

# Hockey Zones

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



## Can You Pass the Test?

When I was asked to write this article I was very excited. I am always excited to share my experiences with the young aspiring players, the parents and coaches.

My name is Bob Wilkie and I grew up playing my minor hockey here in Calgary. As a youngster I spent most of my waking hours playing hockey and whether it was in the backyard, on the street or at the local ODR I was happiest when I was playing. As my career progressed and I moved into the Bantam ranks, the realization that I had what it took to reach my goals became stronger and stronger. My two years of Bantam were a great learning experience, I was playing for the Blackhawks (we only had AA way back then) and we were fortunate to participate in the provincials both years of minor and major winning the second year and participating in the Purolator cup coming in second in Western Canada. The next season I made Midget AAA as a 15 year old and again was one step closer to reaching my goal. Playing for the Buffaloes

was again a huge learning year for me. That year we won the Mac's, provincials, regional's and finished 3rd in Canada.

The next season I was invited to the Calgary Wranglers camp and made the team as a 16 year old. The totally unexpected part was that I made it as a defenseman; I was a forward my entire life and had no idea what I was doing. It was a hard year as we only won 16 games all year, after having 3 very successful years I was shown the difference between a strong team bond, good leadership and success against poor leadership, doubt, fear and individualism.

It is not until we are shown the difference that we can decide how we want to be, what we need to work on and whether we are willing to give what is asked.

The next season I found myself rated by Central Scouting to be drafted in the first or second round of the upcoming NHL draft. I was so happy to be so close to my dream. The reality of the game and of life however, set in as I was traded to the Swift Current Broncos who had just moved from Lethbridge. It was a huge blow, all of the sudden I was unsure, I was fearful, and had

Cont'd p. 3

## What's Inside

Bench Management .....	5
Kids Hockey Advancement Society Golf Tournament ...	8
2011 World Junior Tournament Schedule .....	12
2010 World Hockey Summit Report.....	13
Providing the Right Start .....	14
Tucker Hockey Christmas Power Skating .....	20-21
Calgary Flames 2010-11 Schedule .....	36-37

Look Inside for  
More Great Sports Tips

**"Perseverance is the hard work you do after you get tired of doing the hard work you already did."**

**~Newt Gingrich**

# Tucker Hockey

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### Minor Hockey

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

Contact  
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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.  
Experience the passion of Tucker Hockey!*

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## **Pass the Test (Cont'd from Cover)**

doubt about my abilities. Being traded is never an easy thing but as I would learn later in my career, it was a new start a new opportunity.

All things come to an end, but with every ending there is a new beginning. So off I went to Speedy Creek to begin a new adventure. I was living with a strange family, in a small town, new teammates, a new life. With every new chapter of our lives we struggle to find ourselves, we second-guess why we are doing it. Why would I leave my family and friends, everything I knew for a chance to play in Swift Current? I knew the answer but questioned my desire; did I really want to do this? The first half of the season was a struggle, I was homesick, unsure, I did not get along with my new coach (Graham James) I mean I had only been a defenceman for one season and really had no idea what I was doing, but I had great expectations heaped upon me. On December 30th, 1986 on our first road trip after the Christmas break our bus slid off the road and killed four of my teammates. I saw things I never imagined I would see. The faces of my teammates

lying in the snow, lifeless would be forever etched in my mind. We as a team decided that we would forge on through the remained of the season. Several of us were to be drafted, myself, Ryan McGill, Joe Sakic, Peter Soberlak were all projected in the first two rounds. It was the hardest time of my young life, I remember crying in my room at nights and wondering what I was doing. We were not able to talk about it, we were not offered counseling and I remember my coach saying in the newspaper, "I don't know if something like this builds character, but it sure reveals it".

We ended up making the playoffs that year beating out the team that had traded me. It was a huge accomplishment for a group of young men having been through such a traumatic event. In June we were all drafted, I was taken by the Detroit Red Wings 41st overall. I have never experienced such a challenging year since 1986. That experience gave me so much, I overcame, I battled, and most importantly I achieved.

cont'd p. 38



### **Next Issue Winter 2011 Features**

- Coach Rex's Favorite Drill
- Celebrating Minor Hockey Week Jan 21 - 29, 2011
- Meet the Tucker Hockey Instructors - Jim Hepburn
- The Importance of Mouth Guards in Contact Sports
- Missing the Cut - A Dedication to Success

## *Welcome to Hockey Zones*

The official newsletter of Tucker Hockey. The Fall 2010 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](http://www.tuckerhockey.com) -



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# Bench Management to “Win Win”

**By: Wally Kozak**

Coaches, parents and players must appreciate the difference between managing the bench in Minor Hockey and shortening the bench in Professional Hockey. The business of hockey is all about winning and in professional hockey players accept roles and limited ice time. The sport of hockey is about the development of young players. In order to develop, they need to be exposed to all situations. Shortening the bench is a poor excuse for coaching in minor hockey. Good coaches manage their bench wisely allowing all players to play in all situations. This means rolling the lines and equal ice time at certain levels. Distinguishing between fair and equal ice time means that coaches will reduce and increase ice time for the right reasons.

The right reasons for limiting ice time are:

1. Undisciplined play, reaction penalties, bad penalties, talking to the referee etc.
2. Staying out too long and disrupting the line rotations. Selfish play.
3. Lack of effort and execution of the basic systems of play.
4. Disrespectful behavior towards an opponent, team mate or staff member.

Good coaches recognize and address these situations immediately on the bench with ALL PLAYERS CONSISTENTLY. “It’s about winning with a degree of respect for the game itself, for your opponent, for the officials doing their job.” Phil Jackson NBA 10 time NBA winner.

Some reasons for increasing ice time are:

1. A line that has had an exceptional shift may be asked to go out after the next shift. Rewarding a line that scores or keeps the puck in the opponent’s end energizes the team and takes advantage of the positive energy of the line that performed well. Rewarding those players improves individual and team play.
2. Blocking shots.
3. Exceptional back check
4. Outstanding effort.

Coaches need to reinforce the “good” plays and compliment the players individually or as a group. Let them know what they are doing well. Players need to learn to encourage each other and say “nice play” or “good effort”. When things are not going well the coaches and the players need to stay focused and park negative thoughts and ‘reload” for the

next shift. Hockey is a challenging sport and coping with adversity is one of the greatest lessons the game teaches.

Coaches, Parents and Players need to be on the same page developing the skills and confidence of all team members. Managing the bench should build the confidence of all players and teach them the lessons that competing and trying your best will offer.

## Win – Lose

Late in the period or late in the game many coaches will shorten the bench. This could be a Win Lose situation. Most often it becomes a Lose Lose situation. This means losing the shift or game and also losing the confidence of some players and eroding the spirit of the team.

## Win – Win

Good coaches are able to build the best Team. They allow all players to play all situations. They gain confidence and as a result achieve more. The best coaches get the most out of all players and in most cases the best “team” wins.

For finding out more about Team Building with your Association contact Wally Kozak at:  
wkozak@telusplanet.net  
403-293-6291 or 403-710-6256

## Wally Kozak Bio:

Wally Kozak B.A. P.E., B. ED.

Teacher, Coach, Mentor: Over 20 years

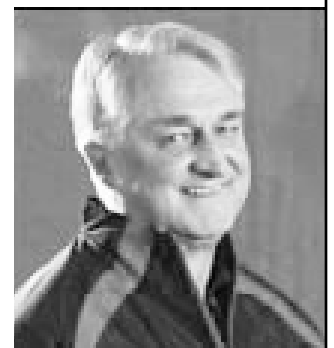
International, University, Major Junior and Minor Hockey. High School Football, Wrestling and Track and Field.

Olympic Gold Medalist 2002.

Past Head Scout and manager of Player Development for Team Canada Women’s program.

Author of numerous articles used in Hockey certification programs.

Chinook Hockey Consulting:  
Providing Leadership,  
Mentorship for Associations,  
Parents, Players and Coaches.





# Hockey from a Director of Equipment Perspective

## An Interview with Len Francis

### What minor hockey areas have you been involved in over the years?

I have been involved in minor hockey for close to 10 years now. Coaching in many skill camps with Hockey Canada, Hockey Alberta, Hockey Calgary, Simons Valley Minor Hockey Association, and many of my own camps as well as working with Tucker Hockey. I recently relinquished my board of director's position with Simon Valley Minor Hockey Association which I held for 4 years, I will continue to assist in any form I can to help move the organization forward. Also I have been the Hockey Calgary Atom Age director for the past 2 years and plan on continuing another term for the next 2 year. This season I am volunteering as a Minor Midget AAA assistant coach, and coordinator for both Midget AA and Junior B in the NEAA Quadrant.

### What is the most rewarding aspect of being involved in your child's hockey activities?

Being involved in my son's hockey activity is all about seeing his smile. And enjoying him enjoying the love of the game, watching him and his team's success and the friends we've made through hockey will be friends for life.

### Why did you choose to be an equipment manager?

At our board, we are first elected to be a board member, then following the board meeting we all state what we are good at, what board position we want, and what is left, In my case, I

was just happy to fill a board position, and the equipment director job was one that was open so I put up my hand.

### What are the roles of a Minor Hockey Association's equipment manager?

At the highest level explanation..... to ensure that the hockey equipment required for Simon Valley Minor Hockey Association throughout the year is clean, serviceable and a quantity sufficient to ensure that each kid maximizes their hockey experience.

### How many hours are required each season in this role?

It's an interesting question, I find that I am probably way over committed to making sure that all the I's are dotted and t's are crossed. I like to be organized and ready to make sure the coaches who sign out for the equipment...are in and out in less than 10 minutes. I found for myself... the busiest times were from April until October, I would say easily I put in close to 20 hours a month. It's not for everyone, but again the reward of the smiles always seemed worth it.

### How many players and teams did you supply equipment to within Simons Valley ?

Approximately 45 - 50 teams and nearly 1,000 players per season ranging from timbits to midget age.

### What types of hockey equipment and supplies did you allocate to the players and coaches ?

For the players mainly jerseys, socks and waterbottles and for the coaches mainly pucks, pylons, first aid kits, coach boards and whistles. Our yearly hockey supplies budget ran from \$15,000 up to \$100,000 if we needed to order new jerseys.

### Do you have any funny stories or memorable events that have happened while you've been an equipment manager?

Few that stand out but in all honesty they were all great

cont'd p. 28

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## Providing the Right Start – Making a Difference



Over the years, we have taught players from the ages of 5 to 75 with skill levels ranging from tyke to professional. We have enjoyed teaching and tweaking the skating and hockey skills of thousands of players. Personally, one of my favorite age groups is the 7 year old Novice level.

We enjoy and preserve what we love  
We love what we understand  
We understand because we have been taught  
The Tucker Hockey Way!

The Tucker Hockey Way has been to provide a positive and fun learning environment for the kids. The role of the instructors is to teach skating, hockey skills, life skills, and to have fun in the process so as to instill and grow the love of the game. There's an art and science to connecting with the kids and helping them improve on their skating and hockey skills. It's a balancing act to teach skating skills, not get too serious and make it an enjoyable experience.

Since 1999, Tucker Hockey has a formula that works, with proven results. Kids need to feel comfortable on the ice, to be themselves, to be relaxed so that they can listen, watch, and learn. Players will often fall down during the skating drills again and again. We often say you can fall down... we want to see more players falling...it shows that you are trying hard to learn and to improve. But if you fall down you must get up faster than you fall down! Kids need to be instilled with a thirst to learn, to want to come to the rink and to be upset if they can't. It's important to have a gentle approach...not to be too intense and end up turning the kids off. Not all kids learn the same way, some learn by listening, some by seeing, and all by doing. We often use the expression "It's like throwing a pizza against the wall....more sticks for some kids than others!"

We want to ensure that we have a positive influence on their skating skill development and love for the game. A better skater becomes a better hockey player. When you become a more accomplished hockey player, you become more successful, and therefore have more fun playing the game.

This positive story below from one delighted parent warms

my heart and reinforces to myself and our instructors that we are making a difference.

*My son, Billy, is in this week's 7-10 year old power skating course. The first two sessions were great, Billy came off the ice excited for the next session and it was great to see him learn so quickly. Billy, unfortunately, on Wednesday, slammed his finger in the door of the truck ... As a result, it has been quite painful for Billy to put on his hockey gloves and hold his stick, and he has, with his head hung low, not been able to make the last two sessions.*

*Billy turns 7 in February - to see a kid that young be that upset to not to be able to come to the sessions, says how good of instructors he has had and how much fun he has had.*

*So if Billy doesn't make it to today's session, please extend my thank you to Rex, Jimmy, and Jessica - they kept Billy working hard and kept it fun for him. As a parent, it was great to see!*

*Thank you!  
Kevin Morris*

For Tucker Hockey, it's not about getting players to the NHL, rather it's about instilling a love of the game, to enhance skating and hockey skills, and to make a "difference" in the life of a child.

**"God doesn't ask us to do great things. He asks  
us to do small things with great love."**

**~Mother Theresa**





# Kids Hockey Advancement Society

## 3rd Annual Fundraising Golf Tournament

**Golf Ball Sponsor** - SeisWare International; Murray Brack

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Elaine Defresne (Done Right)  
Brent Fasick (B & P Cycle)  
Brent Gibbs (Calgary Flames)

The Kids Hockey Advancement Society held its 3rd Annual fundraising golf tournament on Wednesday, July 28th, 2010 at the Inglewood Golf Club. We're happy to report that all those involved had an amazing time!

A huge "Thank You" needs to be extended to the 76 golfers who attended and the generous prize donors and sponsors who helped us raise \$15,000 for KidSport Calgary, a charitable organization that helps kids play organized sports! This year's donation exceeded last year's by 25%!

This year, the Kids Hockey Advancement Society took donations one step further and personally sponsored two kids in the Calgary area. We're very happy to report that the two kids had a great time in the hockey programs they attended this summer and we're pleased to say that the society will also be helping out with additional registrations and equipment costs this fall.

Tucker Hockey, once again, was the event sponsor contributing valuable volunteer time and efforts to this endeavor.

The Kids Hockey Advancement Society would like to extend sincere appreciation to the following organizations and individuals for their generous support of this year's Fundraising Golf Tournament. Thank You to everyone again!

**The Golfers** - Thanks for coming out and golfing for a good cause.

**Event Sponsor** - Tucker Hockey; Rex Tucker

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**Friends of the Society Sponsor** - Shaganappi Chevrolet;  
Gary Sartorio

Cont. p 9

**"Life is an echo - what you send out comes back."**  
**~ Unknown**



Carla Macleod & Colleen Sostorics  
Canadian Women's Gold Medal Olympic Hockey Team



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AM770, CTV – CFCN Sports Anchor,  
Co-Host Q107 Morning Show

Scott Coe – Former Calgary  
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Burke Dales – Calgary Stampeder  
Camilla Di Guiseppe - CFCN News  
Anchor  
Rob Lazeo – Calgary Stampeder  
Carla Macleod – Canadian Women's  
Olympic Gold Medal Hockey Team  
Justin Phillips – Calgary Stampeder

Cont. p 27



Banquet Presentation: Left to Right - Nick Radmanovich,  
Mark Kosak - KidSport (Calgary Regional Manager), Rex Tucker



### **Pucks, Paradigms and Leadership**

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# Concussions – Awareness is Key

By: Ern Rideout

We have long held the notion that football is a “collision” sport and hockey is a “contact” sport. But with the opening up of the ice by eliminating the two-line pass, players are moving through the neutral zone much faster and the impact forces that they are subjected to have become more “collision” than “contact”. For that reason alone, we can begin to equate the two sports and draw comparisons to the issue of concussions in each.

“No helmet, including these top performing helmets, can prevent concussions or reduce the risk of concussion to any specified degree.” This is a portion of a statement sent by the NFL to its member teams and their training staff after a study, by two independent testing labs, of 16 commercially available football helmets for impacts similar to what they would sustain in the open field of a football game.

As with just about everything in sports, advancements in training and equipment have allowed participants to become stronger, faster, and subsequently more dangerous. Equipment has become lighter, but more durable, and the addition of plastic caps on shoulder and elbow pads has made them less forgiving in a collision. Even the rules have been relaxed to allow players to use speed and agility to make the game more exciting.

In the United States, the issue of concussions in youth sports, particularly football, has become the hot button topic. A study of national data on emergency room visits for young athletes with suspected concussions shows that the number of occurrences has soared. Visits for kids aged 14 to 19 has tripled from 7,000 in 1997 to 22,000 in 2007, and for kids aged 8 to 13 the number has gone from 3,800 to

almost 8,000. And these are just the ones that caused enough concern that someone insisted on the visit! How many more go unreported, and therefore undiagnosed? (The study appears in the American Academy of Pediatrics journal entitled Pediatrics)

Rest is the prescribed remedy for concussions, both physical and mental. In the last issue of Hockey Zones we outlined the steps for returning to action, they need to be followed closely, and supervised by a doctor if necessary. They covered the physical part of recovery. There is also a mental component. Activities requiring concentration and focus should be avoided for the short term as they may worsen the symptoms of a concussion. Yes, that includes video games, watching television, and using a computer. Schoolwork may also need to be reduced until the symptoms have disappeared, but that is up to the doctor, not the patient!!

Awareness is the greatest tool when it comes to concussions. Be self-aware and tell someone if you think you’re suffering from any of the concussion symptoms. Express concern if you see a fellow participant that you think may have suffered a concussion, or exhibits symptoms of one. The sooner a concussion is diagnosed; the sooner the healing process can begin.

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





# 2011 IIHF World Junior Championships

December 26, 2010 to January 5, 2011, Buffalo, New York

National Junior (Under 20) Team

Gm #	Time (Local)	Group/Round	Game/Result	Location
<b>Sunday, December 26, 2010</b>				
1	12:30 PM ET	A - Preliminary	Germany VS Switzerland	HSBC Arena
2	4:00 PM ET	B - Preliminary	Russia VS Canada	HSBC Arena
3	4:00 PM ET	B - Preliminary	Norway VS Sweden	Dwyer Arena
4	8:00 PM ET	A - Preliminary	Finland VS USA	HSBC Arena
<b>Monday, December 27, 2010</b>				
5	7:00 PM ET	A - Preliminary	Slovakia VS Germany	HSBC Arena
6	7:00 PM ET	B - Preliminary	Czech Republic VS Norway	Dwyer Arena
<b>Tuesday, December 28, 2010</b>				
7	12:30 PM ET	A - Preliminary	Switzerland VS Finland	HSBC Arena
8	4:00 PM ET	B - Preliminary	Canada VS Czech Republic	HSBC Arena
9	7:00 PM ET	B - Preliminary	Sweden VS Russia	Dwyer Arena
10	8:00 PM ET	A - Preliminary	USA VS Slovakia	HSBC Arena
<b>Wednesday, December 29, 2010</b>				
11	3:30 PM ET	A - Preliminary	Finland VS Germany	HSBC Arena
12	7:30 PM ET	B - Preliminary	Norway VS Canada	HSBC Arena
<b>Thursday, December 30, 2010</b>				
13	3:00 PM ET	A - Preliminary	Switzerland VS Slovakia	HSBC Arena
14	3:00 PM ET	B - Preliminary	Sweden VS Czech Republic	Dwyer Arena
15	7:00 PM ET	B - Preliminary	Russia VS Norway	Dwyer Arena
16	7:00 PM ET	A - Preliminary	Germany VS USA	HSBC Arena
<b>Friday, December 31, 2010</b>				
17	12:30 PM ET	A - Preliminary	Slovakia VS Finland	HSBC Arena
18	4:00 PM ET	B - Preliminary	Canada VS Sweden	HSBC Arena
19	7:00 PM ET	B - Preliminary	Czech Republic VS Russia	Dwyer Arena
20	8:00 PM ET	A - Preliminary	USA VS Switzerland	HSBC Arena
<b>Saturday, January 1, 2011 - Day Off</b>				
<b>Sunday, January 2, 2011</b>				
21	3:30 PM ET	Quarter Final	Quarter Final 1	HSBC Arena
22	3:30 PM ET	Relegation	4A VS 5B	Dwyer Arena
23	7:30 PM ET	Quarter-Final	Quarter Final 2	HSBC Arena
24	7:30 PM ET	Relegation	4B VS 5A	Dwyer Arena
<b>Monday, January 3, 2011</b>				
25	3:30 PM ET	Semi-Final	Semi-Final 1	HSBC Arena
26	7:30 PM ET	Semi-Final	Semi-Final 2	HSBC Arena
<b>Tuesday, January 4, 2011</b>				
27	3:30 PM ET	Relegation	5A VS 5B	Dwyer Arena
28	7:30 PM ET	5th/6th	L21 VS L23	HSBC Arena
29	7:30 PM ET	Relegation	4A VS 4B	Dwyer Arena
<b>Wednesday, January 5, 2011</b>				
30	3:30 PM ET	Bronze	L25 VS L26	HSBC Arena
31	7:30 PM ET	Gold	W25 VS W26	HSBC Arena

HSBC Arena - Located in Buffalo, NY

Dwyer Arena - Located at the Niagara University, in Lewiston NY

# 2010 World Hockey Summit Report

The World Hockey Summit held in Toronto from August 23 - 26, 2010 marked a new era in the hockey world. The major hockey powers, minds and stakeholders came together to discuss the state of hockey and make suggestions for the betterment of the game. Basically the who's who of hockey participated including: Gary Bettman – NHL Commissioner; Rene Fasel – IIHF President; Mike Ouellet - Chief of Business Affairs, NHLPA; Bob Nicholson - President & CEO, Hockey Canada; Dave Ogrea - Executive Director, USA Hockey; Alexander Medvedev – President, Kontinental Hockey League; and David Branch – Commissioner, Canadian Hockey League.

## **Player Skill Development:**

**Discussion Points:** Understanding the need for and establishing a long term plan for player development will assist player recruitment and retention and provide opportunities for a safe, positive, and enjoyable experience in youth hockey and foster long term participation in the sport at all levels of play.

**Conclusions:** The development of skilled youth hockey players is the lifeblood of the pro game. In the USA, 44% of kids stop playing hockey by the age of 9. The reasons for this attrition are: quality of coaching, fear of injury, and the cost of participation. However, the main reason is that players stop having fun, the culture has become too rigid even at the introductory levels. The topic of body checking and at what level it should be introduced was also identified as a concern. The consensus was that body checking should be reserved for the older Bantam age players, as injuries and fear deter even the avid player. Because a small percentage of players make it to the NHL, the focus needs to be on letting the kids have fun, being aware of safety and skill development.

## **Junior Development in the World:**

**Discussion Points:** Assessing the results and figures from IIHF World (U20) Juniors, the Olympics and the NHL Draft; Men's competitive level is declining and European development is suffering. Is it just a cyclical or a worrisome trend?

**Conclusions:** European countries are losing good junior players to the CHL and not getting compensated for the loss of their players. European countries want to continue training their own players. After they've had time to develop their skills more extensively, then have the NHL scouts recruit them. Tommy Boustedt, Director Swiss National

Team, described two areas of trouble for the European junior development system. "Firstly, the CHL's recruitment of underage imports from Europe. This is a trend that has skyrocketed in recent years. The second problem area dealt with the NHL/NHLPA Collective Bargaining Agreement and its limited two-year window to sign European players, who have been chosen in the Entry Draft." Boustedt's recommendation to keep more young players at home developing in their native country was simple: "Limit CHL teams to only one roster spot for import players and change the two-year window to four years."

## **Vancouver 2010 Evaluation:**

**Discussion Points:** Evaluating the 2010 Olympic men's ice hockey tournament, helping hockey to benefit long-term from the unprecedented success by sustaining the positives while developing other areas.

**Conclusions:** Most agreed that the Olympic hockey tournament generated good PR, but is this tournament good for NHL business? This year's gold medal game had over 114 million people watching. The country with the most available viewing hours of Olympic hockey was not Canada, at 102, but Italy with 251! All parties agreed that NHL players should participate in Sochi, Russia in 2014, but many issues need to be resolved first. Issues such as: the distribution of hockey money generated from the Olympic tournament by the NHL players participation, and what percentage should flow back to the NHL. Another NHL concern is teams losing momentum during the break; this must be addressed as well. Other key items identified were: The contentious relationship between the IIHF and the NHL, insurance costs for insuring the NHL players, the different rules between IIHF and NHL, the officiating – using both NHL and European referees, and finally the ice size.

## **Women's Hockey after Vancouver 2010:**

**Discussion Points:** In light of IOC President Jacques Rogge's comments with respect to female hockey worldwide – what steps need to be taken to close the gap and to insure women's hockey remains an Olympic sport.

**Conclusions:** The message was unanimous: women's hockey needs funding, development, and respect. Hockey isn't just a game played by men anymore. It has been deemed important to allow girls to play at the grassroots level, and instill the desire to take their game to a new level. Hayley

cont'd p. 32

# 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.



## 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



# 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](mailto:programs@tuckerhockey.com)



# Coach Rex's Favorite Drill

## Skating Agility – 6 & 12 O'clock Drill

Skating agility is of paramount importance in today's fast paced hockey. Players must be agile on their skates - to be able to smoothly change direction with dexterity and nimbleness. Skating agility is especially critical for a defenseman.

One of my favorite drills is the 6 & 12 o'clock drill on the faceoff circle. Picture a clock – 6 at the base, 12 at the top, 3 on the right hash mark and 9 on the left hash mark. For this drill, the player does 2 complete continuous repetitions on the circle.

Progression of teaching points for the 6 and 12 o'clock drill:

Start at the base of the circle, at the 6 o'clock position, with a v – start.

- Moving to the right, forward striding into forward crossovers around the right side of the circle – 3 o'clock position.
- Pivot from forward to backwards at the top 12 o'clock position – toes should be pointed towards the right – 3 o'clock position - while the body moves to the left. To ensure the player doesn't stop at the top of the circle, the player needs to lift the knees, bounce and sit, to get the butt down low for a strong backwards c-cut.
- Left leg backward c – cut start / alternating backward c- cuts or crossovers to move down the center of the circle to the 6 o'clock position.
- Pivot backward to forward, moving to the left, pushing off of the right skate to go to the left with a forward T-start to forward stride.
- Moving to the left, forward stride into forward crossovers around the left side of the circle – 9 o'clock position.
- Pivot from forward to backwards at the top 12 o'clock position – toes should be pointed towards the left – 9 o'clock position - while the body moves to the right. To ensure that the player doesn't stop at the top of the circle, the player needs to lift the knees, bounce and sit, to get the butt down low for a strong backwards c-cut.
- Right backward c – cut start / alternating backward c – cuts or crossovers to move down the center of the circle to the 6 o'clock position.
- Pivot backward to forward, moving to the right,

pushing off of the left skate go to the right with a forward T-start to forward stride.

- Repeat one more time around the circle for a total of two repetitions of skating agility around the circle.

Try the following progressions.

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

Note: Within this skating agility drill, 8 different individual skating components are incorporated into one drill.

- 1: V – Start
- 2: Forward Striding
- 3: Forward Crossovers
- 4: Pivot Forward to Backward
- 5: Backward C – cuts
- 6: Backward Crossovers
- 7: Pivot Backward to Forward
- 8: T-Start

Players will have a stronger side and a weaker side when doing skating skills. Pay particular attention to the weaker side pivots of the player to enhance balanced skating. Also, ensure players do not go too wide on their crossovers, but stay on the circle. The backwards skating down the center of the circle should be done in a straight line in order to properly align for the pivot turn to forward movement.

When players master the 6 & 12 o'clock drill, they will be able to execute good skating agility and mobility. Quick moving feet will allow the handling of transition skating with grace and 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 always enjoy the opportunity to watch Jay's transition skating and showcase his world class agility! The next time you view a Flames game take a closer look at Bouwmeester's skating agility.

# 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](http://www.tuckerhockey.com)

Individual copies are available on request.



## Tucker Hockey Philosophy Why Power Skating?

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

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



## Tucker Hockey World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1-On-1 Coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 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 Hockey - Midget
WHL	Minor Hockey
Junior A	Coaches' Clinics
Junior B	Minor Teams
Midget AAA	Minor Hockey Association Projects
Midget AA	Customized Minor Hockey Programs (Arranged with Hockey Parents)
Midget AA (Girls)	<b>Adult Recreational</b>
Midget A	Ladies Teams
Bantam AAA	Men's Teams
Bantam AA	Male
Minor Hockey -	Female
Community	Father and Son
Midget	Mother and Daughter
Bantam	Grandfather and Grandson
Bantam Girls	Husband and Wife
Pewee	
Pewee Girls	
Atom	
Novice	
Tyke	

**Special Fall Offer For Minor Hockey Players!**

**12<sup>th</sup>  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

# **Super Power Skating**

## **Super Power Skating and Hockey Skills Development**

Power Skating/Hockey Skills Development program which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage  
(10 Sessions)

**Only 15  
Spots!**

**Group 1: Ages 9 to 13+**

Fridays, October 15 to December 17

6:45 to 7:45 AM

Rose Kohn \$369/pp

(Includes G.S.T. and Practice Jersey)



### **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
- Excellent player to instructor ratio - 5 to 1

**Register and Pay** online at  
**www.tuckerhockey.com**

or call

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

#### **Testimonial**

"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 Cottom, Minor Hockey Parent

**Register Today - Programs Fill Fast!**



# Get in Shape and Have Fun!

**12th  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

**Fall  
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, Oct. 17 to Dec. 19  
9:45 to 11:00 PM

\$399 New Participants/\$359 Past Participants

**Group 2: George Blundun**  
Wednesdays, Oct. 13 to Dec. 15  
7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

**Group 3: Stu Peppard**  
Wednesdays, Oct. 13 to Dec. 15  
12:00 to 1:00 PM

\$399 New Participants/\$359 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. 18 to Dec. 20  
7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

**Group 2: Stu Peppard**  
Fridays, Oct. 15 to Dec. 17  
12:00 to 1:00 PM

\$399 New Participants/\$359 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. 14 to Dec. 16  
12:00 to 1:00 PM

\$399 New Participants/\$359 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!

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or call

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

**Rex Tucker**

Head Power  
Skating Instructor



T.H.E. Way to Success!  
[www.tuckerhockey.com](http://www.tuckerhockey.com)

## Improve Your Hockey and Skating Skills!

# Get in Shape and Have Fun!

12th  
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**Tucker Hockey**  
Programs that Deliver Results

Fall  
2010

## ADULT Recreational Programs

### New Program! Level 1

#### Beginner/Intermediate

Power Skating/Player Development  
Programs which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage. (8 Sessions)

**Group 4: Optimist Arena**  
Tuesdays, Nov. 2<sup>nd</sup> to Dec. 21<sup>st</sup>  
10:15 to 11:30 PM

### New Program! Level 1.5 Intermediate

This program focuses 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.  
(8 Sessions)

**Group 3: Henry Viney**  
Wednesdays, Nov. 3<sup>rd</sup> to Dec. 22<sup>nd</sup>  
10:15 to 11:30 PM

### New Programs

Need a minimum of 12 players to make the program a go at the regular price of \$359, other wise we will have to charge a little extra based on the number of players.

### Registration Deadline:

Thursday, October 21, 2010

After number of participants is determined we will seek payment on  
**Monday, October 25, 2010**

Register  
Now!

### Testimonial

*"I have not played hockey for 32 yrs. I was nervous about getting my equipment on the right way and actually being able to skate.*

*The process of the skills--skating and puck handling was relatively easy for me. The support and instruction was very comforting and supportive."*

~ Patty McCallum, Adult Rec. Hockey Player

### Price Structure

- \$359 - Based on 12 or more skaters
- \$399 - Based on 10 skaters
- \$499 - Based on 8 skaters
- \$599 - Based on 6 skaters

Register online at  
**[www.tuckerhockey.com](http://www.tuckerhockey.com)**

or call

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

## Rex Tucker

Head Power  
Skating Instructor



## Improve Your Hockey and Skating Skills!

# Christmas Season Programs

**12<sup>th</sup>  
Annual**

## Tucker Hockey

Programs that Deliver Results

# SUPER POWER SKATING

### Group 1: Ages 7-9

Monday, Dec. 27<sup>th</sup> to Thursday, Dec. 30<sup>th</sup>  
9:00 to 10:15 AM Southland Leisure Centre  
\$229 New Participants/\$209 Past Participants  
(Includes G.S.T.)

### Group 2: Ages 10-12+

Monday, Dec. 27<sup>th</sup> to Thursday, Dec. 30<sup>th</sup>  
10:30 to 11:45 AM Southland Leisure Centre  
\$229 New Participants/\$209 Past Participants  
(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
- Excellent player to instructor ratio; 5 to 1

Only 25 Spots  
Per Group!

Exceptional  
Hockey Value!

**Register Early - Spaces Fill Quickly!**



## Rex Tucker

Head Power  
Skating Instructor

**Register and Pay online at**  
**www.tuckerhockey.com**  
or call  
**Tucker Hockey at**  
**403-998-5035**

### Testimonial

*"I highly recommend Tucker Hockey School as I saw significant development in my son's skill level in one week. He also enjoyed it, not because it wasn't hard work but because he saw his own skill level improve and that gave him a sense of accomplishment. I will definitely be signing him up again!"*

- Greg & Kerri Varga, Minor Hockey  
Parents of Ryan

# Makes a Great Christmas Gift!



# Christmas Season Programs

**12th  
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 New  
Participants  
\$239 Past  
Participants**

### **Group 1**

**Atom Div 1 & 2  
Peewee Div 1 & 2**

**Monday, December 27<sup>th</sup>**

2:45 to 4:00 PM, Southland

**Tuesday, December 28<sup>th</sup>**

2:45 to 4:00 PM, Southland

**Wednesday, December 29<sup>th</sup>**

2:15 to 3:30 PM, Southland

**Thursday, December 30<sup>th</sup>**

2:45 to 4:00 PM, Southland

### **Group 2**

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

**Monday, December 27<sup>th</sup>**

4:15 to 5:30 PM, Southland

**Tuesday, December 28<sup>th</sup>**

4:15 to 5:30 PM, Southland

**Wednesday, December 29<sup>th</sup>**

3:45 to 5:00 PM, Southland

**Thursday, December 30<sup>th</sup>**

4:15 to 5:30 PM, Southland

## **Rex Tucker**

Head Power Skating Instructor

**Register and Pay online at**  
**[www.tuckerhockey.com](http://www.tuckerhockey.com)**  
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](http://www.tuckerhockey.com)

**Special Winter Offer For Minor Hockey Players!**

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Programs that Deliver Results

# **Super Power Skating**

## **Super Power Skating and Hockey Skills Development**

Power Skating/Hockey Skills Development program which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage  
(10 Sessions)

**Only 15  
Spots!**

**Group 1: Ages 9 to 13+**

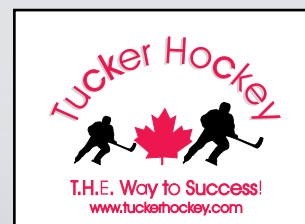
Fridays, January 21<sup>st</sup> to March 25<sup>th</sup>

**6:45 to 7:45 AM**

Rose Kohn

**\$369 New Participant/\$349 Past Participant**

(Includes G.S.T. and Practice Jersey)



## **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
- Excellent player to instructor ratio - **5 to 1**

**Register and Pay** online at  
**www.tuckerhockey.com**

or call

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

### **Testimonial**

"The instruction was excellent. The coaches were very professional following a show do tell method of training. I enjoyed the fact that the instructors were patient with all the children and did not ever raise their voices. I encourage all young players I encounter to participate in the programs."

- Lawrence Rosen, Minor Hockey Parent  
of Adam

**Register Today - Programs Fill Fast!**

# Get in Shape and Have Fun!

**13th  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

**Winter  
2011**

## 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, Jan. 16<sup>th</sup> to March 20<sup>th</sup>  
9:45 to 11:00 PM

\$399 New Participants/\$359 Past Participants

**Group 2: George Blundun**

Wednesdays, Jan. 19<sup>th</sup> to March 23<sup>rd</sup>  
7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

**Group 3: Stu Peppard**

Wednesdays, Jan. 19<sup>th</sup> to March 23<sup>rd</sup>  
12:15 to 1:15 PM

\$399 New Participants/\$359 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, Jan. 17<sup>th</sup> to March 21<sup>st</sup>  
7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

**Group 2: Stu Peppard**

Fridays, Jan. 21<sup>st</sup> to March 25<sup>th</sup>  
12:00 to 1:00 PM

\$399 New Participants/\$359 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, Jan. 20<sup>th</sup> to March 24<sup>th</sup>  
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

#### **Testimonial**

*"I had never played hockey before and barely knew how to skate. The instructors were always willing to help. I would recommend Tucker Hockey to everyone! Because of the way they treated me and encouraged me to learn the skills, I definately will be continuing in learning and playing hockey!"*

- Tracy Normandeau, 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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Head Power  
Skating Instructor



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

## Improve Your Hockey and Skating Skills!

**12<sup>th</sup>  
Annual**

# **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.
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#### **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 Kobyllynk, Adult Rec Team Player*



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#### **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*

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September 22, 2010

Kids Hockey Advancement Society  
PO Box 82113  
1400 12<sup>th</sup> Ave. SW  
Calgary, AB T3C 0N0

Dear friends at the Kids Hockey Advancement Society,

On behalf of KidSport™ Calgary, I would to express my sincere appreciation for your support provided as the result of the 3rd annual Kids Hockey Advancement Society golf tournament held July 2010 at the Inglewood Golf Course. We could not help kids without the generosity of those in our community and are truly grateful for **your donation this year of \$15,500**. The brings the total donations from this annual event to a very impressive **\$26,500 in only 3 years!**

KidSport™ Calgary has been providing financial assistance to children in need for the past 15 years. Our mission is to "overcome the financial obstacles that prevent some young people from participating in organized sport". We work closely with families and local sport clubs to help pay registration fees and distribute the necessary equipment for KidSport™ kids to play sports safely and confidently. Since 1995, KidSport™ Calgary has helped make sport dreams come true for more than 15,000 kids. This has resulted in financial assistance of over \$3.174 million in support of kids in Calgary and surrounding communities.

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

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

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

With gratitude,

Mark Kosak  
Regional Manager  
The KidSport™ Society of Calgary

# Golf (Cont'd from 9)

Colleen Sostorics – Canadian Women's Olympic Gold Medal Hockey Team  
Dwayne Hay – Calgary Flames Alumni

## Inglewood Golf Club Staff:

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

## The Day of Event Volunteers:

Alex Allan, Andrew Staub, Camilla Di Guiseppe, Christyne Kavanagh, David Mahoney, Derek Bidwell, Esther Klippert, Kaisa Christie, Krista Saunders, James Kelly, Mark Kosak, Michael White, Murray Brack, Nick Radmanovich, Rex Tucker, Sandie Smith, Scott Coe, Wayne Newby.

A very special thank you goes to the anonymous golfer who purchased 50/50 tickets and donated his winnings. As a result an additional \$540 was raised on event day!

We're looking forward to next year's 4th annual tournament scheduled for Wednesday, July 27th, 2011 at the Inglewood Golf and Curling Club. The Society's goal for next year is to

match our donation to KidSport and to personally sponsor more deserving kids, allowing them to play the great game of hockey!

Thanks again everyone for your dedication and commitment. Without your ongoing support, time and effort the tournament would not have continued to prosper and grow.



**We Start them Young!**  
**Chris Heaman & his sons.**

If you know of a child in your area who would benefit from the Kids Hockey Advancement Society's sponsorship

opportunity, wants to golf or are willing to donate their time, give prizes or be a sponsor for next year, please call Rex Tucker, President of the Kids Hockey Advancement Society, at 403-244-5037.

See you on the Links in 2011!

## Kids Hockey Advancement Society 2010 Board of Directors

President: Rex Tucker  
Vice President: Nick Radmanovich  
Treasurer: Wayne Newby  
Secretary: Michael White  
Director at Large: Lyle Hanna

The Society has distributed, since inception, the following monies:

2008 – Inaugural Golf Tournament: \$10,000  
2009 – 2nd Annual Golf Tournament: \$12,000  
2010 – Inaugural Poker Tournament: \$8,700  
2010 – 3rd Annual Golf Tournament: \$15,500  
2010 – Sponsored Kid's Registrations: \$1,800  
Total Donations to Date - \$48,000



Back Row From Left to Right: Kaisa Christie, Nick Radmanovich, Krista Saunders, Murray Brack, Sandie Smith, Rex Tucker, Scott Coe, Mark Kosak

Front Row From Left to Right: Esther Klippert, Derek Bidwell, Wayne Newby, Christyne Kavanagh, David Mahoney, Camilla Di Guiseppe, Michael White

# Interview with Len (Cont'd from 6)

experiences. I had an aspiring goalie, and she was nervous as heck about this whole experience. I was able to fit her with brand new equipment, reinforce her confidence and make her feel good about her new venture. The smile on her face was priceless, and to top it off, she hand made a thank you card after, it was a very nice gesture from a 9 year old. Another fond memory is when we donated a ton (lots) of used equipment and jerseys to Hockey Canada.....it was a huge and rewarding experience. I also had lots of coaches bring me coffees, lunches, breakfasts and even a few bottles of liquid courage!!

## How has the equipment manager's role evolved in the last few years?

My belief is that the process has evolved from "one of sign out sign in" to that of a relationship management/service orientated experience, The actual "sign out sign" in was still a necessary evil, but it was all about the relationship and customer service.

## What are the biggest challenges/obstacles you face being an Equipment manager?

Until this year, the biggest challenge was getting coaches to

find time to turn in their equipment at the end of the season. Trying to find a date and time that works for everyone is near impossible. This year we tried something new, and charged a late fee of \$100 and a per diem for every day late after..... proud to say after that everything ran quite smooth!

## Any advice to offer someone thinking of taking on this volunteer position?

You need to be organized.....a logistically minded customer focused person and have a spouse that is very understanding when you have to run out to the equipment room again. You get out of it what you put into it, knowing you are one piece of the puzzle within an association and putting so many smiles on the face of kids is truly rewarding!!

## Editor's Comments:

*Len Francis is a very dedicated and passionate volunteer within the Calgary Minor Hockey system. Len, thanks for taking the time from your very busy family, work and minor hockey schedules to discuss "Hockey from an Equipment Manager's Perspective". As well, we have valued your contributions to Tucker Hockey over the years. All the very best with your future hockey endeavors!*



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# What Does the Average Fan Get From a Game?

By: Nick Portman

Who, exactly, is the average fan? Where does he or she live - a big city with an NHL team, a town, or out in the country? How old is this average fan? Does he or she mostly watch live or televised games? How often? How can the male fans be averaged with the female ones? What's the result? Does this fan play the game?

Is there a way to look at all the fans, and take an average? The average fan would be the person in the middle, halfway between the ends of a wide spectrum. At one place end sits the person who takes in an occasional game, and at the other, the fan who takes in many games. This fan might be wholly focused on one team, perhaps following the whole spectrum of hockey, or might have a combination of these interests.

Someone who only tunes in to the major games, for instance, during the Olympic medal round, could be caught up in the excitement and want to be part of it. His or her emotional

involvement is often just as intense as that of someone who watches hockey all the time. Some people tune in to these big games because they want to be part of the social event. Others just want to observe what's going on, what's so exciting: the game itself and its broader context, the crowd, the players, the coaches, the institution of hockey.

Emotional involvement, the social aspect, and observation. These are what can be seen in all fans of hockey, all mixed together in varying degrees in all fans.

I remember one soft-spoken mother at Tyke and Atom games, a woman who very rarely watched hockey games, shouting belligerently from the stands. She was the loudest person in the rink, and most of what she was yelling wasn't complimentary. After the game, or even during the short break between periods, she was back to being her normal, quiet self. They'd start to play again, and she'd be involved once more. Intensely, emotionally. Many, perhaps most of us, whether we watch hockey all the time, or just occasionally, get caught up in the big Olympic games in just the same way she got caught up in her son's games.

A diehard Leaf fan would be emotionally involved while watching a hard-fought game between Toronto and Calgary. That same fan, if nothing else was on, might tune in to a game between Anaheim and Los Angeles. A game like that, watched without the emotional involvement, is a very different experience. I find that I'm not so caught up in whether the play works out or not, but more interested in the qualities of the play itself. Not that I'm a Leaf fan - I gave that up years ago. Too many years of frustration with no payback. Sooner or later, fans need payback for all that emotional involvement.

The crowd at playoff games can be emotional. Crowds can be warm or nasty; violence or camaraderie can erupt as individuals react to just a few words. I've seen kids in stands taunting adults who happen to be cheering for the other side. In one case, the adult started climbing over the seats to get to the kid. Once restrained, he backed right down. Nobody pressed charges, although they were asked!

In a playoff game at the Saddledome, two Vancouver fans, a couple, were seated just down the row from us. At the

cont'd p. 30



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## Average Fan (Cont'd from 29)

beginning of the game, the guy was shouting out at the Flames, essentially calling them a bunch of bums, but in more colourful language. His partner was much quieter; she was just being conversational. But the more her friend yelled, the more palpable became the tension in the people seated around them.

A young man was sitting next to the male Canuck's fan. He began talking to him about the game, in hockey terms. Soon the Vancouver fan was just cheering for the Canucks. As the people around him began to realize he'd dropped the insults, the tension melted away. The Flames went on to win. By the end of the game, the Canucks fans were pretty quiet. Afterwards, a number of people made friendly remarks to the couple. Just in that little group, there were conversations involving intense emotion, the social aspect, and just observing the game.

A family, a group of friends, parents and kids, a couple going to watch a game, at the rink, or on television in a bar

or restaurant, or in someone's home. Friendship, shared experience, belonging, these are important. Even for the fan watching at home alone, it can bring a social aspect, something to talk about with people he or she meets during the next day, creating connections. There might even be a feeling of connectedness to the television announcers and commentators.

Whatever the level of hockey knowledge, the fan brings that to the game. "What a great play," or "He really shanked that," can be just as true whether spoken by a child of nine or an NHL coach with fifteen years experience. Watching the game just to see what happens can be just as much fun for both.

The average fan would get an emotional kick out of watching a game, would take pleasure out of the social aspect, and would also enjoy watching what's going on. Not only does the average fan get enjoyment in that way. We all do. That's hockey!

## Sport Parent Tips: Are you entering the "over-involved" category?

**By: April Clay, Sports Psychologist**

As a sport parent, of course you want to help your child in any way you can. But it is possible to hurt rather than help. I often hear from young athletes that their parents "just don't get it".

One thirteen year old soccer player recently told me "I don't really have a Mom; I just have a soccer Mom. I wish we could talk about other things once in a while".

Ouch. But here is another from a teen hockey player, "I don't think my Dad did well when he played, so it's important to him that I do better. I am trying hard to do what he tells me, but I feel so bad when I can't. Sometimes I get stomach aches before games."

How can you know you might be entering the over-involved realm? Most kids will tell you outright, but you have to be prepared to hear about their experience.

"Don't yell at me from the sidelines" or "you make me nervous when you show up to every practice and then talk to my coach afterwards". These are clear signs you may have to modify some of your behavior. Be sure to also watch for non verbal signs from your child too, such as turning away from you when you're talking about their sport or facial expressions indicating stress.

If you suspect you might be getting a little on the overboard side, there are some steps you can take.

1. Talk about it: ask your child directly what they like and don't like about your involvement. Then you can take this feedback into consideration and set some limits for yourself. It may mean limiting the number of practices you attend, restricting sports talk to certain times or ceasing your sideline coaching.
2. Challenge your belief system. Many parents believe "more is better" when it comes to their influence. Wrong! Young athletes are not made by constant feedback; it only adds stress and pressure. Allow them the space to fall in love with their sport and take ownership for it- that will ultimately help their talent flourish.

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# A Leader is Always Looking to Grow

**By: Michael White**

As a young child growing up, we can all remember times in our life when it was mostly filled with questions. Why? How? It seemed that there were more questions than answers!!

When we grow older our questions seem to become less and less, not only because of new found wisdoms but a diminishing curiosity.

If you are a team leader in sports today, whether hockey or any other discipline, you need to ask yourself a series of important questions.

**Am I doing what I love and love what I am doing?**

Life is about passion - no job should be about just existing. What am I doing to make the world a better place? Personally, I have always had a “core belief” that I should be making a “difference”. Ask yourself “Have I really given more than I have taken today?”

**Am I taking time to think?**

All leaders whether their team is of two or three or 20 or 30 must allow themselves time to think. It is important to devise a plan first and then bring it into action. Always having to think on the run can be very fatiguing. Plan your work and work your plan.

**Am I taking care of my team’s needs today?**

Rather than always looking at the next game on the schedule, what does my team need of me today? A team that has just suffered through an embarrassing performance needs its confidence rebuilt, whereas a team that has won handily may need to be pushed a little harder to keep their focus and not take success for granted.

**Do I look for the talents in others?**

A savvy coach or instructor will start at each player’s point of strength. Individual players have unique skill sets and different learning capabilities. Identifying and building upon those individual traits is a key component of coaching.

**Am I taking my players to a higher level?**

True competitiveness requires continually improving the skills of all the players on the team. An exceptional leader will move people to be motivated for the mutual benefit of the team. Every team member should be able to expand their potential, both in personal growth and contributions to the team concept. If you make the player better, you will make the team better. “A win – win situation” is a favorite saying of Coach Rex.

**Am I developing leaders?**

Are you teaching others your keys to success within the game? Are you leading by example? Your actions speak louder than words. Someday one of your players may follow your footsteps and develop into a great coach. That is a legacy that goes further in life than winning games.

**Am I investing in myself?**

Life long learners believe in personal growth. They are interested in learning, whether it’s a new way of doing something or looking at a situation differently. Leaders have at their fingertips growth-oriented resources which they can call upon if needed and they take the time to invest in those resources. The best leaders do not fear pushing outside their own comfort zones to acquire new skills and knowledge. When a leader finds a new skill, they will look for areas to apply this knowledge and invest in others by passing on their experience and insights.

**Do I know my strengths and weaknesses?**

A great coach is one who knows their own strengths and weaknesses and recruits help for those areas in which they may be lacking. Self-awareness is a key to growth, for both the coach and the team, and it can enhance future success.

In conclusion, if you can answer “yes” to all of these questions you are on the right path to be an outstanding leader, coach, and/or mentor.

To all of those who love the game of hockey and pass on that love and knowledge through a leadership role, you are to be saluted for your passion and guidance.

# World Hockey Summit (Cont'd from 13)

Wickenheiser said "It's clear Canada and the U.S. and the IIHF should lead the way, but it's up to other federations to help," she began. "We need leadership. .. We need to grow the game at both the grass roots level and improve the quality of play at the elite level as well. We have to keep players in the game. Many women, after they graduate and have nowhere else to play, simply leave the game. We need more money and more exposure. I think we can use the World Juniors as a model. Look at the U20. When it first started, it was small, but in Canada it has become one of the biggest hockey events every year."

## Growing Participation in Hockey:

**Discussion Points:** Growing hockey means both recruiting new players and retaining our current ones. It is important to promote positive messaging about our game and share best practices from around the world.

**Conclusions:** The major obstacles to the game are the costs, the perception of violence and commitment. These issues must be addressed by hockey nations and improved upon if we expect enrollment to increase in the years ahead.

## Establishing a Long Term Global Event Agenda

**Discussion Points:** Exploring the possibilities to provide hockey with a long term international event agenda for national teams and club events further enhancing the IIHF – NHL cooperation for the growth of the game.

**Conclusions:** To date there is no agreement between the two competing leagues, the KHL and NHL. Each league will be taking "Baby Steps" in the future, such as 2 NHL teams will be travelling to Europe: Carolina will be traveling to St. Petersburg, Russia and Phoenix to Latvia. The KHL President believes competition would be healthy between the two leagues. North American and International hockey are currently engaged in discussions about the game – should they target new markets or countries for growth or should they first take care of business where hockey is popular? Often discussions in the NHL are about Canadian cities vs. the U.S. market place. While the IIHF isn't sure where to target; dealing with developmental challenges in the Czech Republic, Slovakia and Germany or trying to establish hockey in Spain, Great Britain or Greece. The other item was opening up the NHL in Europe, all panelists agreed that this just isn't viable, and let the European countries continue to support their own leagues. However, they did agree that it's a good idea to bring back the World Cup of Hockey, and to have it played in February between Olympic events.

## **Editor's Note:**

*The Summit's theme "Global Teamwork Promoting the Growth of the Game" was brought to life through*

*interactive seminars, presentations and discussions. The most influential people in the game today cooperated to share their thoughts and ideas. However, it appeared to just "scratch the surface" on the issues and provided very little substance, depth or concrete solutions for the betterment of the game. Yes, the 2010 World Hockey Summit was a major initiative and started to identify and address significant challenges and problems facing hockey in the world today. However, the majority of the concerns raised are indeed very complex. To resolve these issues a great deal more investment of people, time and monies are required in the years ahead to develop and implement proper working solutions. The underling motives of the summit seemed to revolve around the almighty dollar. Hockey is big business at the NHL, IIHF, Olympics and World Cup of Hockey events. Each of the major stakeholders appear to want a bigger share of the financial pie, which continues to get bigger and bigger each passing year as the game develops and grows. For the betterment of the game, we will need stronger cooperation, and understanding from all stakeholders, as well as improved global teamwork and action to ensure future improvements to the sport. Even with so many challenges – we still have the greatest game on earth!!*

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# The Merits of One-on-One Coaching

## Coaching Innovation

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!

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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](http://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

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# Statistics

By: Ern Rideout

“Statistics are like lampposts: they are good to lean on, but they don’t shed much light”.

Author: Robert Storm Petersen (Storm P)

People have always chided baseball for relying on statistics to define their game; Batting average (BA), on base percentage (OBP), earned run average (ERA), etc. To quote Kevin Costner’s character Billy Chapel from the movie For Love of the Game, “In baseball, we count everything”.

Over the course of the last few seasons, professional hockey has followed suit. We now keep statistics for Time on the Ice, Face-off Percentage, Shifts per Game, and Shots on Goal by a Player, among many others. Hits and Blocked Shots have also become two of the core statistics for defining a player’s worth in the NHL. But what do these statistics really mean?

In a previous issue of Hockey Zones, we defined a body check as a means to “separate an opponent from the puck”. If the statistic “Hit” is used to count body checks, at what point does the body check have enough value to be counted as a “Hit”? It appears that, during a game, most body checks are delivered after the puck has been moved from one player to another. Does the “hit” then have value? Cal Clutterbuck of Minnesota led the NHL in hits in the 2009-10 regular season with 318 hits in 74 games played, 4.3 hits per game played.

How about “Blocked Shots”? To be fair, anyone who

intentionally places himself, or herself, in the path of a flying puck deserves some acknowledgement. But if you can’t get out of the way of a shot, or if it just hits you while you’re looking elsewhere, should you be credited with “blocking” the shot? Surely there should be some intent before such credit is given. Dennis Seidenberg of the Boston Bruins led the NHL with 215 blocked shots this year, in 79 games played, or 2.72 per game played.

Why should we be concerned with these statistics? These are the numbers that get marginal players overpriced free agent contracts every summer. In the salary cap era of the NHL, General Managers must be fiscally responsible when signing players. Using questionable statistics to quantify a player’s value is a recipe for disaster. Not only would such a player be gobbling up a chunk of the limited salary cap pie, but also moving an overpaid player in a trade is next to impossible.

Another reason for the use of these statistics is for the marketing of NHL hockey. Terms such as “Hits” and “Blocked Shots” reinforce the marketing of the game as physical and violent. It is this marketing position that keeps the league from taking a hard line against headshots and other questionable on ice behaviour by its players.

The start of the 2010-11 NHL season is coming up fast. The myriad of statistics will be flowing fast and furious throughout each television and/or radio broadcast, but which ones will mean the most to you? Goals, assists, and points would be my guess.

## Competitive Thoughts

*Every morning in Africa a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must out run the slowest gazelle or it will starve to death. It doesn’t matter whether you are a lion or a gazelle... when the sun rises you’d better be running!!*

### Editor’s Note:

*Whether in the animal kingdom, sports world, business world etc...you have to stay ahead of the game....it’s a very competitive world that we live in!!*

**“You can’t just beat a team, you have to leave a lasting impression in their minds so they never want to see you again”**

**~Mia Hamm**



Did you know over 500 girls aged 7-21 play hockey on all girls teams?

Always wanted to try out hockey but not sure where to go?

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# Calgary Flames 2010-11 Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Thurs, Oct. 7, 2010	Calgary	Edmonton	8:00 PM	CBC
Sun, Oct. 10, 2010	Los Angeles	Calgary	6:00 PM	Sportsnet West
Thurs, Oct. 14, 2010	Florida	Calgary	7:30 PM	Sportsnet One
Sat, Oct. 16, 2010	Edmonton	Calgary	8:00 PM	CBC
Tues, Oct. 19, 2010	Calgary	Nashville	6:00 PM	Sportsnet One
Thurs, Oct. 21, 2010	Calgary	Detroit	5:00 PM	Sportsnet One
Fri, Oct. 22, 2010	Calgary	Columbus	5:00 PM	Sportsnet West
Sun, Oct. 24, 2010	San Jose	Calgary	6:00 PM	Sportsnet West
Tues, Oct. 26, 2010	Edmonton	Calgary	7:00 PM	Sportsnet West
Thurs, Oct. 28, 2010	Colorado	Calgary	7:30 PM	TSN
Sat, Oct. 30, 2010	Washington	Calgary	8:00 PM	CBC
Wed, Nov. 3, 2010	Detroit	Calgary	7:30 PM	TSN
Fri, Nov. 5, 2010	Calgary	Minnesota	6:00 PM	Sportsnet West
Tues, Nov. 9, 2010	Calgary	Colorado	7:30 PM	Sportsnet West
Fri, Nov. 12, 2010	Calgary	Phoenix	7:00 PM	TSN
Sat, Nov. 13, 2010	Calgary	San Jose	8:00 PM	CBC
Wed, Nov. 17, 2010	Phoenix	Calgary	7:30 PM	Sportsnet West
Fri, Nov. 19, 2010	Chicago	Calgary	7:30 PM	TSN
Sun, Nov. 21, 2010	Calgary	Detroit	3:00 PM	Sportsnet One
Mon, Nov. 22, 2010	Calgary	New York Rangers	5:00 PM	Sportsnet West
Wed, Nov. 24, 2010	Calgary	New Jersey	5:30 PM	TSN
Fri, Nov. 26, 2010	Calgary	Philadelphia	11:00 AM	Sportsnet One
Sat, Nov. 27, 2010	Calgary	Pittsburgh	11:00 AM	Sportsnet West
Mon, Nov. 29, 2010	Minnesota	Calgary	7:00 PM	Sportsnet One
Wed, Dec. 1, 2010	Vancouver	Calgary	7:30 PM	TSN
Fri, Dec. 3, 2010	Calgary	Minnesota	6:00 PM	Sportsnet West
Sun, Dec. 5, 2010	Calgary	Chicago	5:00 PM	Sportsnet One
Tues, Dec. 7, 2010	Tampa Bay	Calgary	7:30 PM	Sportsnet West
Thurs, Dec. 9, 2010	Calgary	Los Angeles	8:30 PM	Sportsnet One
Fri, Dec. 10, 2010	Calgary	Anaheim	8:00 PM	Sportsnet One
Mon, Dec. 13, 2010	Columbus	Calgary	7:00 PM	Sportsnet West
Thurs, Dec. 16, 2010	Toronto	Calgary	7:30 PM	Sportsnet One
Sat, Dec. 18, 2010	Minnesota	Calgary	8:00 PM	CBC
Mon, Dec. 20, 2010	Calgary	Minnesota	6:00 PM	Sportsnet West
Tues, Dec. 21, 2010	Calgary	Columbus	5:00 PM	Sportsnet West
Thurs, Dec. 23, 2010	Calgary	Dallas	6:30 PM	Sportsnet One
Mon, Dec. 27, 2010	Buffalo	Calgary	7:00 PM	Sportsnet West
Fri, Dec. 31, 2010	Colorado	Calgary	7:00 PM	Sportsnet West
Sat, Jan. 1, 2011	Calgary	Edmonton	8:00 PM	CBC
Mon, Jan. 3, 2011	New York Islanders	Calgary	7:00 PM	Sportsnet West
Wed, Jan. 5, 2011	Calgary	Vancouver	8:00 PM	Sportsnet One



# Calgary Flames 2010-11 Schedule ... cont'd

Date	Visitor	Home	Time (MTN)	Broadcaster
Fri, Jan. 7, 2011	Detroit	Calgary	7:00 PM	Sportsnet West
Tues, Jan. 11, 2011	Calgary	Carolina	5:00 PM	Sportsnet West
Fri, Jan. 14, 2011	Calgary	Ottawa	5:30 PM	Sportsnet West
Sat, Jan. 15, 2011	Calgary	Toronto	5:00 PM	CBC
Mon, Jan. 17, 2011	Calgary	Montreal	5:30 PM	Sportsnet West
Wed, Jan. 19, 2011	Minnesota	Calgary	7:30 PM	TSN
Fri, Jan. 21, 2011	Dallas	Calgary	7:00 PM	Sportsnet West
Sat, Jan. 22, 2011	Calgary	Vancouver	8:00 PM	CBC
Mon, Jan. 24, 2011	Nashville	Calgary	7:30 PM	Sportsnet West
Wed, Jan. 26, 2011	St. Louis	Calgary	8:00 PM	Sportsnet West
Tues, Feb. 1, 2011	Calgary	Nashville	6:00 PM	Sportsnet West
Thurs, Feb. 3, 2011	Calgary	Atlanta	5:00 PM	Sportsnet West
Sat, Feb. 5, 2011	Los Angeles	Calgary	8:00 PM	CBC
Mon, Feb. 7, 2011	Chicago	Calgary	7:30 PM	Sportsnet West
Wed, Feb. 9, 2011	Ottawa	Calgary	7:30 PM	Sportsnet One
Fri, Feb. 11, 2011	Anaheim	Calgary	7:00 PM	Sportsnet West
Sat, Feb. 12, 2011	Calgary	Vancouver	8:00 PM	CBC
Mon, Feb. 14, 2011	Calgary	Colorado	8:00 PM	Sportsnet West
Wed, Feb. 16, 2011	Dallas	Calgary	7:30 PM	TSN
Sun, Feb. 20, 2011	Montreal	Calgary	4:00 PM	CBC
Tues, Feb. 22, 2011	Boston	Calgary	7:00 PM	Sportsnet One
Fri, Feb. 25, 2011	San Jose	Calgary	7:00 PM	Sportsnet One
Sun, Feb. 27, 2011	St. Louis	Calgary	6:00 PM	Sportsnet West
Tues, Mar. 1, 2011	Calgary	St. Louis	6:00 PM	Sportsnet One
Wed, Mar. 2, 2011	Calgary	Chicago	7:00 PM	Sportsnet West
Fri, Mar. 4, 2011	Columbus	Calgary	7:00 PM	Sportsnet West
Sun, Mar. 6, 2011	Nashville	Calgary	6:00 PM	Sportsnet West
Wed, Mar. 9, 2011	Calgary	Dallas	7:00 PM	Sportsnet West
Thurs, Mar. 10, 2011	Calgary	Phoenix	7:00 PM	Sportsnet West
Sat, Mar. 12, 2011	Vancouver	Calgary	8:00 PM	CBC
Tues, Mar. 15, 2011	Phoenix	Calgary	7:30 PM	TSN
Thurs, Mar. 17, 2011	Colorado	Calgary	7:00 PM	Sportsnet One
Sun, Mar. 20, 2011	Calgary	Anaheim	6:00 PM	Sportsnet West
Mon, Mar. 21, 2011	Calgary	Los Angeles	8:30 PM	Sportsnet West
Wed, Mar. 23, 2011	Calgary	San Jose	8:00 PM	Sportsnet West
Sat, Mar. 26, 2011	Calgary	Edmonton	8:00 PM	CBC
Wed, Mar. 30, 2011	Anaheim	Calgary	7:30 PM	TSN
Fri, Apr. 1, 2011	Calgary	St. Louis	6:00 PM	Sportsnet One
Sun, Apr. 3, 2011	Calgary	Colorado	6:00 PM	Sportsnet West
Wed, Apr. 6, 2011	Edmonton	Calgary	7:30 PM	Sportsnet West
Sat, Apr. 9, 2011	Vancouver	Calgary	8:00 PM	CBC

# Pass the Test (Cont'd from 3)

For all of the players, parents and coaches out there I want you to understand that you have the strength to get through whatever challenges come at you. We as individuals have the tools to achieve. It was my passion, my burning desire to reach my dream of being an NHL hockey player that allowed me to forge ahead. You will face many challenges, be tested over and over, I have found that anything worth having is not easy. Life will give you all that you ask of it, but the question is are you willing to constantly answer the bell? While I played in Detroit, they had a sign in the locker room and I loved the message. It say's "To whom much is given, much is expected". What I learned over the course of my career was it was my expectations that were important. Others will always have expectations of us, and when we can learn to expect just a little bit more out of ourselves than what others expect of us we can achieve anything we set our minds to.

Over the course of the last three years I have been traveling all over North America working with teams, organizations and individuals. What I share is how to develop the mental attitude, the focus, and a strong self-image to achieve. My lifetime in hockey has taught me so much but it was not until I retired and really went back into my memory banks that I was able to see the lessons in each experience. I share those insights and the importance of being able to look at each experience and evaluate the lessons so that the players, parents and coaches can grow and realize what they need to improve on. Life is a journey, and we need to be able to enjoy the ride. To enjoy the good, learn from the failures and never lose sight of who we are and what we are striving to accomplish. The mind is a powerful thing and being able to give insight of how to use that power to reach your goals is very rewarding. The game has changed, the players are faster, more skilled, and the equipment is lighter and very advanced. There are more pressures on all parties involved and we often forget that it is a game. A game that teaches all of the life skills we need to learn so that we can be the best in every situation. We need to continue to improve, but we need to become aware that the mental part of the game, gaining control of our minds is the real key to growth. In watching the playoffs I hear more and more comments like "mentally prepared" or "mentally tired". The word mind is being used

more and more but where are we developing it. WE practice and practice, we work out off the ice almost year round, but the most important tool is not being developed, as it needs to be.

There are so many resources available, more than ever before and when the realization becomes clear that mental strength needs to be a bigger focus you will be amazed at the results you start to see in all aspects of life. A mentally strong player is a better student, a better teammate, a better son/daughter; every part of their lives will improve.

Watching the Flames this year and it was funny to listen the players constantly saying we have to work harder. That is not always the case, yes hard work is important but nothing beats working smart. Think, use the mind, how do we improve, how do we get better results. It is not always about the effort, it is about thinking. But who teaches how to think? We are taught to memorize, but not to think. We tell others what to do, what we believe but how often do we ask, as a group what can we do? This has worked with the teams that have embraced the idea. Who do you want to play with? What do you think of the power play? What do we need to work on as a team? To think that we have all of the answers is pure ego at work. Realizing that by failing we have a better chance to improve, that we are going to make mistakes, this helps take the pressure off of us. We can go out and perform with the understanding that there is no such thing as a perfect game, this allows the players, parents and coaches enjoy the experience more.

Work hard, yes, work smart, even better, think about all of the things that went well and then think of how to improve of the things that did not go so well. Not focusing on the negative but building on the positive.

In the movie Miracle, Herb Brooks tells the players during the scene where they are getting skated with the lights off, "this is not a game for common men, that you need to be uncommon".

Be uncommon, blaze a trail, be different, be YOU; for if you can develop these traits, you will pass the test.

Bob Wilkie  
[www.synergyinmotion.biz](http://www.synergyinmotion.biz)



[www.igotmind.com](http://www.igotmind.com)



## 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 name 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

Spring/Summer 2009 - Aslaug Woelstad  
Fall 2009 - Tom O'Sullivan  
Winter 2010 - Len Moriarity  
Spring/Summer 2010 - Roger McPherson  
Fall 2010 - Arend Terae

## 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](mailto: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 2009 - Ryan Ries

Christmas 2009 - Quincy Running Rabbit

Spring/Summer 2010 - Adam Rosen

Fall 2010 - Brittany Ragan

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

## Why I Love Hockey!

I like playing hockey because it gets me working hard and encourages me to be more sporty.

Hockey is a really great sport and I recommend it to everyone!

I think hockey is good for kids because it lets us make new friends on our teams.

This sport teaches kids that they have to work together to achieve good things.

Hockey also helps us learn that if you want to have fun, you sometimes have to wake up really early.

I love hockey and that will never change one bit!

~ Brittany Ragan

# **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, Head 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, Past 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**