the art and science of teaching hockey skills both technical and tactical. It is a "specialized component" within the coaching profession. Here's a closer look at the aspect of reading and adjusting to your audience component of instruction.

By Rex Tucker

The skill level of the players will affect your on – ice curriculum. An instructor needs to provide drills which stretch the players but do not frustrate them – due to lack of success - but neither bores them – due to the drill being too easy / not challenging enough. A teaching progression from the basic building blocks, intermediate, advanced and pro type drills should be incorporated.

It is definitely an art. It's important to teach hockey skills and correct errors but equally important to keep players moving on the ice – to give each player enough quality repetitions of the drills. Especially, if there are 20 or more players on the ice for a session.

When an instructor attempts to teach tactical skills and the core of the group do not have sufficient technical skills, the drills will be executed poorly and the instructors and players will be frustrated with the results or lack of results. For example, during a practice session an instructor may try doing some 2 on 1 drills. However, if the defensemen lack adequate backward skating skills and/ or the forwards lack good passing skills then the drill execution falls apart. The coach will have to improve on the technical skills of backward skating and passing in stride prior to doing 2 on 1 drills. Otherwise, both the coach and players will get frustrated with the lack of good results.

Age will also play a part. If the players are really young such as tyke or novice it is important to incorporate a good mix of fun drills / games within skill development programs. Their attention span is lower and they lose interest quickly.

Often they are not looking to perfect a drill but just have fun while performing the skill. For example, an instructor can work on the technical skill of proper knee bend and the kids can have fun as well by performing the Gorilla drill.

As well, if players are AA/AAA calibre, it's important to teach skill development but also to challenge the players. Push them with advanced drills with proper technique and execution as well as high intensity and conditioning components. For example the 6 and 12 o'clock skating agility drill on the circle can be taught first with proper technique, then quicker feet and then with a puck to stretch more advanced players so as to add a higher intensity and conditioning component.

Remember, no matter what the age or skill level sometimes players are tired and have low energy levels so an instructor may have to tone down the practice session and adjust the curriculum accordingly.

By reading and adjusting properly to your audience, the instructor ensures a positive learning environment and maximum benefits achieved for all parties involved especially the players.

"If you don't know
where you're going,
you'll end up
somewhere else"

- Yogi Berra

Voice

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Tucker Hockey
Philosophy

Super Series (cont'd. from 9)

down the road, they'll say "those years in Red Deer were important years and got me on the path that I needed to be going on, whether it was in hockey or business, it was the right path."

Final Comments:

Canada dominated the eight game series. It wasn't that the Russian side was so weak but rather the Canadian side was so strong. The series was very one sided and lacked the drama of the 1972 Summit Series. However, it was a financial benefit for both hockey

federations. As well, it was a great way for Hockey Canada to evaluate and measure its talent pool for the upcoming 2008 World Junior Hockey Championship. Canada will be shooting for a fourth straight gold medal in the Czech Republic. Go Canada Go!

Special Thanks to Andre Brin, Manager, Communications of Hockey Canada, Chris Jurewicz and Cam Moon, Media Accreditation, Super Series for handling Tucker Hockey's Accreditation requests.

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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Thursdays, January 17th to March 20th

7:00 - 8:00 am George Blundon \$329/pp

Group 3: Ages 9-13+

Fridays, January 18th to March 21st

7:00 - 8:00 pm, George Blundon \$329/pp

Group 4: Ages 9-13+

Fridays, January 11th to March 14th

3:00 - 4:00 pm, Stu Peppard \$329/pp

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Group 2: George Blundun
Wednesdays, January 16th to March 19th
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Group 3: Stu Peppard
Wednesdays, January 16th to March 19th
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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)

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Noon - 1:00 pm

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Level 2

Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 technical skills program. Includes advanced and technical skills, individual tactics – offensive and defensive, team tactics – breakouts, regrouping and defensive zone coverage and conditioning drills plus scrimmage (10 sessions)

Group 1: Henry Viney
Thursdays, January 17th to March 20th
Noon to 1:00 pm

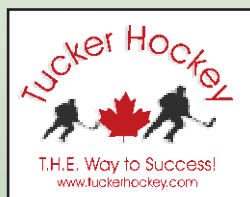
\$329 New Participants/\$299 Past Participants

Ladies Only Level 1

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

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

Saturday, December 29th, 10:15 - 11:30 am

Sunday, December 30th, 9:00 - 10:15 am

Southland Leisure Centre

Group 2: Ages 10-12+

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

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

Saturday, December 29th, 1:30 - 2:45 pm*

Sunday, December 30th, 10:30 - 11:45 am

Southland Leisure Centre

*Rose Kohn Only

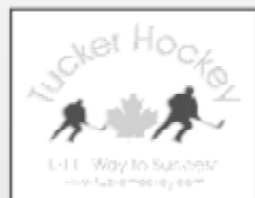
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"...As a player, you may not realize you are doing anything wrong, or you just think you are doing everything right. However, it wasn't until Rex Tucker, one of the best power skating instructors out there, tweaked my skating skills that I learned 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
Dallas Stars Development System
Future NHL Prospect*

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4:00 - 5:15 pm, Norma Bush
Saturday, December 29th
6:00 - 7:15 pm, Norma Bush
Sunday, December 30th
4:45 - 6:00 pm, Ernie Starr

Group 2

**Bantam Div 1, AA & AAA
Midget Div 1, A & AA**

Thursday, December 27th
8:30 - 9:45 pm, Shouldice
Friday, December 28th
8:15 - 9:30 pm, Frank McCool
Saturday, December 29th
7:30 - 8:45 pm, Norma Bush
Sunday, December 30th
6:15 - 7:30 pm, Ernie Starr

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Improve your quickness and speed with and without the puck!



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. 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 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.

Two NHL players who are extremely mobile are 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!





Profile of an Inspirational Star David Canning

**David
Canning**

**David Canning – Hockey
Enthusiast and Inspiration to Many.**

**At 73 Years of Age He
Still Loves Playing Hockey!**

***Editor's note:** We first met David Canning at Norma Bush Arena, Calgary, in September 2006. David had signed up for the Adult Level I Program and we were stunned by his level of enthusiasm and energy. What a cheerful disposition! He is, as of this writing, the eldest participant in the history of Tucker Hockey. After watching David progress through the program, I was curious to learn more about the man and his love for the game. This summer we sat down for a cup of coffee and had a good chat about hockey and life in general.*

HZ: When and where were you born?

DC: I was born June 7, 1934 in Truro, Nova Scotia, a town of about 12,000 people, 100 km west of Halifax. I have lived in Nova Scotia all my life.

HZ: What is your family background?

DC: I was married in 1970, my wife's name is Mary, and I have two daughters, Heather who lives in Ottawa and Jacqueline who lives in Calgary. I have three seven year old grandchildren (triplets), who live in Calgary, Jon Alexander, Emily, and Hannah.

HZ: Why are you still playing hockey?

DC: Hockey is my favorite sport, and I want to keep playing as long as I'm physically able. I usually skate or play hockey 3 times per week during the summer, and that increases to 4 or 5 times in the winter. I find the skating to be easy on the joints, it's not like tennis or jogging where there's impact on the joints. I also like the social side of the sport, the team effort, the fun, and camaraderie, and I always meet lots of nice people. The various characters in the dressing room always make for amusing times.

HZ: Tell us about your early years in hockey.

DC: I started skating at the age of 13 on the local ponds. I played shinny hockey until I was 18, and I played my first organized hockey while studying at the Teacher's College at Truro, NS. I played intramural collegiate hockey. Basically, between 1970 and 1980 I took a break from hockey to be with my family, build a house, and establish my career. In 1980, I got back into hockey playing some shinny with some teachers and I also got involved in an old timer's league in Sackville NS. Since then, I've been playing and skating whenever I can.

HZ: You've been skating and/or playing hockey for the last 60 years, have you had any major injuries?

DC: Nothing serious on the ice, but I have had some health issues over the years. When I was 57, I had a cancer operation on my bowel, at 68 I had back surgery to fuse

three discs, and at age 70 I had my left knee replaced. So, you can see, nothing really slows me down for any length of time.

HZ: What did you do for a living?

DC: I'm retired from the teaching profession, but I still like to keep busy by being involved in some new housing construction. Last year, I helped my daughter here in Calgary finish her basement and the grandkid's playhouse. In my lifetime, I have built three houses for my family, one of those took me three years to complete. As a teacher, I taught every grade from Kindergarten to Grade 12, except for Grade 11. My specialty was Special Education, or Special Needs as its known now, helping kids overcome various learning difficulties.

HZ: What advice, as a teacher, would you give to parents about their kids being involved in hockey?

DC: Parents often have unreal expectations. The kids are there for fun, but some parents are trying to relive their own dreams and aspirations that they couldn't, or didn't, fulfill in their own youth. As a result, they often place excessive pressure on their kids to do well at the expense of the kid's happiness. Sometimes we need to let kids be kids, and to just have fun. The opportunity to develop their social skills is very important as well.

HZ: Throughout your teaching career, have you acquired any teaching principles or models that you would want to share with parents or kids?

DC: The first one would be not to do anything for anyone if they can do it for themselves. You're not doing the person any favors by making their life easier. It's not a lack of kindness,

Cont. page 23

Hockey Enthusiast (cont'd. from 22)

its giving individuals a sense of accomplishment or purpose, responsibility or ownership.

An example in hockey would be parents carrying the kid's hockey gear and tying up their skates. Parents would even skate for their kids if they could, but the kids have got to want to do it for themselves. Anything given has no value, it derives value when you earn it. An example would be that you take greater pride in a university education when you pay for it yourself.

HZ: What was the most difficult part of teaching Special Needs kids?

DC: You need a tremendous amount of patience. You need to look at the learning process from a whole new prospective, and apply it individually to suit each case.

HZ: Where did you first hear about Tucker Hockey?

DC: While visiting my daughter in Calgary, I was skating at the Westside Arena and I saw a copy of the Hockey Zones newsletter. I had always wanted to get some instruction with regards to my hockey skills, and I enjoy playing hockey to stay in shape. I've always felt that if you don't keep up your skills, you'll lose them, and that's true in most physical endeavors especially when you get older. It was something for me to do in Calgary while visiting my family.

HZ: After participating in the Tucker Hockey program, what did you find most appealing?

DC: I enrolled in the September 2006 Adult Level I Program, and I had no expectations, I just didn't want to adversely affect the overall group by being less skilled. I found the program was set up to be me against the drill, not me competing against someone else.

I found the type and quality of instruction refreshing and positive, and everyone encouraged me as I went through each drill. I felt a good sense of accomplishment in the stress-less environment. I liked the approach that the coaches took with each player, assessing the different skill levels and offering challenges to each player without making them feel self-

conscious. It's so easy to be negative, especially in an environment with diverse abilities, but the coaches went out of their way to make everyone feel at ease, and offered good feedback and praise when necessary.

HZ: How long do you plan to continue playing hockey?

DC: I'm on a few medications for high blood pressure, and my doctor is encouraging me to continue my current level of activity as long as I feel good. That was a relief, as I usually beat to my own drum anyway.

Candid quotes from Canning

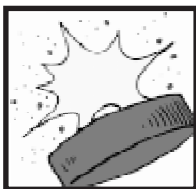
"Death is when someone stops learning"
"Instruction versus self-taught... you can't see yourself the way

someone else does"

"All behavior is shaping and refining your skills, whether that be hockey skills, public speaking, etc., for a desired outcome"

"Learning is about establishing building blocks first; from lower skills to higher skills; see a demo, try it; success or lack of success; change or modify"

Editor's Note: During my conversation with David, I loved his outlook on life. He has a very active mind and a refreshing spirit! David, keep enjoying your hockey, and I can only hope that I am as active on my skates as you are, when I'm a young man of 73!



Tucker Hockey

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

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



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Coach Rex's Corner

Why Balanced Skating?

By Rex Tucker

Skating is to hockey as running is to soccer. Skating is the foundation upon which all other skills are built and as such is the most important skill in ice hockey. The level of performance attained by a player in passing, shooting, checking and puck control is directly related to skating ability. The time spent improving your skating is a worthwhile investment due to the carry – over value in all other aspects of the game.

There are very few players in the game even at the professional level that do not have a weak and strong side. Or I guess I should say feel one side is a little stronger than the other. At the minor hockey level, this is a very common issue and in many cases a major problem. Too many players will gravitate to their strong side when practicing or playing a game. Players will stop, start, turn, crossover and pivots often only to one way. Often this will limit their skating agility and mobility, scoring chances, playmaking, checking, and overall offensive and defensive positioning.

This observation was truly brought to light in the last issue of Hockey Zones by Buddy Gale's letter to the editor. I totally agree with you Buddy that the majority of players in the system have a strong – side and weak – side with their skating. The strong side it seems most often is the stick side, and they develop and then use that strong side for the big majority of their on- ice time.

When a player develops into a balanced skater, he or she is confident in all aspect of their skating game. Often in a game when a player uses

only the strong side for example glide turning or crossovers, they turn their back to the play and the puck. This is a cardinal sin of hockey! The player for a few moments is not facing the play and this poor choice may cause a defensive breakdown or even a goal against.

For example, some minor hockey defenseman will play only on one side of the ice because their backward to forward pivot is so weak! They are really flat footed and often look like a pylon if they are playing on the wrong side for them/their weak side... the opposing forward will skate by them with the puck.

If a player can improve his or her overall skating game, it will improve their confidence, decision making and overall performance on the ice. Being more efficient in one's skating will enhance their other technical skills as well as offensive and defensive parts of their game. It will take seconds off their ability to do things on the ice.

By enrolling in a good power skating program, a developing player will discover their strong and weaker sides. It provides a positive learning environment to practice correctly various aspects of their skating skills. Over the course of time, they can reduce the handicap of not using their weak side in a game or using it but being slow / awkward and being very inefficient.

The better a player skates the more opportunities and success he or she will have playing the game. Sidney Crosby is a prime example of one of the game's best players because he is a great skater – a balanced skater.

Rotating Captaincy Cont. from 11

The third key to success was my announcement of the rotating captaincy to the team. I told them the objective was to raise the energy level for the game, and this would only work if they were all supportive of their captain. The players all bought into the idea. The result was that when some of the players who weren't naturally gifted as speakers had their turn, their teammates supported them, so that the talk would be picked up if it was beginning to spiral downwards. Of course, we had some flat games anyway, that's just the way sports is, but I believe we had a lot fewer of them because the degree of player involvement was very high.

I had told the players that they did not have to be captain if they didn't want to. Out of our whole team, we had only one player who chose not to. I believe that a number of players had so much fun being captain that they wanted to do it every game. Of course, after each game, I thanked the captain. I tried to remember to give him a positive comment on some specific aspect of his leadership.

After the first game, I had to come up with a way of selecting new captains. At the end of the game, I'd count how many players had not yet been selected, and ask the outgoing captain to pick a number between zero and the amount of unselected players. We'd then go around the room until one of them called out the number.

This didn't all happen overnight. For the first few weeks, I held on to giving the between-periods talks, in case I found I'd made a mistake and needed to retrench. But after a month or so, I gave the between-periods to the captains as well, even though I expected them to lack the tactical content. Of course, they knew what had been working for them during the game, and what hadn't. So, in fact I found their talks were content rich. Sure, maybe there were a few suggestions we could have made that they didn't, but in the overall scheme of

Cont. page 27

Four White Devils



By Coach Lyle

The word dieting has become so common in our language that to know and track calorie numbers has driven so many well meaning “dieters” off track and dropping their ‘dieting program’. Subsequently, packing on more “fat weight” than they had before.

I have used the ‘Four White Devils’ as a simple rule to help suppress, cut out, reduce the amount or to some extent, nearly eliminate them from my diet ! It is a way of control with minimum disruption of my brain or the rest of my life style.

Maybe you will find some comfort in this message.

Here are the four white devils:

White Salt – Salt can cause hardening of the arteries and can lead to heart attacks, strokes, and a plethora of diseases to the organs. A lot of natural food that we eat has salt in it, including fruits and vegetables, etc. Why rock the pathology of our magnificent body senselessly with the loading up on refined salt?

White Grains – White equals processed grains. An example of processed or polished grains is white bread. Good substitutes are whole wheat, multi -grains, rye, brown thru – out etc. The white or polished rice should be substituted with brown rice and wild rice. As well, white pasta is processed white grains. A good substitute is whole wheat (brown) pasta.

In general, the nutrition is mostly in grains and being protected by the hulls, leaves, etc. that are removed in processing to make it more palatable, attractive and addictive. And always ‘White is pure’, right? Not! Because of the addictive substances added, people develop a craving for more white sugar, white fat, white bread, white floured doughnuts and bagels, etc. The marketing can be ruthless.

Food Note: Polished grains are processed grains.

White Sugar – has one hell’uva battle plan in store that can pillage our health and shorten the time we have to enjoy this good earth, on and off the ice. Brown sugar is not processed from

white sugar. Brown sugar is white sugar with molasses added. Molasses is sweet and addictive, thus double jeopardy here.

In fruit drinks, the sweetness comes from the fruit processed. Check the label on the container. If it says “ Sugar Added” put it back on the shelf. It is processed sugar, that when used with indiscretion can be the root of many diseases and afflictions. One that comes immediately to mind is diabetes. But we won’t belabor consequences here.

On the subject of ‘fruit and nuts’, some things like Brazil nuts; Macadamian nuts; bananas; and some others were condemned for their fat content. They have a ‘fat component’ that is not going to be a harmful to us. Any harm comes from further processing (see Sugar Added above)

And further, any cholesterol from pure, unprocessed fruit is ‘Good Cholesterol’, i.e. HDL equals high density lipoproteins. The bad cholesterol is LDL equals low density lipoproteins.

When you have your annual check up with your doctor and you donate a sample of your blood, one of the things he will most likely check for is cholesterol. Also, he will note the total amount and subtotal amount of each, but also, as importantly, the ratio between the two. HDL/LDL.

White Fat – we are basically talking animal fat at this time. Not the good fish fat, in general, it is a superb source of ‘good stuff’ like Omega 3’s, etc.

However, that big strip of white fat riding the edge of that big juicy steak is loaded with LDL (bad cholesterol) and can find your artery walls very quickly.

So the weight watching conscious diners cut off what they see and feel that they have rid the fat and will be eating only pure lean beef. But the fact is that the rest of the steak is more than a slab of pure beef. That main part, looking so lean, actually is full of spaces known as “interstices”. Here is where more pure fat resides interstitially, as much as 85% is fat. This makes for a lot of fat and LDL... so be aware cholesterol counter, that piece of lean beef is more than what appears on the surface.

Note: the foregoing does not diminish the fact that beef is an excellent source of valuable proteins, vitamins, minerals and a big host of other beneficial nutrients. And note, we need fat in our diet. It can give us a reservoir of energy when we need it.

Your ammo to keep slim, trim and terrific is to control your four white devils and track your own weight, shape, and HDL/ LDL.

The Wooden Bowl

A frail old man went to live with his son, daughter-in-law and four year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon and onto the floor. When he grasped his glass, milk spilled onto the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating and food on the floor."

So the husband and wife set a small table in the corner. There, grandfather ate alone while the rest of the family enjoyed dinner.

Since grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp

admonitions when he dropped a fork or spilled food.

The four year old watched in silence.

One evening, before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly the boy replied, "Oh, I'm making a bowl for you and Mama to eat your food in when I grow up." The four year old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks.

Though no word was spoken, both knew what must be done. That evening the husband took grandfather's hand and gently led him back to the family table.

For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled or the tablecloth soiled.

On a positive note, I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way that they handle four things: a rainy day, the elderly, lost luggage and tangled Christmas tree lights.

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a 'living' is not the same thing as making a 'life'.

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that if you pursue happiness, it will elude you. But if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day, you should reach out and touch someone. People love that human touch – holding hands, a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn.

I've learned that you should pass this on to everyone you care about.

Rotating Captaincy

Cont. from 25

things, those few items were unimportant. The players took full advantage of their time, and they always found plenty to talk about. The discussion was always closed off by the referees whistle. I think that sometimes the players could have talked right through the next period.

I have seen other teams in other leagues with rotating captaincies. In some cases, the selected players were often given the C or the A as a reward for on ice play, or some other consideration, but, regardless of how the choice was made; the player was rarely given any real responsibility other than to talk to the referee. I have seen C's and A's handed out on the basis of on-ice ability alone, without any reference to leadership qualities. One of those Captains was involved in a post-game fight in his own locker room. And yet, I believe that in the cases that didn't work out, if the stage had been properly set and the players given the necessary tools, those young men would have done a good job. There's no reason why a good athlete should naturally be a leader, but most good athletes can be trained to be.

My focus last year was that the Captain and Assistants had a specific role – setting and maintaining a high energy level. I created the environment in which they could succeed at doing this, and I gave them the tools and support to do the job. They rose to the occasion, excelled, and had a great time doing it.

I don't think I'll ever forget the way the players huddled around the bench between periods and talked it up. I have many images of those situations, with different players as captain. The captain would speak, and then the whole team would get into it, including the player who didn't want to be captain.

I believe that last season I witnessed the development of leadership in each and every one of those players. And I think they all had more fun listening to their friends on the team than they would have had listening to me, or anyone else.

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 - 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

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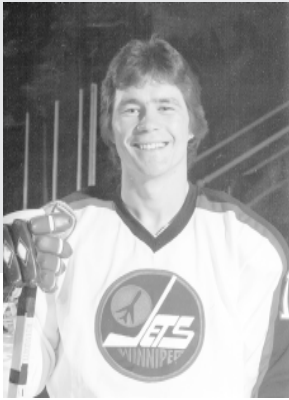
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Push Hands Forward for Powerful Puck Position

By Morris Lukowich (Luke)

In a previous article I addressed the concept of receiving the pass with a firm stick blade without the so called 'cushioning' of the puck (I feel that cushioning the puck is not the most effective way of receiving the pass and that this has been improperly coached to players for many years).

The more I work with players on how to maximize their powerful puck possession skills the more I see how important it is to get the puck and keep the puck in a powerful puck position or what I call the "Power Puck Zone".

The Power Puck Zone is an area in front of the player that is at a 45 degree angle to both the forehand side and to the backhand side and with the top and bottom hand within six to 12 inches of the body respectively. (When the player gets the puck outside of this Power Puck Zone he or she loses some control and some power over the puck)

An example is when a player receives a pass as they approach the goalie (a pass from behind the net or from the corner). Quite often I see players

'absorb' the pass, bending their arms and getting their hands close to their body and they end up with the puck behind their skates, past the horizontal and definitely outside of their Power Puck Zone.

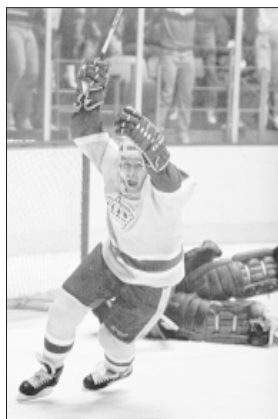
The problem with this is the following:

- Often the puck flips over the player's stick as he absorbs or cushions the pass.
- Often the player will lose the puck because it is outside of their range of vision.
- If they do keep the puck on their stick they have to look back to get control and they take their eyes off the goalie.
- As the player drags the puck back into the Power Puck Zone precious time and space is used: advantage goalie!
- When the player drags or brings the puck from behind himself back into the Power Puck Zone the player quite often puts the puck too far in front of himself into a weak zone and quite often with only one hand on the stick which is definitely weaker than two hands on the stick (now the puck is in front of the Power Puck Zone and it is much easier for the goalie to poke check the player before the player regains maximum control of the puck.

contacted in front of the body and is in a great position to shoot immediately or deke immediately.

- The player maintains eye contact with the puck and can now focus his eyes 100 per cent on the goalie. (while still seeing the puck in his peripheral vision).
- If the player mishandles the pass he can still kick the puck back up to his stick with his skates.
- As the player skates forward the puck can be shot quicker from this position and no time is wasted dragging or getting the puck into position to shoot.

I often use other sports to assist me in teaching goal scoring. In this situation I use some knowledge from tennis to assist players in understanding this skill. Pushing the hands forward is like making a volley in tennis while approaching the net. A tennis player will always do his best to contact the ball while the ball is in the zone that is 45 degrees to either side. When volleying the ball, if the ball gets past 45 degrees and outside of the player's primary vision, the player will quite often miss the volley or lose power and control on his volley return.



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.

What is better? When receiving the pass, push the hands forward towards the puck, extending your arms and firmly stop the puck in front of your body, in the Power Puck Zone. The advantage of this is the following:

- The puck is

Words of Wisdom

"What stops being better stops being good"

-Oliver Cromwell

"If you have tried to do something and failed, you are vastly better off than if you tried to do nothing and succeeded"

-Lloyd Jones



Coach Rex's Corner Player Evaluations

By Rex Tucker

Another exciting minor hockey season will begin in just a couple months; meanwhile, throughout the Summer months, parents will enroll their children in various hockey schools, power skating programs, and conditioning camps to help improve their hockey skills and, ultimately, to improve their chances come tryout season. During the month of September, player evaluations will be a popular and often controversial topic of discussion at the many local hockey rinks throughout the City.

Based on my own personal experiences of coaching within the Calgary Minor Hockey system, being involved with Hockey Alberta's under-16 program as an evaluator and coach, training with elite hockey players from Junior A to Pro level, conducting player evaluations and scouting for the Canmore (formerly Bow Valley) Eagles and for the Langley Thunder at Junior A tier II level, and preparing evaluation report cards on minor hockey players at Canadian Hockey Camp—Europe in the Czech Republic for several Summers, I offer the following viewpoint on the “controversial” topic of player evaluations.

When evaluating or scouting players, hockey personnel look for a variety of skills and personal traits. Every evaluator may not be on the same page with regards to the top criteria used to assess an individual player's skills or future potential, but a player “must stand out”,

“excel in a certain area of the game”, or showcase a “special skill”. During tryouts, a player needs to get noticed by scoring a great goal, making a super pass, deking through several players, giving a big hit, exhibiting a hard and accurate shot, skating like the wind, etc. S/he must stand out on a consistent basis to be labelled “a player”. Whatever a player does well, excellent speed, for example, it is important to showcase that speed to be noticed!

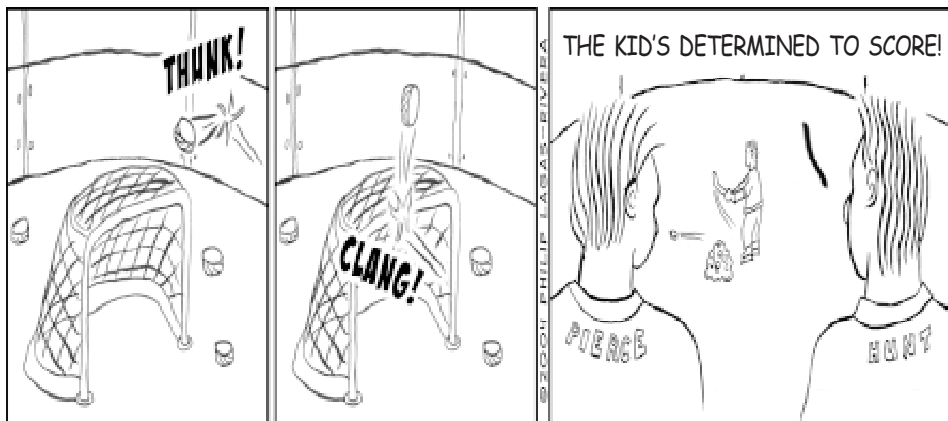
While attending the 1994 Hockey Canada Coaching Conference in Calgary, I had the pleasure to talk with Paul Henry who had just completed the assignment of being Director of Player Personnel for the 1994 Team Canada Olympic silver medal-winners. Following working with Hockey Canada, Paul has worked with the Florida Panthers organisation.

Because he was such a seasoned scout, I asked Paul: “What are the three most important components you look for when scouting or evaluating players”? I have always remembered his answers:

- No: 1 Skating
- No: 2 Hockey Sense
- No: 3 Character

Skating is to hockey what running is to soccer because skating is the foundation upon which all other skills are built. It is the most important skill of ice hockey. In order to advance through the hockey system from Bantam to Midget, Midget to Junior A, and Junior A to Pro, etc, a

- cont. page 33



Player Evaluation

The following is a player evaluation scouting report that can be used to self-assess and to learn about various criteria used.

Rating Scale

- | | | |
|----------|---------------|------------------|
| 1 Poor | 2-3 Weak | 4-5 Satisfactory |
| 6-7 Good | 8-9 Very Good | 10 Excellent |

General Qualities – All Players

- 1: Concentration _____
- 2: Mental/Emotional Control _____
- 3: Physical Strength _____
- 4: Conditioning _____
- 5: Coach ability _____
- 6: Attitude _____
- 7: Living Habits _____
- 8: Drive / Intensity _____
- 9: Hockey Sense / Read & React _____
- 10: Leadership Abilities _____

Skill Techniques – All Skaters

- 1: Forward Skating _____
- 2: Backward Skating _____
- 3: Skating Agility _____
- 4: Puck Control _____
- 5: Shooting _____
- 6: Checking / Physical Play _____
- 7: Passing / Receiving _____

Forwards

- 1: Puck Support _____
- 2: Scoring Ability _____
- 3: Play Making and Puck Movement _____
- 4: Defensive Play _____
- 5: Face Offs (Where Applicable) _____

Defensemen

- 1: Puck Movement / Play Making _____
- 2: Net Play _____
- 3: Board Play _____
- 4: Read the Rush _____
- 5: Strength / Strong on the Puck _____

Goalies

- 1: Reflexes _____
 - 2: Cover the Angles _____
 - 3: Control Puck/Rebound Control _____
 - 4: Agility _____
 - 5: Anticipation of Shot/Play _____
 - 6: Consistency of Play _____
 - 7: Style of Play _____
- Butter Fly _____
Stand Up _____



Tucker Hockey

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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 \$299 per player
Includes 10 on ice sessions (based on 10 players)
 - Weekdays after 4:00 pm and weekends
Only \$329 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.

Now Hiring

**Tucker Hockey
is Hiring Experienced, Passionate
Instructors for Christmas and Winter
Email detailed hockey resume to
programs@tuckerhockey.com**



Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

Frank Portman



The Man in the Glass

When you get what you want
in your struggle for self
And the world makes you king for a day
Just go to a mirror and look at yourself
And see what that man has to say

For it isn't your father or mother or wife
Whose judgment upon you must pass,
The fellow whose verdict
counts most in your life
Is the one staring back from the glass.

Some people might think you're
a straight – shootin' chum
And call you a wonderful guy.
But the man in the glass says
you're only a bum
If you can't look him straight in the eye.

He's the fellow to please,
never mind all the rest,
For he's with you clear to the end,
And you're passed your most dangerous test
If the guy in the glass is your friend.

You may fool the whole world
down the pathway of years
And get pats on the back as you pass,
But your final reward will be
heartache and tears
If you're cheated the man in the glass.

-Author Unknown

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

Don't Quit

When things go wrong
as they sometimes will,
When the road you're trudging
seems all uphill,
When the funds are low,
and the debts are high
And you want to smile,
but you have to sigh,
When care is pressing
you down a bit –
Rest if you must, but
Don't you quit.

Success is failure
turned inside out,
The silver tint of the
clouds of doubt.
And you never can tell
how close you are,
It may be near
when it seems afar.
So stick to the fight
when you're hardest hit –
It's when things go wrong that
You mustn't quit.

-Author Unknown

Player Evaluations (cont'd. from 23)

player must be a great skater – especially
in today's game. A player whose game
consists of great speed and skating agility
will excel to a higher level of play.

The level of performance attained by a
player in passing, shooting, checking and
puck control is directly related to his/her
skating ability. The time spent improving
a player's skating is a worthwhile
investment due to the carry-over value
to all other aspects of the game.
Personally, this has been reinforced more
and more now that I have been teaching
power skating in Canada and Europe over
the past ten years.

Hockey Sense is how you "think the
game". This sense was the main reason
why Wayne Gretzky played better than
anyone else. He had the special ability
to "Read and React", to see the ice, to
see a play develop and to anticipate

where his teammates would be or where
the puck would go – all on a higher level
than anyone else who has ever played
the game. The ability to make good
decisions with the puck (offensive
creativity) and make good decisions
without the puck (offensive support and
especially defensive play) are the cores
of having good hockey sense.

Character is difficult to teach. It comes
from within: a player's commitment to
excellence, to wanting to improve on
every aspect of his/her game, to playing
every shift like it's the last one, to having
a great work ethic, to giving a second
effort, to being a team player (unselfish),
to having the ability to overcome
adversaries, and having the "will to win"!

Remember: A player wants to be noticed
for all the right reasons this upcoming
season.

"It is impossible to underesti-
mate the importance of the
coach in the development of an
athlete. From the youngest
peewee player to the elite ath-
lete, the coach is a pivotal char-
acter 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 charac-
ter and personal philosophy as
it pertains to his/her athletic ca-
reer. Elite athletes appear to
cleave to their coaches as men-
tors, guardians, and, in some
cases, almost as surrogate par-
ents. They are fortunate indeed
if their coach is concerned with
their moral and intellectual de-
velopment as well as their ath-
letic training."

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

Hockey Guru (cont'd. from 6)

HZ: Pat, how did you get over to Europe?

PL: My past coach, Ted Hargreaves, a past recipient of the Hockey Canada's Gordon Jukes Award, asked me if I was interested in playing in Austria. They sent me a contract in the mail for Villach in the Austrian Elite division. The contract included a salary, house, and car... thought I would check out the lifestyle.

HZ: So how was the experience playing in Austria?

PL: I had a wonderful experience! I loved the lifestyle, the people and the hockey! I won the Austrian Elite Division scoring championship four years in a row... scored exactly 53 goals each time! The European game was not a physical game so it was a natural fit for me being highly skilled and fast. Also, I had the opportunity to play against the Czech and Russian National teams....we played some very entertaining games. I scored a few memorable goals against Vlad Tretiak. My time in Austria playing hockey became a focal point for the rest of my life. I have made so many good hockey contacts / friends all over the world from playing in Europe. Hockey is a fraternity for me.

HZ: When did you return to Canada?

PL: When I played over in Austria each Summer I returned to Nelson to work with the Parks and Rec department. I came home for good in 1978 with a hockey bag full of great memories and a black book full of hockey friends from all over Europe. When back in Calgary, I finished my education in arena and facilities management with SAIT and Mount Royal College. I did well..on the dean's list at Mount Royal and the President's list at SAIT.

HZ: When did you work after graduating?

PL: While in college I helped run the Brentwood Sportsplex and helped as a hockey consultant build the Acadia Sportsplex. I worked at the East Calgary Twin Arenas for two years. I did some consulting on the Crowchild Twin Arena while running East Calgary Twins. For a period of 6 months I ran both complexes. It was a very busy time....in October 1982 I started my full time career at the "beautiful Crowchild Twin Arena".

HZ: Pat, so you will celebrate your 25th Anniversary this Fall? What's the best part of the job?

PL: Yes, 25 great years..hard to believe! The people and the game of hockey...I have met so many interesting and great people over the years within the Crowchild complex and outside associated with the game. I have been busy over the years doing consulting to builders and owners all over North America. In Calgary, I have helped with South Fisk Creek, Don Hartman Sportsplex, Triwood Arena, and the Edge School to name a few.

HZ: Pat, what's your involvement in minor hockey?

PL: I have contributed to minor hockey in Calgary and the surrounding areas. I worked with the Calgary city school programs with Rick Alexander. I also instructed at the Flames Universal Hockey School owned by Al Coates and Doug Barclay. Over the years I have coached at all levels of minor hockey up to the Bantam level within the Crowchild Minor Hockey Association. Currently, I run the Crowchild Hockey School.

HZ: Pat, tell me a little about the

Crowchild Hockey School?

PL: We are working on organizing our 20th year... with now 12 hockey groups. We keep it simple and inexpensive. It's a good formula... we are sold out each year... it could be the most inexpensive hockey school out there! We also offer 30 scholarships in the school to kids at no charge.

HZ: What are your thoughts on minor hockey instruction?

PL: At the Crowchild School we stress the motto..where hockey is still fun!...during the hockey season the little guys, aged tyke to peewee should have at least two practices for each game because in practice they handle the puck more and are on the ice longer.

HZ: Pat, any last thoughts on minor hockey?

PL: Cherish your minor hockey days... you may not remember the guys you played with in later years at the junior or pro level but you'll always remember the guys you played minor hockey with. And in any game, at any level...what you play for is the respect of the guy you sit beside in the dressing room.

Editor's Note: During my conversation with Pat, I felt we could talk for hours and hours about the game of hockey and his hockey experiences. He has a wealth of pleasant and fascinating stories! Pat is the kind of guy, who makes you feel better when you talk to him. He projects such positive vibes. I get a humble feeling, as well as experience the strength of his character, each time I am in his company. He is a class act.

Pat was a prolific goal scorer over in Austria so much so that his exploits prompted one local Austrian newspaper to write 'Killer Instinkt'. Congratulations on your 25th year in arena management, Pat! Thanks again for being such a positive role model in the hockey community to myself and others!

Pat is a young 58 and married to long time wife, Julie. He has one son, Matt and a 20 month old grandson Seth. I could see the twinkle in Pat's eyes when talking about his grandson. Pat can't wait to be on the ice teaching the 'Laughton Way' to the next generation! It's a sure bet that he will keep the fun in the game!

"Experience is not what happens to a man; it is what a man does with what happens to him"

-Aldous Huxley



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4th Annual Danny Cammack Memorial Golf Tournament

We would like to take this opportunity to offer our sincere thanks for your contribution to the 4th Annual Danny Cammack Memorial Golf Tournament, which took place at McKenzie Meadows Golf and Country Club on August 25th, 2007.

Your donation and/or gifts greatly contributed to making this a truly wonderful and fun event. Our tournament raised approximately \$7,000 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.

The way the community, businesses,

Sincerely,
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 2007 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 Beringer • Spring 2005 Darren Martin • Summer 2005 Carson Elliott • Christmas 2006 Tyson Bobrel • Spring 2007 Matthew James White • Summer 2007 Trevor Sever

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

Why I Love Hockey!

I play Novice hockey And I enjoy it very much. Hockey is for me real fun time whether I practice or play the game. That is time When I come together with my friends (teammates) and have a great time. We debate and discuss strategies before the game and after the game we have usually very lively discussion whether we win or lose and I have a great time doing all this and I love it.

There is also the other side of fun in hockey: Trophies. This year I went to all Memorial Cup games in Vancouver, B.C. I saw Vancouver Giants take Memorial Cup. The trophy was very shiny. At the end of the final game the trophy was presented and it was great, and all the crowd was singing "We are the Champions". What a Feeling! That is why I love hockey!

Trevor Sever

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 Zorgrager
Spring 2006 – John Bradley
Summer 2006 – Tracy Tomassetti
Fall 2006 – Volker Braun
Winter 2007 – Dennis Melborn
Spring 2007 – Jamie Buchan
Summer 2007 – Ken Berze
Fall 2007 – Greg Whyte
Winter 2008 – Chip Burgess
Spring 2008 – Adam Bodecker

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