



Volume 6 No.3
Issue # 17
Fall 2009

For the LOVE of the GAME!

Hockey Zones

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



Missing The Cut - What's Next?

The majority of players, who have ever laced up a pair of skates, have dreamed about playing in the NHL. They have emulated

their favorite players. As I grew up, I idolized Bobby Hull and Bobby Orr.

Today's youth, look up to Sidney Crosby, Alex Ovechkin and Jarome Iginla etc. but each young player follows the game with the same interest and many the same passion and dreams as generations before.

The odds of playing in the NHL are roughly 1 in 10,000. However, some players have beaten the odds!

Many graduates of the local minor hockey systems do go on to play semi pro in North American or European leagues. Also, many obtain college scholarships, receiving a good education and later transfer into the business world. Besides establishing a career, many of these former players learn valuable life skills

such as team work, dedication, perseverance, hard work and overcoming adversity / setbacks, which mold good citizens of society.

When looking at the local minor hockey system, kids progress through the approximately 15 - 16 community hockey associations from the initiation / tyke level, to novice, to atom and to the peewee level. After peewee the next step in elite hockey advancement, which is a very big step, is quadrant hockey. Unfortunately, many players and parents are not educated about the workings of quadrant hockey and the very competitive nature of the hockey pyramid / system.

The City of Calgary consists of 4 quadrants. The SE, SW, NW and NE quadrants fall under the umbrella of the Calgary Buffalo Hockey Association, (www.calgarybuffalohockey.com), South West Athletic Association, (www.calgaryroyalsaa.com), Calgary North West Athletic Association, (www.nwcaa.ca), and the

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**Look Inside for
More Great Sports Tips**

**When the world says "Give Up,"
Hope whispers
"Try it one more time."**

~ Author Unknown

Tucker Hockey

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- 15 Years + Hockey Instruction Experience
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- 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

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Tucker Hockey Identity

*Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game. The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.
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Ad Rates

One Page \$399
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Missing the Cut (cont'd from Cover)

North East Athletic Association
(www.calgarynorthstars.ca)
respectively.

Each quadrant will ice ten teams
each season. Two Bantam AA, one
Bantam AAA, two Minor Midget
AAA, two Major Midget AA, one
Major Midget AAA and two Junior
B teams.

To have a future in competitive
hockey, players generally enter the
quadrant system at the Bantam age
and progress to Midget AAA in
order to have success playing in the
Western Hockey League (Major
Junior) or the Alberta Junior Hockey
League - Tier 2 Junior systems. There
are a few exceptions but the majority
follow this feeder system.

Playing in either the WHL or AJHL
league provides opportunities to
enter the NHL draft. As well, the
AJHL provides opportunities to
secure an NCAA scholarship. If a
player decides to play in the WHL,
he relinquishes his scholarship
opportunities.

Each quadrant is professionally

operated by a very dedicated, loyal,
hard working and passionate
group of parents, who either had
or currently have their kids in the
quadrant system.

At the start of the season upwards of
150 – 175 players may tryout for 60
Bantam positions in any particular
quadrant. For many players, it will be
their first time being cut from a team!

Players can get cut from quadrant
hockey for a number of shortcomings
such as:

- 1) Lacking speed and slow reacting to the play
- 2) Questionable desire / work ethics
- 3) Poor conditioning / preparation for tryouts
- 4) Lack of size – players are bigger, stronger and more physical at this level
- 5) Not the right fit / role player for certain teams
- 6) Just bad luck - misfortune
- 7) And yes - even politics!

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Next Issue Winter 2010 Features

- Coach Rex's Favorite Drill
- Olympic Hockey Schedules
- World Junior Tournament (Saskatchewan)
- Meet the Tucker Hockey Instructors -David Mahoney
- The Importance of Mouthguards in Contact Sports
- Yucky Hockey

Welcome to Hockey Zones

The official newsletter of Tucker Hockey.
The Fall 2009 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 -



Hockey From An Exercise Physiology Perspective

Recently, I had a good chat with Mike Souster, owner of Peak Power about his strength and conditioning training business. Peak Power is a Calgary leader in the fitness industry. Here is a summary of our conversation.

Mike, tell us about yourself?

My athletic background was a national level track and field athlete where our training was comprised of developing power and speed. While running for the University of Calgary, a hamstring injury ended my competitive running career. After finishing my Bachelor of Kinesiology, I attended the University of Alberta for my Masters degree in Exercise Science and it was at this time that I became involved in the hockey world. I was contracted by the University to conduct fitness testing for the Edmonton Oilers and was put in charge of designing the first off-season dry land program for the Edmonton Oilers.

Mike, what is the history of Peak Power?

Our company started up 14 years ago as a mobile fitness testing company. We conducted fitness testing for high schools, hockey groups such as the Midget AAA teams and SAIT hockey. It was at SAIT where we met Ken Babey, Athletic Director of SAIT, and under his progressive vision we became the strength and conditioning coaches for all the SAIT teams. We have been on the SAIT campus now for 12 years, and are looking forward to another 10 years.

What is the uniqueness of Peak Power?

At Peak Power, we believe training for sport or simply training for life requires understanding the science of exercise physiology.

I feel we are the most educated group out there in exercise physiology. Our theoretical knowledge of sport science, experience and qualifications are second to none in the City of Calgary. Our training centre is the only facility in Western Canada to integrate gold standard performance

testing into training programs for amateur athletes and the general public.

Also, it's the way we treat each individual. Our approach is simple: We start each individual with a baseline assessment; our expert coaches guide each of our clients through the training methods that best suits their specific needs and goals. We take our training seriously. We are not here to be the biggest – just the best. That is why we limit the number of athletes training at our facility to maintain coach and athlete interaction.

Quality service is very important to us as we want every athlete to feel like an individual at our facility. – athletes come – and - they stay – it's the loyalty of our clients that make us successful, because of our unique service. We see every athlete as an individual with specific individual needs and goals.

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

We started out promoting Olympic Weightlifting a dozen years ago. Mike jokes "The crazy guy on the hill" back then. We use the classic lifts, the clean and jerk and the snatch, to develop core strength, and explosive power. It seems like it took the industry a dozen years to catch up with us. You will not find a quality training program at any level these days without Olympic Weightlifting.

Over the last 3-4 years, we have concentrated on developing a long term athlete development model based on developmental age of the athlete. We now use Dartfish Software (video analysis) to conduct movement screens to study the athletes capability to function. With the movement screens we are able to understand better the athletes capability of their body parts working together to produce efficient and effective movement. We look at how the body functions as one integrated unit through mobility and stability of the joints to produce the best results.

Cont. p 29

A Minor Hockey Player Evaluation Process

By: Ern Rideout

Well, we've just completed another player evaluation process! Every year, for about three weeks in September, groups of people converge at hockey arenas to sort out the minor hockey-playing members of the community. These groups consist of the following members: Evaluation Co-Coordinator, Group Co-ordinators, Coaches, Evaluators, Parents, and finally, the Players themselves.

Let's take a quick look at each member's role in the process. This process will may vary from Minor Hockey Association to Minor Hockey Association, this is a look at a typical Association's process.

The Evaluation Co-Coordinator is a volunteer, usually a coach or parent within the Association that oversees the entire evaluation process for the Association. He, or she, is responsible for organizing the ice times and the evaluators. The Evaluation Co-Coordinator does not get involved in the actual evaluation process; he/she just runs it from a distance.

The Group Co-Coordinator, also a volunteer, is a coach or parent from the association, who tries to manage the evaluation process from the Group (atom, peewee, etc) perspective. Organizing the evaluators, separating the players into the early groupings, finding parents to assist with the on-ice activities, and securing coaches to run the sessions are just some of the responsibilities of the Group Co-Coordinator.

The Coaches are the on-ice personnel for the evaluation process. Their role is to run a practice that gives each participant an equal opportunity to showcase their talents. This could include running drills that display hockey skills such as skating, passing, and shooting, as well as ensuring that each player gets equal time in the scrimmage.

The Evaluators could be a mixed group. There could be a mixture of volunteers and "Independents". The volunteers can be made up of parents, coaches, and even friends of the Group Co-Coordinator with hockey knowledge. This group, at times, can be prone to bias as they are familiar with the players and their families. Sometimes, past performance can outrank current performance, and that can result in skewed results when evaluating. That is where the "Independents" come in. These people are knowledgeable in hockey, and have a playing or coaching background. The

association uses them mainly because they have no prior knowledge of the players they are evaluating, and therefore no preconceived notions about their abilities. They score the players using the same scoring system as everyone else, and can only grade the players based on what is seen on the ice. The Independents are usually paid for their services to the association.

The Parents have a varied role in the process. They are there, of course, to support the kids in their attempt to showcase their talents. They should also provide some honest feedback to the kids on what they have witnessed. There are times when, due to outside activities, a child may not be playing up to his or her potential. It is crucial for the Parent to point that out to the child, and help maximize the effort. "Schmoozing" the evaluators doesn't help anyone. It is distracting for the evaluators, and can lead to bias against a player. The evaluators generally try to stay away from the parents during the practices.

Finally there is the Player. This is a difficult time of year for an athlete; school has just begun, there are a number of different sports conducting tryouts, and it is the start of cold and flu season. All of that aside, once you step on the ice, you must give 100% effort, every drill and every shift is important. You cannot afford to miss one opportunity. You have a limited number of opportunities to impress the evaluators; you must attempt to stand out against your peers. The evaluators will have very little to judge you on if you don't compete!

Make sure that you play up your strengths. If you are a great skater, show it on the rush, and on the back check. Are you a good distributor of the puck? Show it, but make sure you do it properly; no-look passes through the defensive zone can hurt your chances more than help them. If you have a good shot, use it. Display your hockey awareness, play your position, anticipate the play. All of these things are considered when evaluating a player. Talent goes along way for being successful in the evaluation process, but a good work ethic gets noticed too.

For three weeks in September, all of these people come together to sort out the coming year's teams. The process is designed to be fair to all, and to slot the players into the level of hockey that best fits their skills and abilities. If everyone plays their part, it will be a successful process and will result in a great year for all, especially the players!

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Letter to the Editor

Rules are Rules ?

We all know about rules. There are rules for everything, they might not always be called “rules”, but they still exist.

A rule can be defined as: An authoritative, prescribed direction for conduct, especially one of the regulations governing procedure in a legislative body or a regulation observed by the players in a game, sport, or contest.

When are rules not really rules? When they are not applied consistently to everyone involved. If certain people, or groups of people, are excluded from the prescribed rule(s), then it becomes harder to enforce the rule(s) for the remaining participants.

When creating a rule, there is usually some sort of penalty that results from breaking or ignoring the rule. The penalty has two purposes; first, the penalty must serve as a deterrent to breaking the rule, and secondly, must punish those who still choose to break the rule.

Now let's look at the application of a rule, and the fairness of exceptions.

NHL Rule 56 has to do with fisticuffs. In the 2005-06 season, this change to the rule was instated:

“Any player who is deemed to be the instigator of an altercation in the final five (5) minutes of regulation time or at any time in overtime, shall be assessed an instigator minor penalty, a major for fighting, a ten minute misconduct and an automatic one-game suspension. The length of suspension will double for each subsequent offense. In addition, the player's coach shall be fined \$10,000 -- a fine that will double for each subsequent incident.”

“No team appeals will be permitted, either verbally or in writing, regarding the assessment of this automatic suspension.”

When Evgeni Malkin went after Henrik Zetterberg with 14 seconds left in Game 2 of the 2009 Stanley Cup Finals, he obviously ran afoul of this rule. Not only did his aggressiveness violate this rule, the way in which he went after Zetterberg also violated a number of other major rules. The stick swinging at the head of his opponent could have been construed as an attempt to injure, a match penalty with serious repercussions. The league also admitted later that Malkin's jersey was not tied down during the altercation, which is also an automatic game misconduct, but was not called by the on-ice officials.

So, if the rules were applied equally, as they should be, Malkin would be subject to a minimum one game suspension, from the instigating in the last 5 minutes of a game rule, and potentially additional games for other the infractions. At the time, Detroit was ahead two games to one in the series and potentially would be facing Pittsburgh without Malkin in Game 3 in Pittsburgh. A stranglehold on the series was a definite possibility. However, the NHL decided not punish one of its superstars, and Malkin eventually went on win the Conn Smythe Trophy for playoff MVP and his Penguins eventually won the Stanley Cup.

Now that the precedent for not uniformly applying the rule has been set, how do you justify suspending anyone under this rule going forward? Rules must be applied uniformly, or not at all.

Concerned Fan – Bob Watch

Editor's Note:

Yes, that's a great example Bob of double standards in the NHL game. It hurts the integrity of the game when rules are bent for some but not for others!

“You are remembered for the rules you break.”

~ Douglas MacArthur

Kids Hockey Advancement Society Helping the Kids Again!



The Kids Hockey Advancement Society had its 2nd Annual fundraising golf tournament on Wednesday, July 29th, 2009 at the Inglewood Golf Club. Everyone involved had a great time on the course raising funds for two special and worthy causes.

The Society is thrilled to report that \$12,000 was raised this year in a very difficult and challenging Calgary economy. A 20 percent increase over last year! The Society was very pleased to donate \$6,000 to the Calgary Flames Foundation, to assist with minor hockey registrations, and \$6,000 to KidSport, to assist with minor hockey equipment purchases!

Again, Tucker Hockey was excited to be the event sponsor of the Kids Hockey Advancement Society – Golf Tournament. Tucker Hockey contributed its volunteer time and efforts in full endorsement of this fundraising venture.

The Society would like to extend a special appreciation to the following organizations and individuals for their generous and kind support of our fundraising tournament. Thanks for stepping up to the tee everyone!!

The Golfers - A special thanks to the 56 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!

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Tucker Hockey: Rex Tucker

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“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

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 Former Calgary Stampeder
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 Winnipeg

Guest Speaker:

Scott Coe

Derek and Scott were awesome!!
 Excellent job guys ! Thanks again!
 Much appreciated!

Inglewood Golf Club Staff:

Jason Stanier - Head Professional
 Mike Stiell - Assistant Professional
 Michael Szova - Bar & Service
 Manager

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Celebrity Foursome: Murray Brack, Scott Coe, Derek Bidwell and Kerry Befus.
 Thanks Guys!

Calgary Minor Hockey - Boundary Changes

By Rex Tucker:

Hockey Calgary, the governing body for minor hockey in the city has changed the minor hockey boundaries for the 2009 – 2010 season.

Due to a growth in communities and changing demographics in the city, the playing field has not always been equal for the kids to play. The boundary changes will help even up the size of the various minor hockey associations and make equal ice time available to the kids who are playing.

The Hockey Calgary goal is “ to create an environment where every player in the City of Calgary has an equitable opportunity to develop their skills. What is equitable for all young players in Calgary not just what is good for individual hockey associations. This means we have had to make difficult decisions in order to balance the individual needs of hockey associations, parents, players and communities with what we envision as a better environment for our kids to play community hockey”.

The Major Changes Proposed are:

- 2 Fewer Hockey Associations overall
- Blackfoot and Seven Clubs associations merge into Blackfoot Hockey Association
- Glenlake and Elbow Park hockey associations merge into Glenlake Minor Hockey Club and absorb the communities of Killarney, Rutland Park, Shaganappi, Scarboro, Sunalta, Richmond and Bankview from Trails West Hockey Association
- Properties Sports Association absorbs what was the old NASA portion of McKnight Hockey Association
- McKnight Hockey expands northward to absorb the communities of Macewan Glen, Sandstone Valley, Country Hills, and Harvest Hills from Simons Valley Hockey Association
- Westwood Hockey Association gains Dalhousie community
- Crowchild Hockey Association gains 6 girls hockey teams
- Crowfoot Hockey gains the community of Citadel from Bow River Hockey
- Bow River Hockey gains the community of Cougar

Ridge from Springbank hockey

- Lake Bonavista gains the communities of Deer Ridge, Deer Run, Diamond Cove, and Queensland from Bow Valley Hockey
- Bow Valley Hockey gains the community of Cranston from Midnapore hockey.

Other Recommendations:

Grandfathering will be recommended for graduating Bantams (1994) but will not include younger siblings.

Next Boundary Review:

The next Boundary Review Committee will be struck in a maximum of 3 years to complete another full review based on the needs of a growing and changing city.

Source: Calgary Hockey - Boundary Review Committee Proposal

Editor's Note:

We are interested in your hockey experiences and stories regarding the new boundary system. As players move from one association to another so do their parents, something that may adversely affect the operations of existing minor hockey associations etc. What are your views / insights on the changes to – date?



Sheep River House Appraisal

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~ Price Pritchett



Mohawk Turns - Heel to Heel Pivots

Transition skating is so important in today's fast pace hockey. The ability to smoothly change direction from forward to backwards and backwards to forward with ease is critical especially for a defenseman.

One of the best ways to change direction in a game is the Mohawk turn or heel to heel pivot. Mohawk turns provide the ability to change direction while maintaining speed in a game. They are critical to a player's overall maneuverability. Otherwise, a player can look like a pylon!

Like all skating skills, Mohawk turns utilize the edges of the blades. Edges are the foundation for skating balance and stability. When teaching this skating skill - good balance and a correct weight transfer are the key ingredients.

In order to execute a turn, a player's upper body and the hips must rotate to face the direction the player is going before the player changes skates. Shoulders are level, the back is straight, and the head is up.

The best way to teach this skating skill is to have a player go around the faceoff circle. Starting clockwise first and going forward have the player turn their head, and shoulders into the circle. Initially the player is going forward on both skates, the player turns their head and shoulders to the right – facing the faceoff dot, opens up the hip and lifts their right skate, weight transfers from both skates to only the left (outside) skate and the player goes heel to heel with their skates, pivots backwards and places both skates on the ice. When going backwards the player will turn their head and shoulders to the left into the faceoff dot and transfer weight from both skates to only the right (inside) skate – go heel to heel and transfer weight to both skates. Have the player go forward to backwards, backwards to forward, forward to backwards and backwards to forward on the circle – i.e. 4 Mohawk turns / pivots are accomplished each time going around the circle.

Now counterclockwise and going forward - have the player turn their head, shoulders into the circle. Initially the player is going forward on both skates, the player turns their head and shoulders to the left – facing the faceoff dot, opens up the hip and lifts the left skate, weight transfers from both

skates to only the right (outside) skate and the player goes heel to heel with their skates, pivots backwards and places both skates on the ice. When going backwards the player will turn their head and shoulders to the right into the faceoff dot and transfer their weight from both skates to only the left (inside) skate – go heel to heel and transfer weight to both skates. Have the player go forward to backwards, backwards to forward, forward to backwards and backwards to forward on the circle

Now, work on good technique which includes good balance, weight transfer and heel to heel pivots. Later work on foot speed.

Try the following progressions.

- 1: Correct technique - slowly without a puck
- 2: Correct technique - slowly with a puck
- 3: Correct technique - quick feet without a puck
- 4: Correct technique - quick feet with a puck

As the player refines their technique and gains confidence, the player can begin to go faster around the circle – two revolutions will allow 8 pivots. Players will have a strong and weaker side. Pay special attention to the weaker side to instill balanced skating.

When a player masters this drill, they will be able to execute good agility and mobility skating and will be able to handle transition skating with ease in a fast paced game. A prime example in today's game is Calgary Flames outstanding skater Jay Bouwmeester. Being a power skating instructor, I will enjoy and admire the opportunity to watch Jay pivot and showcase his world class skating skills this season! For the next Flames game take a closer look at the way Bouwmeester skates!

**Never discourage anyone...
who continually makes
progress, no matter how slow.
~Plato**



A View From the Pressbox

Tucker Hockey Picks Team Canada

By Rex Tucker:

45 Olympic hopefuls gathered at the Pengrowth Saddledome in Calgary, Alberta for Hockey Canada's orientation camp between August 24th – 28th, 2009.

The orientation camp included on-ice sessions, off-ice activities and meetings to prepare staff members and players, who have the potential of representing Canada during the 2009-10 international hockey season, including at the 2010 Olympic Winter Games and the 2010 IIHF World Championship.

"The National Men's Team orientation camp will be a key part of our preparations for the 2009-10 season," said Steve Yzerman, Executive Director. "While this is not an evaluation camp, it does give team management and coaches a great opportunity to prepare together for giving Canada its best chance at succeeding on the international stage."

This camp was as much about getting to know each other off the ice, team building, educating players about Team Canada's management and coaching staff expectations and knowing the logistics of the Olympic games in Vancouver. This will ensure players are well prepared and can focus mainly on giving their best for their country. It was an unofficial audition for Team Canada 2010 but not a true tryout.

Players will tryout based on their play throughout the NHL Fall schedule.

Being one of over 170 accredited media for this event - it was a great pleasure for me to watch the best Canadian players practice and scrimmage – so much talent on the ice at one time.

The media scrums were large and frequent throughout the weeklong activities. So many questions to ask the players, coaches and management. Everyone looking forward to Vancouver 2010 with high expectations and promise.

Players were very open about their thoughts on the upcoming event. Jarome Iginla was very passionate indeed.

Jarome Iginla said "Especially for the guys who'd been around in '02, Torino was a really tough experience". To go from winning the gold medal to being out of the tournament that way. We finished seventh – seventh – hard to believe – but really, second or third wouldn't have been much different. "Bottom line – we didn't win. "We're Canada, and we the players, Hockey Canada, everyone in the country, expects the gold medal. No less. That's our mindset. That's how we judge ourselves. Any less, and we go back to the drawing board." "Which is where we're at right now."

On the last evening of the camp, 19,289 excited fans packed the Saddledome for a Red vs. White scrimmage which for a scrimmage was very intense, fast and quite competitive indeed. Quite a dandy show for a Summer scrimmage! Very enjoyable to watch. The scrimmage

supported again Canada's strength which is goaltending. Both Marty Brodeur and Roberto Luongo were outstanding.

After the scrimmage, Team Canada Head Coach Mike Babcock said "Isn't that unbelievable? That's what it's about" the coach said of the robust reception from the fans in Calgary." That's why to have this opportunity in Canada, is so very special. When you don't coach here and you haven't lived here a long time. Sometimes you forget. So every once in awhile, it's great to play a playoff series in this country – or something like that- to get reminded again."

Babcock said "We've made it pretty clear what our expectations are, how we want to play. Everything's laid right out for them. It's up to them. They're going to decide."

Steve Yzerman expects to name his team in mid – December. Yzerman stated "" In the interim, it's really about watching and discussing the players and ultimately seeing who's healthy and who's playing well.... Health will come into it a lot".

"We want to come out and have a really good start to the season".... that's the number 1 focus" Robin Regher said.

So much can happen between now and December. Injuries, scoring slumps to name a couple. Players plan and hope to peak at the right time.

We have enough depth in this country

cont. p. 37

2010 IIHF World Junior Championships

December 26, 2009 to January 5, 2010, Regina & Saskatoon, Saskatchewan

National Junior (Under 20) Team

Gm #	Time (Local)	Group/Round	Game/Result	Location
Saturday, December 26, 2009				
1	1:00 PM CT	B - Preliminary	CZE - SWE	Brandt Centre
2	3:00 PM CT	A - Preliminary	LAT - CAN	Credit Union Centre
3	5:00 PM CT	B - Preliminary	RUS - AUT	Brandt Centre
4	7:00 PM CT	A - Preliminary	SVK - USA	Credit Union Centre
Sunday, December 27, 2009				
5	1:00 PM CT	B - Preliminary	AUT - SWE	Brandt Centre
6	3:00 PM CT	A - Preliminary	USA - SUI	Credit Union Centre
7	5:00 PM CT	B - Preliminary	CZE - FIN	Brandt Centre
8	7:00 PM CT	A - Preliminary	SVK - LAT	Credit Union Centre
Monday, December 28, 2009				
9	3:00 PM CT	A - Preliminary	CAN - SUI	Credit Union Centre
10	5:00 PM CT	B - Preliminary	FIN - RUS	Brandt Centre
Tuesday, December 29, 2009				
11	1:00 PM CT	B - Preliminary	AUT - CZE	Brandt Centre
12	3:00 PM CT	A - Preliminary	LAT - USA	Credit Union Centre
13	5:00 PM CT	B - Preliminary	SWE - RUS	Brandt Centre
14	7:00 PM CT	A - Preliminary	CAN - SVK	Credit Union Centre
Wednesday, December 30, 2009				
15	1:00 PM CT	B - Preliminary	FIN - AUT	Brandt Centre
16	3:00 PM CT	A - Preliminary	SUI - LAT	Credit Union Centre
Thursday, December 31, 2009				
17	1:00 PM CT	B - Preliminary	SWE - FIN	Brandt Centre
18	3:00 PM CT	A - Preliminary	SUI - SVK	Credit Union Centre
19	5:00 PM CT	B - Preliminary	RUS - CZE	Brandt Centre
20	7:00 PM CT	A - Preliminary	USA - CAN	Credit Union Centre
Friday, January 1, 2010 - Day Off				
Saturday, January 2, 2010				
21	12:00 PM CT	Relegation	A4 - B5	Credit Union Centre
22	4:00 PM CT	Quarter-Final	A2 - B3	Credit Union Centre
23	8:00 PM CT	Quarter-Final	A3 - B2	Credit Union Centre
Sunday, January 3, 2010				
24	12:00 PM CT	Relegation	A5 - B4	Credit Union Centre
25	4:00 PM CT	Semi-Final	A1 - W23	Credit Union Centre
26	8:00 PM CT	Semi-Final	B1 - W22	Credit Union Centre
Monday, January 4, 2010				
27	12:00 PM CT	Relegation	A4 - B4	Credit Union Centre
28	4:00 PM CT	Relegation	A5 - B5	Credit Union Centre
29	8:00 PM CT	5th Place	L22 - L23	Credit Union Centre
Tuesday, January 5, 2010				
30	3:00 PM CT	Bronze	L25 - L26	Credit Union Centre
31	7:00 PM CT	Gold	W25 - W26	Credit Union Centre

Brandt Centre - Located in Regina, SK

Credit Union Centre - Located in Saskatoon, SK

Honing One's Craft - The 10,000 Hour Rule

By Rex Tucker

What does it take to be a great success or excel at any chosen field – to be an expert?

Talent, gifted skills, intelligence, great ambition and drive, hard work, paying your dues, being in the right place at the right time, a little fate or maybe a little good luck comes to mind.

Being excellent at performing a complex skill requires a love of practice. This reasoning surfaces again and again in studies of expertise. In fact researchers over the years have settled on what they believe is the magic number for true expertise: 10,000 hours.

Yes, 10,000 hours is the magic number for greatness – 10 years, 1,000 hours per year, with an average of 3 - 4 hours per day honing one's craft or skill.

“The emerging picture from such studies is that 10,000 hours of practice is required to achieve the level of mastery associated with being a world class expert- in anything” according to neurologist Daniel Levitin. “In study after study, of composers, basketball players, fiction writers, ice skaters, concert pianists, chess players, master criminals, and what have you, this number comes up again and again. Of course, this doesn't address why some people get more out of their practice sessions than others do. But no one has yet found a case in which true world-class expertise was accomplished in less time. It seems that it takes the brain this long to assimilate all that it needs to know to achieve true mastery.” says Daniel Levitin.

The ages 5 to 8 are the critical years of development. The love to practice and train, striving to get better, getting rid of bad habits, and willing to sacrifice are essential to success. Young players must steadily increase their practice time; make it a way of life and a daily routine. Players require special programs, select groups, all – star squads,

extraordinary opportunity that give them a change to succeed. For many cases in hockey – the backyard rink as helped many a superstar.

An enormous amount of time is required to become an expert in any chosen field. It's all impossible to reach that number all by yourself by the time you are a young adult. You have to have parents who encourage and support you. Probably the greatest example was Walter Gretzky – where would Wayne be without Walter?

There are four stages of mastering a skill.

Stage 1 - Unconscious incompetence: know nothing about the skill

Stage 2 - Conscious incompetence: know enough to know you are not very good

Stage 3 - Conscious competence: can do the skill quite well

Stage 4 - Unconscious competence: don't even think about what you are doing (mastery level)

There are many stories of skill development. Here are a few inspiring stories.

In the early days, the Beatles worked in Hamburg Germany and played 8 hours per day 7 days a week to master their musical skills. Paul McCartney and John Lennon teamed up in 1957, 7 years prior to being a big hit in the USA in 1964. Arguably their greatest work St. Pepper's Lonely Hearts Club Band came out in 1967....10 years later!

Bill Gates would leave his parent's home between 1 to 2 am in the morning and travel to a nearby computer room and return home at 6 am. He practically lived in the computer room - 20 to 30 hours a week programming as an 8th grader. Bill's mother often wondered why it was so hard for him to get up in the morning to go to school! Bill had a unique passion for programming and computers.

cont. p 38

Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put the passing time to the best possible use.
~ Earl Nightingale

Tucker Hockey Customized Programs Group and One-on-One

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

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

Here's the easy way to set things up.

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

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

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



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 Welcome!

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

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

~ Jamie Yu

Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.

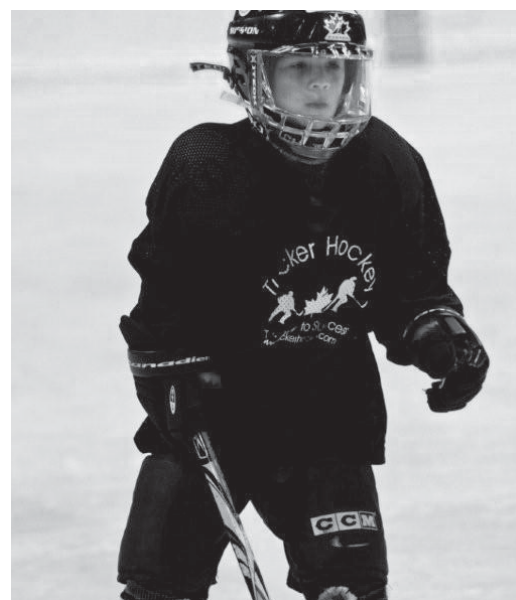


Tucker Hockey World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1-On-1 Coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 75, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

Professional	Learn to Skate
Collegiate	Calgary Recreational
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 Hockey
Minor Hockey -	Parents)
Community	Adult Recreational
Midget	Ladies Teams
Bantam	Men's Teams
Bantam Girls	Male
Pewee	Female
Pewee Girls	Father and Son
Atom	Mother and Daughter
Novice	Grandfather and
Tyke	Grandson
	Husband and Wife



Tucker Hockey Philosophy

Why Power Skating?

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

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

**11th
Annual**

Special Offer For Minor Hockey Teams, Coaches and Players

Tucker Hockey

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

**Super Power
Skating**

OR

**Player Development
Sessions**

Top 5 Reasons to Experience Tucker Hockey:

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



Rex Tucker

**Head Power
Skating Instructor**

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

Testimonial

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

- Derek Dunn, Minor Hockey Coach & Parent

Call 403-244-5037 Today!

Get in Shape and Have Fun!

**11th
Annual**

Tucker Hockey
Programs that Deliver Results

**Fall
2009**

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, Oct. 18 to Dec. 20
9:45 to 11:00 PM

\$349 New Participants/\$329 Past Participants

Group 2: George Blundun
Wednesdays, Oct. 14 to Dec. 16
7:00 to 8:00 AM

\$349 New Participants/\$329 Past Participants

Group 3: Stu Peppard
Wednesdays, Oct. 14 to Dec. 16
12:00 to 1:00 PM

\$349 New Participants/\$329 Past Participants

Level 1.5

Intermediate

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

Group 1: George Blundun
Mondays, Oct. 19 to Dec. 21
7:00 to 8:00 AM

\$349 New Participants/\$329 Past Participants

Group 2: Stu Peppard
Fridays, Oct. 16 to Dec. 18
12:00 to 1:00 PM

\$349 New Participants/\$329 Past Participants

Level 2

Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 and 1.5 programs and who wish to be challenged with more advanced skating skills and a higher paced conditioning program. The level 2 program includes advanced technical skills, individual tactics, breakouts, regroupings and defensive zone coverage, and scrimmage. (10 Sessions)

Group 1: Henry Viney
Thursdays, Oct. 15 to Dec. 17
12:00 to 1:00 PM

\$349 New Participants/\$329 Past Participants

Testimonial

"This program has given me a chance, as an adult female hockey player, to develop my skating and hockey skills in a non-threatening, encouraging, yet challenging environment. Rex and his assistants were fantastic in encouraging and developing my weak points while pushing us to excel in our strengths."

- Michelle Copithorne, Adult Rec. Hockey Player

TOP 5 REASONS TO ATTEND:

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

Register and Pay online at
www.tuckerhockey.com

or call

**Tucker Hockey at
403-998-5035**

Rex Tucker

Head Power
Skating Instructor



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www.tuckerhockey.com

Improve Your Hockey and Skating Skills!

Special Fall Offer For Minor Hockey Players



Tucker Hockey Programs that Deliver Results

SUPER POWER SKATING

Power Skating / Hockey Skills 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 14th
4:30 to 5:30 PM South Hill Leisure Centre
\$199/pp (includes G.S.T.)

Group 2: Ages 7-10+

Thursdays, October 15th to December 17th
6:45 to 7:45 AM George Blundun/Shouldice
\$399/pp (Includes G.S.T.)

Group 3: Ages 9-13+

Fridays, October 16th to December 18th
6:45 to 7:45 AM Rose Kohn
\$399/pp (Includes G.S.T.)

Group 4: Ages 9-13+

Fridays, October 16th to December 18th
3:00 to 4:00 PM Stu Peppard
\$399/pp (Includes G.S.T.)



Rex Tucker

Head Power
Skating Instructor

TOP 5 REASONS TO ATTEND:

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

Testimonial

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

- Bruce Lavoie, Father of Alan

Register Early - Spaces Fill Quickly!

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Exceptional Hockey Value!

Christmas Season Programs



Tucker Hockey Programs that Deliver Results

SUPER POWER SKATING

Group 1: Ages 7-9

Sunday, Dec. 27th to Wednesday, Dec. 30th
9:00 to 10:15 AM Southland Leisure Centre
\$229/pp (Includes G.S.T.)

Group 2: Ages 10-12+

Sunday, Dec. 27th to Wednesday, Dec. 30th
10:30 to 11:45 AM Southland Leisure Centre
\$229/pp (Includes G.S.T.)

TOP 5 REASONS TO ATTEND:

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

Only 25 Spots
Per Group!

Exceptional
Hockey Value!

Register Early - Spaces Fill Quickly!



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Head Power
Skating Instructor

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www.tuckerhockey.com
or call
Tucker Hockey at
403-998-5035

Testimonial

"Rex, I want to thank you for the Power Skating Camp my son attended... It was truly amazing how much he was taught in such a short time! He now skates circles around players that were on teams above him. His self-confidence has increased dramatically. I would recommend your programs to anyone. Thanks!"

- Dave McGregor, Minor Hockey Parent

Makes a Great Christmas Gift!

Christmas Season Programs

11th
Annual

Tucker Hockey
Programs that Deliver Results

Makes a Great
Christmas Gift!

Elite

Power Skating/Conditioning Camp

PROGRAM OF EXCELLENCE

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

A Power Skating Curriculum Consisting of:

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

Register Early - Spaces Fill Quickly!

Testimonial

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

- Darren Martin, Calgary Royals AA Player

\$259/pp

Includes Jersey
& GST

Group 1

Atom Div 1 & 2
Peewee Div 1 & 2

Sunday, December 27th

6:30 to 7:45 PM, Stew Hendry

Monday, December 28th

6:00 to 7:15 PM, Southland

Tuesday, December 29th

6:00 to 7:15 PM, Southland

Wednesday, December 30

4:15 to 5:30 PM, Southland

Group 2

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

Sunday, December 27th

8:00 to 9:15 PM, Stew Hendry

Monday, December 28th

7:30 to 8:45 PM, Southland

Tuesday, December 29th

7:30 to 8:45 PM, Southland

Wednesday, December 30th

5:45 to 7:00 PM, Southland

Rex Tucker

Head Power Skating Instructor

Register and Pay online at
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or call **Tucker Hockey** at **403-998-5035**

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



T.H.E. Way to Success!
www.tuckerhockey.com

Special Winter Offer For Minor Hockey Players



Tucker Hockey Programs that Deliver Results

SUPER POWER SKATING

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

Group 1: Ages 9-13

Monday's, January 14th to March 15th
4:30 to 5:30 PM South Hill Leisure Centre
\$399/pp (Includes G.S.T.)

Group 2: Ages 7-10+

Thursdays, January 14th to March 18th
6:45 to 7:45 AM George Blundun/Shouldice
\$399/pp (Includes G.S.T.)

Group 3: Ages 9-13+

Fridays, January 15th to March 19th
6:45 to 7:45 AM Rose Kohn
\$399/pp (Includes G.S.T.)

Group 4: Ages 9-13+

Fridays, January 15th to March 19th
3:00 to 4:00 PM Stu Peppard
\$399/pp (Includes G.S.T.)



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

Testimonial

"After only a few hours of on ice training, I noticed a great improvement in power and quickness. Rex is a very technical coach and is able to teach fundamentals very effectively."

- Peter Allan, Father of Alex

Register Early - Spaces Fill Quickly!

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Exceptional Hockey Value!

Get in Shape and Have Fun!

12th
Annual

Tucker Hockey

Programs that Deliver Results

Winter
2010

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 17 to March 21
9:45 to 11:00 PM

\$349 New Participants/\$329 Past Participants

Group 2: George Blundun

Wednesdays, January 20 to March 24
7:00 to 8:00 AM

\$349 New Participants/\$329 Past Participants

Group 3: Stu Peppard

Wednesdays, January 20 to March 24
12:15 to 1:15 PM

\$349 New Participants/\$329 Past Participants

Level 1.5

Intermediate

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

Group 1: George Blundun

Mondays, January 18 to March 22
7:00 to 8:00 AM

\$349 New Participants/\$329 Past Participants

Group 2: Stu Peppard

Fridays, January 15 to March 19
12:00 to 1:00 PM

\$349 New Participants/\$329 Past Participants

Level 2

Intermediate/Advanced

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

Group 1: Henry Viney

Thursdays, January 14 to March 18
12:00 to 1:00 PM

\$349 New Participants/\$329 Past Participants

Testimonial

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

- Asuka Forest, Adult Rec. Hockey Player

TOP 5 REASONS TO ATTEND:

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

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**11th
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Special Offer For Adult Hockey Teams and Players

Tucker Hockey

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

**Super Power
Skating**

OR

**Player Development
Sessions**

Top 5 Reasons to Experience Tucker Hockey:

- Your Team needs a Skating and or Hockey Skills - Shooting, Passing and Puck Control - Tune-Up before league starts!
- Your Team needs a team building/morale booster/conditioning session to take your game to the next level!
- Your Team needs a better understanding of breakouts, defensive zone play and or team positional play.
- Your players and team needs more individual and team tactics for game situations.
- All ice sessions are customized - based on your input - to focus specifically on your team problem areas!

Testimonial

"I just wanted to say thank you for the practice session. The girls loved it and if you could have seen our game on Saturday, the impact was amazing! We played like a team and even had a couple of drop back passes, full triangles and everything. So many thanks for a well thought-out, constructive practice. If you are willing, the girls would like to have you back in early September... So thank you Dave and Rex for such a fantastic set-up and organization"

- Yvette Kobylynk, Adult Rec Team Player



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- 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

Call 403-244-5037 Today!

Golf (Cont'd from 9)

The Day of Event Volunteers:

Alex Allan
Andrew Staub
Christyne Kavanagh
David Mahoney
Esther Klippert – KidSport
Joan Lisiecki
Lyle Hanna
Michael White
Nick Radmanovich
Rex Tucker
Sandie Smith
Wayne Newby

We are looking forward to next year's tournament, scheduled for Wednesday July 28th, 2010, at the Inglewood Golf and Curling Club. Our goal for next year is to grow our tournament, to provide more financial support to two worthy causes to help kids in need..

Thanks to everyone for your dedication and commitment! Your generous support of time, energy and monies to our event was greatly appreciated.

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, Tournament Director at 403 - 829 - 2993 if you have any questions regarding next year's golf tournament or require additional information.

See you in July 2010!!

Kids Hockey Advancement Society

2009 Board of Directors

Lyle Hanna
David Mahoney
Nick Radmanovich
Rex Tucker
Michael White

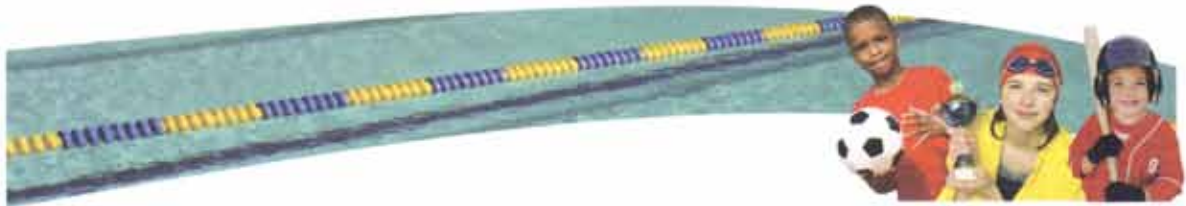
The
Volunteers:
Wayne,
Rex, Alex,
Sandie,
David,
Christyne,
Nick &
Michael



Foursome: Chris Heaman, Colton Buckler,
Danny Urness & Chris Khalife



Rex Tucker & Esther Klippert - KidSport



August 20, 2009

Kids Hockey Advancment Society
PO Box, 82113, 1400 12 Ave. SW
Calgary, AB T2G 4S7

Dear friends at the Kids Hockey Advancement Society,

It is with sincere gratitude that I thank you for your recent contribution of \$6,000 to The KidSport™ Society of Calgary. Your generosity, along with the efforts of our many partnerships and sponsors, has helped KidSport™ Calgary to reach out to over 1,500 deserving kids and 20 schools in Calgary this past year. It is certain that we would not find this type of success without your kindness.

By providing funding to these children and schools we are about to overcome the financial obstacles that prevent some kids from participating in sport. We believe that the development of values such as cooperation, self-esteem and personal excellence are important in the long term development of young people and sport is an excellent way to achieve that.

In our thirteen year history, KidSport™ Calgary has never had to turn a child away due to a lack of funds or resources. Having distributed over \$426,000 in 2008, we hope to continue that trend well into the future with the continued support of yourself and others. Overall, KidSport™ has been able to support more than 13,500 kids and has raised over \$2.6 million to enable children to pursue their dreams of participating in sports.

Your generosity is an integral part of the continued success of KidSport™ Calgary. It will aid in allowing us to do further advocacy work through the funding of more children and events to raise awareness in the Calgary area. It is our sincere hope that you will continue with your support of all children in sport and remain an advocate for the work that KidSport™ Calgary does.

If you should have any questions or concerns regarding KidSport™ Calgary or any of our programs please do not hesitate to contact our office.

Yours in Sport,

Laila Adam
Regional Manager
The KidSport™ Society of Calgary

KidSport™ Calgary
301 - 501 18th Avenue SW
Calgary, AB T2S 0C7

p: 403-202-0251
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Mr. Rex Tucker
Kids Hockey Advancement Society
PO Box 82113
1400 12th Ave SW
Calgary, AB T3C 0N0

Dear Mr. Tucker,

On behalf of the Flames Foundation for Life, we would like to extend our sincerest gratitude for your donation of \$6,000.00 to the charity.

The Flames Foundation for Life supports Four Pillars including the Rotary Flames House – Alberta's first children's hospice, the Rotary Flames Park at the Ronald McDonald House, the REACH! initiative for medical advancement as well as Grassroots and Amateur Sports. Your donation will assist us in supporting children who cannot afford the cost of hockey registration through our Flames Evenstrength Program.

We thank you again for your generosity.

Kindest Regards,

A handwritten signature in black ink, appearing to read 'N. Guillot'.

Natasha Guillot
Executive Director
Flames Foundation for Life



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Peak Power Interview (Cont'd from 4)

For clients to train properly – it's an education partnership from start to finish - always stressing patience in the developmental process as it is a long term commitment of time to get optimal results. There is no short cut to excellence.

When we first started Peak Power we had to educate the parents on the safeness of dryland training and lifting weights for kids. Now we are having to educate parents and athletes on the amount of training. Everyone thinks more intensity and volume is better these days, we are now educating parents and athletes on how to train effectively without overtraining or train outside of their growth development.

How has the hockey season changed?

The off season is shorter. It's now 11 months of the year. On the minor hockey side, I feel parents are putting their kids in too much organized hockey – regular season, spring and summer hockey, and extra tournaments as well. Players need more time to work on basic skills – skating and hockey skills, and to play other sports too. Our experience has shown that the best athletes make the best hockey player. Kids need to be kids - keeping the fun in development. Parents need to be educated. They are specializing kids at too early an age. Kids should learn, train and achieve in the four medians – 1. ground (i.e. running/kicking/throwing); 2. air (i.e. gymnastics); 3. water (i.e. swimming); and 4. sliding (i.e. skating/skiing).

Does the name Peak Power reflect the scope of its products and services?

Peak Power is the highest power output achieved in a high intensity sprint test. We can measure the peak power for both the aerobic and anaerobic energy systems.

However, we are not only there for the elite athlete but for younger and older athletes as well. With programs for both competitive athletes and healthy lifestyle clients, our complete range of applied training and testing services include one- on-one training, group training, sports specific training, fitness assessments , metabolic testing and nutrition consulting..

What is the breakdown of your business?

We work with numerous provincial organizations

including: Alberta Alpine Ski Association, Alberta Weightlifting Association, Alberta Junior Hockey League, and Alberta Golf Association, Alberta Freestyle Skiing, Alberta Disabled Skiing and have worked with a few others as well. Peak Power is also very proud to have developed a long term partnership with SAIT Athletics working with their varsity teams. The youngest athlete has been 6 years of age and the eldest 70. However, the core age group at Peak Power is within the 14 – 30 age range.

About 60 % of our clients are high level and 40 % recreational athletes who have health minded goals.

What are your most popular products and services?

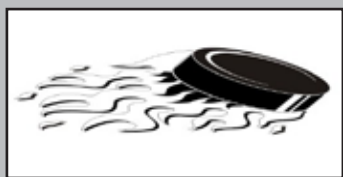
We are the Western Canada leader in fitness testing. Our two most popular tests are the – V02 Max, which measure aerobic power and critical power tests – 1 - 4 minute test... which measures ones capability to maintain power production over time.

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

On occasion, athletes will misunderstand a coach's directions. I once told an athlete that he needed to pay more attention to his aerobic conditioning. He went a little overboard and rode the bike for 4 hours straight the next day! You have to really be careful what you tell athletes as they will take what you tell them to a whole new level.

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

It's not hard to find staff. The issue is finding good staff. We have been very fortunate to have such a good reputation within the coaching industry so we get many qualified people looking up to want to work with us. I find that our staff retention is usually about 3 to 4 year cycle. This is a hard industry to work in as people get tired of working evenings all the time. I currently have the best team in place that I think I have ever had. Currently, we have 2 full time staff, 3 part time staff, and 3 sub contractors with Peak Power. One recent hire left a very well known sport development company and his reason was "he wanted to work with the best..." so I guess we are doing good work... Mike joked!



Determination

By Michael White:

In the game of hockey as well as life - determination plays a strong factor in anyone's success.

Calgary Flames Captain Jarome Iginla's early life brings to mind the old African proverb "It takes a whole village to raise a single child". Jarome's dad was from Nigeria, his mother was from the United States. Jarome was born on July 1st (Canada Day) 1977. Iginla's parents divorced when he was quite young. As a result, he spent a lot of time with his grandfather, who signed him up for hockey.

Jarome learned to skate on an outdoor rink near his home in St. Albert, Alberta. He tells the story of his best lesson that came one day when he wasn't allowed outside to skate. It was so cold outside that the thermometer on the side of the house did not register any red! He had to stay inside!

So he read instead. He read a book about Maurice "The Rocket" Richard and his incredible tenacity and determination.

Rocket Richard was an introvert and not a great talker. But, in his own unique way he was a leader.

The great Jean Beliveau spoke about the Rocket as someone they always followed because he inspired the team by his great desire to win. Rocket did not have to say anything to his team when they lost because in his eyes you could read the whole story. His leadership was felt off as well as on the ice.

Jarome Iginla became a goal scorer himself, leading the Kamloops Blazers of the Western Hockey League to consecutive Memorial Cup in 1994 and 1995. After joining the Calgary Flames, Jarome later led the NHL in goal scoring during the 2003 – 2004 season. He won the Rocket Richard trophy for his goal scoring prowess.

When accepting the award he reminded everyone that it was Rocket's story that made him a better hockey player. Jarome, with his great determination and will to succeed, helped inspire the City of Calgary and even a whole province to believe that playoff success could be attainable.

Don't Quit Poem By Anonymous

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest! if you must; but don't you quit.
Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow;
You might succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man,
Often the struggler has given up
When he might have captured the victor's cup.
And he learned too late, when the night slipped
down,
How close he was to the golden crown.
Success is failure turned inside out;
The silver tint of the clouds of doubt;
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit;
It's when things seem worst that you mustn't quit.

**"Success is not final, failure is not fatal.
It is the courage to continue that counts"**

~ Winston Churchill



Luke's Lookout

Daring to "Step Out" and Live the Impossible Dream

My seemingly impossible dream as a young boy was to be a hockey player, to someday play in the National Hockey League (NHL)! In reflecting back on my journey it seems like it was almost a "joke" to dream and imagine that it could actually happen to me.

I remember thinking "How could this ever possibly happen for a boy growing up in the middle of NOWHERE, SASKATCHEWAN?", actually Speers, Saskatchewan. There wasn't an indoor hockey rink with a population of only 150 people. The only indoor ice in town was the local curling rink. The hockey rink was an outdoor sheet of ice surrounded with plywood for boards. The "poor lighting" was supplied by 4 single lights secured at each corner of the rink on top of power poles.

At the age of 10 my dream was given a "turbo boost" through a chance meeting with one of the NHL's greatest players, Mr. Hockey, Gordie Howe.

It was a hot day in July, 1966. My older brother Ed Lukowich, future World Curling Champion and I drove into Saskatoon to buy some sports equipment at the Eaton's Department Store. I remember stopping dead in my tracks as we approached the sports department because there in the middle of the room was Gordie Howe, sitting at a table all alone, jotting some notes on a piece of paper.

I asked Ed if that was Gordie Howe. He thought it was. I asked Ed if we should go and speak with him. Ed was always good at putting the questions back to me and said

"What do you think?" I had never met a professional hockey player before. What would he say if we interrupted him? Would he be nice? Would he even respond? Would I say the wrong thing? Would I be able to say anything?

I stood there frozen for a number of seconds (or lifetimes), procrastinating on what to do? I was a "naive country boy" and Gordie was a NHL superstar. Ed asked me again... "What do you think?" Quite often the toughest step to take is the first step...and then it all comes together after that. I remember that first step...not knowing what would happen...yet saying to myself "go for it".

Quite amazingly, Gordie Howe was there to sign autographs on behalf of Eatons, yet Eaton's had forgotten to tell anyone. We were able to be with Gordie Howe for 45 minutes that afternoon. We talked about all sorts of things:

- That I had read his book "Here's Howe", a hockey instruction book, that I had received in the mail by sending in Campbell Soups labels.
- What is it like to play in the NHL?
- How he, a young Saskatchewan boy, had made it to the NHL?
- What it felt like to win a Stanley Cup?
- What it felt like to play against Bobby Hull?
- How come he looked so big and strong? Gordie had no neck, just muscle. (Gordie carried cement bags during his summer job, 2 under each arm at one time!)
- How were his son's doing in hockey? (Mark and Marty)

It was perhaps the best 45 minutes of my whole life. I thought Gordie was 8 feet tall.

Before we left he gave me an autograph on a 3.5" x 5" Gordie Howe card. I put that autographed hockey card up on my bedroom wall and it was there for years. At night before going to bed, I would say a small prayer and ask if perhaps some day I could play with Gordie Howe. I would imagine being on the ice with him skating around and scoring goals together.



Luke's Bio

Morris Lukowich (Luke) is a former NHL & WHL 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. Luke currently coaches the "Maximum Goal Scoring System". If you have suggestions or comments you can reach him at 403-660-3006 or luke212@shaw.ca



Conflicting Necessities

By Nick Portman:

A small town in Canada, having built a new rink, realized that they hadn't budgeted for a skate sharpening space. Town council was asked to vote on an outlay over a little over \$10,000. This is a fictional dramatization of how the vote turned out.

Councillor Benson: Anybody needs their skates sharpened, they call Teddy. They can phone him from the rink and take their skates over. Lives right next door. Worked that way for years. I can't see any reason why it can't keep working for years.

Gerald Morse, Parks Manager: Teddy does a great job, no doubt about it. Sometimes he needs an hour or two. Say you arrive with your skates when he's about to start dinner. So if you want to be sure, you have to get your skates to him early. An extra trip. Or get there early, extra hassle.

Councillor Neal: Gerry, I think Teddy wants to cut it back a little.

Gerald Morse: There's that too. He's getting on.

Councillor Vaughan: People who work in the city are taking their skates there. They're even taking them to the hardware store in the next town over. The fact is, we're losing business.

Councillor Depardieu: This would be an investment in job creation. We could even hire Teddy to train the part-timers. We need the work. We've got this beautiful building that cost over a million dollars, and we can't run it properly because we're short ten

thousand. Doesn't make sense to me.

Councillor Neal: Any hockey person or skater will tell you there's no point in having great ice if your skates are dull. Having this great rink without skate sharpening is an oxymoron.

Councillor McDonald: The question is, where are we going to get the money? (Looks at Town Finance Officer)

Pasha Alderney: Good question. We are already close to deficit. You already approved \$20,000 over budget for the search firm to look for a new town manager. There are several other items on the agenda that all want money we haven't got in the budget. The river environmental study, the seniors' bus, public transport to the city, the curling rink roof, advertising for the downtown merchants.

Mayor Reed: Let's take those one at a time. Councillor LeBlanc, the environmental study?

Councillor LeBlanc: Thank you. I'll pass around this chart. As you know, flow levels in the river during the spring and summer rains have been increasing. We had a close call in March. With global warming, we can expect this to continue. We know that eventually the industrial area will flood in the spring, unless something is done. Two residential areas are also threatened, sixty-three houses. We know we will have to build major earthworks to prevent this, a huge cost, hundreds of thousands, if not more. How long have we got? Five years? Ten? Twenty? More? The first step is a study to determine the scale

of the project and the timeframe. The federal government and the provincial will help, but we still need to come up with thirteen thousand - that would be our portion of the costs of the study.

Reed: Sounds like a must do.

LeBlanc: Or lose a big part of the town.

Reed: (Nods). Would someone like to talk to the Seniors' Bus?

Councillor Branche: The mechanics think they can get a few more years out of the bus, but it needs extensive bodywork and a new paint job. There are major problems. They're guessing six or seven thousand dollars.

Reed: Remind us, what's the benefit?

Branche: There's a seniors' event just about every day of the week, sometimes two. Many of our seniors can't even afford taxis, they can't walk far, and in the winter time... That's what the bus does, takes them to the event, takes them home. Hard to see taking that away from them so we can sharpen some skates.

Reed: We all have our priorities. Councillor Capstick, would you like to talk to the hospital issue?

Councillor Capstick: The cutbacks announced last week in the outpatient services cut at the hospital, means that people have to go to the city now. That's a big expense if they don't have cars. As you know, I've started up a campaign to find volunteers, but there just aren't enough.

Cont. p 34



The Merits of One-on-One Coaching

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

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

Top 10 - Advantages of 1 on 1 Coaching

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

Benefits Outweigh Costs

Concerns often addressed such as:

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

Tucker Hockey - Provides Proven One on One Coaching Results

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

One-on-One Testimonial

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

Many thanks Rex! "

- Cathy, Mother to Kyle

One-on-One Testimonial

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

- Trevor Wannop, Father to Spencer

Conflicting Necessities

(Cont'd from 32)

The outpatient services people need to get to are during the day, when most of the people who would volunteer are working. There are a lot of people who just won't go for their treatments because they can't afford it.

Depardieu: Isn't that a seniors' problem again?

Capstick: The largest group are seniors, sure. But it's a broad spectrum of people who are affected. They cut psychological services, physiotherapy, respiratory services among others. Seventeen full time jobs at the hospital and another twenty-three specialists who come here one or two days a week. People are asking us to provide subsidized public transport to the city hospital. This is a major blow to the health of our whole community.

Depardieu scratches his head. The room is silent.

McBean: (Clears his throat). We have a problem at the curling rink. We need a new roof this summer.

Neal: The curling association should have a building fund for that. They know how long a roof lasts.

McBean: (Nods). They had planned for it in three or four years time. But that big storm in March. Have to do it this summer.

Neal: Surely they can make up the difference with a little fundraising.

McBean: Apparently there are serious structural issues with some of the supports. There was a lot of water got in. Turns out, in a few places water's been getting in for a while.

Neal: (Looks at Accountant) How much?

Pasha Alderney: (looks at her papers) Twelve thousand.

Neal: Can't they patch it, hold it for a year or two?

McBean: The structural problems have to be taken care of. The Curling Association President told me that a temporary fix for the structure, the absolute minimum, would be five thousand. Plus another five hundred to a thousand to patch the roof. At least each year until the problems are properly fixed. Don't do something, we'll lose the building.

Curling's just as popular here as skating and hockey. Appeals to a broader group.

Reed: Another real problem. Councillor Pena, could you talk to the last issue?

Councillor Pena: As you know, there's a new mall going up in the town down the road. You probably all heard the announcement last week. They've signed WalMart, Zellers, and Superstore. All three of them. Our small stores here struggle as it is. We need our downtown core, or we'll just become a town full of houses. The downtown merchants association are desperate. They want \$20,000 for an advertising campaign to fight back. We are in danger of losing their jobs and part of the vitality of our town.

Reed: Anybody want to talk to the skate sharpening motion before we vote?

Councillor Depardieu: Look, I can see that all these are important, maybe even more important, some of them. But look, we've spent over a million dollars on this facility. It's a centrepiece of this community. We spend this money, the machines will be there for years, the room, the equipment. We don't have to spend it again. We'll find a way to work through the other items too. We always do. But I believe we need to have this facility working the way it should.

A vote was taken and the motion passed.

It passed in real life too.



Missing the Cut (cont'd. from 3)

If a graduating Peewee player tries out for first year Bantam AA and misses the initial cut and gets out of the AA system, it's difficult to get back into quadrant hockey for a number of reasons such as:

- 1) Players get labeled as community players
- 2) Players often lose their drive & ambition to play at an elite level
- 3) Players experience a lower level of play in community hockey
- 4) Players receive often a lower quality of coaching in community hockey
- 5) During the competitive season, quadrant hockey players are on the ice 6 times per week with games & practices, plus dry land training vs. community hockey players who are only on the ice 3 or 4 times per week at best
- 6) As well there are often other off ice distractions such as girls, experimentation with substances, and participation in other sports which may, on occasion, distract a player's focus and commitment to elite hockey playing

If a Bantam age player doesn't make the first year cut, how does that player get back the next season to make the team? I believe the following will help improve his chances:

- 1) Work at extra off ice conditioning – hockey specific weak areas in the season / off season – especially foot speed and strength
- 2) Work at extra on ice training – elite power skating, overall conditioning and 1 on 1 sessions in the hockey season as well as off season
- 3) Analyze and tweak overall game skills – know your strengths and weaknesses
- 4) Work on the mental part of the game – toughness, self confidence and self esteem
- 5) Be better prepared next time - showcase one's skills better in tryouts – get noticed the next time round.

Often players and their parents are not ready for the big step from community hockey to quadrant hockey and unfortunately they go away being very disappointed and discouraged with the end result.

For example, looking at the Southeast Quadrant - Calgary Buffalo Hockey Association for the 2008- 2009 season, there were two Bantam AA teams consisted of 19 players each. Looking at the teams the players played on the year before reveals the following hockey backgrounds. Note: This is not a scientific study but an observation of player backgrounds from one particular season in one random selected association.

Bantam AA Blackhawks

- ~ 1 player from Bantam AA Last Year
- ~ 6 players from Bantam Div 1
- ~ 2 players from Bantam Div 2
- ~ 2 players from Bantam Div 3
- ~ 8 players from Peewee Div 1

cont. p. 37

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

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

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

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 will 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

Peak Power Interview (Cont'd from 29)

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

We are providing cutting edge expert coaching. It's not just a gym membership. Our facility is specifically designed for high-performance athletics integrating Olympic Weightlifting, plyometrics, movement screens, agility and endurance training into sport – specific programming such as movement screens, hockey specific, alpine skiing specific and overall long term fitness programs.

We specialize in long term athletic development. Helping athletes prepare and succeed at their sporting goals throughout their athletic careers. We start with a baseline assessment - at the age appropriate level, our experienced coaches evaluate individual strength and weakness, and design customized programs. We focus on developing the core components of every athlete. There are no quick fixes. It's a long term commitment to fitness no matter what age or skill level. We are busy year round... the end of August and early September as well as two weeks in April things slow down a little. Resistance training can start as early as the age of 8 and athletes can get into heavy lifting a couple years after peak height velocity (around puberty)...say 16 year old. Parents and players often hear what a NHL player is doing for workouts and try to replicate at the Peewee level. It's not wise or appropriate training.

What do you see for future Peak Power's future – new products / services?

On demand - continued quality and cutting edge exercise physiology services for both elite and recreational athletes. We are big on Dartfish movement screens and assessing weakness area of movement. Our primary goal over the next couple of years is to help organize and educate parents, coaches, and players on appropriate fitness development procedures and processes. Currently parents are left to find out about various training groups through other parents. We are committed to educate, to train properly and to get

better results for our clients. This will decrease injuries, increase performance, and ultimately increase career longevity of the athletes.

What is your philosophy on business and customer care?

We do not advertise a great deal. Most of our business is word of mouth and referrals. Like I mentioned earlier we work with our clients throughout the various levels of their careers. Most of our clients stay with our company until their sporting career is over. We have numerous athletes that have been with us 10 years plus. We pride ourselves on doing good work, offering quality, personalized individual fitness care so our clients leave happy with the results they are looking for.

Editor's Note:

Thanks Mike for taking the time out of your busy schedule to share your thoughts and insights about your strength and conditioning training business with Hockey Zones. It served to educate myself and others about "Hockey from an Exercise Physiology" perspective. All the best with your fitness training endeavors!

Peak Power Sport Development

Owner – Mike Souster

1301 16th Avenue N.W. Calgary, Alberta T2M 0L4

Telephone 403 – 284 -7175

www.sportdevelopment.com

Email: peakpower@sportdevelopment.com



Missing the Cut (cont'd from 35)

Bantam AA Rangers

- ~ 3 players from Bantam AA Last
- ~ 6 players from Bantam Div 1
- ~ 2 players from Bantam Div 2
- ~ 8 players from Pee wee Div 1

Bantam AAA Bisons

- ~ 10 players from Bantam AAA Last Year
- ~ 4 players from Bantam Div 1
- ~ 1 players from Bantam Div 2
- ~ 4 players from Pee wee Div 1

So if a player doesn't make one of the Bantam AA teams in his first year eligibility, in the second year he must compete with the last year's Bantam AA/ AAA players as well as the Pee wee Div1 players from the current year. So the odds are against the player making the team..... it is not impossible... but quite a challenge due to the competition and the factors listed above. There are only a few players each season who graduate out of community bantam level

hockey, and succeed and go on to play quadrant hockey. This challenge becomes even greater in community midget when trying to make Midget AA and especially Midget AAA.

Many players breeze thru community hockey up to Pee wee Div 1 on talent alone, however hard work is required to get to and excel in quadrant hockey and beyond in more elite hockey levels. Note: Almost all graduates from the pee wee level are from Div 1 - in the above case - all are Div 1 players. The pyramid effect of the hockey system begins to take shape and it becomes more and more difficult to advance at each higher level of hockey.

When we look at NHL players with their specific hockey equation - of talent and hard work, I cite the following examples: Ryan Smith - more hard work than talent; Jason Spezza - more talent than hard work; when you look at Sidney Crosby and Alex Ovechkin - they display equal amounts of talent and hard work. That is why they are the NHL's best!!

Therefore, if a player aspires to play quadrant hockey and as well dreams of playing in the NHL someday and beating the tough odds, it will require a strong combination of both talent and hard work to advance up the pyramid of hockey.

"A group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others."

~ Norman Shidle

Tucker Picks Team Canada (cont'd from p. 12)

to ice two medal contending teams! It's a very difficult task for the coaches and management team to select the right NHL players to represent Team Canada in Vancouver. Good luck gentlemen!

We live in a very passionate country when it comes to hockey. Everyone has an opinion; everyone will give their two cents worth from now until long after the completion of the Olympics. Did we pick the right team? Let's have a little fun ! Here's Tucker Hockey's picks for Team Canada.

Team Canada Olympic Team – 2010 Roster

Goalies:

Martin Brodeur Cam Ward Robert Luongo

Defense:

Scott Niedermayer Chris Pronger
Dan Boyle Dion Phaneuf
Shea Weber Robin Regehr
Jay Bouwmeester

Notable: Mike Green

Forwards:

Rich Nash Sidney Crosby
Jarome Iginla Simon Gagne
Vincent Lecavalier Martin St. Louis
Eric Staal Ryan Getzlaf
Jeff Carter Brenden Morrow
Michael Richards Jordan Staal
Jonathan Toews

Notables: Joe Thornton, Dany Heatley, Shane Doan

Note: Team Canada has only one practice before the first game in Vancouver. The team opens the Olympics on Tuesday, February 16th, 2010 against Norway.

The 10,000 Hour Rule

(Cont'd from 14)

Michael Jordan was quoted as saying "I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game – winning shot and missed. I've failed over and over again in my life that is why I am a success." Remember he got cut from his high school basketball team!

The fear of failure often prevents success. We often feel like failures because we measure our success against the standards of other people. When others seem to be succeeding without trying, we feel like quitting. When it gets too hard, we feel like quitting. When people have unrealistic expectations of us, we feel like quitting.

The true definition of success is accomplishing something "you" intended to do. Success is all about intention. If you intend to do your best at everything that you do, then you can truly say you are a success, regardless of the outcome. The secret to success: Stop comparing yourselves to others, make a plan to accomplish what you intend to do in this lifetime and do it to the best of your ability.

When conducting my power skating programs, I often have kids ask me if I played in the NHL. Guess they are somewhat impressed by my skating. Unfortunately, I didn't have the childhood background and opportunities to gain access to this elite hockey world. You could say I am a bit of a late bloomer! Performing skating demonstrations over 500 hours each year – year after year certainly helps hone one's technical skating skills!

Passion brings perseverance and will help set knowledge on fire! It's easy to learn something you're passionate about. People like to be around others who are passionate. However, people often base their apathetic attitudes on old truths. Often looking at the obstacles, citing statistics for proof to show your passion is unjustified. Saying you will never beat the odds.

I tell kids all the time - find something in life you are passionate about, dedicate the necessary hours, do things to the best of your ability and you may find you may have tremendous success. The key is to do your very best and enjoy what you are doing. You never know where it may lead you - maybe to the expert level. One thing is certain you must dedicate the time, energy and passion - otherwise it's only a dream !

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ONLY THOSE SELECTED FOR INTERVIEWS WILL BE CONTACTED. THANK YOU, IN ADVANCE, FOR YOUR INTEREST IN TUCKER HOCKEY.

Dream (Cont'd from 31)

In 1973, a retired former Detroit Red Wing had come out of retirement to play with the Houston Aeros in the new World Hockey Association (WHA). His motivation is to play professional hockey with his two sons, Mark and Marty. His name is Gordie Howe. In 1976 I was drafted into both the National Hockey League (NHL) to the Pittsburgh Penguins and into the World Hockey Association (WHA) to the Houston Aeros. During that summer, at a critical time in my hockey contract negotiations, I was asked by the GM of the Pittsburgh Penguins "if I am going to come to play in the big time in the NHL or go to that other league". Instead of choosing a team or a league I chose to play with Gordie Howe, in Houston, in that other league (WHA).

That was the best decision I ever made in my hockey career. Playing hockey with Gordie Howe was the most amazing experience. I got to live my impossible dream.

My seemingly impossible dream as a young boy was to be a hockey player, to someday play in the National Hockey League (NHL)! Dreams start somewhere. I am so glad that I dared to take that first step to talk with Gordie... If I didn't, who knows what would have happened.

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

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

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

This 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".

Adult Recipients

Winter 2009 - Perry Kirschner
Spring 2009 - Paul Valentine
Summer 2009 - Aslaug Woelstad
Fall 2009 - Tom O'Sullivan

You Could Win!

Be eligible to win the Danny Cammack Memorial Award, you must be an avid hockey player 13 years or younger.

To enter, show us your passion! Write a 100-200 word essay on why you love playing the game of hockey. Send your submission along with your name and phone number to programs@tuckerhockey.com.

The winning entry will receive a scholarship to a Tucker Hockey Super Power Skating Program.



Danny Cammack
Memorial Award

Congratulations to Scholarship Recipients

Fall 2008 - Ashley Au

Christmas 2008 - Teegan Anderson

Spring/Summer 2009 - Zach Frena

Fall 2009 - Ryan Ries

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

Why I Love Hockey!

Hi my name is Ryan, I am 10 years old and have played hockey for 4 years for the Beiseker Blazers. This year I plan on building a hockey rink in my back yard so I can practice my skills. My goal is to become a NHL player and to play for the Vancouver Canucks.

I love to playing hockey because it is challenging, fun, exciting, and it's good exercise. I am very excited to learn more skills to improve my hockey game, thru the Tucker Hockey camp where I can join my friends and meet new ones. Thank you Tucker Hockey Camp for giving me a better chance to reach my goal.

~Ryan Ries

What They're Saying About Tucker Hockey

"Rex has an incredible passion and dedication for hockey, and his primary thrust is to help people who want to learn the game, no matter how old they are. And he goes about quietly and without fanfare."

- Tom Renney, Associate Coach - Edmonton Oilers

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

- Bruce Lavoie, Minor Hockey Parent

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

- Trevor Wannop, Minor Hockey Parent

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

- Murray Cotton, Minor Hockey Parent

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

- Nick Portman, Adult Rec. Participant

"Rex Tucker is a dedicated coach and teacher of hockey. He has dedicated his life to the game and like all good hockey people is always learning and sharing his knowledge to help others and make the game better."

- Wally Kozak, Consultant, Development - Canadian Women's National Teams

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

- Mark Bomersback, Semi-Pro Hockey Player

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

- Andrew Woolley, Father of Tim