



Volume 2 No. 2
2005
Spring/Summer

For the LOVE of the GAME!

Hockey 7 ones

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

Safe and Fun Hockey

By Rex Tucker

Recently, Cassie Campbell and Bobby Orr – two excellent spokespersons and ambassadors for Hockey Canada's Chevrolet Safe and Fun Hockey Program conducted their annual press conference.

This special hockey program, which is delivered across the country, promotes keeping fun in the game of hockey, developing hockey skills, and ensuring fair play and generosity among players and people involved in the game.

Most parents and coaches have their heads and hearts in the right place when involved in our great

game. However, there's always a few individuals, a few bad apples, who lose the proper perspective on the game and take the fun out of the sport. These individuals need a reality check once in a while – one might say a little attitude adjustment!.

*The following article entitled "Adults Ruining kids' Hockey" written by Bob MacDonald of the Toronto Sun on Thursday, January 20th, 2005 may help those who need a little education or attitude tune up. It's a very direct message to those adults who take the game too seriously, place too much pressure on their kid's shoulders, become overbearing and take the fun out of the game. **Please remember... relax its only a game!***

Adults Ruining Kids Hockey

**By Bob MacDonald, Toronto Sun
Thursday, January 20th, 2005
Reprinted with permission**

Memo to hockey parents: Drop your kids off at the rink and go do something on your own. Pick your budding Gretzky up later.

No. I'm not telling parents to shun their kids' games entirely. But I am saying that one of the greatest threats to the kids' enjoyment of the sport is the constant, critical pressure of having parents watching, cheering and even loudly moaning your every move.

Too often parents are such zealous supporters they become too wrapped up in the game.

It's a shock to hear what appears to be civilized, decent parents using gutter language to lash out at kids on opposing teams who are ten or 11 years old. Or giving the referees and opposing coaches even worse.

And when some actually attack officials and even some of the youngsters, it has to make a real hockey fan groan.

Too many seem to be living in a fantasy world when it comes to their children's hockey. Instead of treating it as fun, they project their own frustrations as players onto the hopeful careers of their children.

I've heard more than a few parents rinkside dis-

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can do until he tries"**

—Publilius Syrus

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miles must start with
a single step"**

—Lao Tzu

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

Minor Hockey Philosophy

"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 was important in the life of a child."

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Hockey Assistant Mark Bomersback
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Consultant Lyle Hanna
On-Ice Instructors Rex Tucker
..... Lyle Hanna
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Managing Editor Rex Tucker
Advertising Sales Karen Adler
..... Michael White
Contributing Writers Lyle Hanna
..... Bob MacDonald
..... Rex Tucker
Photographer Evelyn Sabraw

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Advertising Enquiries: Karen at
programs@tuckerhockey.com
Send ads with "Tucker Hockey Ad" in
subject line to nicole@ableprint.ca.

Mailing Address

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

Ph: 998-5035 Fax: 244.5037

E-mail: programs@tuckerhockey.com
www.tuckerhockey.com



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Rex Tucker

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Adults Ruining Kids Hockey (cont'd.)

cusssing the chances of their kids getting a hockey scholarship to a U.S. college or hoping to point their young star towards a fat NHL contract.

In fact, hockey has become so organized – spurred on my ambitious parents – that kids who can hardly walk find themselves on skates and engulfed in full equipment.

True, they are fun to watch – earnestly falling around the ice – often unable to make it from one end of the rink to the other. But too many kids find themselves thrust into organized hockey at such a young age that by the time they are 13 or 14, they are sick of the sport and drop out.

Too many early-morning games and heavy schedules. And too much being pounded into the boards or glass by overgrown defencemen whose main weapon is a cross-check and bash from behind.

Personally, I've enjoyed a lifelong love affair with hockey. And I credit much of it to the fact my parents hardly ever saw me play.

My dad saw me play one high school game, although I went on to play junior,

university and semi-pro. My mother never saw me play, although she proudly kept a scrapbook of my sports career.

It wasn't that they weren't interested. It was just that sports was something you did after you finished your studies or your chores.

But too many kids find themselves thrust into organized hockey at such a young age that by the time they are 13 or 14, they are sick of the sport and drop out.

And you made it to the games on your own, toting your gear in a canvas dufflebag.

in fact, some of my fondest memories as a kid were play-

ing shinny for endless hours on a frozen pond near our house.

I would stickhandle, try any kind of play, various types of shooting – including the now-neglected backhand – and work at skating backwards until it got dark and I was called to supper. I never played in a rink until I was ten.

Today kids are so regimented by organized hockey that they aren't even interested in shinny. For instance, this winter I've noticed two outdoor rinks often sitting empty with good sheets of ice and nets but rarely used for shinny.

So what do we do to save this great Canadian sport?

—continued on p. 10



Next Issue: Fall
Features:

- Letters/Winner Announcement
- People at the Rink: Hockey from a Referee's Perspective
- An Adjustment: From Junior A to Collegiate Hockey
- Coaching and Instructing Hockey – Different Roles
- Skating Foundation – Edge Control & Balance

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Spring/Summer 2005 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!



Hockey from a Skate Sharpening, Fitting and Repair Perspective

By Rex Tucker

Recently, I had a good long chat with Chris Andersen,

Hockey Department Manager and Rick Murphy, Senior Skate Tech of Professional Skate, Marda Loop Store, who are two of Calgary's finest at Skate sharpening, fitting and repair.

We talked about the Art and Science of the hockey skate profession. It was a very interesting and informative discussion for me. I learned quite a bit about the skate business. After reading this article based on our discussions, I hope you do too!

Here are some of Chris and Rick's thoughts and tips on the skate business.

First thought, no matter what type of skate you choose make sure they fit well and are laced properly. Secondly, its important to receive a good skate sharpening.

Buying and Fitting Skates

Rick emphasized "We always measure the player's foot first... shoe size is no indication of skate size... plus all manufacturers makes are different as well. More expensive skates do not mean a better fit. We heat the boot to soften the boot and punch out any individual pressure points. As a general rule, skates are one to one and a half sizes smaller than a player's shoe size but it's a personal preference. If the skate is too wide or too tight on the heel blisters may occur." Rick suggests "Come back to the store right away to correct the fit right away – not after too much damage to the foot has been done." When skating, if a player is not bending his or her knees enough and not leaning forward enough Chris recommends looking at placing lifts in a player's skates.

Lacing the Skates

Lacing a player's skates properly is essential to good performance. Unfortunately, many skaters or parents often over tighten the laces, this restricts proper foot mobility. Skate boots need to support the feet not act as casts and hinder good skating. Proper lacing will firmly support a player's feet while allowing the player to comfortably turn his or her ankles and boots inward and outward without restriction. Skates laced too tightly may cause lace bit and restrict a player's ability to

roll the ankles. If the laces are too tight at the top, bending the knees and ankles will be difficult. Also, circulation to the feet may be cut off, causing numbness and foot cramps. There is no need to wrap excessive long laces or wrap sock tape around the ankles, this inhibits agility needed for edging and ankle flexing. Avoid... avoid!

Rick says "It important to lock your heel in place in the boot... the tightest of laces are the top three eyelets... but it is a personal point of comfort." Some players do not lace up the top eyelets if the boot is too stiff.

"Skate boots need to support the feet, not act as casts and hinder good skating"

Skate Sharpening

To properly understand the art and science of skate sharpening, it important to take a closer look at the skate blade.

Each skate blade, from toe to the heel, is designed with two edges separated by a groove in between the edges. The function of the groove is to reveal the edges, enabling them to cut into the ice more effectively. This groove is called the hollow.

The skate can be sharpened so that the hollow is either shallow or deep, depending on the player's preference. In general, too much hollow for example makes it difficult for a player to produce a smooth and effective stop, because the edges can unexpectedly dig into the ice, causing a sudden fall. The skates feel too sharp!

Too little hollow makes it difficult to produce sharp turns and powerful pushes because the edges are not cutting the ice enough. Generally, children require sharp blades and a relatively deep hollow so that the edges will cut into the ice more easily, since there is little body weight to press down against the surface. To the opposite, heavier people and players with strong leg muscles can skate with a more shallow hollow.

The bottom of the hockey skate blades are curved in shape. This curved shape is called the radius. Chris mentioned "the radius is the amount of blade on the ice... rocking around the toes and heels reduce the amount of blade on the ice."

The standard contour is a nine to ten foot radius going up to a 13 foot radius on a blade. However, only 1" to 1 1/2" of the blade is on ice at any one time for the average player.

Sharpening, Fitting and Repair Perspective (cont'd.)

Chris mentioned "Mike Modano uses a 1 1/4" hollow with 6" of blade on the ice" He's a very rare exception indeed but he gets great skating results

The radius of the blade makes it possible for skaters to maneuver in tight curves and circles. If the skate sharpener is not careful, blades may become increasingly rockered (curved) with successive sharpening, leaving too little blade in contact with the ice. This may cause stability problems and restrict power and speed because so little blade engages the ice. For example, when doing a tight turn, a player with extremely rockered blades... well worn down blades... may find his or her boot rubbing against the ice and falling down may be a common practice! It's time to replace the old blades with new blades!

Goalie skates have a thicker blade and have a flatter hollow. Goalies wear blades that are almost straight ahead, backward, or sideways rather than perform weaving or circular maneuvers. Curved blades would hurt their ability to make skate saves. As well, goalies don't sharpen their skates as often as other players do.

When getting a pair of skates sharpened at Professional Skate, a player can choose from the sharpening depth comparisons range of 1/4" to 1 1/2" grinds.

The most sharp to the least sharp skate grinds range

from 1/4", to 3/8", to 1/2", to 5/8", to 3/4", to 7/8", to 1", to 1 1/4", to 1 1/2".

"The more popular grinds are the 3/8", 1/2" and 5/8" grinds. A 5/8" grind is not as deep as a 1/2" grind but the width of the hollow is greater" stated Rick. "With a deeper sharpening such as a 3/8" grind... the tendency is for the edges to wear down quicker" said Rick. "There's more life on a flatter hollow i.e. a 5/8" grind vs. a 3/8" grind."

"When we sharpen a pair of skates the first thing we do" said Chris, "is to do a cross grind to flatten the blade and get rid of any nicks etc, ...to clean the blade ...to take the hollow out ...we can tell if the last sharpening on the blades was good or bad !"

Rick mentioned "It's a personal preference on the degree of sharpening but leg strength, body weight and how soft the ice is will determine the level of sharpening. Blades should be sharpened when a player feels they are no longer cutting crisply into the ice. They should be sharpened by an expert. Excessive sharpening can shorten the life of the blades. Rick indicated "Most elite players in the minor hockey system sharpen their skates twice per week. Most players get a season or season and a half on a set of blades. On the average, most players sharpen their skates every three or four ice times... again personal preference rules"

—continued on p. 15



Rick Murphy

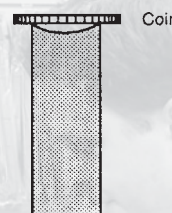
Anatomy of a Skate Blade

The skate blade is designed with two edges separated by a groove called the hollow. Too much hollow makes the edges dig into the ice unexpectedly – the skates feel "too sharp". Too little makes it difficult to produce sharp turns and powerful pushes because there is not enough bite into the ice.

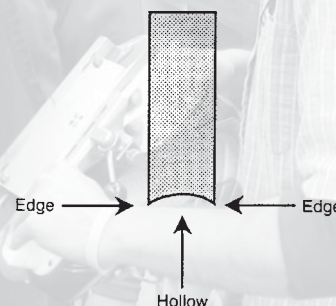
The bottom of each blade is curved. Rockering around the toes or heels of the skate reduce the amount of blade on the ice.



Hockey blade showing the rock



Blade cross section showing level, properly sharpened edges

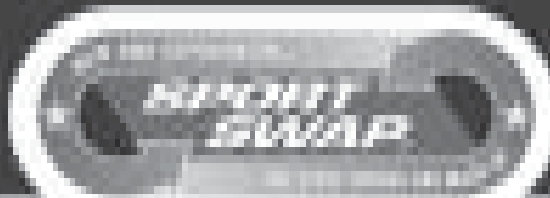


Cross section of the blade showing the edges and the hollow



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Proper Knee Bend

A shorter stick (definitely below the chin) forces a player to bend his/her knees more. All the greats have tremendous knee bend.

By Rex Tucker

When teaching power skating, I stress “first” the following two key components – keep your head up and bend your knees. Proper knee bend is a critical component of skating. All the great players have tremendous knee bend when they are skating. Proper knee bend results in knee over the ankle over the toe, forcing the butt to be lower to the ice. A prime example was Paul Coffey, one of the best skaters ever to lace up the blades! Many young minor hockey players, who are beginning to learn to skate, often try to skate like they walk with regards to how they bend their knees. This lack of proper knee bend results in a very short choppy stride. All strides should be long strides!

It’s of paramount importance for beginning hockey player to learn to skate properly. For aspiring “elite” hockey players, its equally important to hone one’s skating skills if he/she wishes to advance to the next level of play and excel. But simply putting in more ice time will not help if all that a player is doing is continuing with bad habits. What a player needs is a skating road map/direction to help him/her improve one step at a time towards the ultimate goal of becoming a better skater.

When a player has good knee bend – the basic components of forward skating i.e. stride, glide and recovery – are more technically sound. In order to maintain good speed and momentum, it is very important to keep the glide knee well bent throughout the stride. Good knee bend will also improve/tighten a player’s crossovers and turns enabling him/her to change direction on a dime.

When conducting power skating programs, I have consistently discovered that more than half the group skate with sticks too long. I firmly believe

the following:

A shorter stick (definitely below the chin) forces a player to bend his/her knees more... bend from the knees not the waist when skating. All great skaters have tremendous knee bend.

Several Summers ago, I observed Dave King teaching a group of PeeWee players at his Summit Hockey School. He was coaching the Columbus Blue Jackets at the time. (I always collect a couple new drills when watching one of Coach King’s practices) Coach King was stressing to the group about the importance of skating. Coach King emphasized to the players that all great skaters in the NHL have “tremendous knee bend”. Dave mentioned Geoff Sanderson has one of the best skaters on his team (Columbus Blue Jackets).

When I think about a few of the great skaters, who played in the NHL last season, Joe Sakic, Sergei Federov, Mike Modano, and Kris Draper come to mind. When watching elite players, make a mental note of the great knee bend in their stride – they are bending from the

knees not the waist. I will guarantee you... all of the best skaters have “tremendous knee bend”.

A really good skating drill to help hockey players especially young minor hockey players improve their balance, edge control and practice “good knee bend” is the soccer ball drill. Players learn to push a soccer ball around the ice with just their hockey gloves – no kicking the ball, no carrying the ball, and no body checking. If a player bends from the waist, he/she will not move well with the soccer ball and will probably suffer from a stiff back, will show very little knee bend and poor balance/edge control.

In order to perform the drill with effectiveness, it is important to keep the head up, keep the butt down, and really bend the knees. Players can perform this drill alone, in pairs or in groups i.e A vs B etc.

In conclusion, if a hockey player aspires to be a great skater he /she must have tremendous knee bend. Proper knee bend is a very important and critical component of skating.



Q: Do you know why the player illustrated to the left will never be a great Hockey Player?

A: If you answered “no knee bend” you scored a goal! Great job!

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 - drive skating
 - turn backs
 - delay to the boards, deceptive "tuck and go" move
 - "stop up" delay
 - Gretzky middle cut
- Breakaway shooting and/or deking strategies
- Demonstrating the Goalie's weakest areas

Individual Technical & Skill Development

- Receiving passes with a "firm" stick, and to avoid "cushion/cradle" of the pass
- Shooting in stride of either leg
- Shooting back against the "flow or the grain"
- One time shooting
- Deflections in front of net
- Deflections as player approaches the net
- Wrap around plays at the net
- Puck protection and longer puck possession

Team Scoring Tactics

- Cycling the puck back into the corner when under defensive pressure
- Various options available from Corner Cycling
- Setting a "pick and roll" play during the Corner Cycling
- Setting a "pick and roll" during the offensive neutral zone attacks
- Shorthanded goal scoring attacks and strategies
- Powerplay goal scoring attack and strategies
- End of the Game "Goaltender Pulled" scoring strategies

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- How to take the most advantage of offensive zone turnovers
- How to take the most advantage of neutral zone turnovers
- The optimum strategy for the wingers in transitioning from the defensive zone

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Safety Tips

Hey Coach! When's the last time you checked your ice?



By Lyle Hanna

We often talk about Safety in Minor Hockey in terms of fair play, sportsmanship, playing by the rules and other largely mental paradigms. Now, we want to get down to you, the minor hockey parent/coaches looking at your physical responsibilities of providing a safe environment in which to play. It is getting to look at problems “where the rubber meets the road.” To put that well-known metaphor into hockey talk, we start preventing problems “where the steel meets the ice.”

A good starting point is the steel (blade) itself. You and your fellow assistant coaches must develop an awareness of who on your team have not developed good habits of taking care of their skates. The proper drying and disinfecting the boot is one issue but neglecting nicks in the blade along with dull blades are two main things that can not only cause a bad fall but can hinder the young athlete from developing proper skating technique. (From previous articles, you may recall that “proper technique is key to proper development.”)

How do these nicks get there? You, coach, cannot do much about blade-on-blade contact with other players in the heat of play. The hyperactive milieu of competing for the puck is the joy of playing the game.

We, as coaches and parents, have to accept that with steel-on-steel contact, nicks on the blade edges are an occupational

turn and possibly falling clumsily into the boards with possible physical injury. So get rid of the nicks. Often a hand stone can smooth them out.

Using a hand stone: First, it should be an item in the pouch of every player's bag along with spare screws (helmets), screwdriver, tape, etc.

Secondly: Most nicks can be tended to by running the stone along the two sides of the blade where the nicks may have rolled some metal into a “lump”, i.e. a build up of excess metal created when metal is moved (creating the nick) and rolled to the edge of the nick (the void). This uneven edge (the buildup) is more dangerous than just having dull skates. With dull skates are noticed right away and the player corrects for it by shortening his stroke (pushing phase), thus decreasing his power, thus lessening his speed. A bad thing.

Nicks and subsequent humps of steel are sometimes in locations that are not immediately noticed when first stepping on the ice. That is why the surprise when losing an edge and greater effect if it causes an injury by falling into the boards or being in an awkward (unbalanced) position when colliding with another player.

Using the hand stone: Third, to stay off the flats of the blade (it's actually a groove). However, if there is a build up of rolled metal there, it's better to be removed (smoothed out) than to try to skate on it.

reality. Be aware, those nicks can cause a player to lose his edge as in a

After repair of the nick with the stone, the blade need a new sharpening to completely remove the nick. If so, get the skates sharpened.

Hey, Coach, what else can you do to help prevent nicks? Start by reminding your players to clean their blades and check for nicks. The young players need to develop their awareness for upkeep and care of their equipment.

Stop them from just throwing their skates into their equipment bag. Remember blade-on-blade contact creates these nicks.

Buy and use a pair of skate (blade) guards. Throwing the bag into the car, truck, or basement can cause nicks.

Very important: all coaches and parents need to teach and reinforce with these young athletes to:

- Look for and pick up any debris on the ice and remove it to the hand of a coach or trainer at their bench, for their proper disposal, which is not on the floor or bench of the player's box.
- In the box: note where the matting has worn away and cement and or nails are exposed. You likely cannot get the rink attendant to fix the situation immediately, everyone in the box tell everyone else about the danger to their skates. Note that nails begin to show as the thresholds to the various doors (players and penalty boxes) become worn.
- Between the dressing room and the ice, stay on the shape fully textured /rubberized walkways. Cement must not contact your blades. If you are visiting an old arena some where, and there is exposed cement in the walkways, wear your skate guards.

—continued on p. 17

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Too Much Hockey? (cont'd.)

Too much of a good thing? Training and playing can be over done. Today's kids are playing too many intense hockey games per season, often at the early age levels – tyke, novice and atom – the game is too structured. Some teams playing close to 100 games per year! When is too much hockey too much?

Relax, its only a game! Let's have fun and develop the fundamentals rather than worrying about winning and losing at this early child hood age.

Symptoms of over training/playing are lethargy in performance/interest (a player doesn't feel enthusiastic about going to the rink), stress type injuries (the child often feels tired, run down, frequent colds – fatigue can be mental as well as physical) and staleness in improvement (the desire on the ice has decreased and play seems to have leveled off).

Its important for any athlete to listen to his or her body to avoid over training and over playing. Equally it's important for each parent to listen to their child – everyone is different regarding their desire to play the game. Good luck with your hockey, have fun and enjoy the game! Because it's the greatest game on earth!

Food for Thought: If you place too much water on a plant, it will not grow and fully blossom. Too much of any thing can be bad – when is too much hockey too much? That is the question for each child and especially their parents to discuss together and answer throughout the calendar year.

Ruining Hockey (cont'd.)

First of all, encourage your kids with backyard or nearby park shinny rinks. Keep them out of organized hockey until they're eight or nine. And just let them have fun.

We should also all push hard to clean up what was once an artistic, fantastically fast sport noted for hard but clean bodychecking. The NHL and other leagues should restore and strictly enforce the rule that any check with the stick above the waist is high-sticking or cross-checking – a penalty.

As I write this, I'm looking at a phot in the Sun showing 17-year-old Sidney Crosby, a truly exciting and gifted player, getting slammed to the ice by a giant of a Quebec junior league defenceman using his stick and long arm. It's no bodycheck but it's apparently legal in today's hockey.

True, a star like Crosby is a marked man, but why allow his career to be cut short by this stuff? Hopefully, he'll survive and give us years of enjoyment.

Meanwhile, parents – start dropping the kids off at the rink – and head off to do something of your own. You also have a life to live – and not just through your kids.



When is Too Much Hockey Too Much?

Are kids playing too much Hockey?

The busy and sometimes hectic regular minor hockey season is over for another year. Should kids continue to play Spring and/or Summer Hockey as well? This question often generates discussion and many heated debates in today's Hockey circles.

By Rex Tucker

Are kids playing too much hockey? When is too much... too much? My opinion, it truly depends on the individual child.

The Pros play or train 11 months of the year – it's a year round commitment for the elite – it's their profession. Over the past decade the minor hockey system has evolved into a year round affair for many players and families as well.

According to an Alberta Hockey Now newspaper survey several years ago, 21 percent of players would never stop playing hockey and over 68 percent would be active in the Spring and Summer months – since there are approximately 12,000 Calgary minor hockey players, there appears an on-going demand for hockey development.

Personally, as a kid growing up in rural Newfoundland, I developed a true passion for the game, often skating and playing shinny on a near by pond from the early hours of the morning until it became too dark to see the puck – six or seven hours straight on many occasions! When growing up, I couldn't get enough of the sport to quench my thirst! Guess it's carried over to my adult hood life as well.

Last year I spent over 560 hours on the ice instructing various types of power skating and hockey skills development programs! I love the game and my childhood dream has always been to make a living in our great game. It's a lifestyle for Rex, the coach and businessman. I often say to kids, who I am

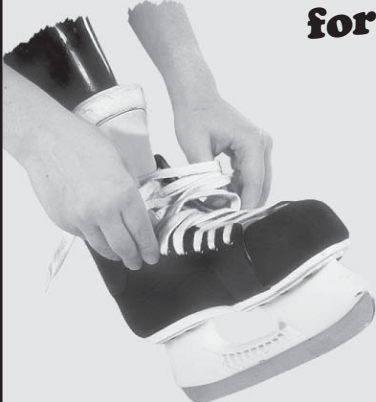
instructing on the ice, "one of my favorite places to hang out is the hockey rink. It's my sanctuary!" I truly enjoy teaching players of all ages five to 65+ who love the game and wish to improve their skating and hockey skills.

But this is not for everyone. One must be careful of burnout, others prefer a little more balance in their life... not Tucker!

Today's kids, especially those living in the larger centers, can find artificial ice to play on year round. Hockey schools and conditioning camps are numerous in August prior to September tryouts. The minor hockey season runs from September to March. Christmas, Easter, and Spring tournaments, three on three pond hockey leagues, numerous power skating and hockey skills development programs as well operate throughout the year.

Often parents are signing their kids up for various hockey programs and tournaments but the kids don't seem enthusiastic about participating – rather the kids should be dragging the parents to the local rink.

What is the Best Thing to Equip Your Child With for Hockey?



- a) \$500 Top of the line skates
- b) \$275 Graphite Stick
- c) Love of the Game

Today, some parents are living their hockey dreams through their children and invest too much emotionally into the sport. As well, parents often buy the best equipment for their ten year old child such as \$500 top of the line pair of skates and \$275 graphite sticks. Good equipment is a necessity but not the best equipment – rather the love of the game, a dedication to improve one's hockey skills and a certain amount of god given natural ability are the keys to excelling! When growing up, children should try other sports such as soccer, swimming etc to discover which sport one truly excels and enjoys best.



Summer 2005 Tucker Hockey

Adult Recreational Programs

Power Skating/Player Development

Focus on Technical Skills,
Skating, Passing, Puck Control
and Shooting

Monday, August 15th -

Friday August 19th

8:00 - 9:30 pm

Henry Viney Arena

\$225 new participants

\$199 past participants

Monday, August 22nd -

Friday, August 26th

8:30 - 10:00 pm

Henry Viney Arena

\$225 new participants

\$199 past participants

Monday, August 29th -

Friday, September 2nd

8:00 - 9:30 pm

Henry Viney Arena

\$225 new participants

\$199 past participants

Friday, September 23rd -

Sunday, September 25th

10:00 - 11:15 pm Father David

Bauer

\$129 new participants

\$99 past participants

Advanced Programs

Focus on
Technical Skills,
Individual Tactics -
Offensive &
Defensive,
Conditioning Drills,
Team Tactics -
Break-outs,
Regroups
and
Defensive Zone
Coverage

Join us

Fitness & Fun

Skill Development

Love of Hockey!

All Adult Program Prices Include

GST

Quality and Professional Instruction

Improvement in skating skills with
unique/innovative hockey specific skating drills

Positive/fun environment

Tucker Hockey Identity

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

Tucker World of Ice

The Spectrum of
in Tucker Hockey
and Hockey Skills
programs have
following categories

College

Junior

Midget A

Bantam A

Community - N

Initial

Adult Rec

Male &

Father

Mother &

Grandfather

Husband

Arena Locations

Crowchild Twin Arenas - 1

Father David Bauer - 2

Henry Viney Arena - 3

Mount Pleasant Arena - 4

Shouldice Arena - 1

Stew Hendry - 814

Stu Peppard Arena - 1

Southland Leisure Centre - 1

Westside Arena - 17th A

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Summer 2005

Tucker Hockey Minor Schedules

Super Power Skating Programs

Hockey Instruction

past participants
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AA & AA
AA & AA
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reational
Female
& Son
Daughter
& Grandson
& Wife

Locations

85 Scenic Acres Drive NW
424 University Drive NW
814 - 13th Avenue NE
610 - 23rd Avenue NW
515 Home Road NW
- 13th Avenue NE
5300 19th Street SW
2000 Southland Drive SW
venue & 69th Street SW

iring

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ockey resume to
kerhockey.com

Elite Skaters (Div 2 or higher)

Group 1: Ages 7 - 10

Tuesday, August 2nd to
Friday, August 5th (inclusive)
9:15 - 10:15 am at Southland Leisure Centre
\$139 (includes GST)

Group 2: Ages 7 - 10

Tuesday, August 2nd to
Friday, August 5th (inclusive)
11:00 am - noon at Southland Leisure Centre
\$139 (includes GST)

Group 3: Ages 11 - 13+

Tuesday, August 2nd to
Friday, August 5th (inclusive)
1:15 - 2:15 pm at Southland Leisure Centre
\$139 (includes GST)

Group 4: Ages 11 - 13+

Tuesday, August 2nd to
Friday, August 5th (inclusive)
2:30 - 3:30 pm at Southland Leisure Centre
\$139 (includes GST)

Minor Super Power Skating Programs

Price includes Practice Jersey,
Certificate of Achievement
and Ice Time with
Two Professional Instructors

Open (All Levels Welcome)

Group 5: Ages 7 - 10

Monday, August 15th
to Friday, August 19th (inclusive)
5:00 - 6:15 pm at Henry Viney Arena
\$199 (includes GST)

Group 6: Ages 9 - 13

Monday, August 15th
to Friday, August 19th (inclusive)
6:30 - 7:45 pm at Henry Viney Arena
\$199 (includes GST)

Group 7: Ages 7 - 10

Monday August 22nd to
Friday, August 26th (inclusive)
5:30 - 6:45 pm at Henry Viney Arena
\$199 (includes GST)

Group 8: Ages 9 - 13

Monday August 22nd to
Friday, August 26th (inclusive)
7:00 - 8:15 pm at Henry Viney Arena
\$199 (includes GST)

Group 9: Ages 7 - 10

Monday, August 29th to
Friday, September 2nd (inclusive)
5:00 - 6:15 pm at Henry Viney Arena
\$199 (includes GST)

Group 10: Ages 9 - 13+

Monday, August 29th to
Friday, September 2nd (inclusive)
6:30 - 7:45 pm at Henry Viney Arena
\$199 (includes GST)

Group 11: Ages 7 - 10

Tuesday, August 30th to
Friday, September 2nd (inclusive)
4:15 - 5:30 pm at South Fish Creek
\$169 (includes GST)

Coach Lyle's Tip Sheet

- Skill:** Two Foot Alternating Stride/Glide
- Stance:** Feet: Parallel, Hip Width Apart (or less)
Knees: Bent — "Sit Position"
Back: No Lean — Straight up — 90 degrees to the ice
Stick: One Hand; in front — point forward on the ice
Arm (stick): Upper arm parallel to body, close, elbow bent
Arm (non stick): Upper — close and parallel to the body
Lower arm and glove — slightly across mid body
Head: In normal position — no tilt forward or back
maximize spinal column
Shoulders & Hips: Square to the front
- Stance:** Attaining and maintaining upper body Posture is of prime importance
Balance: Equal on both feet
Do not put pressure to toe or heel yet
"Sit high in the Saddle "
- First Stride:** Using legs only, point toe of one foot towards other toe, nearly 90 degree
Keep most weight on other foot to do this
Other foot: Blade flat, straight forward — back
Keep upper body stance (erect)
At moment of push off with toed in skate
Swift most weight to pushing / striding foot (un-weight glide foot)
Deliver the push power from your upper leg, through the knee as it straightens,
Through the ball of the foot to the forward part of the skate blade's inside edge
The other foot will glide back — straight line
As the push foot gets to top of arc (knee extended)
Un-weight the push foot and bring it back under your body to parallel with glide skate
All weight now on glide skate so it becomes the next stride/pushing skate, so push out
With the ball of that foot and repeat above
All this time the upper body posture must not change, wiggle, bob or lean. Sit erect
The change in your centre of gravity will do wonders!

Unleashing Athletic Potential



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or visit us at
www.balanceinmotion.ca**

Sharpening, Fitting and Repair (cont'd.)

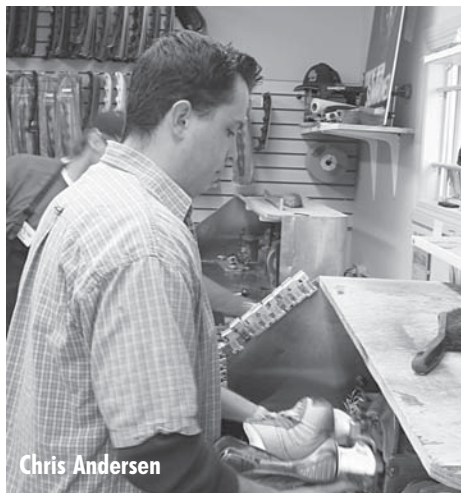
I asked Chris about his views on T-blades. I first saw them in 1997 while teaching power skating in the Czech Republic. Chris indicated the blades are more consistent than the normal blades... the radius and hollow are the same... you can switch blades during a game... they cost app. \$20 and you can get may be 16 to 20 skates per blade so it works out to be about the same as the regular skate sharpening costs". Again, it's personal preference.

As well, I asked Chris about whether its wise to use the automated skate sharpening machines in some of the arenas. He indicated the sharpening is only as good as the regular maintenance on the machine" ...good food for thought.

Chris indicated that it takes approximately three minutes to sharpen a pair of skates and that the Marda Loop store sharpens roughly 15,000 pairs per year! Saturdays are the busiest days during the hockey season with approximately 200 sharpenings per day.

How to Test the Sharpening

Properly sharpened blades have edges which are level with each other. A player or parent can test the accuracy of the sharpening by placing a coin i.e. dime etc. horizontally on each upturned blade. If the coin leans to either side, the skates should be taken back for re-sharpening, if one edge is higher than the other, your skating will be impaired. A professional skate sharpener will run a honing stone along the sides of the finished blades to ensure smooth finished edges.



Chris Andersen

Rick's most amusing story related to a skate sharpening request several year's ago when a Czech hockey player who was playing in the Mac's midget tournament wanted the "best" bad sharpening possible. He requested extremely sharp inside edges but very dull outside edges.

With customer service and satisfaction in mind, Rick did not disappoint and the young Midget player left the store with his request fulfilled but leaving Rick shaking his head! From a power skating perspective, I would have loved to see this guy skating in a game and see the end results!

Over the course of a season or seasons, a player or parent may wish to experiment with various degrees of sharpening to get the right feel on the ice!

Hockey Skate Trends

Recent trends in the skate industry are light weight skates such as the Bauer Vapor 30's and the shoe companies such as Nike and Reebok getting into the skate manufacturing business. Reebok just recently purchased The Hockey Company which manufactures CCM, Jofa and Koho hockey equipment.

Editor's Note: If you wish to have a professional and expert skate sharpening, skate fitting or skate repair, check out Chris Andersen, 10+ years experience, Rick Murphy, 15+ years experience and any other of the expert staff at Professional Skate in Marda Loop – you will not be disappointed.

Since the most important piece of hockey equipment is your skates make sure they are 'right for you'. It will improve your performance on the ice if you have the right fit and sharpening suited for you!

Voice

"We want to hear your voice!"

Articles from contributing writers are welcomed in future issues of Hockey Zones.

Suggestions for future hockey articles are welcomed as well.

Share your thoughts
Share your opinions

**TELL US WHAT
YOU THINK!**

programs@tuckerhockey.com

A Coaching Creed

Be a resource person able to assist the athlete to develop his/her athletic potential and self-dependency.

Recognize individual differences in athletes and always think of the athlete's long term best interests.

Aim for excellence based on realistic goals and the athlete's growth and development.

Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents and proper attitudes in language, dress and deportment.

Make sport challenging and fun.

Skills and techniques need not be learned painfully

Be honest and consistent with athletes. They appreciate knowing where they stand.

Be prepared to interact with the media, league officials and parents. They too have important roles to play in sport.

Coaching involves training by responsible people who are flexible and willing to continually learn and develop.

Physical fitness should be a lifelong goal for all Canadians. Encourage athletes to be fit all year, every year and not just for the season.

Source: Hockey Canada

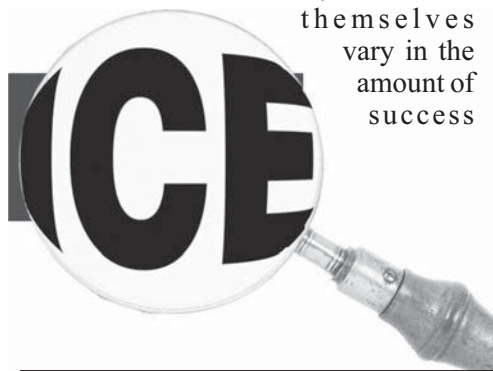
Check Your Ice (cont'd.)

The ice – coaches: You have probably noticed that:

- Most rink attendants take pride in the quality of their ice:
- Some rinks create a real challenge for good ice, e.g. where figure skates are on just before the hockey players. Large chunks of ice gouged out as well as deep grooves, make a smooth flood improbable in the time allotted between the user slots. However, before the games, the players can draw the real bad craters to the coach's attention to have the rink attendant make a hurried patch. Also, some referees have become quite good at this patching.

Before the start of practice: All coaches need to set up a routine to check the 85' by 200' surface for hazards. One immediate example is bumpy ice caused by poor cleaning of snow (a zamboni operation problem) before the water goes on. These bumps can and must be removed by coaches and players by using broad side of their skate blade to scrape the ice flat much like a goalie cleans his crease. The shattered bumps removed do not create a hazard.

Let me share a pet peeve of mine about where to look for ice problems. As mentioned earlier, the rinks themselves vary in the amount of success



the various rink attendants have in providing great ice. The area that I notice is a monster challenge in some arenas is at the door where the zamboni travels in and out. In a few arenas, this is not only the worst of hazards but is best described as “plain ugly” and surely the bane of the rink attendant's drive for perfect ice and for safe ice and possibly why some have grey hair (maturely of course).

Safety Tips for Minor Coaches

- You have two assistant coaches: make their first priority to manage the player's bench doors during games and practices. Practices require all doors to the ice surface be closed properly. Open doors are an invitation to very severe injury.
- Be aware any dangers pertaining to on ice or around the arena that the rink attendant must be made aware.
- Ensure players stay away from the area behind the nets when conducting shooting drills etc on net. A flying puck to the head is very dangerous and can be avoided with a little heads up on the ice!
- A coach has to be designated to check players for mouth guards and neck guards before going on the ice for practice or a game including helmets done up during warm ups as well!
- Arenas by law are now a smokeless building and grounds. Smokeless also means smokeless tobacco. Known as “chaw”, it's a major source of gum disease, tooth decay and loss of girl friends !

Play to have fun, play to win – but most importantly – play safe!

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

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

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

Growing Up

For every hill I have
had to climb
For every stone that
bruised my feet
For all the blood and
sweat and grime
My heart sings but
a grateful song
These were the things
that made me strong

For all the heartaches
and the tears
For all the anguish
and all the pain
For gloomy days
and fruitless years
And for the hopes
that lived in vain
I do give thanks for
now I know
These were the things
that helped me grow

-Author Unknown

FEEDBACK

Tucker Hockey welcomes your comments on any articles published in *Hockey Zones*: send your email to programs@tuckerhockey.com.

The most interesting and noteworthy letters will be considered for “Letter of the Month” and will be published in the next issue of *Hockey Zones* and will receive a Tucker Hockey prize.

Yearly SUBSCRIPTION:
\$10
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A Rising Star in Profile

Shane Doherty
Forward

Editor's Note: Over the past couple hockey seasons, I have enjoyed instructing Shane during Tucker Hockey minor power skating programs and extra 1 on 1 coaching sessions in the early mornings.

Shane is probably the most coachable young player I have instructed to date. He is keen to learn and truly loves the game of hockey. Recently, we talked a little hockey together with his Mom, Gabriele.

Shane, why do you like playing hockey?

It's fun... I like to score goals, the speed of skating... being on a team and playing with the other kids!

Shane, what has been your favorite hockey moment?

This Spring I played in the Lake Bonavista tournament with Shaw Meadows against Midnapore. The game was tied, so we had a shootout to decide a winner. After 15 shooters the score was still three to three. When it was my turn to shoot I scored to win the game four to three.

Gabriele, what do you enjoy from watching Shane play hockey?

The good spirit of hockey – win or lose. The speed of the game... the anticipation... it makes you proud to see your son play and do well!

Gabriele, what makes hockey such a special game?

It helps develop confidence in a child. They make new friends, meet different types of people – there's highs and lows. It's a learning process... life skills learned... discipline required to balance school and sports – however, school always comes first and Shane is well aware hockey is secondary!

Gabriele, when did Shane start playing hockey?

At the age of four

Gabriele, did you influence Shane

with his choice to play hockey?

No, not really. Shane took some skating lessons at an early age. After one of his sessions, he saw some older boys playing hockey, and he said "Mom, I want to play hockey and carry my own hockey bag too!"

Shane, what are your hobbies?

Downhill skiing, biking, game boy, play station, lacrosse, soccer, basketball and swimming.

(Note: Shane broke the local school record for Grades 4, 5 and 6 for mile runs in 6:56 minutes this year! Way to go Shane!)

Shane, what is your favorite NHL team?

Calgary Flames

Shane, who are your biggest supporters?

My Dad and Mom

Shane, why participate in Tucker Hockey power skating programs?

To get better, develop my skating, shooting and hockey skills and to have fun! I enjoy the tennis ball shootout a lot!

What do you like about skating ?

The speed ...going zoom, zoom! (said with a smile !)

Shane, any special hockey tournaments planned for Spring/Summer 2005?

No. I plan to play lacrosse and do some swimming instead.

Final Comments from the Doherty's:

Gabriele, when is too much hockey too much?

Shane always asks to play, he always wants to go to the rink – even at 6 am in the morning. Once its not fun, we will try something else.

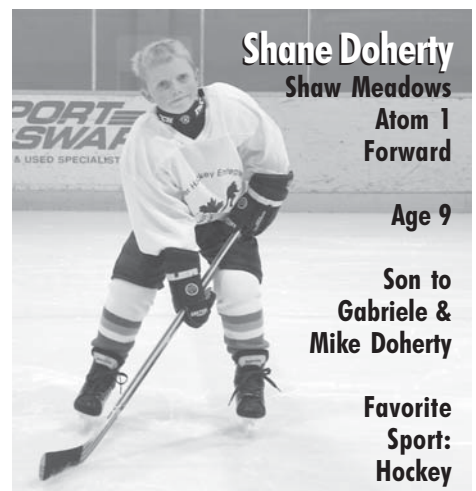
Shane, who is your favorite hockey player?

I like Jarome Iginla... Wayne Gretzky... Mario Lemieux... Bobby Orr too!

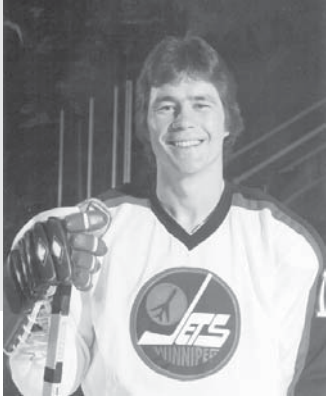
What are your future hockey plans?

To play in the WHL and the NHL

Editors' Note: Shane is a passionate young hockey player but his family realizes the importance of first doing well in school and playing other sports besides hockey. Shane, you have a great love for the game of hockey – it will help you go far! Good luck with your hockey and keep having fun!



Dave Curial
263-8007 work
620-1345 cell



Receiving Passes Is "Cushioning/Cupping" the Best Way to Receive a Pass?

By former NHL & WHA Goal Scorer Morris Lukowich (Luke)

The ABC's of Maximum Goal Scoring System is designed in three different stages:

- Basic Beginners skills and strategies
- Intermediate skills and strategies
- Advanced or Pro skills and strategies

This article is focused on the Basic Beginners skill of receiving a pass, yet it is a very important skill to understand, practice and master so that the player's Maximum goal scoring potential is realized.

For years in hockey schools and on hockey rinks coaches have been coaching and players have been learning that when you receive the pass that the player should "cushion and cup the pass". For example, if a player is receiving a pass with his forehand, that the player is to move his stick blade back and downward as the puck approaches so that there is some "give" in receiving the pass, thus a "cushioning" and "cupping" effect. Players are also coached that there should be no "noise" made when the puck hits the blade.

For years I coached the same "cushioning the pass" philosophy in my own hockey schools. In 1986 I was playing my 10th year of professional hockey with the Los Angeles Kings. At one of our morning practices, my eyes were opened to a new possibility of "how to receive a pass" when a somewhat cocky rookie by the name of Luc Robitaille. Robitaille demonstrated to me that perhaps there was a more effective way of receiving a pass. (Note: Robitaille who holds the NHL record for goals by a left wing (653), and most points in one season at left wing (125) demonstrated to me

that perhaps there was a more effective way of receiving a pass.)

The night before, we had lost a close game to the Calgary Flames. In the third period, I had a glorious opportunity to go in on a breakaway and score to give us the lead. I am a left handed shot and Jimmy Carson gave me a pass from my right side. All I had to do was "catch" the pass, go in all alone and bury it for a goal. These were all great plans except for the fact that when I went to "cushion" the pass, the puck flipped over my stick, got a few feet away from me and the opening disappeared as I fumbled with the puck.

It was the next day that Luc Robitaille showed me a different way to do it and I believe a better way of receiving a pass while playing hockey.

He showed me that the following:

- Keep the blade perpendicular to the ice, not with the receiving face of the blade cupped downward.
- Simply be firm with your grip and avoid moving the blade as the puck approaches.

Quite amazingly the puck hits the blade and stays there. The puck and the blade make a noise when this happens, but who cares, if it works! As we practiced both ways of receiving the pass I started to notice how the puck will spin away or flip over my stick as I "cushioned/cupped" the pass and how the puck stopped and stayed on my stick when I was firm with grip and did not move my blade.

As we went into the discussion further, I could see how "cushioning" the pass

would sometimes take the puck out of the shooting or passing area. When I stopped the puck firmly, the puck was in a good position to either pass it or shoot it immediately.

Also, another observation that proves this out is that often in the NHL you will see a player receive a hard pass, and the player has to reach for it with only one hand on his stick. Most of the time the puck hits the stick and stops right there. Did the player "cushion" the puck when he is using only one hand – no way.

Really, the only time a player needs to "cushion" the puck is when a DMan is receiving the pass and a forward is right on him. He may choose to "cushion" the pass in order to create some gap/space between the puck and the fore checking player.

I can still remember that morning practice with Luc Robitaille, that I was learning something from a rookie, yet it sure made "practical sense" when we were finished working on it.

Since that day, when I coach passing and receiving a pass, I coach players to receive the puck with a firm grip, blade perpendicular to the ice and no "cushioning/cupping" of the puck. And, I love to hear the puck hitting the blade and stopping right there.



Luke's Bio

Morris Lukowich (Luke) is a former NHL & WHA Goal Scorer who played with the Houston Aeros, Winnipeg Jets, Boston Bruins and L.A. Kings. Luke scored more than 300 Goals during 11 years in the National Hockey League and World Hockey Association between 1976 and 1987. Morris (Luke) currently coaches the "Maximum Goal Scoring System". If you have suggestions or comments you can reach him at 660-3006 or luke212@shaw.ca.

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with camp footage and professional
remarks and skills analysis classes
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improving athletic prowess ever invented.*

Summer Program

Group 1: Ages 13 - 14

Monday, August 8th to Friday, August 12th (inclusive)
11:30 am - 1:00 pm – Crowchild Twin Arenas

Group 2: Ages 15+

Monday, August 8th to Friday, August 12th (inclusive)
1:30 - 3:00 pm – Crowchild Twin Arenas

Group 3: Ages 13 - 14

Monday, August 15th to Friday, August 19th (inclusive)
11:30 am - 1:00 pm – Crowchild Twin Arenas

Group 4: Ages 15+

Monday, August 15th to Friday, August 19th (inclusive)
1:30 - 3:00 pm – Crowchild Twin Arenas

Program price \$199 (includes GST)

Register online at www.tuckerhockey.com or call 998-5035

HOCKEY

CROSSWORD

Test your Hockey Knowledge

Down

1. Curve on bottom of skate
2. Fill your water bottle to avoid _____
3. Why are figure skaters better backward skaters than hockey players?
4. Foundation of Skating _____ & 15. _____
5. For a tighter fit, use _____ laces
6. Where the puck drops
7. Definition of Speed: _____ X 13. _____
8. Groove in skate blade
9. The foundation of hockey
11. Most important for hockey is a _____ of the game

12. Calgary's Premier Hockey Newsletter:

Hockey _____

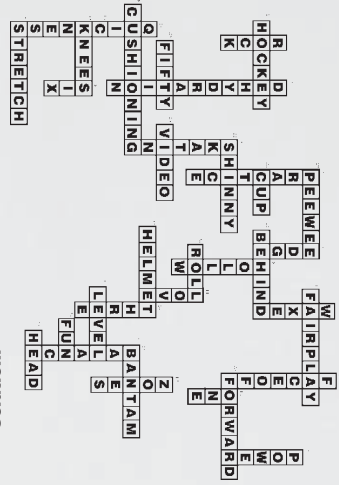
14. Size of a puck _____ inches by 10. _____

16. Weight of a puck _____ oz

Across

17. Checking starts at this level
18. Good Sportsmanship
19. Best sport in the world
21. Never check from _____
22. Informal unorganized hockey game
23. Most significant part of skating is the _____ stride
24. Proper stick handling: _____ the wrists and _____ the puck
25. How many hockey arenas are there in Calgary?
26. Do this to watch yourself play
27. Everyone on the ice should wear one of these
28. Traditional way taught to catch a pass (note: not the best way)
29. Quadrant Hockey starts at this level
30. Backwards Skating: Make this letter on the Ice
31. Properly sharpened blades have edges that are _____ with each other
32. Two most important things to do when you skate: _____ bend your _____ and keep your 34. _____ up.
33. Always play Safe and _____ Hockey
35. Do this to avoid injury

Solution:



Call for Applications

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

To enter, show us your passion! Write a 100-200 word essay on why you love playing the game of hockey. Send your submission along with your name and phone number to programs@tuckerhockey.com. The winning entry will receive a scholarship to The Tucker Summer Super Power Skating Program.

Good luck!

Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Winter 2005 Alexander Bearinger

Spring 2005 Darren Martin

Summer 2005 Carson Elliott

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

Why I love Hockey

My Name is Darren Martin I am 11 years old and will be playing my first year of PeeWee in September. Hockey is the greatest sport. Hockey teaches you leadership skills as well as working as a team. I have made a lot of friends from teams and development programs I have been on. Hockey is a lot of work and you have to be dedicated to improving yourself. I have been very lucky on the Coaches I have had. They are very knowledgeable about Hockey and help you improve your skills. Out of town tournaments are the best.

-Darren Martin, Age 11

Hockey - What it Means to me

In hockey, it's not who is better, it's about having fun. I have learned a lot from my coaches and from Tucker Hockey. I liked learning cross-overs. The games are fun. I skated my hardest, and I learned new things. I learned to skate faster by the moment. It helped me out, and hockey is my favourite sport. Hockey and power skating makes you strong. It teaches you shooting, passing, skating cross-overs, skating backwards and digging out the puck. So, Rex Tucker rocks! You taught me a lot. Even though I'm not the best in the world, I feel like it. I love hockey. It's fun, you meet new friends and you play hockey games. That's why it is awesome. That's what makes it a Canadian Sport. That's what makes it the greatest sport in the world.

-Carson Elliott, Age 7

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Award Recipients

Winter 2004 – Jeff Okamura
Spring 2004 – Wilfred Budduke
Summer 2004 – Ronald Wong
Fall 2004 – Homer Two Young Men
Winter 2005 – Angelito Ponce
Spring 2005 – Roger McIntosh
Summer 2005 – Neil Fleming

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