

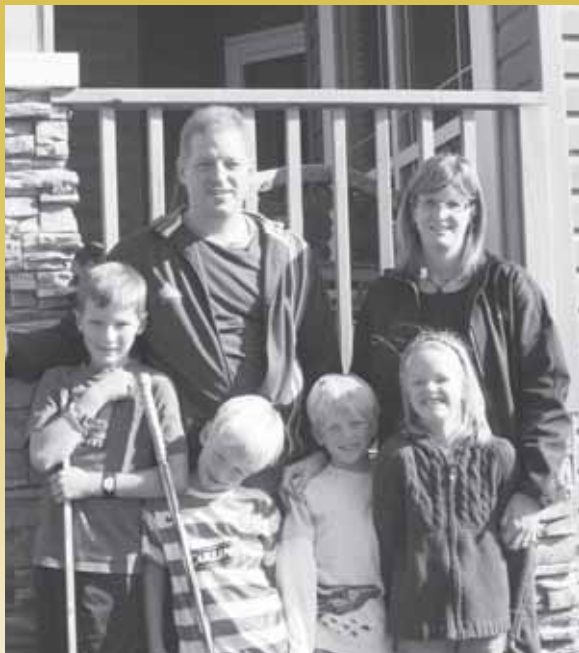


Volume 5 No. 3
Issue #14
Fall 2008

For the LOVE of the GAME!

Hockey Zones

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



The Busy Life of Hockey Parents

Last winter, Dave Albers participated in a Tucker Hockey Adult Level 1 program. After talking to Dave, I discovered that he was a very busy family man. He has four children, of which three are playing hockey with the Bow River Bruins. After he showed up at a session with five kids in tow and laid down the rules for them to stay in one section of the arena stands, I was curious to know more about the busy life of a hockey parent. Recently, I had a good chat with Dave at Tim Hortons. Here is a summary of our conversation.

Dave, tell me about you and your family?

I've been married to Jane for 14 years. I work as an IT Manager at Petro Canada. Jane works part-time. We have four active kids, and our eldest son Ben is eight years old, playing his first year of Atom hockey, and he also plays soccer in the summer. We have twins, Jack and Laura, who are seven years old. Jack is playing first year Novice and is also involved in soccer and piano lessons. Laura is into swimming, dance and piano lessons as well. Our youngest son, Owen, is five years old and is first year Timbits and also involved in soccer. We had our four kids in three and a half years!

My wife Jane has often said that we have five kids, not four, in our family. Often at the dinner table, she will shout "Everyone settle down! Especially you!" pointing the finger at me. I guess I am living the hockey dream through my kids! Sometimes I show more enthusiasm than maturity, he said with a boyish grin.

What is your involvement in hockey?

Last year I was Assistant Coach of both the Novice and Timbits teams and a helper with the Squirts program. I've been involved this year with player evaluations and will be assistant coach for Owen's

cont. p. 3

**Look Inside for
More Great Sports Tips**

**"Your children need
your presence more than
your presents."**

—Jesse Jackson

What's Inside:

| | |
|--|-------|
| An Introduction to Evaluations ... | 5 |
| Positive Role Models | 6 |
| Kids Hockey Advancement Society Golf Tournament | 8 |
| Crossover Turns vs. Two Foot Stops | 11 |
| Upcoming Programs | 18-24 |
| Checking Dos and Don'ts | 35 |
| 2009 World Junior Schedule | 33 |

Tucker Hockey

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

| | | |
|--|---|--|
| Minor Hockey Group Programs Spring, Summer, Christmas & Easter Power Skating Player Development Checking Clinics | SUPER Power Skating | Adult Recreational Group Programs (Ages 18 - 65+) Fall, Winter, Spring & Summer Power Skating Player Development |
| "1 on 1" Coaching Year Round Custom Made Programs Ages 5 to 20 |  | Minor Hockey Association Projects September - March Conditioning Camps Custom Made Skill Development Programs Player Evaluations |
| Individual Minor Hockey Team Sessions October - March Power Skating Player Development Checking | ELITE Power Skating | Individual Adult Recreational Hockey Team Sessions October - March Power Skating Player Development (Mens and Ladies) |

Rex Tucker Director, B. Comm

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

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

Contact
Tucker Hockey
(403) 998-5035
 or online
www.tuckerhockey.com

Tucker Hockey Identity

Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game.

The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.

Experience the passion of Tucker Hockey today!

www.tuckerhockey.com

Tucker Hockey

Director: Rex Tucker
 Executive Assistant Christyne Kavanagh
 Hockey Consultant Lyle Hanna
 Business Consultant Ern Rideout
 Business Consultant Lisa Francis
 Hockey Assistant (Summer) Alex Allan
 On-Ice Instructors
 Head Instructors Rex Tucker
 David Mahoney
 Lyle Hanna
 Morris Lukowich
 Derek Howat

Assistant Instructors Ronald Wong
 Mark Bomersback Frank Portman
 Paul Cammack Jim Hepburn
 Len Francis Alex Allan
 Derek Cameron Rob Hoar
 Dan Terenta Chris Ovellette
 Matt Reigier Andrew Staub
 Pat McNaught Liam Couture

Hockey Zones Newsletter

Managing Editor Rex Tucker
 Advertising Sales Accounts Christyne Kavanagh
 Contributing Writers Lyle Hanna
 Morris Lukowich Michael White
 Nick Portman Rex Tucker
 Ern Rideout Andrew Staub

Ad Rates

One Page \$399
 Half Page \$299
 Quarter Page Ad \$229
 Business Card Ad \$129
 One Page Ad + One Page Advertorial . \$699
 Half page Ad + Half Page Advertorial . \$399

**Rates do not include GST.*

Advertising Enquiries: Monica at
programs@tuckerhockey.com

Send prebuilt ads with "Tucker Hockey Ad"
 in subject line to nicole@flexys.ab.ca

Mailing Address

P.O. Box 82113, 1400 - 12th Ave. S.W.,
 Calgary, AB T3C 0N0

Ph: (403) 998-5035 Fax: (403) 244.5037
 E-mail: programs@tuckerhockey.com
www.tuckerhockey.com



Quality Publications
 1994-2008

Hockey Zones is published for
 Tucker Hockey Enterprises Ltd. by
 Flexys Systems Publishing Ltd.

sales@flexys.ab.ca
www.flexys.ab.ca

Issues: Fall, Winter,
 Spring/Summer

Publisher
 Nicole Hankel

Editor
 Rex Tucker

Production
 Geoff Bates
 Erik Clarke
 Alfred Mayer
 Steve Nicholas
 Bronco Svetina

Printing
 Able Printing

403 271-4101

Hockey Parents (cont'd. from cover)

Timbits, Jack's Novice and Ben's Atom teams, in addition to being trained as a volunteer timer for Laura's swim meets.

In 2007, I started playing hockey to keep up with my Atom-level son, and started my first full season this September with the Hockey North America Recreational League. Because I started playing in a rec league, I relate better to my kids playing hockey. I also appreciate the speed of the game and how skilled the NHL players are. This year I participated in the Tucker Hockey Adult Level I Winter and Spring programs to improve my skating and hockey skills as well as learning a few new drills and teaching points for my own coaching.

What do you see as your role as a parent in the game of minor hockey?

To encourage the kids to have fun, and improve as they go along. I took the Tucker Hockey programs because I got into coaching to be more involved in my kids' hockey. I felt I could learn more about the game and keep up with my kids. For example, it was ironic that last winter I learned how to take a wrist shot in the Tucker Hockey program and three days later I was asked to teach it to my Novice group. I was well prepared and confident with the teaching points fresh in my mind. It felt good to pass on my knowledge to the kids.

What is a typical day, weekend or week like for a busy hockey parent?

Last Saturday, for example, I had to get my youngest son, Owen, to the Bowness Arena for Timbits Group 1 at 6:00 am, and then at 7:00 am I helped out with the Timbits Group 2. At 9:00 am I went to Crowchild Twin Arenas with sons Jack and Owen. Then, at 1:15 pm, I was a Novice volunteer evaluator at Bowness Arena, and at 3:45 pm, my oldest son Ben had a scrimmage at the Bowness Arena. For those 6:00 am skates, I usually set two alarms for 5:00 am in order to get up!

What skills do you need to make things work well on a daily basis?

Both my wife, Jane, and I try to use each other's strengths. I'm the active volunteer, and Jane is the family organizer, coordinator, and scheduler. She also handles all of the paperwork. We need to have lots of patience and good time management skills. Keeping a healthy and proper perspective on things and good stress management are key. We work very well as a team. Having Jane work on a part-time rather than full-time basis definitely helps things as well.

How do you enrich the life of your kids in the game?

By having fun, giving positive encouragement and improving their self-confidence.

Cont page 29



Next Issue:
 Winter 2009

Features

- Letters to the Editor/Prize Winner Announcements
- Coach Rex's Favourite Drill
- World Junior Tournament (Ottawa)
- The Importance of Ankle Flex in Skating
- Lateral Crossovers vs Backward Crossovers
- Minor Hockey Association Ice Allocation Czar
- Hockey Stick Repairs

Welcome to Hockey Zones

The official newsletter of Tucker Hockey.

The Fall 2008 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—



Excellence Over Perfection

The Life Changing Impact of Sports on Children and Families

*"I am careful not to confuse excellence with
perfection. Excellence I can reach for.
Perfection is God's business"*

– Michael J. Fox

By Michael White

In the sports world as spectators we watch hockey games with a discerning eye and are quick to criticize, expecting perfection. We jeer, boo, yell when a player misses a pass, loses a step or doesn't complete his checking assignment.

Most athletes that you see want to be there. They play the game with an intensity that others can only dream of. Excellence is something we can all thrive for. We try to get an edge by finding ways to excel. Sometimes on the ice besides the physical bumping and grinding you can find the skaters trash talking others. It's any way to get a mental edge.

But we must remember that the role of sports, before they became big business, with their million dollar salaries, bonuses and other perks is to re-create. To divert our day to day existence, to have fun and to enjoy what we are doing or watching.

The Crambridge Ice Hounds are a special needs team. The players on this team range in age from five to 25 years old. The Ice Hounds play in a larger hockey league of special needs children and youth. The Special Hockey International League is made up of teams from across North America and a team based in London, England. There are ten teams based in Southern Ontario.

I was introduced to them on a recent CBC documentary. Every player on the team has a condition. There are a range of disabilities but they are given an opportunity to play. An opportunity to grow.

Michael Lake is the team's equipment manager. He can't skate but he plays an integral part on the team off the ice. Before the Ice Hounds he did not have a lot to look forward to in his day to day life.

Michael was born with three bones missing in his spine which has caused him to pass out at times. Before he joined the team, Michael was very introverted. He feared human contact and could not look people in the eye. Now he hugs his teammates and high fives each of them as they come off the ice. The parents sit in the stands and watch as spectators and cheer their kids. Not having to worry. If for some reason, their child needs help teammates are there to assist. There is no oneupmanship. Everyone learns to be unselfish. Their motto is "I will help others".

Every game and practice both their hockey skills and social skills grow. No one on the team is singled out for their deficiencies or slip in play.

The ice can transform these kids. The parents have a hard time believing it is possible. Volunteers play a large part. Some mothers are brought to tears and cry. The parents are relieved for a few moments while their kids are on the ice.

A positive mental attitude gives these players a chance to excel in their own way. The coach, Chris Brown reinforces their good work with positive feedback. Each player represents a part of a larger ideal. Never give up hope!

Reference: On February 7th, 2008 Diana Swain of CBC profiled a special needs hockey team in Ontario, and the life changing impact this unique team has on its players and their families.

"As a parent of a special needs thirteen year old daughter I think it amazing what you have going on there. Absolutely Awesome!"

–Tammy Kaler.

"Thank you for such an encouraging story. Only a few minutes into it. My eyes welled up with tears. I am a Mom of a five year old special needs boy and in my experience we are often told not to have huge expectations of our child because he is "different" and will probably never be like the other kids. To me this story renews hope. I am so happy for this team and hope to see more and more of them spring up. Truly inspiring. Thank You."

– Carson's Mom.

Website: www.cbc.ca/national/blog/video/sports/cambridge_ice_hounds.html

Check it out to experience a very inspiring hockey story!

An Introduction to Evaluations

By Nick Portman

Jimmy's hockey bag was bigger than he was. He was hauling it down the driveway in jerks, thinking about playing in the leaves when he got home.

His Dad caught up to him and picked up the bag. "Let me help you with that."

"Thanks, Dad."

Jimmy's Dad opened the door of the mini-van and set the bag down next to the hockey stick that was lying there. "Listen, Jimmy, when you're on the ice, just remember to get the puck from the other guy. That's your job; just take the puck from the other guy."

Jimmy looked up at his Dad with that expression young children have for their father, a mixture of love, trust and admiration. "Sure, Dad."

"Good boy, Jimmy. Remember that, and you'll get on the right team."

They arrived early. Jimmy asked his Dad if they could watch the big guys in the other arena. His Dad said sure. Jimmy took a spot by the end-zone boards. He could just see over the top of them, through the glass. The older boys looked immense to him, towering high in their bulky equipment. Jimmy wondered if he'd ever get that big.

The puck scooted into the opposite corner. One player went in for it. A faster player came racing from behind, cut the first player off and crunched him

against the boards. Jimmy heard the yell of pain and scrunched a little, knowing how hurt feels, but he was fascinated at the same time. Play was stopped and the injured player was helped off the ice. Jimmy watched, entranced. The injured player was holding his arm, crying.

The scrimmage quickly resumed.

A few minutes later, they were joined by another man. Jimmy said, "Hi, Uncle Paul. Did you see that guy? He looked like his arm was really hurt."

Paul shook his head. "Some of those guys get nasty when they're cut from AA."

Jimmy's Dad said, "So that's what happened. An angry kid."

"Social status all wrapped up in which team he's on. If the kids parents reinforce it, and, face it, some of the coaches do too, the kid is cut and his world falls apart. Lashing out isn't nice, but I suppose it's natural enough."

Jimmy took his father's hand. "What does that mean, Dad, cut?"

"Well, each hockey team is allowed to have only a certain number of players, so they have to choose."

"Oh, why's that, Dad?"

Jimmy's Dad held his breath for a moment. "Geez, Jimmy, I'm, not really

sure, that's just the way it is."

"So they cut the ones they don't want."

"That's right."

"That doesn't sound nice."

"It's not nice, but that's the way it is."

Jimmy stopped and looked at his Dad. "How do they know who to cut?"

Jimmy's Dad looked down at him and smiled. Under his breath he said to his brother Paul, "Out of the mouths of children." Then, in normal voice, "Jimmy, my boy, there you have it. How do they choose the players they want? We could talk for days on how to evaluate and what is most important in evaluating a player, and nobody would agree." He looked at Paul again. "Just whether to run drills or scrimmages could turn into an endless debate. You've got all the experience, Paul, what would you say?"

Paul smiled at Jimmy. "You probably have some friends who can skate really well, and some who can't skate at all. At your age, probably all the evaluators are trying to do is to separate the kids into groups according to the way they skate. That way, they'll be playing against other kids at their own level, and that is where they will have the most fun. You know which of your friends can skate well, which ones can't, right?"

"Sure, Uncle Paul, that's easy."

Cont page 7

Fairness

"I think perfect objectivity is an unrealistic goal; fairness is not"

-Michael Pollan

Integrity

"I never question the integrity of an umpire. Their eyesight, yes."

-Leo Durocher

Skill

"Fairness is not an attitude. It's a professional skill that must be developed and exercised."

-Brit Hume

Positive Role Models

By Rex Tucker

In society, we often look up to people because they inspire us in one way or another. They may inspire us by the way they carry themselves, the way they talk, or they look, their position of influence in society or their many accomplishments. Generally, we admire successful people.

People can equate success in many forms: money, fame, social status and influence, overcoming many obstacles in one's life or their contributions to make the world a better place to live.

Each individual will have a different type of role model depending on how they perceive the world and what they value highly in life.

Positive role models may come in the form of a good parent (s) or relatives, a loyal friend, school teacher, police officer, fire fighter, religious leader, social worker, sports coach, boss, that special woman in your life who makes you want to be a better man, a political leader who has overcome great odds and obstacles to reach a position of power and influence, an athlete who has achieved tremendous success in the athletic arena, or a person who has overcome great tragedy in their life, and persevered and made a success of his or her life.

There are people in society, who look up to Bill Gates, Warren Buffett, Oprah Winfrey and Donald Trump for financial inspiration.

There are people in society, who look up to Wayne Gretzky, Michael Jordon, Tiger Woods and Roger Federer for athletic inspiration.

There are people in society, who look up to Mother Teresa, and Jimmy Carter for humanitarian inspiration.

There are people in society, who look up to Nelson Mandela, and George Chavalo, who have overcome great personal tragedy and obstacles in their life, for inspiration in perseverance.

There are people in society, who look up to religious leaders such as Martin Luther King or Billy Graham and the Vatican Pope for spiritual guidance.

There are people in society, who look up to environmental / earth care givers such as Dr. David Suzuki and Al Gore.

"The greatest good you can do for another is not just to share your riches but to reveal to him his own"

- Benjamin Disraeli

There are people in society, who look up Sir Winston Churchill, John F Kennedy, Pierre Trudeau and Bill Clinton for their intellect and political savvy.

As well, there are even people in society, who look up to the glamour, fame and antics of Hollywood socialites like Paris Hilton and Britney Spears for various entertainment reasons.

For different reasons, people admire and look up to others as a positive role model in their lives. A positive role model exemplifies the qualities that we often hold dear. They give us positive thoughts which motivate, and inspire our lives. Often we admire others because they can do things which we know we simply cannot do. Often they inspire us, make us feel good and take us out of our ordinary lives. We admire them for their special qualities and may wish to be like them, maybe people would like to do what others do or live the life others are living. They are often unique people with special god given talents or gifts.

As a young boy growing up in rural Newfoundland, I loved the game of hockey and my childhood idols were hockey greats Bobby Hull and Bobby Orr.

Today, now reflecting back on my 15+ years of hockey

Cont page 7



NOSWEAT

powered by Esporta

Clean Your Gear it Stinks



**We Specialize in
cleaning your equipment**

- Hockey
- Football
- Skiing
- Ringette
- Lacrosse
- Snowboarding

#1 In Sports Hygiene
www.nosweatesporta.ca

Ph: 403 | 204-1401
#21B - 8720 Macleod Tr. S.E.
Calgary, Alberta T2H-0M4

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

Role Models (cont'd. from 6)

coaching and instructional experience, the following people in the hockey community come to mind as positive role models in my hockey journey to date.

Lyle Hanna taught me my first NCCP coaching course in 1991. He expressed a sincere, genuine, due diligence of coaching and profound love of the game. These personal traits were very helpful to me in getting my "right start" in the coaching game and later growing my own full-time hockey business.

Dave Picciano took me under his wing and helped me grow and develop as a coach in the midget and Junior B levels of the Calgary minor hockey system.

Dave King – I watched and studied numerous practices and evaluation camps of his Canadian National teams. I admired the way he ran his practices with purpose and excellent time management skills. I remember Dave being asked about coaching behavior behind the bench. "What would your mother think of your behavior?" he said.

Wally Kozak – After training for many summers in the early 1990s at his elite hockey conditioning camps, I appreciated Wally's attention to coaching and instruction details and the many technical aspects of the game of hockey.

Tom Renney – Knowing Tom, I have appreciated and admired that the role of the coach is not only to teach hockey skills but life skills as well. Being a good coach is important but being a good person is of greater importance.

Laura Stamm – One of the true pioneers of power skating instruction, she has spawned the development of an entire industry and is a model for a new generation of power skating instructors who have followed in her foot steps.

Pat Laughton – General Manager of Crowchild Twin Arena. We have had many good hockey chats over the years. Pat is the type of individual, who always makes you feel better every time you are in his company.

Last but certainly not least, I have become more consciously aware and value more deeply over the years, the positive role model(s) of my relatives and especially my parents in my personal and hockey life. My admiration and respect for my parents, Raymond and Phoebe Tucker grows stronger and deeper with each passing year. They inspired me... to be just "me"!

In conclusion, I believe a positive role model is someone you look up to and who inspires you to be a better person.

"Inspiration comes from
all different places"

- Jeffrey Katzenberg

Evaluations (cont'd. from 5)

Paul laughed. "Yes, when it comes to youngsters skating. It's different for the older kids. The people choosing may be looking for other things, not just skating. Maybe they're looking for a guy who's big, or fast, or strong with the puck. If you're not one of those guys, it doesn't matter how good you are at everything else, you'll get cut."

"But what about playing with my friends? I want Gillian to be on my team, but she only started skating lessons this year."

"That's the trade-off, Jimmy. I don't know how much fun Gillian would have on the ice, if she never gets the puck."

Jimmy nodded and looked away from his uncle, back to the scrimmage.

His Dad said, "How's it going for you, Paul?"

"I'm running the Bantam evaluations this year. Last year the association hired independent evaluators, and there were a lot of complaints. The general consensus seemed to be that we know our kids, and we know how they're placed. So this year, we're back to parent evaluators."

"I don't see how that could be a problem for the evaluation process."

"Only if you have parents that have already made their minds up about the kids. A parent doesn't like a player because of their attitude, say. Or he doesn't like the player's parents. Or the opposite. And I think we all think that putting a kid on a higher team is doing him a favour. You like the player, so you place him higher. There can be cliques, and all the parents in the clique rate their kids higher. That's nasty, but it happens."

Jimmy's Dad nodded. "So the process depends on parental integrity."

"Exactly. It's difficult enough without those problems. I think many people don't realize the speed with which kids change. Someone gets teased about being fat and starts working out. Next thing you know, he's gone from having no cardio to being truly athletic. A year can make such a difference, even a summer. A kid at this age gets the right skating coach and suddenly puts it together, that can make a big difference in speed. It can work the other way too. There's always kids that are used to making a top team. One of them slacks off, doesn't bother working at it, spends all summer sitting on the couch. Evaluations can be a shock."

"But how can we know how these kids skate, Paul? For half of them, it's their first evaluation."

"That makes it easier, no preconceptions. But for the older kids, the independent evaluators were placing some of the kids up or down two or three levels from where they'd ever

Cont page 10

Kids Hockey Advancement Society **Helping the Kids!**



**Warm Welcome from Volunteers
Joan Lisiecki and Tracy Sokoe**

The Kids Hockey Advancement Society held its inaugural fundraising golf tournament on Wednesday, July 30th, 2008 at the Inglewood Golf Club. Our fundraising goal was to raise \$10,000 to split between the Calgary Flames Foundation, to assist with minor hockey registrations, and Kidsports, to assist with minor hockey equipment purchases! We are thrilled to report that we met this goal of donating \$5,000 to each worthy cause in our first fundraising attempt!

Tucker Hockey was very excited in the Spring to announce its support and event sponsorship of the Kids Hockey Advancement Society. We contributed our volunteer time and efforts in full endorsement of this venture.

The Society would like to thank the following organizations and individuals to date for their generous support of our tournament.

The Golfers – A special thanks to the 48 golfers - without you this event would not have been possible.

The Sponsors – Thanks again for stepping up to help out in so many countless ways!

Event Sponsorship: Tucker Hockey (Rex Tucker)
Day Sponsorship: Duvernay Oil Corp (Mike Rose)
Cart Sponsorship: Millionaire Builders Network Ltd (Jack Vanstone)
Hole in One Sponsorship: Valentine Volvo (Paul Valentine)

Hole Sponsorships:

Albi Homes (Alan Klassen)
 Alignlink (John Leduc)
 Berkshire Securites (Chris Headman)
 Bissett Resources (Russ Brown)
 Blue Castle Corporation (Murray Brack)
 Cordero Energy (Dean Setoguchi)
 Curve Dental (Mike Broadfoot)
 Design Group Staffing Inc (Matthew Williams)
 Ice Dawgs Hockey Team (Rob Swart)
 Ice Dawgs Hockey Team (Mark Becker)
 Japhda Holdings Inc (Arthur Wong)
 Marauders Hockey Team (Paul Bergman, Wayne Newby and teammates)
 Remington Development Corporation (Ryan Remington)

The Silent Auction Donors:

Andrew Staub
 B & P Cycle (Brent Fasick)
 Crowchild Twin Arenas Hockey School (Pat Laughton)
 Dave McGregor
 Delta Calgary Airport Hotel
 Digital Magic (John McConomy)
 Done Right Sports Equipment (Elaine Dufresne)
 Hockey Canada (Bob Nicholson)
 Inglewood Golf Club (Jason Stanier)
 Maximum Goal Scoring Program (Morris Lukowich)
 Peak Power (Michael Souster)
 Road King Truck Stop (Derek Cameron)
 Synergy Massage (Tracy Stokoe)
 Tim Yetman
 Tucker Hockey (Rex Tucker)
 Valley Games (Rik Falch)

The Prize Donors:

Able Printing (Nicole Hankel)
 Andrew Staub
 B. Dean & Associates Ltd (Simone and Rhys Mersereau)
 Bank of Montreal (Curtis McKenzie)
 Bell Helicopter (Colin Bartole)
 Berkshire Securities (Chris Headman)

Cont. page 9

"You give some time to your fellowmen. Even if it's a little thing, do something for others – something for which you get no pay but the privilege of doing it"
 - Albert Schweitzer

Prize Donors (cont.)

Calgary Flames Hockey Club
(Peter Hanlon & Brent Gibbs)
Dan O'Reilly
Dave Burton
Delta Calgary Airport Hotel
Denim Pipeline Incorporated
(Robert Robertshaw)
Greg Jowett
Inglewood Golf Club
(Jason Stainer)
Jim Hepburn
Kevin Keenan
Maple Leaf Foods (Tobin Rooney)
Marauders Hockey Team
Martin Arlitt
McArdle & Associates
(Jim McArdle)
Frank Sever Sr.
Newalta (Ern Rideout)
NDA (Dan Walker)
No Sweat (Todd Kurio)
Professional Skate (Rick Murphy)
Road King Truck Stop Staff
(Derek Cameron)
Rob Pyrde
Shear Attitude

Cont. page 25

Right: First Place Foursome – Scott Coe, Roman Levandosky, Shane Meahan and Derek Bidwell. Bottom: Dedicated Golf Day Volunteers Andrew Staub, Lyle Hanna, Derek Cameron, Nick Radmanovich and Micheal White.



Introduction to Evaluations (cont'd. from 7)

played before. Differently from where their parents would have placed them."

"Maybe the independent evaluators were right."

Paul ran his over his thinning hair. "My guess is sometimes they were and sometimes they weren't. I think it just created so much trouble that it wasn't worth it."

"That means once a player's been in the system, he or she is pegged and labelled, and it's hard to break through."

"That's partly true, but a player can move up or down a level or two in a year. Over two or three years, from the bottom to the top. It's dealing with insistent parents that I don't like."

"Such as?"

"First, let me say that most parents of top level athletes are great, just like parents of kids who aren't great athletes, whose talents lie elsewhere. There are troublesome parents all over the spectrum, but it's a small minority that gives the rest, particularly at the higher levels, a bad reputation. Last year I had one parent telling me about her son who is really athletic. He's the top scorer on any team he's on. He's so athletic that after three months of hockey he'll be the top scorer, even though he's nine and has only just begun playing. She hired an ex-NHLer to teach him to skate, and

the NHLer says her son is the best he's ever seen at this age. She thought he'd know better than any of us?"

"And he doesn't?"

Paul shook his head. "I told her, the NHL player, he may know a great deal about professional skating, but how much experience does he have with kids this age? I promised that her son's evaluation would be as fair as I could make it."

"I bet she didn't like that."

"Nope, but she had to live with it."

"So what is the toughest thing?"

"Well there's the anxiety some of the kids feel. They can put a lot into it, and you hate to see them feeling let down. The kid who got cut last year because of his skating and took power skating lessons all summer is worried about whether his effort will pay off. The player who worked hard in the off-season because some of his team mates kidded him about being fat and slow has something to prove. Like the girl down the street from us who had problems with her skates during last year's tryouts. She saved her money all summer to buy new skates, and now she's got them, she feels proud and confident. The player on a top team who was cut last year is hoping he'll squeak through this time – he doesn't want his parents on his case, like they were all year. His parents, who are still bitter about the cut, are all worked up, and I think it's because they don't feel they can brag about their son at parties. There's the player who's just moved from the country and is afraid his puck handling just isn't up to the level of the slick city kids."

"I can see how you'd hate to let those kids down."

"And that's not even the real tough stuff. I remember one player who had lost his best friend; they always played on the same team. This year he's just not motivated. The parent who realizes there is so much more competition at this older age level. He hopes his son will still make the team again, but doesn't think he's up to it and is preparing to help the boy through his disappointment. The player who broke his leg late in the season feels apprehensive about skating into the corner where it happened. The parent who lost his job worries about how he'll pay the credit card bill for registration and equipment his son. He couldn't afford the gear or the fees but didn't have the heart to tell his son he couldn't play, and now he can't pay the bill. At least I could tell him how he could get help with the expenses. Everyone has their own story. And of course, there's the issue of how to tell the players and parents about the cuts."

"I can see that wouldn't be easy."



James F. McArdle, CRA
Residential Appraiser

Proud supporter of
the Kids Hockey
Advancement Society

**McArdle & Associates Ltd.**

Bus: 403-569-7474

Fax: 403-569-7499

Cell: 403-852-5722

E-Mail: mcardle@shaw.ca

"AIC" Member • "CREB" Member

209 W. Lakeview Place, Chestermere AB. T1X 1K3

Professional Service — Trusted Value

Cont page 35



A View from the Press Box

Crossover Turns vs. Two Foot Stops

It's a new game. The new standard of play and rules emphasizes more skating, speed and offence in our game.

Several years ago I read a hockey research study paper which stated that on the average NHL hockey players glide on both skates 40 percent of the time. Considering the speed of the game 45 to 60 second shifts, it seemed like a lot. However, next time you watch an NHL game take a few minutes and see for yourself. Within a fast paced hockey game, there are many changes of direction facilitated by the movement of the puck. If a player is going North and the puck changes direct and goes South, the player must change their direction as well to stay in the play. The most effective way in the long game/flow of the game is the crossover turn.

The two foot glide/crossover turn is a very common hockey skill in a game. The two foot glide turn requires a good hockey stance which includes a deep knee bend with head up and the hockey stick close to the ice. When a player turns to the left for example, the player's weight is on the outside right leg inside edge and the inside left leg outside edge. The players stick guides the player through the turn. The player leads with the inside left leg, pushing the knee trough and opening up his or her hip. It's important to avoid dropping the inside shoulder to the turn. If a player drops the shoulder too much, he or she will probably fall. Has the player turns, he or she pushes off on the outside right leg inside edge and transfers all their weight onto the inside left leg outside edge. This is the weaker edge for most players. The better a player can balance and hold their weight on the weaker outside edge the more adapt he or she can make a sharp crossover and change direction and skate in the opposite direction.

With the increasing speed and flow of the game, the crossover turn done properly is a much more effective means of changing direction than the two foot stop which requires a player to start up again from a stationary position.

From a rec hockey perspective it's a lot easier on the ole bones and joints, a low impact way of changing direction. The key is to make a tight crossover turn and avoid the big wide loop which can take a player out of the play.

Yes, the crossover turn is most effective way to change

direction in the long game but the two foot hockey stop has its dominant place in the short game.

Learning to stop properly is imperative in the game of hockey. The ability to make sudden stops is as important as making quick starts. During a game a player may be required to shift from offensive to defensive positioning. This skill will often depend on a player's ability to perform immediately some form of stopping action. For example, stopping skills are specifically used when players are battling one on one or killing a penalty in their own zone.

From a safety standpoint, stopping is one of the first skating skills that should be taught and mastered by young hockey players. So many beginners have difficulty stopping because they have trouble controlling their skate edges. To ensure quick and controlled stops during a game, players require strong balancing and edge control skills.

The forward two foot hockey stop is the most common stop used in a hockey game. It is the most efficient and effective of the hockey stops because if done correctly a player is very stable and well balanced on his or her skates.

Players need to be able to stop on a dime both to their right and left sides so they are always facing the play.

During a hockey contest especially in the short game, a player will often stop suddenly to prevent or reduce physical contact with an opponent, to quickly change direction so as to properly follow/stay in the play and to change direction and deceive/skate off an opponent.

In summary, the short game of hockey requires a great deal of stopping and starting. However, the crossover turn is a more effective skating skill in the long game. It requires less excursion of energy and will help a player get back into the play more quickly. Unfortunately, the majority of players favor turning to their stick side but it's important to be a balanced skater – to be able to turn both ways equally well.

Editor's Note: In the Winter 2007 issue of Hockey Zones posted on our website www.tuckerhockey.com, Coach Rex's Corner explains in detail the two foot hockey stop.

"Some people dream of success...
while others wake up and work hard at it."

-Unknown



Courtesy Dragonfly Imaging www.dragonfly-imaging.com

Hockey from a Sports Equipment Repair Perspective **Done Right Sports**

How has the business changed in the last number of years?

Equipment has become much harder to repair. On the technical side, the equipment is more advanced. Years ago you didn't have to profile skates very often because kids were skating outside and it just wasn't as technical as it now. Today you've got kids skating in a \$600 boot. Each year there are more and more model improvements forcing people to upgrade their gear, and this, in turn, creates more types and qualities of equipment to repair. Also, customers are looking for that perfect piece of equipment. They believe that they can't play without it.

In the early years, we'd have the kids in the store, along with the dog, and we'd work in the store until the job was done right. Our customer would drive by late at night, even as late as 11:30 pm they'd see the lights on and know a job was getting "Done Right."

How has the hockey season changed?

Basically, it's a year-round season now. Repairs are done on a constant basis, because the season never truly ends.

Does the name Done Right Sports Equipment Repair reflect the scope of its products and services?

Repair is 80 to 90 percent of our business. The rest is skate service, sharpening, profiling and blade replacement. Our philosophy is to get them out the door with a comfortable fit because if it doesn't fit right, it doesn't wear well. We have serviced a lot of customers that experience problems with their feet. Often the problems people experience with their skates range from lace bite, heel damage and blisters. These can often be traced back to a poor fit.

What is the breakdown of your business?

70 percent of our business is hockey related – gloves, skates, and jerseys. Other repairs include baseball, football, ringette, lacrosse, equipment and other equipment not even related to sports like tarps and motorcycle gear. We also make custom bags. We do a lot of team jersey orders for all sports, including names and numbers, socks, etc. In addition to repairing hockey equipment, we also manufacture goal pad accessories and hockey glove palms.

Cont. page 13

Editor's Note: Recently, I had a good chat with Elaine Dufresne, co-owner of Done Right Sports Equipment Repair about her family's sports equipment repair business. Here is a summary of our conversation.

Elaine, tell us about yourself and your family?

I'm a native Calgarian, happily married to Dave, and we have two grown children, Daniel and Cheri, one grandson and one granddaughter, with another granddaughter due in November.

Elaine, what is the history of Done Right?

David and I started in 1981 almost 30 years ago. At the time, there was a recession in Calgary, so everyone was into fixing or repairing their equipment. My father and grandfather were both shoemakers and my husband David is a licensed mechanic, fixing sewing machines, doing the bookwork, and keeping the business running behind the scenes. I work on the daily operations, focusing mainly on the customer service.

What is the uniqueness of Done Right?

Service, service, service. We focus on high quality equipment repair. There are very few equipment repair businesses in Calgary or for that matter, in North America. Here at Done Right, we were one of the first profilers of skates in Calgary. Today profiling is a highly technical part of our service because of an individual's requirements and the fact skates have changed vastly and vary from brand to brand. In the early 80s we had the original idea of skate sharpening cards where a person could buy ten or 20 sharpenings at a discounted price. It was about eight years before other sporting goods stores caught onto the idea.

"You can't fake quality any more than you can a good meal"

- William S. Burroughs

What are your most popular products and services?

Obviously equipment repair! We are sanctioned to do most of the warranty work for the major hockey equipment manufacturers. We've done equipment repairs for customers as far away as Kentucky, Oregon, Florida, Texas, and Hawaii! This kind of work comes through word of mouth and our website at www.donerightsports.com.

We've recently had a request from the Calgary Stampeders' training staff to do some work on the visiting Montreal Alouettes' equipment while they were in town.

We probably do about 700 skate profiles a year... that's a custom contour on the skate blade to improve a person's balance and maneuverability. Skate sharpening's a big part of our business. In fact out of curiosity on a Friday during a Minor Hockey week we counted and hit a high of 420 skate sharpenings in a single day. We had four machines going all day, and we had just enough time for bathroom breaks and coffee, which we consumed at the sharpening bench. The longest wait for a customer was 15 minutes.

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

Once we put a pair of skates in the oven and we didn't hear the timer go off. Needless to say the skates were toast. They were in there for a good four hours. It was a used pair, so we sent the customer to B&P Cycle and paid for a new pair of skates, including the fitting.

Then there was the time two customers came in to get their skates sharpened. They were at the counter avidly talking about hockey and somehow, they both left with two skates for the same foot! One had a set of rights, and the other had a set of lefts!

We once altered a pair of hockey pants for a former Red Deer junior player, now playing rec hockey. He had grown a little bit over the years and his pants were much, much too small. So we added padding and new sections and literally built him a new shell with his old padding inside. When we were done, a staff member could fit into each leg of the pants!

We've also built a clown suit for a rodeo guy. That was probably our most interesting project!

My best story goes back to an emergency call my husband Dave received at our home one night. The guy on the other

end of the line asked, "Is this Dave of Done Right Sports?" Dave replied, "Yes, I'm at home. What can I do for you?"

Well, the guy said, "I'm in your store!" It was after 7:00 pm at night and we had forgotten to lock the store! This guy had come to the store with a flat bike tire, so Dave hurried back and generously fixed it for free.

We have worked with clients that have prosthetic limbs, and we customize gloves and skates for them. They come into the store, throw off the prosthetic, and hang out in the store like they're at home. It's great to see them leave the store with a smile on their face.

Oh, I also have a pair of Jarome Iginla's NHL gloves from his rookie year stashed away for safekeeping! Another reward for a job Done Right!

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

We've never had to go looking for staff. We currently have two young, wonderful people, Ross and Kandice. We've known Kandice since she was nine years old; and she wouldn't let anyone else sharpen her skates but me! They both put a lot of effort and care into the business. They see a bright future here. Ross was never able to play organized hockey as a child, even though he wanted to. He needed equipment, which I provided for him and along the way he's met lots of good people who have invited him to play.

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

People forget that things can be repaired. Too often, things are thrown away and new replacements are purchased. We continue to grow our landfills and a lot of the garbage can't be broken down when we should be repairing and rebuilding much of the equipment whenever possible.

We should be recycling more! Done Right has donated equipment to the KidSport organization as well as to disadvantaged kids in the Calgary area.

Most of the big stores are featuring products manufactured overseas, and the consistency is not always there. Newer is not always better. However, a lot of parents buy new skates for their kids at the start of every season. A properly fitted older pair of skates, with a good hollow grind and profile, is better than a new pair with a bad sharpening. We're green and we've always been green!

What do you see for the future of Done Right Sports Equipment Repair – new products/services?

We will never expand this store, but we may open a satellite store in Okotoks for our retirement. I love Okotoks! (Elaine said with a big smile!)

What is your philosophy on business and customer care?

We run our business with a small town mentality. We treat our customers as if they are our closest friends. We get

Cont page 37



Courtesy Dragonfly Imaging

Training Today's Young Athletes for Tomorrow's Success

Revving up the Defensive to Offensive Transition Game in Today's High Speed Turn-up, Fill All Lanes Attack

By Lyle Hanna

At Hockey Canada's Annual General Meeting held in St. John's, Newfoundland in May 2006, a new standard of play and rule emphasis initiative in Minor Hockey across Canada, placing the focus squarely on the building blocks of the game: skating, puck possession, and proper body positioning was implemented.

Hockey Canada further expanded on the intents and principles in their news release, that "these changes will enhance player opportunities for skill development at all levels of play; with the goal of providing a positive minor hockey experience for all involved." The prime initiative while aimed at organized hockey, should put a positive spin into the attitudes at shinny games, whether pick up or quasi-organized.

And should these players, community volunteer coaches and parents absorb, ascribe or in general respect and embrace the intent of "a strict enforcement of restraining fouls – hooking, holding, tripping and interference – and stick fouls – slashing and cross checking – all of which can be classified as any infraction which impedes the progress of the offensive player.

From a personal, overall perspective, at Tucker Hockey we would like to see any trip to play on the pond or rink be enjoyable, exhilarating, refreshing and a healthy pursuit with out "a bunch of trips of another kind spoiling the experience." It is possible; it can be had – so more power and many kudos to Hockey Canada's initiative. And even many more kudo's to the participants, officials, coaches and parents who choose to embrace and understand the intent and strictness of the New Game.

So, you ask, "How does this affect Tucker Hockey?" We teach hockey. Our key focus of course is the skating – skating with proper technique is by far the most important skill needed to play this great game.

We will describe one such skill, arbitrarily chosen, to be a corrective action made in our curriculum. This involves a One-One, typically a Defenseman, D-1, playing the puck carrying Offensive Forward, OF-1. This could just as easily be a back checking forward, DF-1, pursuing OF-1, but we will use a D-man.

The D-1's job here is multitasking: he may be skating

backwards; with alternate two-foot C-Cut strokes and keeping his stick in the passing lane; lining up his outside (closest to the boards) with the OF-1's inside (nearest to the centre of the ice, i.e. the Median) and also being aware of the other players' positions. A variation to this, is to choose one-foot (nearest the Median) to do double C-cuts plus glide, to eat up the ice.

With a slightly speedier forward that you have steered him such that he is going to try to beat you between the boards and you, "offering him that opportunity", you can use the one-foot C-Cuts, with skate closest to the board being the Glide Foot.

Or, in faster company, you will have to use the two foot backward power strokes, alternating double strokes, using both feet on each arc and pushing off with the forward part of the blade. This means that on each combination of two strokes per side, there is a lateral cross-over of the skate in that direction with the subsequent quick "carving the arc" (pushing-off) and repeating to the other side. In another typical D-Man's scenario, you may do Lateral Crossovers to take the ice away.

The D-1 is forcing OF-1 to go closer and closer to the boards, i.e., running him out of ice, that is, taking away his space to maneuver. D-1 has him carrying the puck along the wall, the Forward cannot escape by turning into the wall. All of the above is about the D-Man in control of where he wants the Forward to go.

Now comes the critical judgement for the D-Man to make, he must execute a "Backward (skating) to Forward (skating) Transition, without losing his man. He wants to be close to him and a half-step ahead (D's shoulder slightly ahead of the puck carrier's shoulder).

Note: The situation at this point is the same as if it was a back checking winger overtaking the opposition puck carrier.

It used to be that the defender would keep the skater close to the boards. With either the free hand (now a penalty) or with his body, make contact with the puck carrier's elbow and torso/shoulder, turning the puck carrier into the board, "nailing" / pinning him there.

Cont Page 37

Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey Philosophy

Why Power Skating?

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

Becoming a strong skater depends on a number of factors – the most important is skating technique. Other factors that enhance skating include leg strength, leg quickness, leg flexibility, balance and trunk stability.



Tucker Hockey World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1 on 1 coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 74, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

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



Tucker Hockey

Tucker Hockey Customized Programs Group and One on One

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

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

Here's the easy way to set things up.

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



Importance of Leg Strength in Skating

By Rex Tucker

Often we will hear coaches say “Wow that player can fly on the ice” or an NHL player will often say “I’ll play another season if I still have the legs”. Yes, skating is the most important skill in the game of hockey.

Proper Skating Technique

The foundation of skating is good balance and edge control. Forward skating is the basis for the majority of all skill development in hockey. Start, stride (full extension), glide, recovery and proper arm swing are the basic components of forward skating. If these basic components are the same for every skater, why can’t everyone skate like Sidney Crosby?

The problem is learning and properly applying these components of forward skating. Technically all strides are basically the same. However, the difference is really the length of the glide i.e. how long a player spends gliding before the next skate takes to the ice.

As well, many players move their feet with rapid speed but forget to apply effective force. They have weak leg strength.

While a player needs rapid leg movement to gain speed, he or she must learn to use the skate blade edges, their legs and body weight properly and forcefully.

Once a player masters good forward skating technique, the next progression is to incorporate speed. Speed is power multiplied by quickness. We acquire quickness from our feet and power from our thighs/quads. A player can move his or her feet lightning quick. However, if he or she does not have a

good, strong push on the inside edges there will be no power and therefore no speed.

Leg Strength

For an elite hockey player, one of the keys to success is recognizing the importance of leg strength in skating and developing these muscles in their off season fitness plan. If a player does then he or she will have more speed/jump in their forward stride! Hockey requires great leg strength to negotiate turns at high speeds, stop instantly and then change direction on a dime. Strength affects all other training components such as speed and balance. Above all, strength influences explosive power for a strong push off, quick starts and anaerobic endurance for repetitive strides.

For a hockey player, “It is more important to develop mass in the lower body” says Lorne Goldenberg, a respected expert on developing pro players and veteran of several NHL teams. “By lowering the center of gravity, players have the strength to bend their knees more to make tighter turns. A hockey player with a big upper body and no legs will fall over in tight, high speed turns”. Often players will go the gym and develop their upper body - biceps, shoulders and chest to impress but it’s their lower body which needs to be strengthened for skating.

The quads or thighs are the largest leg muscle. Power comes from the quads. However the supporting cast of leg muscles, the calves, the ham strings,

the hip abductors (outside part of the leg) and hip adductors (inside part of the legs/groin area) must be strengthened as well. Also, the abs is the foundation for a good core area to support power in the stride.

Having comparable strength in opposing muscle groups – for example, in the hamstrings (back of the upper leg) and in the opposing quadriceps (thigh) reduces the possibility that a quick contraction of a strong muscle will tear a weak opposing muscle.

Two of the best off-ice exercises with weights are squats and hockey lunges. Squats help develop the overall legs muscles, glutes and back. Hockey lunges help strengthen quadriceps, hamstrings, groin, gluteal muscles, calves, hip abductors, and hip adductors.

When teaching edge control in my power skating programs, I will often have students comment on the sound of my blades cutting the ice. The strength of my legs can often be noticed in my skating.

With increased leg strength, a player can feel his or her edges cut the ice and become a better skater. With improved leg strength, a skater will exhibit more speed and explosive starting power on the ice.

With proper/correct technique and improved leg strength a player can progress from being a good skater to a great skater!

“The man who is swimming against the stream knows the strength of it”

- Woodrow Wilson

Get in Shape and Have Fun!

**10th
Annual**

Fall 2008!

TUCKER HOCKEY *Programs that Deliver Results*

ADULT RECREATIONAL PROGRAMS

Level 1

Beginner/Intermediate

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

Group 1: Father David Bauer

Sundays, October 19th to December 21st
9:45 - 11:00 pm

\$349 New Participants/\$329 Past Participants

Group 2: George Blundun

Wednesdays, October 15th to December 17th
7:00 - 8:00 am

\$329 New Participants/\$279 Past Participants

Group 3: Stu Peppard

Wednesdays, October 15th to December 17th
12:15 - 1:15 pm

\$329 New Participants/\$279 Past Participants

Level 1.5

Intermediate

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

Group 1: George Blundun

Mondays, October 27th to December 22nd
7:00 to 8:00 am

\$329 New Participants/\$279 Past Participants

Group 2: Stu Peppard

Fridays, October 17th to December 18th
Noon - 1:00 pm

\$329 New Participants/\$279 Past Participants

Level 2

Intermediate/Advanced

For players who have participated in and feel
comfortable with the Tucker Hockey Level 1
technical skills program. Includes advanced 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, October 16th to December 18th
Noon to 1:00 pm

\$349 New Participants/\$329 Past Participants

TOP 5 REASONS TO ATTEND:

- **Fitness and Fun**
- **Improve Skating and Hockey Skills**
- **Pass on new drills/teach points to your kids**
- **Reduce your stress/reward yourself**
- **Step all over your hockey buddies!**



REX TUCKER

Head Instructor

**Buddy Referral Program: Recruit 4 or more
new participants and receive a free program
for yourself (same program)!**

Register online at www.tuckerhockey.com

or call Tucker Hockey 403-998-5035

**Register Early
Spaces Fill
Quickly**

**Only 25 Spots
Available!
per group**

Improve Your Hockey and Skating Skills!



Special Fall Offer for Minor Hockey Players

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Hockey Skills and Development

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

Group 1: Ages 9-13+

Monday, October 21st to December 22nd
4:30 to 6:30 pm Southland Leisure Centre
\$329/pp

Group 2: Ages 9-13+

Thursday, October 23rd to December 18th
7:00 to 8:00 am George Blundun
\$299/pp

Group 3: Ages 9-13+

Friday, October 1st to December 19th
7:00 to 8:00 am George Blundun
\$329/pp

Group 4: Ages 9-13+

Friday, October 1st to December 19th
8:00 to 9:00 pm Stu Peppard
\$329/pp

TOP 5 REASONS TO ATTEND:

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

Register Early – Spaces Fill Quickly!

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



REX TUCKER

Head Power
Skating Instructor

Register online at

www.tuckerhockey.com

or call

Tucker Hockey 403-998-5035

**Only 15
Spots!**
Per Group

**Guaranteed to
Improve Your
Skating Skills**

**Programs
Which Deliver
Results**

**Exceptional
Hockey
Value!**

Buddy Referral Program

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



Christmas Season Programs

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Henry Viney • Stew Hendry • South Fish Creek

Group 1: Ages 7-9

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

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

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

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

Southland Leisure Centre

Group 2: Ages 10-12+

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

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

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

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

Southland Leisure Centre

Five Hours On Ice! \$229 per player (incl. GST)

TOP 5 REASONS TO ATTEND:

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

Register Early – Spaces Fill Quickly!

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



REX TUCKER

Head Power
Skating Instructor

Register and pay online at
www.tuckerhockey.com

or call

Tucker Hockey 403998-5035



Why Super Power Skating?

Skating is the most
important hockey skill

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

Stretch your game – keep up, and excel!

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

Christmas Season Programs

**Tucker
Hockey**

ELITE

**Saturday
to Tuesday**

POWER SKATING/CONDITIONING CAMP

PROGRAM OF EXCELLENCE

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

A Power Skating Curriculum Consisting of:

Extreme Forward and Backward Edge Control

Foot Speed/Acceleration/Quickness

Forward Striding – Technique & Speed

Backward Striding – Technique & Speed

Skating Agility & Mobility Drills

Drill Progressions Without – To – With Pucks

All this for only \$259 per player!

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

(Only 20 Spots Available Per Group!)

Elite Power Skating Testimonial

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

*-Mark Bomersback
Future NHL Prospect
Idaho Streeheads
ECHL All-Star*

Register online at

www.tuckerhockey.com

or call Tucker Hockey 403 998-5035

S.A.M. – Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!

Register Today!
This Popular Program
Will Sell Out Quickly!

Group 1

Atom Div 1 & 2
Peewee Div 1 & 2

Saturday, December 27th
6:00 to 7:15 pm, Norma Bush

Sunday, December 28th
6:00 to 7:15 pm, Henry Viney

Monday, December 29th
3:45 to 5:00 pm, Southland

Tuesday, December 30th
6:00 to 7:15 pm, Southland

Group 2

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

Saturday, December 27th
7:30 to 8:45 pm, Norma Bush

Sunday, December 28th
7:30 to 8:45 pm, Henry Viney

Monday, December 29th
5:15 to 6:30 pm, Southland

Tuesday, December 30th
7:30 to 8:45 pm, Southland

**Makes a Great
Christmas Gift!**

Why Elite Power Skating?
Skating is the most important hockey skill

It's a new game. The new standard of play and rules will emphasize more offence in our game. Stretch your game – keep up, and excel!



**11th
Annual**

Skating with the BEST!

Special Winter Offer for Minor Hockey Players

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Hockey Skills and Development

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

Group 1: Ages 9-13+

**Mondays, January 21st to March 23rd
4:30 to 5:30 pm Southland Leisure Centre
\$329/pp**

Group 2: Ages 9-13+

**Thursdays, January 15th to March 19th
7:00 to 8:00 am George Blundun
\$329/pp**

Group 3: Ages 9-13+

**Fridays, January 16th to March 20th
7:00 to 8:00 am George Blundun
\$329/pp**

Group 4: Ages 9-13+

**Fridays, January 16th to March 20th
3:00 to 4:00 pm Stu Peppard
\$329/pp**

TOP 5 REASONS TO ATTEND:

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

Register Early – Spaces Fill Quickly!

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



REX TUCKER

Head Power
Skating Instructor

Register online at

www.tuckerhockey.com

or call

Tucker Hockey 403-998-5035

**Only 15
Spots!**
Per Group

**Guaranteed to
Improve Your
Skating Skills**

**Programs
Which Deliver
Results**

**Exceptional
Hockey
Value!**

Why Super Power Skating?

Skating is the most
important hockey skill

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

Stretch your game – keep up, and excel!

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

Get in Shape and Have Fun!

**11th
Annual**

Winter 2009!

TUCKER HOCKEY

Programs that Deliver Results

ADULT RECREATIONAL PROGRAMS

Level 1

Beginner/Intermediate

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

Group 1: Father David Bauer
Sundays, January 18th to March 22nd
9:45 - 11:00 pm

\$349 New Participants/\$329 Past Participants

Group 2: George Blundun
Wednesdays, January 14th to March 18th
7:00 - 8:00 am

\$329 New Participants/\$279 Past Participants

Group 3: Stu Peppard
Wednesdays, January 14th to March 18th
12:15 - 1:15 pm

\$329 New Participants/\$279 Past Participants

Level 1.5

Intermediate

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

Group 1: George Blundun
Mondays, January 19th to March 23rd
7:00 to 8:00 am

\$329 New Participants/\$279 Past Participants

Group 2: Stu Peppard
Fridays, January 16th to March 20th
Noon - 1:00 pm

\$329 New Participants/\$279 Past Participants

Level 2

Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 technical skills program. Includes advanced 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 15th to March 19th
Noon to 1:00 pm

\$349 New Participants/\$329 Past Participants

TOP 5 REASONS TO ATTEND:

- **Fitness and Fun**
- **Improve Skating and Hockey Skills**
- **Pass on new drills/teach points to your kids**
- **Reduce your stress/reward yourself**
- **Step all over your hockey buddies!**



REX TUCKER

Head Instructor

Buddy Referral Program: Recruit 4 or more new participants and receive a free program for yourself (same program)!

Register online at www.tuckerhockey.com

or call Tucker Hockey 403-998-5035

**Register Early
Spaces Fill
Quickly**

**Only 25 Spots
Available!
per group**

Improve Your Hockey and Skating Skills!



Special Offer for Minor Hockey Teams, Coaches and Players

Skating with
the BEST!

TUCKER HOCKEY

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

Super Power Skating

OR

Player Development Sessions

TOP 5 REASONS TO EXPERIENCE TUCKER HOCKEY:

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



REX TUCKER

Head Power
Skating Instructor

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

Why Super Power Skating?
Skating is the most important hockey skill

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

Stretch your game – keep up, and excel!

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

Check out our NEW Promotional Video at
www.tuckerhockey.com
or Call Rex Today!
403-244-5037

Helping (cont'd. from 9)

South Fish Creek Recreation
Association (Les Turner)
Sportswap (Karen Gour)
Steve Matthews

Graphics and Signage Sponsorship:

Bissett Resources – Russ Brown, Janet
Blair, and Jessica Friesen
Titan Mapping – Mohammed Hassoun

Website and Email Support: Francis
Solutions – Lisa Francis

Printing and Layout Services: Able
Printing and Flexys Systems Publishing Ltd
(Nicole Hankel)

M.C. and Guest Speaker: Beesley,
Flames Saddledome Announcer and 97.7
Calgary FM Morning Show Host. Great job
Beesley!

Inglewood Golf Club Staff: Jason Stanier
Head Professional and Mike Stiell Assistant
Professional

The Day of Event Volunteers:

| | |
|---------------|---------------|
| Joan Lisiecki | Sandra Major |
| Frank Portman | Andrew Staub |
| Tracy Stokoe | Michael White |

Thanks everyone for your commitment to this fundraising event! Your generous support of our event is greatly appreciated. We are looking forward to next year's tournament, scheduled for **Wednesday July 29th, 2009**, at the Inglewood Golf and Curling Club. Our goal for next year is to grow our tournament, thereby providing more financial support to two worthy causes. Please get involved and feel good about giving back!

You can show your support by golfing, supplying prizes, or through the various tournament sponsorships. Also, we welcome volunteers for both the organizing committee and for the event day itself. Please call Nick Radmanovich at (403) 829-2993 if you have any questions regarding next year's golf tournament or require additional information.

See you in July 2009!

*Kids Hockey Advancement Society Board of
Directors: Lyle Hanna, David Mahoney, Nick
Radmanovich, Rex Tucker, Michael White*



Above: A little golf action! Below: Rex Tucker presenting cheques of \$5,000 each to Nastasha Guillot, Executive Director, Flames Foundation for Life (left) and Laila Adam, Regional Manager, The KidSport Society of Calgary (right).





The KidSport™ Society of
Calgary
Suite 501, 501 18th Avenue
SW
Calgary, Alberta T2S 0C7
Ph: (403) 202-0251
Fax: (403) 202-1961

www.kidsportcalgary.ca

Our Community Partners

Flames Foundation For Life
Calgary Minor Soccer
Association
Albi Homes
First Calgary Savings
Sports Swap
The Fan 960
Calgary Corporate
Challenge
Canadian Tire JumpStart
Calfrac Well Services
Calgary Roughnecks
Flames Alumni

September 29, 2008

Rex Tucker
Box 82113, 1400 12th Ave. SW
Calgary, AB
T3C 0N0

Dear Rex,

On behalf of KidSport™ Calgary, I want to express my sincere appreciation for your generous support of our cause through the 1st Annual Kids Hockey Advancement Society Golf Tournament. We could not help kids without the generosity of those in our community, and are truly grateful for your donation of \$5,000.

KidSport™ Calgary has been providing financial assistance to children in need for the past 12 years. Our mission is to "overcome the financial obstacles that prevent some young people from playing sports". We work closely with families and local sport clubs to help pay registration fees and distribute the necessary equipment for KidSport™ kids to play sports safely and confidently. Since 1995, KidSport™ Calgary has helped make sport dreams come true for more than 12,000 kids. This has resulted in financial assistance of over \$2.2 million in support of kids in Calgary and surrounding communities.

It is our belief that ALL children should have the opportunity to simply enjoy being a kid. Through sport participation, KidSport™ kids learn valuable lessons such as friendship, leadership, cooperation and team work. These lessons are integral to the development of a child's self-esteem and self worth.

Your generosity will help to spread the word that KidSport™ is available for those in need. It will continue to reinforce the importance of encouraging and motivating children to play while they are young; early physical activity habits help increase the probability that kids will remain active in adulthood. Your help will ensure that children will continue to have positive, life changing experiences for many years to come.

Please do not hesitate to contact me if you have any questions or concerns regarding KidSport™ Calgary or any of our programs.

With gratitude,

Laila Adam
Regional Manager
The KidSport™ Society of Calgary



P.O. BOX 1540, STATION 'M', CALGARY, AB CANADA T2P 3B9 TEL: (403) 777-2177 FAX: (403) 777-2171 WWW.CALGARYFLAMES.COM

September 26, 2008

Dear Rex,

Thank you for your support of the Flames Foundation for Life!

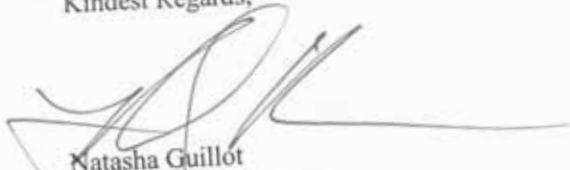
As you are aware, the Flames Foundation for Life is the charitable arm of the Calgary Flames through which more than 32 million dollars in funding has been directed to education, medical research and amateur sport in Alberta. Your donation of \$5,000.00 (proceeds from the 1st Annual Kids Hockey Advancement Society Golf Tournament) will be directed towards the following pillar:

Amateur and Grassroots Initiatives
Hockey development and education have always been, and will continue to be, at centre ice for the Calgary Flames Hockey Club. In addition to the annual support of the Flames Financial Assistance Program for Minor Hockey, our players and coaches are involved in various minor hockey initiatives.

Thank you again for choosing to donate to the Flames Foundation for Life. With your support, the Flames Foundation has touched and will continue to touch the lives of thousands of people through our ongoing commitments.

If you wish to obtain a Tax Receipt for your donation, please do not hesitate in contacting me directly.

Kindest Regards,


Natasha Guillot
Executive Director
Flames Foundation for Life



Thoughts for the Day

Often at times life can get us down. So we need to keep things in perspective. Here's a little food for thought.

Keeping Life in Perspective

- If you find yourself stuck in traffic, don't despair. There are people in this world for whom driving in an unheard of privilege.
- If you have a bad day at work, think of the person who has been out of work for years
- If you despair over a relationship gone bad, think of the person who has never known what it's like to love and be loved in return.
- If you grieve the passing of another weekend, think of the woman in dire straits, working twelve hours per day, seven days per week to feed her children.
- If your car breaks down, leaving you miles from assistance, think of the paraplegic who would love the opportunity to take that walk.
- If you notice a new gray hair in the mirror, think of the cancer patient in chemo who wishes she had hair to examine
- If you find yourself at a loss and pondering "what is life all about", asking "what is my purpose?" Be thankful. There are those on this date who didn't live long enough to get that opportunity, through no fault of their own.
- And, if you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities, remember, things could be worse. You could be them!

Hockey Humour

On Game 7 of the Stanley Cup Final a man made his way to his seat right at center ice. He sat down, noticing that the seat beside him was empty. He leaned over and asked his neighbour if someone would be sitting there.

"No," said the neighbour. "The seat is empty."

"That is incredible," said the man. "Who in their right mind would have a seat like this for the final game of the Stanley Cup playoffs and not use it?"

The neighbour replied, "Well, actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first Stanley Cup we haven't been to together since we got married in 1967."

"Oh... I'm sorry to hear that. That's terrible. But couldn't you find someone else, a friend or a relative, or even a neighbour to take the seat?"

"The man shook his head. "No. They're all at the funeral."



Your Skates Are Your Most Important Piece of Hockey Equipment!

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

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

3515 18th Street SW • (403) 243-3663

A Little Humor 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

Hockey Parents (cont'd. from 3)

Do you focus more on the journey rather than the destination?

I feel often that parents go wrong by getting too focused on the destination. I just want my kids to do their best. If they are in the middle of the pack, that's fine. They need to have fun, grow as a person, participate in a team sport, and see improvement in their skills. My wife kids me that I am living the dream through my kids but I keep the whole process in perspective.

What qualities do you try to instill in your kids from playing hockey?

Do your best, the value of hard work, confidence; develop a sense of team, and fair play.

How important is positive encouragement/reinforcement?

The older the player, the more reinforcement of skills that he or she will need. It's important to create the right atmosphere. In Timbits, we're big on the "high fives" and encouragement.

Do you have to think outside the box on occasion to make things work?

There are things we do to save time and be better organized. Pack the hockey gear the night before and create meals in advance. We eat out a little more than we might want to, just because we are always on the go. In order to make a 4:15 pm hockey session, I will often start work at 6:00 am and work through lunch so I can leave early enough to be on the ice. Sometimes, my daughter will be at a swim lesson at 5:00 pm, so I will meet my wife Jane at the pool and grab my boys and their hockey bags there.

Any bizarre or extremely challenging moments to date from being involved in hockey?

Sometimes, when we pull up to the parking lot at the rink, one of the boys will say "Did anyone bring my hockey stick?" I roll my eyes and we have to return home for it, thinking "Why didn't he say something sooner?" Generally, our weekends are quite busy.

Last season, I was a volunteer coach and one of the kids was suffering from a serious disease. Despite the treatments he was undergoing, he continued to show passion and energy for every game. He loves the sport, was always focused, low maintenance and a great team player. As a volunteer coach, you find this both difficult and inspiring, as you are not trained to handle such situations.

Each child is a unique and gifted individual with their own learning styles, aptitudes and specialized skill sets. Do you see this coming out more and more as your kids grow and develop?

Our youngest son Owen, who was three and a half years old when he expressed a great interest in hockey, started skating and convinced his two older brothers to get involved in hockey. He showed a great passion at a young age. He is so keen!

Last Friday night he was mad at me because I wouldn't take him to the Olympic Oval for a skate, even though he had a 6:00 am and 9:00 am skate early the next morning.

Owen is very competitive and needs little encouragement. Ben is self-competitive and self-effacing. He gets upset when his team loses, and feels like he failed the team. Jack comes alive on the ice, is a team player, but sometimes needs a little more encouragement and pats on the head to have a good game. Laura will quietly dedicate herself to her dance or swimming. They are so different!

How do you make down time for yourself?

Usually when the kids go to bed or we may get a few hours on Sunday to talk while the kids play in the park. We definitely need to apply discipline to maximize our down time, and seize any opportunities that come our way.

Any advice you can give to stressed out parents who feel overwhelmed by the demands of their children's hockey season?

Remember to keep your perspective. You're doing it for the kids' fun. Be well organized and plan ahead. Seek help from other parents – car pooling, baby sitting etc. If you're fortunate enough to have grandparents living close by, they can be a godsend at times.

The way I see it, you only have a small window of time to be highly involved in your kids' life. It's time you will never get back again. As the kids get older, they become more independent. Involvement in team sports could help them stay out of trouble, improve their fitness, develop life skills and life long friendships too.

Editor's Note: After having an insightful and informative conversation with Dave, I realize how challenging a schedule Dave and his wife Jane have on a weekly basis. A typical week has each boy with two skates per week, a daughter with three swims per week, and Dave himself with one skate per week. Besides the time demands, Dave indicated that the family spends anywhere between \$3,000 and \$4,000 per year on registration fees, equipment and hockey camps. There's lots of fundraising involved as well. He mentioned that he has three pairs of skates waiting for recycling and that thinking ahead when buying equipment is essential. He feels fortunate that his sons are close enough in age so that equipment can be passed down to the younger child while still serviceable.

Dave Albers love for the game of hockey is reflected in the sacrifices of time and money towards his sons' hockey. However, the personal satisfaction and joy that he receives on a daily basis from their involvement and personal growth within the great sport of hockey is truly worth the dedication. Dave and Jane, you are inspiring role models to all parents who have kids involved in sports. Keep up the good work!

EUROCAN'S ABC'S OF MAXIMUM GOAL SCORING SYSTEM



MORRIS LUKOWICH

★ *Achieve greater goal scoring by learning the ABC's of Maximum Scoring.* ★

EuroCan's Maximum Goal Scoring System and the "ABC's Maximum Goal Scoring" are used to elevate a player's goal scoring knowledge and skills to the highest level and also improves 'scoring chemistry' for the player and his/her teammates. These skills increase the **Quantity and Quality** of scoring chances for the players.

- Generate more scoring opportunities!
- Learn how to 'finish' around the net!
- Gain a distinct offensive advantage over opposing defensemen and goaltenders!



The "ABC's of Maximum Goal Scoring System" is based upon certain **Goal Scoring Principles** that are the foundation to maximum puck possession and quality goal scoring opportunities.

Offensive Scoring Plan 'A': **ATTACKS**
Offensive Scoring Plan 'B': **BATTLES**
Offensive Scoring Plan 'C': **CYCLES**

PROGRAMS:

**MINOR HOCKEY
BOYS AND GIRLS**

**ADULT: M/F
JUNIOR / PRO**

Coaching Credentials:

NHL Goal Scoring Consultant (2008)
Stockholm SIHF Presenter (2008)
International Coach Conference (2004)
NCCP Advanced Level I Cert. (1992)

Games Played: 810

Goals: 331

Assists: 306

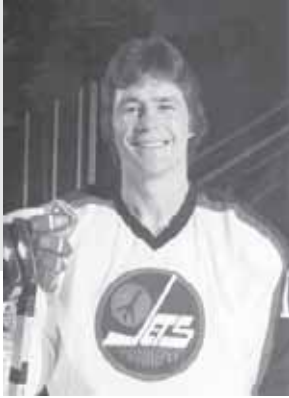
Penalty Minutes: 901

The EuroCan Goal Scoring and Skills Clinic is a specialized hockey program operated by former NHL ALLSTAR Morris Lukowich of the Maximum Scoring Edge Ltd. in Calgary, Alberta, Canada.



PROGRAM REGISTRATION AND INFORMATION: WWW.HOCKEYMENTORS.COM (403) 660.3006

Our mission is to serve hockey players and Coaches who love the game and who are committed to be and play their best. Our entire coaching staff is dedicated to the improvements of every player and Coach that we work with.



ProActive Coaching: Tips for Success

By Morris Lukowich (Luke)

Coaching has changed over the years that I have been involved in hockey. This article is directed at Minor Hockey coaches that are interested in a fun, inspiring and extraordinary experience for the players, parents, referees and themselves. This successful experience is accomplished through "ProActive Coaching".

There are three different types and levels of Coaching that I have seen and experienced:

- The Prisoner: this is the Coach that got "roped into it" and lacks motivation to be of service to the players and would rather be somewhere else.
- The Tourist: this Coach is there for the experience but lacks the skills, knowledge and abilities to improve the player's performance.
- The Student/Mentor: This is the high level of being a ProActive Coach with an attitude that is committed to looking for a "win/win" and/or "no deal" results (if we cannot find an acceptable solution, we agree to disagree agreeably) in all situations. (Lesser results are "win/lose", "lose/win", "lose/lose" or simply "win").

I recently completed the "7 Habits of Highly Effective People Signature Program". This program is focused on achieving growth and mastery in achieving personal and interpersonal effectiveness, from the inside out. I am amazed at what I learned about "raising the bar" on being a more effective coach by being a ProActive Coach. The program is quite unique and inspiring.

ProActive Coaching is a challenging and in depth approach to coaching and we will touch on two points in this article.

Stimulus – Freedom to Choose – Coach's Response

- There is always a moment in time for a coach to respond to any situation that happens in the game.
- ProActive Coaching behavior allows the coach the "freedom to choose" his response based on principles, values and desired results.
- Reactive Coach's behaviors allow outside influences such as moods, feelings and circumstances to control their response.
- An example of ProActive Coaching is remaining calm and respectful to the Referee instead of erupting and disrespecting the Referee for making a poor call or missing a call. (This behavior acknowledges that overall the Referee's calls tend to even out and that everyone makes mistakes)

You/Me – I and I Am – We (Communicating with the Player)

I love to work with players during the practices and the games in assisting them to transition from a negative/weak attitude of "you/me" to an affirmative attitude of "I and I am" and then to a synergistic team attitude of "we". This ProActive Coaching approach is done by:

Blaming (You/Me) Reaction

- After a player makes a mistake I do my best to stay away from blaming him.
- Blaming usually results in a player becoming depressed or angry and not able to perform at their best.
- Normally, blaming halts communication or puts the player on the defensive and results in a lack of confidence for the player and frustration for the Coach.

Proactive "I and I Am" Action

- I start this communication exchange by telling the player what I saw.
- I then ask a question: What did you see in this situation? Then I listen! Many times I get an answer that makes me aware of something that I did not see or was not aware of. Once I become aware of what the player saw, then I have all the information to assist him in learning from the experience.

Cont. Page 35



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.



SERVING CALGARY & AREA FOR OVER 36 YEARS



Rbk  t'blade EASTON VAUGHN

BAUER  TPS  GRAF



NIKE



TRAINING SHOES
SALE

\$64.95 & UP

SIZES 6 - 12

 1717 52 St. S.E. 272-7141 www.bpcycle.com 

2009 IIHF World Junior Championship

December 26th, 2008 - January 5th, 2009, Ottawa, Ontario

National Junior (Under 20) Team

| Gm # | Time (local) | Group/Round | Game/Result | Location |
|---------------------------------|--------------|------------------|-------------|---------------------|
| Friday, December 26th | | | | |
| 01 | 02:30 PM EST | Preliminary | LAT - RUS | Ottawa Civic Centre |
| 02 | 03:30 PM EST | Preliminary | GER - USA | SBP Arena |
| 03 | 06:30 PM EST | Preliminary | FIN - SWE | Ottawa Civic Centre |
| 04 | 07:30 PM EST | Preliminary | CAN - CZE | SBP Arena |
| Saturday, December 27th | | | | |
| 05 | 06:30 PM EST | Preliminary | SVK - LAT | Ottawa Civic Centre |
| 06 | 07:30 PM EST | Preliminary | KAZ - GER | SBP Arena |
| Sunday, December 28th | | | | |
| 07 | 02:30 PM EST | Preliminary | RUS - FIN | Ottawa Civic Centre |
| 08 | 03:30 PM EST | Preliminary | KAZ - CAN | SBP Arena |
| 09 | 06:30 PM EST | Preliminary | SWE - SVK | Ottawa Civic Centre |
| 10 | 07:30 PM EST | Preliminary | USA - CZE | SBP Arena |
| Monday, December 29th | | | | |
| 11 | 02:30 PM EST | Preliminary | LAT - SWE | Ottawa Civic Centre |
| 12 | 07:30 PM EST | Preliminary | GER - CAN | SBP Arena |
| Tuesday, December 30th | | | | |
| 13 | 02:30 PM EST | Preliminary | RUS - SVK | Ottawa Civic Centre |
| 14 | 03:30 PM EST | Preliminary | CZE - GER | SBP Arena |
| 15 | 06:30 PM EST | Preliminary | FIN - LAT | Ottawa Civic Centre |
| 16 | 07:30 PM EST | Preliminary | USA - KAZ | SBP Arena |
| Wednesday, December 31st | | | | |
| 17 | 02:30 PM EST | Preliminary | SWE - RUS | Ottawa Civic Centre |
| 18 | 03:30 PM EST | Preliminary | CZE - KAZ | SBP Arena |
| 19 | 06:30 PM EST | Preliminary | SVK - FIN | Ottawa Civic Centre |
| 20 | 07:30 PM EST | Preliminary | CAN - USA | SBP Arena |
| Thursday, January 1st – Day Off | | | | |
| Friday, January 2nd | | | | |
| 21 | 03:30 PM EST | Quarter-Final #1 | - | SBP Arena |
| 22 | 06:30 PM EST | Relegation | - | Ottawa Civic Centre |
| 23 | 07:30 PM EST | Quarter-Final #2 | - | SBP Arena |
| Saturday, January 3rd | | | | |
| 24 | 03:30 PM EST | Semi-Final #1 | - | SBP Arena |
| 25 | 06:30 PM EST | Relegation | - | Ottawa Civic Centre |
| 26 | 07:30 PM EST | Semi-Final #2 | - | SBP Arena |
| Sunday, January 4th | | | | |
| 27 | 02:30 PM EST | Relegation | - | Ottawa Civic Centre |
| 28 | 06:30 PM EST | Relegation | - | Ottawa Civic Centre |
| 29 | 07:30 PM EST | 5th/5e Place | - | SBP Arena |
| Monday, January 5th | | | | |
| 30 | 03:30 PM EST | Bronze | - | SBP Arena |
| 31 | 07:30 PM EST | Gold / Or | - | SBP Arena |

Games times are subject to change according to IIHF approval and TV coverage. With qualification for a quarter-final, Canada will play at 7:30 pm. With qualification for a semi-final, Canada shall play at 7:30 pm. All TV games will start eight (8) minutes after the published time (i.e. 7:30 pm = 7:38 pm puck drop)



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 403-244-5037 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 is a rising star who has experienced Tucker Hockey one-on-one coaching and taken their game to a higher level:

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



Mark Bomersback
Alltime leading Scorer in AJHL
Idaho Streetheads
ECHL All-Stars
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!"



Coaches Corner

Tucker Hockey Checking Programs

Checking is a tactic aimed at gaining possession of the puck, not injuring an opponent. The purpose of our Checking Program is to introduce players to proper techniques and tactics so as to give as well as receive a body check. It includes a five step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking. The program covers a list of the following checking "do's and don'ts, emphasizing safety first.

Tucker Hockey Checking Rules – Dos and Don'ts

- Don't get caught in the danger zone (2 to 4 feet from the boards) – stay close to the boards
- Be aware of where your opponents are on the ice
- Always keep your head up
- When you are checked use your hands and arms as a cushion
- When you are checked turn your body so your shoulders hit first
- Don't turn your back to an opponent

- when along the boards
- Avoid taking suicide passes from teammates
- Practice being in a good hockey stance – wide stance, knees bent with a low centre of gravity
- Practice stability on your skates – strong edges and balance
- Never cross check an opponent into the boards
- Never push or trip an opponent into the boards
- Never carry your stick up in the air towards an opponent
- Never butt end an opponent with your stick
- Never hit an opponent from behind
- Always respect your opponent – play safe – play by the golden rule

Note: Tucker Hockey offers checking programs throughout the hockey season to minor hockey associations and teams. As well, we offer Spring and Summer programs to the public as well as sessions to small private groups year round.

Introduction to Evaluations (cont'd. from 10)

"I try to be honest and make the evaluations as fair as I can. If everyone involved acts with integrity, it's easier for everyone to accept the result."

"So we're back to the integrity of the parents."

"Of everyone who's involved."

The buzzer sounded. Jimmy's Dad picked up the hockey bag. "Let's go, Jimmy. Time to get your equipment on. Good talking to you, Paul."

"See you guys. Have fun, Jimmy."

On their way out the door, Jimmy said, "I have a question, Dad."

"Alright, but only one."

"When you said my job was to get the puck from the other player, was that because you think that's the most important?"

Jimmy's Dad scratched his head. "Forgot I ever said that, okay?"

Jimmy shrugged. "Sure."

"Thanks son." He put his hand on his son's shoulder. "Come on; let's get you into your equipment."

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

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

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

ProActive Coaching (cont'd. from 31)

- If there was a mistake by the player, then I get the player to take responsibility for the mistake (e.g. Yes, "I" own that mistake"), I explain what habit to stop and then what habit to do. (Eliminate the word "don't", replace with the words "stop" and "do". Look at Nike's success, "Just do it"!)
- I then ask him questions so that he can reaffirm himself with a positive "I am" declaration (e.g. Coach: Are you a good player and ready to play? Player: Yes, I am a good player and I am ready to play great).

"We" Synergistic Support

- After the player makes his "I am" declaration I then support him with a "We" comment (e.g. We can do this better and we will or we are).
- The player needs to know that I am on his side and committed to his improvement, fun and to his success. A "pat on the back" usually goes a long way at this time.

We Remember... Remembrance Day 2008



In Flanders Fields

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep,
through poppies grow
In Flanders fields





Courtesy Dragonfly Imaging

Done Right

(cont'd. from 13)

many large orders, but small jobs are never too small. For example, with our skate sharpening, we do every pair like it is the first pair of the day. In the store, we try to teach our staff not only skate sharpening and equipment repair, but life skills as well. Everyone pitches in to answer the phone and run the day-to-day operations of the business.

For example, we've recently joined forces with Cliff Hendrickson of Stick Fit, a rebuilt stick franchise and that's a win-win for us both. It's people helping people. Our business goes beyond just making money! We care about people too!

Editor's Note: Thanks again Elaine for taking the time out of your busy schedule to share your thoughts and insights about your family business with Hockey Zones. It served to educate others and me about hockey from a "Sports Equipment Repair" perspective.

We found your personal values, business ethics, and customer care attitude to be quite refreshing in today's world of big volume retail sports stores.

Done Right
SPORTS EQUIPMENT
REPAIR

Done Right
Sports Equipment Repair
Co-owner: Elaine Dufresne
3571 52nd Street SE
(403) 235-5344
theteam@donerightsports.com
www.donerightsports.com



NFL: Opinion

By Andrew Staub

The "no fun league", aka The National Football League has been criticized for their policies regarding behavior that is considered to be inappropriate. This philosophy of not enough fun and humor relates to participation in hockey schools, leagues, and practices in a similar way. When people such as family, friends, and fans watch the game they often forget to keep a sense of humor.

As I made an unbiased view of a group of young players going through an exercise, I noticed how comical it became. They reminded me of a bunch of bee's buzzing around a hive or a swarm of insects crawling about. They looked as if they were just having fun being alive, with no real stress. This moment of awareness gave me a clearer understanding of the importance of seeing the humor and fun in the many ways the game of hockey is executed. Especially when the participants are in

the early learning stages of development.

I believe it is important to learn the behaviors of focus and determination as well as increasing the skills to excel at the game and sport. Also, maintaining that sense of good fun and play for the enjoyment of the game in attaining these lofty goals is just as important. If the exercise becomes too much like work - who would stay passionate enough to follow through and realize the full potential of the great sport of hockey?

It is often said that "laughter is the best medicine". Next time your blood pressure starts to rise because your favorite team or player was at a little below their potential, remember that this is not the NFL. Grab a dose of the "best medicine" and see the humour in the situation. You'll laugh a lot more and hopefully bypass the doctors office altogether.

Laughing all the way,

Today's Athletes (cont'd. from 14)

To gain possession of the puck while in this situation, most often needed the second checker to move in work the puck free. So two players are tied up in this scrum by the defenders; a third covers the periphery; leaving two players, likely a D-man also on or near the wall at the blueline; the second D-man, also inside the "blue" and in the middle zone.

Now the recent teaching has the puck carrier being overtaken, with the checker pulling even (not so far as to let the puck carrier brake and slip out behind the checker); the checker moves quickly in front of the puck carrier and with his hip pinning the puck carrier's

hands to the boards at the same time, he either goes blade to blade with enough force to pop the puck away and ahead or he can drive his blade between the wall and the offensive forward's blade...the turnover results in getting away and immediately taking charge of the offense while his teammates are also quickly transitioning and picking up their lanes and finding openings where they are available for a pass. Important to this execution that the checker has a solid stance: inside skate, hip and body against the boards and outside skate (away from the boards) is planted to keep the checker strongly applying his positioning and the option to gain possession of the puck and to get away.

"Live with integrity, respect the rights of other people and follow your own bliss"

- Nathaniel Branden



Are You Ready to Up
Your Mental Game?

BodyMindMotion

Sport Psychology Services

April Clay, Registered Psychologist

Individual or team sessions

Call or email to find out more:

403.283.5525 • april@bodymindmotion.com

www.bodymindmotion.com

Or try training with your MP3 player:

Playing Your Sport Out Of Your Mind:

Guided Visualizations for Sporting Excellence

\$29.95 available online at www.bodymindmotion.com

5th Annual Danny Cammack Memorial Golf Tournament

We would like to take this opportunity to offer our sincere thanks for your generous contributions to the fifth Annual Danny Cammack Memorial Golf Tournament, which took place at McKenzie Meadows Golf and Country Club on August 23rd, 2008.

Your donation and/or gifts greatly contributed to making this a truly wonderful and fun event. Our tournament raised over \$8,000 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.

The way the community, businesses, 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.

A special thank you goes out to Lisa "Longball" Vlooswyk for making this year's tournament an especially memorable event.

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

*Sincerely,
Paul, Betty, and Kevin Cammack*

Mental Skills Tip

Using Breaks in Focus

By April Clay, Sport Psychologist

Whenever there is a break in play, think of it as an opportunity for you to reset or 'reboot' your thinking.

First, take a quick mental break and use a physical cue to shake off what just occurred on the ice. Skate around, using this simple ritual to tell yourself you're clearing your head. Then, as a second step choose your next focus as play is about to resume.

You can also form a simple cue around this 'return to work mindset' such as tapping the ice twice. The more you strengthen these cues, the more efficiently they will work for you when you need them most, like in the clutch of a big game.

For more mental tips, sign up for a free newsletter at www.bodymindmotion.com.

Voice

"We want to hear your voice!"

TELL US WHAT YOU THINK!

Share your Opinions and Thoughts about the Game! Share your Hockey Stories! Share your Ideas for Future Articles.

Articles from New Contributing
Writers are Appreciated.

New Advertisers Welcomed!

programs@tuckerhockey.com



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 Super Power Skating Program.

Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Winter 2005 Alexander Beringer • Spring 2005 Darren Martin • Summer 2005 Carson Elliott • Christmas 2005 Zach Urban • Spring 2006 John Beavans • Summer 2006 James Faul • Christmas 2006 Tyson Bobrel • Spring 2007 Matthew James White • Summer 2007 Trevor Sever • Christmas 2007 Zac Cline • Spring 2008 Brandon Barlow • Summer 2008 Ashley Au

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 love to play hockey and love to play the game for my dad. Two years ago my mom told me that my dad's most favourite wishes are to have his children play hockey and also become an engineer in future. When my dad was young, he loved to play hockey so much but because of his family's tradition, he was not allowed to play hockey. He wasn't allowed to own a pair of ice skates either. So every Sunday early in the morning, he would sneak out from the back door of his house and he went to play street hockey with his friends and schoolmates. When I score a goal during a competitive game, I feel like I have fulfilled a little of my dad's wishes. I also want to give him a bigger wish and that one day play for the Canadian Women's National Team. In the past year, I have participated in various hockey camps as well as Tucker Hockey programs to improve my hockey skills. My big dream is to play in the 2014 Summer Olympics.

- Ashley Au



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 – Mike Perz
Summer 2008 – Jim Matheson
Fall 2008 – Barrie Hill

As Canadian as hockey!

able

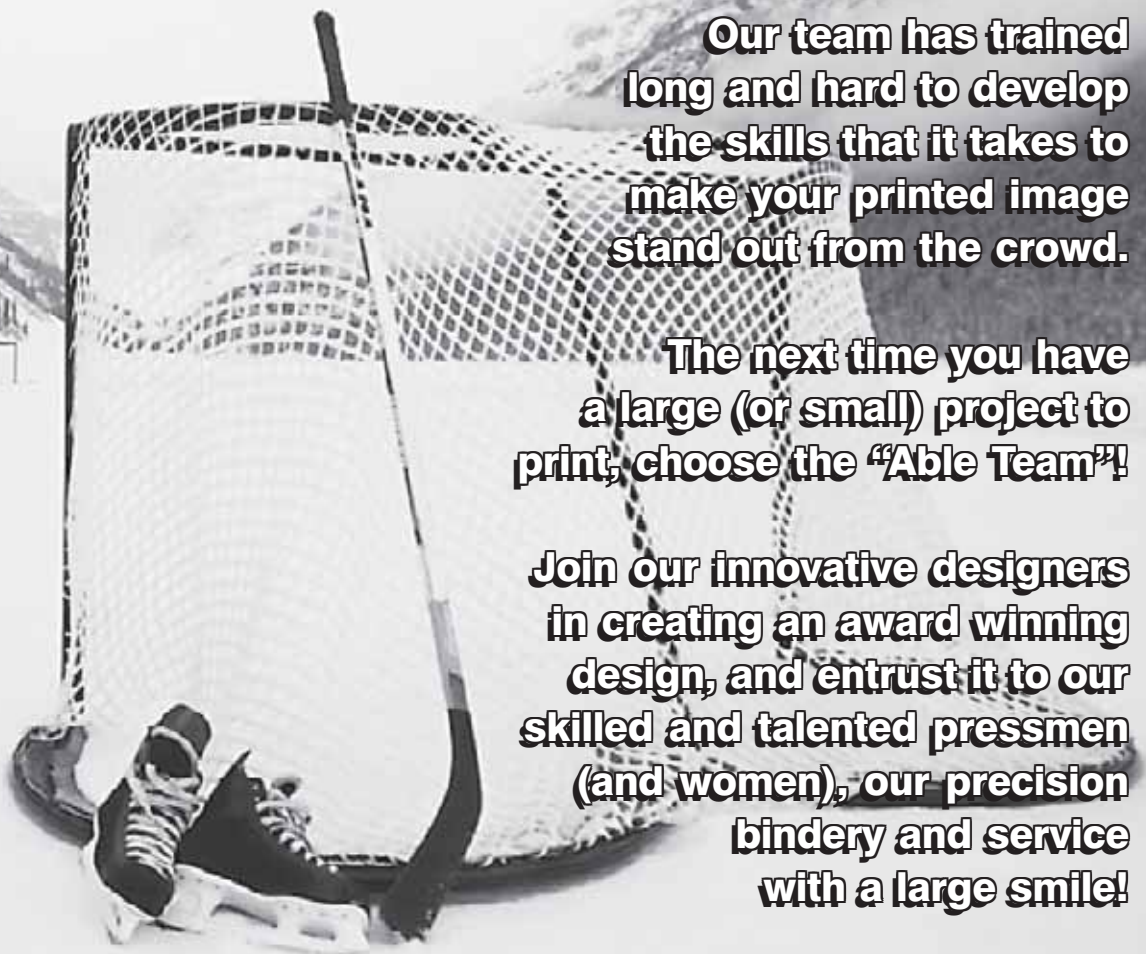
p r i n t i n g

Our Sport is Printing.

Our team has trained long and hard to develop the skills that it takes to make your printed image stand out from the crowd.

The next time you have a large (or small) project to print, choose the "Able Team"!

Join our innovative designers in creating an award winning design, and entrust it to our skilled and talented pressmen (and women), our precision bindery and service with a large smile!



*Score Today!
Call Able Printing for all
your Printing Needs!*

(403) 271-4101