



# Hockey Zones

Volume 9 No. 3

Issue # 26

Fall 2012

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

For the LOVE of the GAME!

## Canadian / Czech Hockey Exchange Program

July 10 - 24, 2013



Tucker Hockey is offering a unique opportunity to visit the Czech Republic from July 10 – 24, 2013. It's an incredible opportunity for top calibre bantam aged players born in 1998 or 1999 to experience elite Czech hockey training and enjoy the rich culture of the "Golden City" – Prague, Czech Republic with their parents.

Prague is one of the most beautiful cities in

the world! Prague, pronounced Praha in the Czech language, is the capital city of the Czech Republic. Situated in the north-west of the country on the Vltava River, the city is home to about 1.3 million people.

The city has been a political, cultural and economic centre of central Europe for centuries.

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Look Inside for  
More Great Sports Tips

**"One's destination is never a place, but a new way of seeing things."**

**– Henry Miller**

# Tucker Hockey

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

<b>Christmas Elite Power Skating / Conditioning Camp</b> A specialized power skating curriculum that includes extreme edges, striding - technique & speed as well as skating agility & mobility drills <b>Elite Atom &amp; Peewee</b>	<b>Individual Minor Hockey Team Practice Sessions</b> <b>October - March</b> Power Skating Player Development Checking Clinics Player Evaluations	<b>Christmas Minor Super Power Skating &amp; Hockey Skills Development</b> A program which focuses on the technical skills of skating, puck control, passing and shooting plus scrimmage. <b>Ages 7-14+</b>
<b>Summer</b> <b>July 10-24, 2013</b> <b>Czech Hockey Exchange</b> Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Bantam		<b>Summer</b> <b>July 10-24, 2013</b> <b>Czech Hockey Exchange</b> Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Bantam
<b>Minor Hockey Group Programs</b> Fall, Winter, Spring & Summer Power Skating Player Development Checking Clinics	<b>Customized Programs</b> <b>Group &amp; "1 on 1"</b> <b>Year Round</b> <b>Ages 5 to 20</b>	<b>Adult Recreational Group Programs (Ages 18 - 65+)</b> Fall, Winter, Spring & Summer Power Skating Player Development

## Rex Tucker Director, B.Comm

- 20 Years + Hockey Instruction Experience
- A Professional Power Skating Instructor since 1997
- Full Time Professional Hockey Coach since 2002
- NCCP Advanced 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German, and Austrian Players in the Czech Republic for 5 Summers

## Tucker Hockey Philosophy

### Adult Hockey

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

### Minor Hockey

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

Contact  
**Tucker Hockey**  
**(403) 998-5035**

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

### Tucker Hockey Identity

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

*Experience the passion of Tucker Hockey!*

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

## **Tucker Hockey**

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**Hockey Consultant** ..... Bob Tuff  
**Business Consultant** ..... Ern Rideout

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# **Czech Exchange (Cont'd from Cover)**

Prague suffered considerably less damage during World War II than other major cities in Europe, allowing most of its historic architecture to stay true to form. Since the fall of the Iron Curtain, Prague with its rich history has become one of the world's most popular tourist destinations. The Czech Republic is famous for its historic architecture, rich culture, crystal and of course passion for hockey!

## **Why Experience the Canadian / Czech Hockey Exchange Program?**

Our camp location will be in the Czech Republic! It is a country with an excellent ice hockey tradition, boasting the most NHL hockey players from any European country; an amazing statistic considering the country's small population of only 10 million people.

Practice and learn an intensive type of hockey from highly trained and experienced elite Czech coaches - including the "Imaginary Model Opponent", specific station training

of hockey skills development, as well as other innovative training methods based on the Czech tradition to develop a player's individual and tactical hockey skills.

The hockey camp is based at the top sports facility in the Czech Republic where the best Czech ice hockey players and other elite athletes train for their upcoming season.

Intensive on and off ice training as well as high quality relaxation and recovery time - 21 hours of on ice training, 10 hours of off ice dryland training, daily video / chalk talks, mental conditioning, a variety of balanced nutritious meals, and 24 hour supervision by a staff of professional counsellors. Parents will have the option of staying with their child at the sports center camp hotel or another hotel a 5 minute walk away from the sports center. Parents can also use all the sport facilities in the sport center.

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## **Next Issue Winter 2013 Features**

- Tucker Hockey Tips
- Czech Hockey Exchange
- Calgary Flames Second Half Schedule
- A Salute to Minor Hockey Week
- Meet the Instructor - Jeff Pickell

## *Welcome to Hockey Zones*

The official newsletter of Tucker Hockey. The Fall 2012 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) -

# Preparing for International Competition

Allan Andrews Hockey Growth Programs have been operating out of Atlantic Canada for over 30 years and have contributed to the development of many NHL players. This past summer, Allan sponsored an Under 16 Canadian Selects Team to compete against the National Teams of Russia, the Czech Republic and Austria at the Red Bull tournament in Salzburg, Austria. The team performed quite well and we won a bronze medal. This tournament exposed the players and coaches to the challenges of International Short term competition which included:

## 1. Adapting to playing on the larger European ice surface

The Team Canada selection criteria were based on Skill and Hockey sense. The Aggressive Canadian style would require major adjustments. There were times when players were too aggressive. Players had to stay in control and never lose the defensive side. Knowing when to pressure or contain was critical. Team Play required Hockey Sense: Players were provided diagrams and video links to “Get the Picture” for Team Play. At the tournament players did dry land walk practices of: fore-check, defensive zone coverage and special teams. Players Figured it Out on the ice. FIO was the acronym, which allowed the players to read and react instinctively. Players enjoyed this approach and Team Play was solid.

## 2. Adapting to the officiating and the rule differences of International Hockey

Physicality was not a concern in the tournament but it was comical to hear the European coaches yelling to get the referee to call penalties when we finished our checks. Officiating was fair but frustrating. Many questionable penalties were called and we had to adjust. Emotional Control was indeed critical.

## 3. The Importance of Preparation and Planning

Participating in any tournament requires special attention to details. Planning was important in meeting the needs of the athletes, coaches and parents. Everyone was part of the Team.

Planning Considerations Included:

- Scheduling of individual and team meetings at the hotel or arena.
- Making sure of healthy food and sufficient quantities of food to fuel the athletes.

- Constantly reinforcing hydration and providing healthy snacks in the dressing room.
- Developing a routine for game days factoring in meals, meetings, warm up, etc.
- Conducting a dry land warm up using aspects of team play.
- Allowing players time to follow a personal preparation routine prior to the game.
- Pre game warm up – assuring the players are ready and go out together using the on ice warm up preparing for a Peak Performance.
- Pre Game talks – reinforcing the Game Goals etc. Keep it simple and brief.
- Post-period talks to establish a positive atmosphere between periods. Pre period reminders provided the focus necessary for improving performance.
- Providing a next day schedule outline and set a Lights out Time.

## 4. Team Building

The family aspect of being in Europe and seeing sites provides an opportunity for the parents, players and the staff to bond. Mental training activities conducted with players and parents help create a positive atmosphere. Through the planned activities Parents and Players appreciated the importance of Emotional Control and the Power of Positive Thinking. It was an incredible Positive Hockey Experience for everyone. Playing against some of the best 16-year-old players in the world in Europe was an opportunity to learn which prepared them for challenges in Hockey and in life moving forward.

### 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.





# Game Sense Can Be Taught!

*“Game Sense training is an athlete-centred methodology which focuses on developing players’ skill and tactical awareness through game-related practice, critical thinking exercises, and periodic questioning which challenges their understanding and awareness of the game.”*

Since hockey is a continuous, dynamic invasion game, it is imperative that players develop their ‘**Hockey IQ**’ to better enable them to read and react to the ever-changing circumstances. **It is extremely difficult, bordering on impossible, to acquire such knowledge while performing technical drills within a closed, patterned training environment common to traditional practices.** Hockey drills are useful for those who are still acquiring skills or who want to fine-tune them, but in order to best prepare players to be tactically and strategically aware, they must play in game-like situations. The decisions they make, rightly or wrongly, will provide immediate, ongoing feedback to the player. While on offence, they want to either carry the puck or support the puck carrier to create scoring chances (and ultimately, score goals); while on defence, they either want to check the puck carrier or support the first checker, to prevent scoring chances against while trying to regain puck possession.

## Establish the Competitive Culture

It may sound like a silly question, but “**Why do we practice?**” To see our players ‘perfectly’ execute a drill pattern without pressure or with token pressure? Or do we prepare to compete at game speed and intensity, under pressure and game unpredictability, with the scoreboard on and the clock ticking down, with playing rules enforced and ultimately, a ‘win’ or a ‘loss’ at the end of the time? Very few practices have athletes organized in two (or more) colours/teams competing against each other, with consequences, in such a realistic manner. **Ask yourself if you are truly preparing your athletes for competition...** or merely choreographing a pretty pattern that won’t have much positive carry-over effect in a ‘real’ game?

The ‘Game Sense’ methodology provides an environment that will foster these basic skills (skating, puck control, passing and receiving, shooting, checking) and decision-making abilities, equip players with a greater potential

for success, and provide a more rewarding and enjoyable experience. In short, it lets the kids ‘play’ the game and **learn while having fun!**

## Training Hockey Sense in Practice

The ‘Game Sense’ philosophy provides opportunities for players to become more educated and more tactically aware, while learning how important basic skill execution is in relation to their sport and their own performance. This helps reinforce one’s internal motivation to get better; which is the strongest form of motivation.

Skill technique is extremely important and needs to be learned while playing ‘**heads up**’. Aside from avoiding checking pressure, this allows the athlete to ‘see’ the playing surface and helps decision-making. Traditional ‘skills-only’ training (typically performed in isolation from the game) does not take into account factors that affect skill execution such as: speed/pace of the game, pressure (time and space and score board), intensity, unpredictability, fatigue, etc. ‘Game Sense’ provides a realistic environment where players are able to practice and improve their skills under **game-like conditions.**

Players have a far better chance of making good decisions and displaying good skills in a game if they have previously practiced them in a similar environment. **The lessons learned in implicit games stay with players longer and are less likely to be affected by pressure/fatigue in games.** Research by the U.S. Olympic Committee has shown that **athletes who receive quality coaching in ‘field sense’ can have the potential for improvement up to 30%!**

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### Dean Holden Bio:

- Former Junior A and University Coach
- N.C.C.P. Level 4 / Hockey Canada H.P. 2
- National Coaching Institute Diploma
- Masters of Education (Coaching)
- Chartered Professional Coach
- [www.GetSportIQ.com](http://www.GetSportIQ.com)
- **“The Game is the best teacher of the Game”**



# Letter to the Editor

## NHL Lockout – A True Example of Basic Human Greed

So here we go again...billionaires and millionaires whining over who gets more of an ever growing NHL financial pie. Who really cares? Why do I, the lifelong hockey fan, have to be denied my love of watching my hometown Calgary Flames because the owners of the NHL teams can't really be trusted? When I suffered through this debacle 8 years ago, I had just witnessed a miracle run by the Flames. After a year off because of that lockout, the Flames haven't been the same. Okay, so I can say the owners are right, they went into business to make money, who doesn't? The last lockout was about a salary cap, a way to control wages. They said that this would fix the system. Apparently, they were wrong! I can say that the players are right they are the ones being asked to absorb the adjustment to the system, again. Why would you sign someone to a contract that you don't intend to honour? Player's careers are short in comparison to regular people, so can you blame them for getting the maximum salary they can, while they can? I've read the newspaper stories, searched the web, and watched the experts on TV. Here's what I have been able to learn about this messy situation. Okay, so I may have let a few opinions sneak into my write-up!

During the 2004 lockout, it was all about the NHL trying to institute a salary cap to fix their financial problems. The finally agreed upon cap was \$39.0M at the start of the 2005-06 season, and the trade off was the institution of a salary floor, teams would be made to spend a minimum amount on salaries. Due to the growth in league revenue the salary cap for the 2012-13 season was set at \$70.2M and the minimum was \$54.2M. The NHL believes too much money is being paid out in salaries and has proposed a system to correct it again. Their most recent offer calls for the players' share of revenue to set at 49% for next season, down from 57%. And then proposes that it drop to 47% by the end of the 6 year deal. The NHLPA tabled an offer where the salary cap would be set to fixed increases of 2%, 4%, and 6% over the next three years. The system would then revert to a percentage based system for the final two years.

Now it's the ongoing saga of the owners and players trying to split up the leagues swelling revenues, which went from \$2.2B to \$3.3B – an incredible 50 percent increase. Everyone wants a bigger share of the financial pie. The total amount paid to players in salary last year was \$1.873B.

Back in 2004, the NHL was asking players to reduce their share of league revenues and they are asking the same thing now, 8 years later. This is where players are digging in. The two sides remain far apart on key economic issues. HRR (Hockey Related Revenue) is a major stumbling block. What should and shouldn't be counted in the revenue numbers for calculating the cap. Two groups have benefitted from the current NHL economic system: the players – their average salary is now \$2.45M and the upper tier NHL owners who have pocketed tens of millions of dollars. To complicate things is the impact of a strong Canadian dollar. When the 2004 lockout started, the Canadian dollar was at \$0.77. Now the dollar is on par or \$1.02 on most days... this has really benefited the Canadian teams especially the rebirth in Winnipeg. This time the negotiations are about fairness and there is an enormous disparity between the NHL's wealthiest teams and the not so wealthy. It's that dynamic that is again responsible for the NHL going dark. The key to ending this lockout is to determine how much the NHL and NHLPA are willing to contribute to the cause of the weak teams that can't make it on their own such as Phoenix, NY Islanders, Nashville, Carolina, Columbus, and Florida.

For example, the owner of the Bruins created some bad optics for owners who are crying poor in this dispute with a rash of re-signings – Seguin 6 years \$34.5M – Lucic 3 years \$18M – Marchand 4 years \$19M prior to the lockout. Peter Chiavelli GM of the Bruins is just doing his job to make his team competitive by re-signing his own players. Hypocritical owners are crying poor and then signing key players to inflated contracts prior to the lockout. This doesn't help the image of the league!

There are 750 locked out members of the NHLPA and the players have wasted no time finding new employers. For example - Jaromir Jagr is playing with Kladno in the Czech Republic to the delight of loyal Czech fans. As well, Evgeni Malkin is playing for Magnitogorsk in Russia, just to name a few star players. Nearly 400 NHL players suited up in 19 different European Leagues during the lockout that cancelled the entire 2004-2005 season. This migration comes with a fair bit of controversy as the NHLers pushed others out of roster spots! Folks as you know...for forces in the universe...

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# Calgary Flames 2012-2013 First Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Thurs. Oct. 11, 2012	Canucks	Flames	8:00 PM	CBC
Mon. Oct. 15, 2012	Kings	Flames	7:30 PM	SNET - West
Thurs. Oct. 18, 2012	Flames	Coyotes	8:00 PM	SNET - Calgary
Sat. Oct. 20, 2012	Flames	Avalanche	8:00 PM	CBC
Wed. Oct. 24, 2012	Flames	Oilers	7:00 PM	TSN
Thurs. Oct. 25, 2012	Lightning	Flames	7:00 PM	SNET - Calgary
Sat. Oct. 27, 2012	Capitals	Flames	8:00 PM	CBC
Tues. Oct. 30, 2012	Canadiens	Flames	7:00 PM	SNET - West
Thurs. Nov. 1, 2012	Red Wings	Flames	7:30 PM	SNET - Calgary
Tues. Nov. 6, 2012	Flames	Blue Jackets	5:00 PM	SNET - Calgary
Thurs. Nov. 8, 2012	Flames	Predators	6:00 PM	SNET - Calgary
Fri. Nov. 8, 2012	Flames	Red Wings	5:30 PM	SNET - West
Sun. Nov. 11, 2012	Flames	Hurricanes	3:00 PM	SNET - Calgary
Tues. Nov. 13, 2012	Flames	Canadiens	5:30 PM	SNET - West
Thurs. Nov. 15, 2012	Panthers	Flames	7:00 PM	SNET - Calgary
Sat. Nov. 17, 2012	Blackhawks	Flames	8:00 PM	CBC
Tues. Nov. 20, 2012	Wild	Flames	7:00 PM	TSN
Sat. Nov. 24, 2012	Oilers	Flames	8:00 PM	CBC
Wed. Nov. 28, 2012	Ducks	Flames	7:30 PM	TSN
Fri. Nov. 30, 2012	Flames	Blackhawks	6:30 PM	TSN
Sun. Dec. 2, 2012	Flames	Blues	5:00 PM	SNET - Calgary
Tues. Dec. 4, 2012	Senators	Flames	7:00 PM	SNET - West
Thurs. Dec. 6, 2012	Stars	Flames	7:00 PM	SNET - Calgary
Sun. Dec. 9, 2012	Predators	Flames	5:30 PM	SNET - West
Tues. Dec. 11, 2012	Flames	Predators	6:00 PM	SNET - West
Thurs. Dec. 13, 2012	Flames	Blue Jackets	5:00 PM	SNET - Calgary
Fri. Dec. 14, 2012	Flames	Blues	6:00 PM	SNET - West
Sun. Dec. 16, 2012	Flames	Blackhawks	5:00 PM	SNET - Calgary
Wed. Dec. 19, 2012	Maple Leafs	Flames	7:30 PM	SNET - West
Sat. Dec. 22, 2012	Sabres	Flames	8:00 PM	CBC
Sun. Dec. 23, 2012	Oilers	Flames	6:00 PM	SNET - West
Wed. Dec. 26, 2012	Flames	Canucks	8:00 PM	SNET - Calgary
Thurs. Dec. 27, 2012	Canucks	Flames	7:00 PM	SNET - West
Sat. Dec. 29, 2012	Sharks	Flames	2:00 PM	SNET - West
Wed. Jan. 2, 2013	Flames	Avalanche	8:00 PM	SNET - West
Thurs. Jan. 3, 2013	Flames	Wild	6:00 PM	SNET - West
Sat. Jan. 5, 2013	Blue Jackets	Flames	8:00 PM	CBC
Wed. Jan. 9, 2013	Avalanche	Flames	7:30 PM	SNET - Calgary
Fri. Jan. 11, 2013	Islanders	Flames	7:00 PM	SNET - West
Tues. Jan 15, 2013	Sharks	Flames	7:30 PM	TSN
Thurs. Jan. 16, 2013	Ducks	Flames	7:00 PM	SNET - West



# Kids Hockey Advancement Society

## 5<sup>th</sup> Annual Fundraising Golf Tournament

For the fifth year in a row, the Kids Hockey Advancement Society held its annual golf tournament on Wednesday, September 12, 2012 at the Inglewood Golf Club. The weathermen predicted a sunny day, and to the delight of the 96 golfers who participated, it truly was a sunny and delightful day on the links!

Once again, the Kids Hockey Advancement Society donated the funds raised to the much deserving KidSport of Calgary. We gladly handed over a \$15,000 cheque, largely in part from our Sponsors who once again opened their pocketbooks and generously donated the much needed funds. "Tuck" the Wooden Bear was also sponsored by Wayne Newby for an additional \$800, and will sit on display, proudly in the KidSport Corporate office. As well, Gary Sartorio of Shaganappi Chevrolet generously gave an additional \$5,000 to help Kid Sport as a result of attending our golf function!

The Kids Hockey Advancement Society would like to take this opportunity to send out a giant, much appreciative Thank You to the following:

**The Golfers** – We couldn't have had a tournament without you! We sold out the event this year!

**Event Sponsor** – Tucker Hockey; Rex Tucker

**Day Sponsor** – Tourmaline Oil Corporation; Mike Rose

**Friends of the Society Sponsors – Platinum Level** – Dundee Wealth; Chris Heaman,

**Friends of the Society Sponsors** – Shaganappi Chevrolet; Gary Sartorio and Valentine Volvo; Paul Valentine

**ACE Sponsor** – Western Securities; Sean O'Connor

**Hole in One Sponsors** – Co-Operators Insurance; Arfan Devji and the Investors Group; Mark De Jong

**Cart Sponsor** – Fort Calgary; Reid Brodylo

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

**Golf Hat Sponsor** – Airdrie Holiday Inn Express; Chris Vatour

**Beer Hole Sponsors** – Critical Mass; Darren & Jason Delichte and RARE Oilfield Services; Rob Allendorf & Rob Gryba

**Arrive Home Sponsor** – B. Dean & Associates; Simone Mersereau

**Lunch Sponsor** – Spolumbo's; Tony Spoletini

### **Additional Sponsors:**

High Street Dental; Jeff Seckinger  
Optimus US Real Estate Fund; Arthur Wong  
Synoil Energy; Dave Edwards  
Tokpella Resources Ltd; Rob Pryde

### **Tournament Donors**

Mark Barrett (Strong Cowboy)  
Paul & Betty Cammack  
Clint Buckler  
Elaine Defresne (Done Right)  
Cristobal Guadarrama (Tim Hortons)  
Peter Hanlon (Calgary Flames)  
Robert Hayes (Bank of Montreal)

**"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."**

**~Flora Edwards**



Jim Hepburn (Pre Pak Meats)  
 James Kelly (Hockey North America)  
 Todd Kurio (No Sweat)  
 Pat Laughton (Crowchild Twin Arenas)  
 Jim McArdle (McArdle & Associates)  
 Roger McIntosh  
 Rick Murphy (Professional Skate)  
 Vinson Pang  
 Bradley Pederson  
 Don Phelps (Calgary Stampede)  
 Tom Raptis  
 Dean Setoguchi  
 George Valentine (GPS Central)  
 Michael White



*Rob Allendorf, Allan Ramage, George Fukushima and Barry Blight having some fun on the links!*

#### **Live Auction Donors:**

Bob Nicholson - Hockey Canada  
 Mark Kosak - KidSport  
 Travis Rhine - Molson Breweries  
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 Alistair Shepherd-Cross - Agile Recruiting  
 Rex Tucker - Tucker Hockey  
 Corey Molengraaf & Frazer Davies - Westcor Creations  
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#### **Graphics & Signage Sponsor**

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 Mohammed Hassoun - Titan Mapping

#### **Printing Services**

Amy Chan - Calgary Instant Print

#### **Photography**

Murray Dejager - Just Kidding Photography

#### **Masters of Ceremonies**

Derek Bidwell – Co-Host Sports Talk AM770, CTV-CFCN Sports Anchor  
 Scott Coe – Former Calgary Stampeder, Color Analyst CJOB AM680 Winnipeg

Once again a fabulous job! Thanks so much for your continued support, we

very much appreciate it.

#### **Guest Speakers**

Hockey Hall of Fame and Calgary Flames Broadcaster Peter Maher and Flames Color Commentator Mike Rogers  
 Sheila Larios – KidSport Ambassador

We appreciate the time you all took to answer the questions our Golfers asked; you went above and beyond for us!

#### **Local Celebrities Attending**

Wally Kozak – Former Coach Canadian Women's Olympic Gold Medal Team

#### **Inglewood Golf Club Staff**

Jeff McGregor – Head Professional  
 Spencer Tapley – Bar & Service Manager

#### **The Day of the Event Volunteers**

Derek Bidwell, Scott Coe, Barb Hepburn, Jim Hepburn, Christyne Kavanagh, James Kelly, Francois LeBel, Alyson McCann, Mark Kosak, Wayne Newby, Lisa Parham, Rex Tucker, Sandie Smith, and Michael White



*Cheque Presentation - Rex Tucker, President of The Kids Hockey Advancement Society and Mark Kosak, Regional Manager of KidSport Calgary*

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## Coach Rex' Corner

# Fond Memories of the '72 Series

September 28th, 2012 marked the 40th anniversary of the 1972 Hockey Summit Series between Canada and the then - Soviet Union. The most famous goal in hockey history was scored by Paul Henderson. Exactly 40 years to the day after that iconic goal, the 69-year-old Henderson and the remaining members of the Canadian squad capped off a month of celebrations with a gala dinner in Toronto hosted by our Prime Minister. Paul Henderson, a member of the Canadian Sports Hall of Fame but not of the Hockey Hall of Fame, became a Canadian sports legend on September 28, 1972. His goal, with 34 seconds remaining in the final game, lifted Canada to victory in the "Series of the Century", against the Soviet Union. Incredibly, Paul Henderson scored the winning goal in each of the last three games of this historic first series between the two superpowers of hockey. That magical moment in Moscow is still considered the greatest in hockey history.

Henderson recalled the goal saying "In the final seconds of that game, I stood up at the bench and called Pete Mahovlich off the ice. I'd never done such a thing before," wrote Henderson in Brian McFarlane's book *Team Canada 1972: Where Are They Now?* and undoubtedly told over a million times elsewhere. "I jumped on the ice and rushed straight for their net. I had this strange feeling that I could score the winning goal. I had a great chance just before I scored, but Cournoyer's pass went behind me. Then I was tripped up and crashed into the boards behind the net. I leaped up and moved in front, just in time to see Esposito take a shot at Tretiak from inside the faceoff circle. The rebound came right to my stick and I tried to slide the puck past Tretiak. Damn! He got a piece of it. But a second rebound came right to me. This time I flipped the puck over him and into the net." "Although he couldn't have comprehended it at that moment in time, he had just become an immortal in the

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## A Philosophy on Life

When things in your life seem almost too much to handle.

When 24 hours in a day are not enough, remember the jar and the two beers.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large glass jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They all agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed, a little hesitantly that it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two beers from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor as the laughter subsided, 'I want you to recognise that this jar represents your life.'

The golf balls are the important things - your family, your children, your health, your friends and your favourite passions - and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter, like your job, your house and your car.....The sand is everything else - the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take your spouse out to dinner, or go for a picnic. Play another 18 holes of golf.

There will always be time to clean the house, fix the disposal or deal with things from your job.

Take care of the golf balls first - the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the beer represented. The professor smiled and said, 'I'm glad you asked.' The beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend.

# Tucker Hockey Profile

## Meet The Instructor - Colton Buckler



**Editor's Note:**

***Recently, I had a good chat with Colton Buckler, Instructor for Tucker Hockey***

***and his Dad, Clint. Colton has been a valuable member of the Tucker Hockey team for the past 3 years. He has helped teach elite power skating, power skating and hockey skills and checking programs to various Minor Spring and Summer groups. Here is a summary of our conversation.***

**Colton, tell us a bit about yourself.**

I am 15 years old and currently attending The Edge School for Athletes and am playing on their Midget AA Gold team. I have been playing hockey since I was four years old (Timbits).

**What is your hockey playing background?**

I have been playing hockey since the age of 4 and began taking 1 on 1 power skating and hockey skills lessons from Coach Rex at the age of 6. I played my first high intensity/high skill hockey in my second year of atom. In Pee wee, I played on the Foothills Bisons then in Bantam I played on the Airdrie AA Lightning. I am now currently playing my first year with the Edge's Midget AA Gold team.

**What is your hockey instruction background?**

I was first asked to begin helping Coach Rex at the age of 12. Since then I have began working part - time for Tucker Hockey and instructing at power skating , checking and shooting camps and hope to continue on with instructing in the years ahead.

**Colton, how has hockey influenced your life?**

It has influenced me to be a hard-working team player and to be positive. Along with that I have learned to accept losing but also how to indulge in a good win!! (Said with a chuckle)

**When and how did you initially get involved with Tucker Hockey?**

I began taking power skating lessons with Coach Rex at the age of 6 and from then till now he has been continuously working with me on the fundamentals of my game – power skating, passing, puck control, shooting and checking as well as offensive and defensive individual and game tactics usually during the minor hockey season. Probably I have done close to 100 sessions over the years plus in the Summer time I attended some of his elite power skating and checking group programs

**What, if anything, has instructing with Tucker Hockey taught you?**

It has taught me patience, the importance of hearing various points of view and that there is always room to improve and learn more. Skating is the most important skill in hockey and a player can always keep working on taking his or her skating skills to the next level.

**Colton, what is the most enjoyable part of instructing for you?**

The part I find most enjoyable is the aura and experiences I witness when talking, skating and working with younger hockey players. It feels good to help out other players on the ice.

**What challenges or difficulties have you experienced while being an on ice instructor?**

Being at the age of 15 , the challenge I have experienced was trying to pass on my hockey knowledge to children and on some occasions, teenagers. Most kids my age don't have

cont'd p. 32



## The 72 Series (Cont'd from 10)

hockey world. "I talk about the goal at least 300 days a year," he says. One has to wonder if he ever gets tired of talking about it, and for being known almost solely for the goal. "At first, I got sick of talking about it for a while, the first three or four months. There was absolutely no privacy. It got to be a bit of a pain. But I don't feel that way now. It's a special memory and I honestly can't think of anything better with which to be associated," Henderson was quoted in Scott Morrison's book *The Days Canada Stood Still*.

Most Canadian hockey fans who are old enough can recall where they were on that historic hockey day... if too young or if not born at the time...they have seen this famous goal on television or on video. Often we have defining moments in our lives, moments which shape our attitudes, our dreams, our goals and our futures. It was indeed an inspiring moment for me. Growing up in the small fishing village of Little Bay Islands off the North – east coast of Newfoundland I fall in love with skating and playing hockey at the age of 7. For the month of September 1972, I ate, drank, slept and breathed the Canada vs. Soviet Union hockey series. Being an 11 year old boy, the anticipation, excitement and drama completely captivated me. I was glued to the TV set for the entire series

in Canada and when the games shifted to Moscow it was a trying time due to the games coming on during the afternoon while having to go to school. Fortunately, I had a Grade 6 school teacher, Wes Gosse who loved hockey too. He would let our class out of school earlier than usual so we could race home... to find out the score and catch the last period. When Paul Henderson scored the winning Game 8 series goal it was incredible! It was a time and moment in my life I will never ever forget! It reinforced and galvanized my love for the game of hockey. I came to the realization that my life's work must involve the game of hockey. So I left my small hometown to pursue my childhood dream of making a living within the game of hockey. After traveling the road less traveled, I created my own hockey career by operating Tucker Hockey in Calgary.

Paul Henderson became a household name after scoring the winning goal in game 8 of the 1972 Summit Series against the then-Soviet Union. After retiring from professional hockey, he became a motivational speaker. Today, Paul uses the lessons of leadership, teamwork and commitment he learned during the 1972 Summit Series and his 18 year

cont'd p. 33



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"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)*



# NHL Lockout (Cont'd from 6)

for every negative reaction there is a positive counter reaction. Who is affected? Here are some negatives and positives from this year's lockout. NHL office staff are working 4 day weeks and taking a 20% pay cut as a result. As well NHL team staff, league on ice officials, bar owners/staff, television networks are losing advertisers and trying to backfill programming, arena staff (concessions, parking, and security), airlines, hotel chains, are all being adversely affected. Even though there are many negative aspects to this lockout, we can find some positives if we look closely. The world junior teams may have some of the best talent they've ever had with NHL level eligible players being available now. Along with 19 year old Ryan Nugent – Hopkins other young rising stars may now be available to join Team Canada and other countries raising the calibre of play. The 2014 Sochi Olympics may not have NHL representation if this labour dispute drains on. However, another option may be another World Cup of Hockey if the players do not participate in the upcoming Olympics. The lockout should help the CHL junior teams as surely attendance will rise. The Kontinental Hockey League is in its 5th season and believes it is in a position to capitalize on the availability of elite NHL players. This is a great additional marketing opportunity for sure for the KHL and other European leagues.

When will it all end? Both parties are miles apart with their latest proposals, part of the bargaining / negotiations process is pushing the time limit! Will we have another cancelled partial or full season? Time will surely tell! Key dates for the NHL are the US Thanksgiving when HBO starts filming their 24/7 show for the Winter Classic on New Years Day 2013. The Winter Classic will be held at a college football stadium that holds 100,000+ with a huge US National TV audience to watch Detroit and Toronto perform. In most labour situations, before employees can be locked out, a mediator must be appointed and given 14 days to work before a lockout vote can be held. What are the solutions? Let's think outside the box for a few moments! Maybe a mediator needs to take the top NHL and NHLPA representatives to some of the poorest countries in the world such as Haiti where people are living off less than a dollar a day. Maybe they would wake up and realize they are all extremely privileged to be involved in one of the greatest sports in the world and making a wonderful living off the game. Another thought... maybe if the fans boycotted or stayed away for the start of the next season...unfortunately most season ticket holders are purchased by businesses who write them off as expenses. Maybe though if enough fans boycotted the games for a

year and stayed home and watch games on T.V. we could send a strong message to the powers that be! Without the fans there would be no prosperous NHL and no \$3.3 billion financial pie to fight over! Rather than being a victim of this greed – let's have a say and make a statement so next time round there will be no lockout! Here's to dreaming that the billionaire owners and the millionaire players will wake up and settle their differences and suppress their greedy ways for the betterment of the game because so many innocent and common people who are just trying to make a living are being negatively affected! Emotions of frustration, bitterness, betrayal, anger, and disappointment are really testing my love of this great game! How about you? Greed, not the love of the game, is paramount these days in the NHL!!

Sincerely,  
Bob Bayliss

PS. My love of NHL hockey has become tainted!

## *Editor's Note:*

*Bob thanks again for another letter to the editor. You raise some very good points about the NHL lockout situation. Yes, the greed factor associated with this labour dispute has caused millions of loyal fans to feel disappointed, frustrated, and angry! You are not alone! Many of your views are universal.*

## **TUCKER HOCKEY'S MISSION STATEMENT**

**Tucker Hockey has a special and unique love for the game of hockey. It is the mission of Tucker Hockey to share our passion for the sport. Through the Tucker Hockey Way, we provide opportunities for hockey players of all ages, backgrounds, and skill levels to grow their love of the game while improving their hockey skills.**

# 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 Coaches' Clinics
Junior A	Minor Teams
Junior B	Minor Hockey Association Projects
Midget AAA	Customized Minor Hockey Programs (Arranged with Hockey Parents)
Midget AA	
Midget AA (Girls)	
Midget A	
Bantam AAA	
Bantam AA	
Minor Hockey -	
Community	
Midget	
Bantam	
Bantam Girls	
Pewee	
Pewee Girls	
Atom	
Novice	
Tyke	

#### Adult Recreational

Ladies Teams
Men's Teams
Male
Female
Father and Son
Mother and Daughter
Grandfather and Grandson
Husband and Wife

# 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 \$399 per player, includes 10 on ice sessions (based on 10 players)
  - b) Weekday after 4:00 pm and weekends ( Prime Time )  
      Only \$449 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

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# ***TUCKER HOCKEY - TOP 10***

## **WHY EXPERIENCE TUCKER HOCKEY?**

### **BECAUSE YOU WANT TO...**

1. LEARN MORE ABOUT THE GAME OF HOCKEY
2. IMPROVE YOUR SKATING AND HOCKEY SKILLS
3. IMPROVE YOUR FITNESS LEVEL
4. HAVE FUN ON THE ICE
5. FEEL A SENSE OF ACCOMPLISHMENT
6. IMPROVE YOUR SELF-ESTEEM
7. REDUCE YOUR STRESS LEVEL
8. MAKE NEW HOCKEY FRIENDSHIPS
9. GAIN A STEP UP ON YOUR HOCKEY PLAYING BUDDIES
10. DISCOVER THE “**PRICELESS**” BENEFITS OF PARTICIPATING IN ONE OF OUR YEAR – ROUND HOCKEY PROGRAMS



## **Tucker Hockey Guarantee\*\***

If you honestly believe we have not improved your skating, hockey skills and knowledge of the game, after completing your “First” Tucker Hockey Program...

### **We Will Guarantee the Following:**

A free 1 year membership to any and all Tucker Hockey Programs of your choice.

***\*\*For first time participants only – subject to review and approval by Tucker Hockey Head Instructors***



# Special Offer For Minor Hockey Teams, Coaches and Players

**14<sup>th</sup> Annual**

## **Tucker Hockey**

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

**Super Power Skating**

**OR**

**Player Development Sessions**

### **Top 5 Reasons to Experience Tucker Hockey:**

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



### **Rex Tucker**

**Head Power Skating Instructor**

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

#### **Testimonial**

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

- Derek Dunn, Minor Hockey Coach & Parent

# **Call 403-244-5037 Today!**



**14<sup>th</sup>  
Annual**

**Fall 2012**

**\*Enhanced\***

# Tucker Hockey

**Programs that Deliver Results**

## ADULT Recreational Programs

### Level 101

This Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting. This program is weighted 60% on power skating with the remaining 40% of the program devoted to hockey skills. It is ideally suited for the recreational hockey player who wishes to improve his or her skills. (10 Sessions)

**Group 1: Father David Bauer**  
**Sundays, Oct. 14<sup>th</sup> to Dec. 23<sup>rd</sup>**  
**No Session November 11<sup>th</sup>**  
**9:45 to 11:00 PM**

\$439 New Participants/\$399 Past Participants

**Group 2: George Blundun**  
**Wednesdays, Oct. 17<sup>th</sup> to Dec. 19<sup>th</sup>**  
**7:00 to 8:00 AM**

\$439 New Participants/\$399 Past Participants

**Group 3: Stu Peppard**  
**Wednesdays, Oct. 17<sup>th</sup> to Dec. 19<sup>th</sup>**  
**12:15 to 1:15 PM**

\$439 New Participants/\$399 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, Hockey Player

**\*\* Drop In Fee: \$50/Session \*\***

### Level 201

This Technical Skills and Tactical Player Development Program builds on the skills taught in Program 101 plus will introduce individual offensive and defensive tactics as well as team tactics. This program is ideally suited for the recreational hockey player wishing to improve their technical skills as well as learning more about playing the game. (10 Sessions)

**Group 1: Optimist**  
**Mondays, Oct. 15<sup>th</sup> to Dec. 17<sup>th</sup>**  
**7:00 to 8:00 AM**

**Group 2: Stu Peppard**  
**Fridays, Oct. 19<sup>th</sup> to Dec. 21<sup>st</sup>**  
**12:00 to 1:00 PM**

\$439 New Participants/\$399 Past Participants

### Level 301

This Technical Skills and Tactical Player Development Program builds and expands on the Program 201 of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. The core content of the Program 301 curriculum although similar to the Program 201 is suited for players who wish to be challenged with a greater emphasis on advanced skating agility skills and a higher paced conditioning program.

(10 Sessions)

**Group 1: Henry Viney**  
**Thursdays, Oct. 18<sup>th</sup> to Dec. 20<sup>th</sup>**  
**12:00 to 1:00 PM**

\$439 New Participants/\$399 Past Participants

### Specialty Clinics

**Shooting:** Will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

**Stick Handling:** Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

**Passing:** Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

**Controlled Scrimmage:** Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

**Group 1: Henry Viney**  
**(8 Sessions)**  
**Wednesdays, Oct. 31<sup>st</sup> to Dec. 19<sup>th</sup>**  
**10:15 to 11:30 PM**

Wednesdays; 10:15 to 11:30 PM

Shooting - October 31<sup>st</sup>

Stick Handling/Passing - November 7<sup>th</sup>

Shooting - November 14<sup>th</sup>

Controlled Scrimmage - November 21<sup>st</sup>

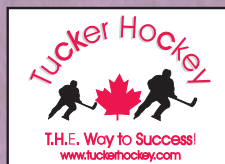
Stick Handling/Passing - November 28<sup>th</sup>

Shooting - December 5<sup>th</sup>

Stick Handling/Passing - December 12<sup>th</sup>

Controlled Scrimmage - December 19<sup>th</sup>

\$349 New Participants/\$319 Past Participants



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

## Improve Your Hockey and Skating Skills!



# Special Fall Offer For Minor Hockey Players!

**14th  
Annual**

## Tucker Hockey

**Programs that Deliver Results**

**\*Enhanced\***

# Super Power Skating

## Super Power Skating and Hockey Skills Development

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

### **Group 1: Ages 7 - 10**

Thursdays, October 18<sup>th</sup> to December 20<sup>th</sup>

6:45 to 7:45 AM

Optimist

\$399 New Participant/\$369 Past Participant

(Includes G.S.T.)

### **Group 2: Ages 10 - 13+**

Fridays, October 19<sup>th</sup> to December 21<sup>st</sup>

6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 Past Participant

(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 10  
Spots!**



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

or call

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

### **Testimonial**

"The excellent player to instructor ratio premitted the one on one attention needed to make the small improvements needed to get to the next level. I have recommended Tucker Hockey to many friends with children in hockey."

- Phil & Stephanie Kelly,  
Minor Hockey Parent of Noah

## Register Today - Programs Fill Fast!



# Christmas Season Program

**14th  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

**\*Enhanced\***

# 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

**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

**Group 1**

Atom Div 1, 2 & 3  
Peewee Div 1, 2 & 3  
**Thursday, December 27<sup>th</sup>**  
to  
**Sunday, December 30<sup>th</sup>**  
**3:15 to 4:30 PM**  
**Southland Leisure Centre**

**Register  
Early -  
Spaces Fill  
Quickly!**

**Only 20  
Spots  
Available!**

**\$279 New  
Participants  
\$259 Past  
Participants**

**Rex Tucker**

Head Power Skating Instructor

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

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

**Excellent Player to Instructor Ratio**

**S.A.M. - Stability, Agility and Mobility**

Improve your quickness and speed with and without the puck!





# Christmas Season Programs

**14th  
Annual**

## Tucker Hockey

**\*Enhanced\***

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, puck control, passing, and shooting plus scrimmage

### Group 1: Ages 7-8

Thursday, Dec. 27<sup>th</sup> to Sunday, Dec. 30<sup>th</sup>  
9:00 to 10:00 AM Southland Leisure Centre  
\$229 New Participants/\$199 Past Participants  
(Includes G.S.T.)

### Group 2: Ages 9-10

Thursday, Dec. 27<sup>th</sup> to Sunday, Dec. 30<sup>th</sup>  
10:15 to 11:30 AM Southland Leisure Centre  
\$249 New Participants/\$229 Past Participants  
(Includes G.S.T.)

### Group 3: Ages 11-14+

Thursday, Dec. 27<sup>th</sup> to Sunday, Dec. 30<sup>th</sup>  
1:45 to 3:00 PM Southland Leisure Centre  
\$249 New Participants/\$229 Past Participants  
(Includes G.S.T.)

**Only 25 Spots  
Per Group!**

**Excellent Player to Instructor Ratio**

## Rex Tucker

Head Power  
Skating Instructor

**Register Early  
- Spaces Fill  
Quickly!**

### 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

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

or call

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

# Makes a Great Christmas Gift!





**15th  
Annual**

# Winter 2013 Tucker Hockey

Programs that Deliver Results

**\*Enhanced\***

# ADULT RECREATIONAL PROGRAMS

## Level 101

This Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting. This program is weighted 60% on power skating with the remaining 40% of the program devoted to hockey skills. It is ideally suited for the recreational hockey player who wishes to improve his or her skills. (10 Sessions)

### Group 1: Father David Bauer

Sundays, January 13<sup>th</sup> to March 17<sup>th</sup>

9:45 to 11:00 PM

\$439 New Participants/\$399 Past Participants

### Group 2: George Blundun

Wednesdays, January 16<sup>th</sup> to March 20<sup>th</sup>

7:00 to 8:00 AM

\$439 New Participants/\$399 Past Participants

### Group 3: Stu Peppard

Wednesdays, January 16<sup>th</sup> to March 20<sup>th</sup>

12:15 to 1:15 PM

\$439 New Participants/\$399 Past Participants

## Level 201

This Technical Skills and Tactical Player Development Program builds on the skills taught in Program 101 plus will introduce individual offensive and defensive tactics as well as team tactics. This program is ideally suited for the recreational hockey player wishing to improve their technical skills as well as learning more about playing the game. (10 Sessions)

### Group 1: Optimist

Mondays, January 14<sup>th</sup> to March 25<sup>th</sup>

7:00 to 8:00 AM - No session Feb 18<sup>th</sup>

\$439 New Participants/\$399 Past Participants

### Group 2: Stu Peppard

Fridays, January 18<sup>th</sup> to March 22<sup>nd</sup>

12:00 to 1:00 PM

\$439 New Participants/\$399 Past Participants

**Great Buddy  
Referral Program!**

## Level 301

This Technical Skills and Tactical Player Development Program builds and expands on the Program 201 of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. The core content of the Program 301 curriculum although similar to the Program 201 is suited for players who wish to be challenged with a greater emphasis on advanced skating agility skills and a higher paced conditioning program. (10 Sessions)

### Group 1: Henry Viney

Thursdays, January 17<sup>th</sup> to March 21<sup>st</sup>

12:00 to 1:00 PM

\$439 New Participants/\$399 Past Participants

## Specialty Clinics

**Shooting:** Will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

**Stick Handling:** Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

**Passing:** Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

**Controlled Scrimmage:** Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

### Group 1: Henry Viney

Wednesdays; 10:15 to 11:30 PM

Shooting - January 30<sup>th</sup>

Stick Handling/Passing - February 6<sup>th</sup>

Shooting - February 13<sup>th</sup>

Controlled Scrimmage - February 20<sup>th</sup>

Stick Handling/Passing February 27<sup>th</sup>

Shooting - March 6<sup>th</sup>

Stick Handling/Passing - March 13<sup>th</sup>

Controlled Scrimmage - March 20<sup>th</sup>

\$349 New Participants/\$319 Past Participants

**Register and Pay  
online at  
[www.tuckerhockey.com](http://www.tuckerhockey.com)  
or call  
Tucker Hockey at  
403-998-5035**

**\*\* Drop In Fee: \$50/Session \*\***

## Rex Tucker

Head Power  
Skating Instructor



# Improve Your Hockey and Skating Skills!

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

**15<sup>th</sup>  
Annual**

**Tucker Hockey**

**Programs that Deliver Results**

**\*Enhanced\***

# **Super Power Skating**

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

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

### **Group 1: Ages 7 - 9**

Thursdays, January 17<sup>th</sup> to March 21<sup>st</sup>

6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 Past Participant  
(Includes G.S.T.)

### **Group 1: Ages 10 - 13+**

Fridays, January 18<sup>th</sup> to March 22<sup>nd</sup>

6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 Past Participant  
(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

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

or call

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



**Rex Tucker**

**Head Power  
Skating Instructor**

### **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!**



# **A Special Service to Minor Hockey Associations**

## **Tucker Hockey Power Skating Mentoring Clinics for Minor Coaches**

- This program is designed to introduce proper skating techniques and reinforce to minor hockey coaches - the importance for players to be better skaters. It is imperative for minor hockey coaches to teach proper skating skills, especially at the lower age levels.
- There are two formats to the program: Standard or Customized to the needs of the association and their coaches.
- Programs consist of 2 hours of classroom instruction and 1.5 hours of on-ice instruction.

### **Benefits of Tucker Hockey Power Skating Mentoring Clinics:**

**For the Coaches** - Coaches will learn new skating drills, teaching points, and an improved knowledge of skating fundamentals. They will basically have more tools in the toolbox to enhance their team's skating and overall hockey skill development.

**For the Players** - Novice and Atom players will especially reap the benefit of having more knowledgeable coaches teach them proper skating techniques and stronger skating fundamentals; such as hockey stance, edge control, balance, striding and foot speed, both forward and backward.

- Many pro players have confirmed what most knowledgeable power skating instructors already know; players do not truly understand the importance of skating until their playing days are over or they get cut from a team! The latter is a common occurrence at the minor hockey level.
- Skating is to hockey as running is to soccer. Skating is the foundation upon which all other skills are built. It is the most important skill in 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.

**Note:** As this is a busy time of year, services will be offered on a first come first served basis.



## **Call 403-244-5037 Today!**



**15<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.
- Your players and team needs more individual and team tactics for game situations.
- All ice sessions are customized - based on your input - to focus specifically on your team problem areas!

#### **Testimonial**

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

*- Yvette Kobylynk, Adult Rec Team Player*



## **Rex Tucker**

**Head Power  
Skating Instructor**

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

# **Call 403-244-5037 Today!**



September 20, 2012

Kids Hockey Advancement Society  
PO Box 46014  
Inglewood RPO  
Calgary, Alberta T2G 5H7

Dear Friends at the Kids Hockey Advancement Society,

On behalf of KidSport™ Calgary, I would to once again express my sincere appreciation for your donation provided as the result of the 5th annual Kids Hockey Advancement Society golf tournament held September 12th at the Inglewood Golf Course. We could not help kids of low income families without the generosity of those in our community so we are truly grateful for **your donation this year of \$15,000**. This brings the total contributions from this annual event to a very impressive **\$58,500!**

KidSport™ Calgary has been providing financial assistance to families in need for the past 17 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 hockey safely and confidently. Since 1995, KidSport™ Calgary has helped make sport dreams come true for more than 19,000 kids. This has resulted in the provision of financial assistance of over \$4.2 million in support of kids in Calgary and surrounding communities.

It is our solemn belief that ALL children should have the opportunity to simply enjoy being a kid. Through organized sport participation, kids learn valuable skills such as social skills, leadership abilities, cooperation and team work. These lessons are integral to the development of a child's self-esteem and self worth. **We are proud to share these core beliefs with our good partners and friends at Kids Hockey Advancement Society.**

Thank you also to all the sponsors and participants who continue to support this event and enjoy a fun day of golf for a worthy cause. Please do not hesitate to contact me if you have any questions or concerns regarding KidSport™ Calgary or any of our programs.

With sincere gratitude,

Mark Kosak  
Regional Manager , The KidSport™ Society of Calgary

## Golf (Cont'd from 9)

Thanks again everyone for donating your time, dollars and energy to our worthy cause. Without your generosity our tournament wouldn't be as successful as it's been over the past five years.

The Kids Hockey Advancement Society is already setting our sights on next year's tournament. We'd like to see an increase in dollars raised, thus allowing us to increase our donation to KidSport once again, increasing our donation by 10% being an achievable goal we think!

If you know of a deserving child in your community that would benefit from our Sponsorship, please contact Rex Tucker, President of the Kids Hockey Advancement Society, at 403-244-5037. The Society is committed to helping out as many kids as we can during the upcoming hockey season. If you're willing to donate time, dollars or prizes to next year's tournament please contact Christyne Kavanagh at



*Gary Sartorio, Kirby Mcrae, Todd Knappen and Tony Lamarca hamming it up for the camera!*

403-998-5035.

Mark your calendar for next year - See you on the Links -  
Wednesday, September 11th, 2013!

### **Kids Hockey Advancement Society 2012 Board Of Directors**

President: Rex Tucker

Vice-President and Secretary :

Jim Hepburn

Treasurer: Wayne Newby

Directors at Large: Nick Radmanovich  
& Michael White



*Very Special Guest Peter Maher and his foursome with Chris Heaman, Perry Johnson and Del Kaczure.*

We're proud to report that the Society has distributed the following amounts, since its inception in 2008:

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 two Children's  
Hockey School Registrations: \$1,800

2011 – 2nd Annual Poker Tournament:  
\$11,220

2011 – Karlee Lewis Skate-A-Thon/  
Kids Cancer Care Foundation of  
Alberta: \$1,000

2011 – 4th Annual Golf Tournament:  
\$16,700

2012 – Oilympics Hockey Marathon  
for Kids: \$2,000

2012 – 5th Annual Golf Tournament:  
\$20,800

Total Donations to Date - \$99,720



# CELEBRATING 40 YEARS!

**Calgary's Consumers' Choice Award Winner**



- **Fit**
- **Service**
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- **Price**

## NEW HOCKEY GEAR ARRIVING DAILY!

**BAUER** **CCM** **GRAF** **SHER-WOOD** **Reebok** **WARRIOR** **EASTON** **VAUGHN** **Bauer's** **EAGLE**

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# Some Thoughts About Teaching and Coaching Strategies

To accept the challenge of teaching and coaching young adults is an awesome and sometimes overwhelming responsibility. Once you have taken on this task you owe it to your students (players) and to yourself to become the best that you can be. You may find that teaching is not one of your better skills. In this case, as the volunteer leader, you should try to surround yourself with people and resources that will help your students.

There are numerous areas in teaching and coaching that must be addressed: selection of team, skill assessment of your team, hockey knowledge – depending on the age being taught (ie. Skill development: skating, passing, shooting, checking, team tactics, 2-1 breakout strategies, attack, regroup, etc. Ice management – practice; sometimes on half of the ice – game; managing the bench. Communication – parents, other coaches, students, community. Proper teaching progressions, etc. etc.

I would like to make the following observations in two of the areas listed above:

## 1) Ice Management – practice

There is nothing more frustrating for parents than to watch their children stand in lines for endless minutes to do a drill or a skill that they complete in 10-20 seconds. Even more frustrating to see this process repeated over and over again in a 45 minute to 60 minute ice session. One study showed that a player actually skated for only eleven minutes in a 60 minute session. To make it even more frustrating, at the end of each drill there was a 5-10 minute session explaining the next drill.

### Some Helpful Hints:

i) explain drills and schedule practice before you go on the ice, ii) have diagrams of drills placed in strategic places around the practice area, iii) include all on-ice supporters in the plan, have a role for everyone, iv) stay away from line-ups, especially younger children, (older students do the drills

quicker – need the rest period of regrouping in an established area for some skills), v) use the entire ice whenever possible, vi) watch other teams practice, vii) seek guidance from others who have this skill.

## 2) Communication

The most important team building skill and potentially the most destructive. One thread in all areas that should be a common thread is the language we use. As a coaching unit you must work together to make sure that you are all speaking the same language.

Just one example: when students are rotating through learning situations. There is a different coach at each station. At one station the coach was working on stopping. What language or “key” words did he or she use to help the student progress through the skill? At the next station, the student was learning to tight turn, but he still needs to stop properly. Was the coach at the second station using the same “key” words to help the student continue to get better at stopping?

Is it any wonder that we often see those faces look at us with a question in their eyes or go off excitedly to do a drill only to find that they were not going it correctly because the coach was speaking a different language, (ie. Different “key” instructional words).

### **Bob Tuff Bio:**

- University of North Dakota Graduate & Hockey Team Captain
- Professional Hockey Player in Austria
- Assistant Coach University of North Dakota, Calgary Wranglers Junior A Tier 2, Calgary Canucks Junior A Tier 2
- Minor Hockey Coach Hockey School Instructor – for 35 Years
- Vice President & Director North West Calgary Athletic Association – responsible for professional coach development
- Manitoba Hockey Hall of Fame



# Czech Exchange (Cont'd from 3)



Astronomical clock in the Old Town Square and Vltava River Cruise. Visit the largest ice hockey store in Prague as well!! Thanks to the Czech Republic's location at the crossroads of various cultures in the heart of Central Europe – it can provide opportunities to extend your stay and explore other countries near to the Czech Republic.

## An Exceptional Hockey Value, the Exchange Program Includes The Following:

- Return airfare from Calgary to Prague
- 2 weeks accommodation in the Czech Republic
- Majority of meals included
- 1 week of professional Czech ice hockey training with Elite Coaches
- Access to all the sports facilities within the sport center for both players and parents
- 24 hour camp supervision by a staff of professional counsellors
- 3 exhibition hockey games against local Czech competition Guided sightseeing tours of attractions within Prague
- Guided sightseeing excursions to the Czech countryside
- A visit to the largest ice hockey store in Prague
- Group travel attire for all participants
- Personalized Home and Away Game Jerseys
- Arrival and Departure Receptions in Prague

An outstanding hockey, travel vacation, cultural, and friendship exchange experience!

## Additional Features / Added Value included in the Exchange Package

Sightseeing trips to historic and cultural sites in the Czech Republic such as Karlovy Vary, Crystal Factory Nizbor or Karsteinjn Castle etc. Explore one of the most beautiful cities in the world – Prague! We will show you the beautiful center of Prague, historic Charles Bridge, Prague Castle, the old



To ensure a wonderful time on and off the ice, the Hockey Exchange Program is professionally organized and managed by a friendly, dedicated support staff. Two unforgettable weeks consisting of elite hockey training balanced and supplemented with unique Czech cultural experiences. Excellent opportunity to make new hockey friendships!

## Sign Up Now! Only 20 Roster Spots Available!

**\*\* 2 Goaltenders - 6 Defensemen - 12 Forwards\*\***

**\*\*\*If demand warrants, a selection camp will be necessary\*\*\***

## Sign up on our website:

**<http://www.tuckerhockey.com/czechregistration.asp>**

For further details contact: Rex Tucker at 403-244-5037

**\*\*Canadian/Czech Hockey Exchange Program Price\*\***

**\*\*Due to the unpredictability with international travel costs, the Czech Hockey Exchange Program price will not be confirmed until early 2013.\*\*!**





# **SUMMER 2013 CANADIAN/CZECH HOCKEY EXCHANGE**



## **EXCHANGE PROGRAM DETAILS:**



- **JULY 10 TO 24, 2013**
- **SELECTION OF 20 ICE HOCKEY PLAYERS FROM WESTERN CANADA FOR ELITE HOCKEY TRAINING (YEAR OF BIRTH 1998 OR 1999)**
- **A QUALITY AND CUSTOMIZED 1 WEEK PLAYER DEVELOPMENT CAMP SCHEDULE**
- **CONDUCTED BY CZECH ELITE COACHES**
- **WHOLE DAY PROGRAM UNDER SUPERVISION**
- **DAILY SCHEDULE INCLUDES: ELITE POWER SKATING AND HOCKEY SKILLS DEVELOPMENT PRACTICES, DRY-LAND TRAINING, AND OFF-ICE LECTURES TEACHING CZECH TRAINING METHODS, THEORY AND TACTICS**
- **AIRFARE, ACCOMODATIONS AND MOST MEALS INCLUDED**
- **EXHIBITION GAMES AGAINST CZECH COMPETITION**
- **SIGHTSEEING IN PRAGUE AND SURROUNDING CZECH COUNTRY SIDE**
- **OPTION FOR PARENTS TO PARTICIPATE IN THE EUROPEAN CULTURAL EXCHANGE**

**SERIOUS INQUIRIES CONTACT COACH REX AT 403-244-5037 OR  
EMAIL AT [PROGRAMS@TUCKERHOCKEY.COM](mailto:PROGRAMS@TUCKERHOCKEY.COM)**

**EXCEPTIONAL HOCKEY VALUE - EXPERIENCE THE HOCKEY TRIP OF A LIFE TIME!**

# Colton Buckler (Cont'd from 11)



as much contact with children as I do and I have found it quite hard to change back and forth from being in a coaching/teaching position to a player position.

**Colton,** what advice would you like to offer hockey coaches, parents and players about the importance of skating, and why they should invest

**the time and money towards quality skating instruction?**

Skating is the foundation of hockey. Once a player begins playing at higher hockey levels skating begins to become more and more important... because other players begin becoming stronger at skating... and you have to be able to keep up... so you have to continue to improve on your skills and enjoy the game. It sure gets more competitive the higher you advance in the hockey system.

**What other things interest you, outside of hockey?**

Recently I have become interested in free running. I find the idea of overcoming on foot obstacles... by using the natural flow of your body... while still maintaining speed and doing it with style... to be quite enjoyable.

**Colton, what are your hockey playing and instruction goals for the future?**

My future goals are to continue in hockey and play in the NCAA so that I may go to university. During the summer and for a job when I am not playing hockey I would like to continue instructing so that as well as passing on knowledge I can still improve on the aspects of teaching and taking on a leadership role.

## Editor's Note:

*Thanks Colton for taking the time from your very busy academic and hockey workload at the Edge School to complete a Tucker Hockey Instructor Profile. Having spent*

*many hours on the ice with hockey player and instructor Colton, it's almost like working with your son! I have seen him mature and grow up over the years. The following personal traits come to mind about Colton. He is a very polite, conscientious, and hard working young man. He works quite well with the younger players. Because Colton has participated in numerous Tucker Hockey, 1 on 1 coaching and group programs, from a player's perspective, he is very knowledgeable about the Tucker Hockey – on ice philosophy, curriculums, practice plans, drills and many of the teaching points. He is quite skilled at demoing the power skating drills! Colton, my friend, I have valued your contributions to Tucker Hockey...much appreciated! Look forward to many fun times on the ice in the years ahead. Wishing you a great season this year at the Edge School on and off the ice!!*



**The dream begins with a teacher who believes in you, who tugs and pushes and leads you to the next plateau, sometimes poking you with a sharp stick called “truth”.**

**~ Dan Rather**





# 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!

### Tucker Hockey - Provides Proven One on One Coaching Results

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

## The 72 Series (Cont'd from 12)

professional hockey career, to motivate organizations around the world to reach their own goals. Recently, Paul Henderson revealed that he is battling cancer. Unfortunately, Henderson was diagnosed with chronic lymphocytic leukemia in November 2009. He made his illness public on CBC-TV's Connect with Mark Kelley. "I have no angst in my body, no fear whatsoever," Henderson told Kelley, "and I really believe that's because of my faith. "I'm going to be aggressively taking a look at this for sure — the [cancer] I have doesn't respond well to early treatment, so we haven't done anything yet... but I'm going to be very aggressive in trying to arrest it." A practicing Christian, Henderson has often spoken about getting strength from his faith and relationship with God. He said he has the same peace of mind now as he grapples with his illness. I still sleep at night. I am not worried about dying. I know I am going to die someday.

I am 67, and man, I can't think of anybody more fortunate than I am," he told Kelley. "My philosophy is I take today, I live it the best way I can and if I wake up, I will take another shot at tomorrow."

Paul Henderson is a true icon of Canadian hockey and sports culture and definitely deserves to be in the Hockey Hall of Fame. Hopefully, the Hockey Hall of Fame selection committee will do the right thing in the not too distant future. Paul Henderson has been and continues to be an inspiration on and off the ice for so many Canadians. I can solemnly swear that Paul Henderson helped inspire me to each my life's goal. My goal of making a living within the game of hockey! Thank you Mr. Henderson and sincere best wishes with your battle with cancer! God Speed!



## Calling All Girls! Come See What You Are Missing

Did you know that there are 500 girls registered with Girls Hockey Calgary? Don't miss your opportunity to play exciting, fun and competitive hockey specifically for girls.

### **Benefits of playing Girls Hockey are:**

- All-Female Teams from Novice to Junior levels
- Hockey Alberta Qualified Coaches
- Competitive Teams at all Skill Levels
- Skill Development
- Team Bonding
- Make New Friends
- Elite Teams for Bantam AAA and Midget AAA
- Tournaments and Hockey Alberta Provincials

Girls Hockey Calgary 403-278-9223

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

*Girls Building Futures, One Goal at a Time.*



# The TRX Suspension Training System

With the NHL lockout just over a week in, the players are quite uncertain as to the whereabouts of their next on-ice contest. No matter where they choose to play, they will need to remain 'game-ready' and one portable way of doing so is utilizing the TRX Suspension Training System.

Armed with two strap adjustments, the TRX Suspension Training System is nothing more than a nylon strap with two handles / foot cradles that can anchor onto virtually anything you can clamp it onto. It boasts over 200 exercises that can challenge your balance, upper body, lower body, core or any combination of these simultaneously and all you need to do is select the appropriate level of resistance by adjusting your body position (ie. The number of feet / hands on the floor and the angle of your body in relation to standing). Beyond this, the TRX offers you the portability of folding it up and packing it in your suitcase, something no other piece of gym equipment can put on their resume!



This suspension trainer was created by Randy Hetrick, a Navy SEAL commando who was inspired to create a training option for his squadron based on the circumstances they faced while performing special missions. The result was hardly marketable, it was an old jiu-jitsu belt and some surplus parachute webbing, but the concept of versatility and convenience was ahead of its time in the fitness industry. Today, 11 years after Randy decided to prototype, market and establish his invention, he has truly inspired a new niche of training that is both simple and effective.

For skating athletes, there is always a high amount of force being transmitted through the lower body coupled with a

stable core and smooth arm swing to compliment this motion. The most recent training advice has challenged the past training methods of bilateral (two-leg) squats and deadlifts in favor of a more similar body position and striding pattern of the unilateral (one-leg) leg exercises. Fortunately you have the ability to do so with the TRX. By utilizing one or both of the foot cradles, you are able to perform unilateral squats, lunges, hamstring curls, glute bridges in a variety of movement planes ranging from forwards, backwards, laterally or in any motion you desire. Additionally, if you utilize the handles for a lower body exercise, you can also challenge your legs in new ways by performing additional depth in your squats.



As most people and athletes alike would agree, the TRX is innovative as it incorporates a new exhilarating way of challenging your body to do traditional exercises like push-ups and planks. This type of training has also become popular amongst athletes and teams of all types including the NFL, MLB, UFC, NHL, NBA and has been used in major fitness centers and studios throughout the world. Beyond that, trainers and fitness enthusiasts love this tool because you can purchase it from many major fitness retailers for under \$200.

**\*\* Training tip:** Planned training variety will progress your body towards better performance. Try 3 weeks each of TRX bodyweight squats, then weighted squats and finally squat jumps in order to progress your leg power!

*Jeff Mueller is a local fitness expert who specializes in sport-specific training and overall life balance. He can be reached at [jeff@titanlife.ca](mailto:jeff@titanlife.ca), (403) 874-1818 or [www.titanlife.ca](http://www.titanlife.ca).*



# Game Sense (Cont'd from 5)

## How Best to Construct the Ideal Training Session

At the junior category (age 16-20), it is stated that **1 v 1's typically occur 45% of the time; 2 v 1's - 35%; 2 v 2 and 1 v 2's - 10%... which totals 90% of all hockey situations!** At younger levels, the 1 v 1's become even more prevalent and therefore important. So knowing how often these situations occur in games, **wouldn't it make sense to practice these situations proportionally... and under conditions similar to those found in a game?** Bottom line: for hockey, the majority of play comes down to **winning the most 1 v 1's to 2 v 2's. Almost half of the game is 1 v 1!** Think about how many individual skills, tactics, and team tactics can be captured within these combinations! Pretty much all of them!

True 'Game Sense' activities need to be played in confined space with **specific parameters and limited participants**. It is suggested that the teams be comprised of 3 or less. This is to ensure that all players are given the chance to participate and therefore improve. The time spent on these activities should mirror the times above; it is up to the coach to adjust based on the age and overall skill level.

**Activities and games must be played with a clearly defined purpose.** Identify which principle(s) of play (offense or defense), individual or team tactic(s), or skills which you want to improve. Coaches can **manipulate the parameters** (time, space, risk and/or execution elements, number of players, rules, etc.) to focus on these specifics. The key is that the coach becomes the facilitator: once the situation has been created, the coach **'shuts up'** to let the players solve the problems and make the decisions. **A coach's role is to assist players in solving tactical problems, rather than solving the problems for them.** As new skills are attempted, or need refining, it is here that questioning and skill instruction can take place.

## The Questioning Technique

**To produce intelligent, independent athletes, it is vital that the coach employ good questioning techniques.** 'Game Sense' activities/games provide an excellent opportunity for the athletes to gain immediate meaningful feedback based on their own tactical decisions / skill executions and the outcome. The athletes need to learn from their failures and successes as **implicit learning has proven to be the most enduring.** The coach must move away from immediate,

direct and all-encompassing feedback - the 'play by play' coach - and towards the delayed, bandwidth, questioning feedback coach. **Let the game be the best teacher of the game!**

## Open-ended questions should be used in this approach.

This promotes thinking among the players and this will also result in more effective long-term learning. Some examples of appropriate questions are:

- 1. Time** – when should you have done A, B or C? How long do you have to do each?
- 2. Space** (in possession) – how and where do you create space? How do you deny space (not in possession)?
- 3. Risk** – which option was best? Why? Does the score and time of game affect your decision?
- 4. Execution** – how should you have attempted that fake, pass or shot? What was the best technique for that situation?

## Coaching Today's Athlete

Remember that **today's athletes have had a completely different educational experience than that of many coaches.** They have been educated in an environment where many things are negotiated, discussed and left to them to make choices. They are encouraged to experiment and it is explained to them that mistakes will certainly occur and that is fine - provided they learn something from them.

The best athletes try and play multiple sports for many years and don't specialize until their sport calls for it. (Hockey is considered a late-specialization sport.) With 'decision-making' and 'execution of skills under pressure' at the top of every hockey recruiters' checklist, it is vital that all young players be given exposure to a variety of sports as per the Canadian LTAD: <http://www.canadiansportforlife.ca/>





# 2013 IIHF World Junior Championships

December 26, 2012 to January 5, 2013, Russia

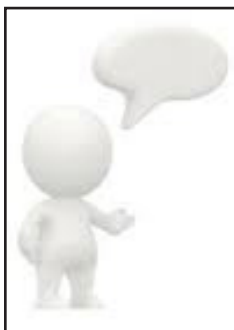
National Junior (Under 20) Team

Gm #	Time (Local)	Group/Round	Game/Result	Location
<b>Wednesday, December 26, 2012</b>				
1	1:30 PM UTC+6	A - Preliminary	Latvia VS Finland	Sports Palace
2	3:30 PM UTC+6	B - Preliminary	Germany VS Canada	Ufa Arena
3	6:00 PM UTC+6	A - Preliminary	Czech Republic VS Sweden	Sports Palace
4	8:00 PM UTC+6	B - Preliminary	Slovakia VS Russian	Ufa Arena
<b>Thursday, December 27, 2012</b>				
5	6:00 PM UTC+6	A - Preliminary	Switzerland VS Latvia	Sports Palace
6	8:00 PM UTC+6	B - Preliminary	USA VS Germany	Ufa Arena
<b>Friday, December 28, 2012</b>				
7	1:30 PM UTC+6	A - Preliminary	Finland VS Czech Republic	Sports Palace
8	3:30 PM UTC+6	B - Preliminary	Canada VS Slovakia	Ufa Arena
9	6:00 PM UTC+6	A - Preliminary	Sweden VS Switzerland	Sports Palace
10	8:00 PM UTC+6	B - Preliminary	Russia VS USA	Ufa Arena
<b>Saturday, December 29, 2012</b>				
11	6:00 PM UTC+6	A - Preliminary	Latvia VS Sweden	Sports Palace
12	8:00 PM UTC+6	B - Preliminary	Germany VS Russian	Ufa Arena
<b>Sunday, December 30, 2012</b>				
13	1:30 PM UTC+6	A - Preliminary	Finland VS Switzerland	Sports Palace
14	3:30 PM UTC+6	B - Preliminary	Canada VS USA	Ufa Arena
15	6:00 PM UTC+6	A - Preliminary	Czech Republic VS Latvia	Sports Palace
16	8:00 PM UTC+6	B - Preliminary	Slovakia VS Germany	Ufa Arena
<b>Monday, December 31, 2012</b>				
17	1:30 PM UTC+6	A - Preliminary	Switzerland VS Czech Republic	Sports Palace
18	4:00 PM UTC+6	B - Preliminary	USA VS Slovakia	Ufa Arena
19	6:00 PM UTC+6	A - Preliminary	Sweden VS Finland	Sports Palace
20	8:00 PM UTC+6	B - Preliminary	Russia VS Canada	Ufa Arena
<b>Tuesday, January 1, 2013- Day Off</b>				
<b>Wednesday, January 2, 2013</b>				
21	3:00 PM UTC+6	Quarter-Final	2A VS 3B	Ufa Arena
22	5:00 PM UTC+6	Relagation	4A VS 5B	Sports Palace
23	7:00 PM UTC+6	Quarter-Final	2B VS 3A	Ufa Arena
<b>Thursday, January 3, 2013</b>				
24	3:00 PM UTC+6	Semi-Final	1B VS 2A/3B	Ufa Arena
25	5:00 PM UTC+6	Relegation	4B VS 5A	Sports Palace
26	7:00 PM UTC+6	Semi-Final	1A VS 2B/3A	Ufa Arena
<b>Friday, January 4, 2013</b>				
27	3:00 PM UTC+6	Relegation	5B VS 5A	Sports Palace
28	7:00 PM UTC+6	Relegation	4A VS 4B	Sports Palace
29	7:00 PM UTC+6	5th Place		Ufa Arena
<b>Saturday, January 5, 2013</b>				
30	3:00 PM UTC+6	Bronze		Ufa Arena
31	7:00 PM UTC+6	Gold		Ufa Arena

Sports Palace - Located in Minsk, Belarus

Ufa Arena - Ufa, Russia

UTC+6 = + 13 Hours from MST



# Shared Respect

By: Michael White

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

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

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

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

Coaches should instill sportsmanship and fair play within their teams. They need to understand the importance of their role in the game. Players look up to their coaches. Coaches should have a positive demeanor towards their players, officials and other parties associated with the game. It's importance to avoid degrading or insulting with verbal

remarks during the heat of battle. Players often feed off the negative actions of their coaches.

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

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


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

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## Tucker Hockey Awards

*"Giving Back to the Calgary Hockey Community"*

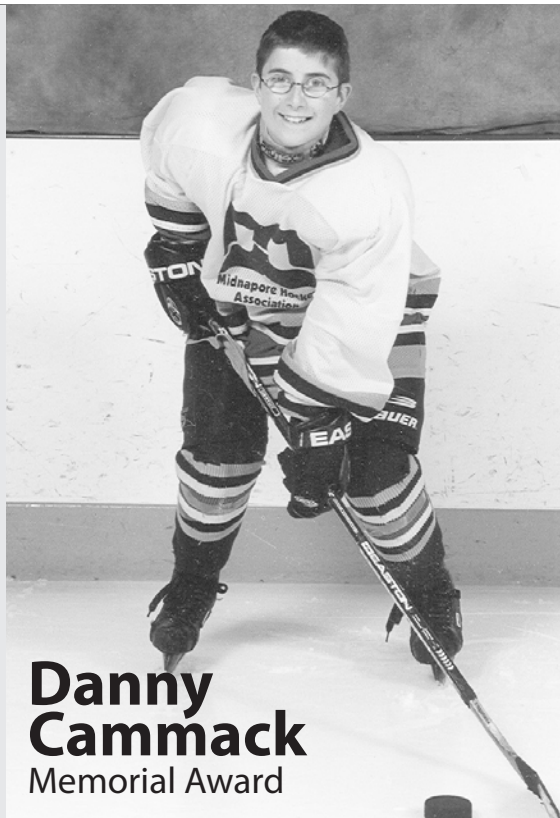
Since 2004, Tucker Hockey has offered over 60 free programs to various Minor and Adult Hockey Players. Giving back more than \$15,000.

### 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 2011 - Bruce Marsden JR

Winter 2012 - Kohen Morrison

Spring/Summer 2012 - Aidan Bain

Fall 2012 - Nathan Bore

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

### Why I Love Hockey!

I live hockey. It was my dream to be in the NHL, well it still is but I didn't get to join hockey till I was the age I am now, which is 13 but now that I'm in hockey I love it!

Stepping on to the freshly flooded ice for the first time in the whole year is one of the best feelings in the world.

Anyways now that I'm in hockey I'm loving it. There is some room for improvement but I am so excited for the upcoming year and looking forward to it.

By: Nathan Bore

## 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 award is named the "Brad Memorial". It is in memory of Bradley Mersereau, who was an avid participant in Tucker Hockey Adult Programs. Brad never represented himself as a great skater, or for that matter, a good hockey player. He just loved getting out and being active. He always found a healthy balance between family, work and the enjoyment of hockey. He was a "True Friend" and "Hockey Enthusiast".

#### Adult Recipients

Winter 2011 - Ken Berze

Spring/Summer 2011 - Mike McCarthy

Fall 2010 - Margo Demerse-Berg

Winter 2012 - Kim Faires

Spring/Summer 2012 - Dennis Melbourne

Fall 2012 - Francois Le Bel



# 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 it quietly and without fanfare."

**- Tom Renney, Associate Coach - Detroit Red Wings**

The One-on-One coaching from Rex Tucker my son received has helped his skating immensely. Rex worked on specific areas of need that helped take his game to the next level. More importantly his new abilities gave him confidence to take chances and push himself further.

**- Marie Lachance, 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**