

# Hockey Zones

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



## Quality Instruction Never Take Quality for Granted

Editor's Note: During the hockey year, there are many hockey schools and programs, which teach, power skating and hockey skills development. However, the quality of the instruction varies greatly depending on which program is chosen.

In the Winter 2005 issue of Hockey Zones, Coach Rex's corner discussed the art and science of coaching. This past article can be found on our Web-site [www.tuckerhockey.com](http://www.tuckerhockey.com). It identified 33 qualities, which are required to pursue coaching excellence. For this edition of Coach Rex's corner, the emphasis is on hockey instruction. Hockey instruction is the art and science of teaching hockey skills—technical and tactical. It is a “specialized component” within the coaching profession.

Tucker Hockey has identified 16 components to ensure Quality hockey instruction.

**Preparation** – Being prepared prior to going on the ice ensures a professional looking program. The instructor is relaxed and confident because he or she is knowledgeable of the curriculum, the drill selection, teaching points, proper demonstrations/explanations practice set-

up and can visualize how things will operate on the ice. Being properly prepared ensures the practice session runs smoothly and most of all the players benefit.

**Appearance** – Wearing a good tracksuit reflects a professional image. As well, when on the ice all Tucker Hockey instructors wear hockey helmets. We believe helmets should be mandatory for all on – ice instructors across Canada. Safety first!

**Convey Objectives and Theme of Program** – At the start of the program, convey to participants the curriculum, and what they should expect to get out of the program. I have experienced in the past kids showing up for a power skating program expecting to do shooting drills! Know what the program is about first before signing up, otherwise it may lead to disappointment.

**Positive Energy/Enthusiasm** – A positive attitude is contagious. It's important to create a positive learning environment. It's important to show you love being on the ice and teaching hockey skills. Players feed off your positive/upbeat energy. I often tell participants that I am on the ice over 500 times per year – I love being on the ice. It is where I like to hang out!

cont. p. 3

### What's Inside:

Player Evaluations .....	4 & 5
View from the Press Box .....	6
Key Components of Foot Speed .....	7
Our Preoccupation with Winning .....	16
The Merits of 1 on 1 Coaching .....	17
One or Two Hands on the Stick .....	24
Upcoming Tucker Hockey Programs .....	19-23

## Look Inside for More Great Sports Tips


**“Quality is never an accident;  
it is always the result of high intention,  
sincere effort, intelligent direction and  
skillful execution; it represents the wise  
choice of many alternatives.”**

**–William Foster**

# Tucker Hockey

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

Contact  
**Tucker Hockey**  
**998-5035**  
or online  
[www.tuckerhockey.com](http://www.tuckerhockey.com)

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

## Adult Hockey Philosophy

*"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 made a difference in the life of a child."*

Exceptional  
Hockey Value

**GUARANTEED**  
to Improve  
Your Skating!

## Rex Tucker Director, B. Comm

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

## Types of Programs Offered

- 1 Session per week for 10 weeks or
- 2 Sessions per week for 5 weeks or
- 5 Sessions in a week

## Customized Group Programs

**Tucker Hockey will**  
find the ice, set up the curriculum and  
provide professional instruction

Programs  
which deliver  
**RESULTS!**

**Weekdays**  
**before 4:00 pm**  
**ONLY \$249 per player**  
**includes 10 on-ice sessions**  
(based on 10 players)

**Customized Curriculum**  
Power Skating, Hockey Skills,  
Conditioning or Combo Programs

**Weekdays after 4:00 pm**  
**& Weekends**  
**ONLY \$299 per player**  
**includes 10 on-ice sessions**  
(based on 10 players)

Note: All programs subject to ice and staff availability; prices based on 10 to 1 player to instructor ratio

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

## **Tucker Hockey Enterprises Ltd.**

Director: ..... Rex Tucker  
Executive Assistant ..... Karen Adler  
Hockey Assistant (Summer) ..... Frank Portman  
Hockey Assistant (Summer) ..... Mark Bomersback  
Hockey Consultant ..... Lyle Hanna  
Business Consultant ..... Ern Rideout

### **On-Ice Instructors Head Instructors**

..... Rex Tucker  
..... David Mahoney  
..... Lyle Hanna  
..... Morris Lukowich  
(Maximum Scoring Edge Program)

### **Assistant Instructors**

Mark Bomersback ..... Ern Rideout  
Frank Portman ..... Paul Cammack  
Todd Kurio ..... Derek Howat  
Chimo Pederson ..... Michael Painchud  
Chadd Radke ..... Thomas Walker  
Geoff Lambert ..... Jessica McIntosh  
Randy Allan ..... Matt Chorney

## **Hockey Zones Newsletter**

Managing Editor ..... Rex Tucker  
Advertising Sales ..... Karen Adler  
Contributing Writers ..... Lyle Hanna  
..... Morris Lukowich  
..... Martin N. Walker  
..... Rex Tucker  
..... Michael White  
..... Roy Russell

### **Ad Rates**

One Page ..... \$299  
Half Page ..... \$179  
Quarter Page Ad ..... \$129  
Business Card Ad ..... \$79  
One Page Ad + One Page Advertorial . \$499  
Half page Ad + Half Page Advertorial . \$299

*\*Rates do not include GST.*

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



1994-2006 Celebrating  
Twelve Great Years!

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

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

Issues: Fall, Winter,  
Spring/Summer

**Publisher**  
Nicole Hankel

**Editor**  
Rex Tucker

**Production**  
Nicole Hankel  
Alanna Dunwald

**Printing**  
Able Printing

**271-4101**

## **Quality Instruction (cont'd. from cover)**

**Volume and Tone of Voice** – Too often I have witnessed instructors continuously shouting at players. After a while it gets stale, and players tune out the instructors. It's important to give players positive reinforcement and encouragement without intimidating them (especially younger kids) and negatively affecting their self esteem. Too much shouting at players and not talking too them creates a very negative learning environment. We want to be heard but not to be annoying.

**Read and Adjust to Audience** – The skill level of the players will affect your curriculum. An instructor needs to provide drills which stretch the players but do not frustrate them – due to lack of success - but neither bores them – due to the drill being too easy / not challenging enough. It's an Art. It's important to teach hockey skills and correct errors but equally important to keep players moving – to give them enough quality repetitions of the drills especially, if there are 20 or more players on the ice. If an instructor is trying to teach tactical skills and the core of the group do not have sufficient technical skills, the drills will be executed poorly and both instructors and players will be frustrated with the results or lack of results. Age will also play a part. If the players are really young such as tyke or novice it is important to incorporate a good mix of fun drills/games with skill

development. As well, if players are AA/ AAA calibre, its important to teach skill development but also to challenge the players... push them with advanced drills with a high intensity component. As well, no matter what the age or skill level sometimes players are tired / low energy levels so an instructor may have to tone down the practice session.

**On-Ice Demonstrations** – A picture is worth a thousand words. When an instructor, properly demonstrates a drill such as a skating skill, a player sees first hand the right way to do the skill and can than duplicate what has been shown. For teaching technical skills especially skating skills, on-ice demonstrations are the best and most effective way to provide instruction.

**Convey Proper Teaching Points** – When demonstrating a drill, it's important to identify the key teaching points but not overload the players with too much information. Cover the essential teaching points, build on and expand on depending on the abilities of the players.

**Provides Positive Feedback/ Correction of Errors** – Players like to receive praise and positive reinforcement. It's important to give players good encouragement and correct their mistakes. When a player performs the drill or skill incorrectly, the instructor

*—continued on p. 13*



**Next Issue:**  
Fall 2006

### **Features**

- Letters to the Editor/ Prize Winner Announcement
- People at the Rink – Hockey from a Retail Owner's Perspective
- Cops for Kids
- The Growth of Girls Hockey
- Insights into Off-ice Training

## *Welcome to Hockey Zones*

The official newsletter of Tucker Hockey. The Spring/Summer 2006 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)–





# Coach Rex's Corner

## Player Evaluations

By Rex Tucker

Another exciting minor hockey season will begin in just a couple months; meanwhile, throughout the Summer months, parents will enroll their children in various hockey schools, power skating programs, and conditioning camps to help improve their hockey skills and, ultimately, to improve their chances come tryout season. During the month of September, player evaluations will be a popular and often controversial topic of discussion at the many local hockey rinks throughout the City.

Based on my own personal experiences of coaching within the Calgary Minor Hockey system, being involved with Hockey Alberta's under-16 program as an evaluator and coach, training with elite hockey players from Junior A to Pro level, conducting player evaluations and scouting for the Canmore (formerly Bow Valley) Eagles and for the Langley Thunder at Junior A tier II level, and preparing evaluation report cards on minor hockey players at Canadian Hockey Camp-Europe in the Czech Republic for several Summers, I offer the following viewpoint on the "controversial" topic of player evaluations.

When evaluating or scouting players, hockey personnel look for a variety of skills and personal traits. Every

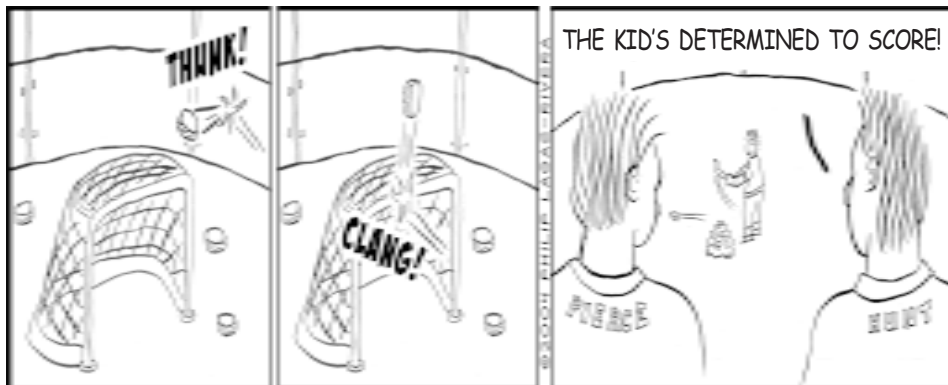
evaluator may not be on the same page with regards to the top criteria used to assess an individual player's skills or future potential, but a player "must stand out", "excel in a certain area of the game", or showcase a "special skill". During tryouts, a player needs to get noticed by scoring a great goal, making a super pass, deking through several players, giving a big hit, exhibiting a hard and accurate shot, skating like the wind, etc. S/he must stand out on a consistent basis to be labelled "a player". Whatever a player does well, excellent speed, for example, it is important to showcase that speed to be noticed!

While attending the 1994 Hockey Canada Coaching Conference in Calgary, I had the pleasure to talk with Paul Henry who had just completed the assignment of being Director of Player Personnel for the 1994 Team Canada Olympic silver medal-winners. Following working with Hockey Canada, Paul has worked with the Florida Panthers organisation.

Because he was such a seasoned scout, I asked Paul: "What are the three most important components you look for when scouting or evaluating players"? I have always remembered his answers:

- No: 1 Skating
- No: 2 Hockey Sense
- No: 3 Character

- cont. page 14



## Player Evaluation

*The following is a player evaluation scouting report that can be used to self-assess and to learn about various criteria used.*

Rating Scale				
1 Poor	2-3 Weak	4-5 Satisfactory		
6-7 Good	8-9 Very Good	10 Excellent		

### General Qualities – All Players

- 1: Concentration \_\_\_\_\_
- 2: Mental/Emotional Control \_\_\_\_\_
- 3: Physical Strength \_\_\_\_\_
- 4: Conditioning \_\_\_\_\_
- 5: Coach ability \_\_\_\_\_
- 6: Attitude \_\_\_\_\_
- 7: Living Habits \_\_\_\_\_
- 8: Drive / Intensity \_\_\_\_\_
- 9: Hockey Sense / Read & React \_\_\_\_\_
- 10: Leadership Abilities \_\_\_\_\_

### Skill Techniques – All Skaters

- 1: Forward Skating \_\_\_\_\_
- 2: Backward Skating \_\_\_\_\_
- 3: Skating Agility \_\_\_\_\_
- 4: Puck Control \_\_\_\_\_
- 5: Shooting \_\_\_\_\_
- 6: Checking / Physical Play \_\_\_\_\_
- 7: Passing / Receiving \_\_\_\_\_

### Forwards

- 1: Puck Support \_\_\_\_\_
- 2: Scoring Ability \_\_\_\_\_
- 3: Play Making and Puck Movement \_\_\_\_\_
- 4: Defensive Play \_\_\_\_\_
- 5: Face Offs (Where Applicable) \_\_\_\_\_

### Defensemen

- 1: Puck Movement / Play Making \_\_\_\_\_
- 2: Net Play \_\_\_\_\_
- 3: Board Play \_\_\_\_\_
- 4: Read the Rush \_\_\_\_\_
- 5: Strength / Strong on the Puck \_\_\_\_\_

### Goalies

- 1: Reflexes \_\_\_\_\_
- 2: Cover the Angles \_\_\_\_\_
- 3: Control Puck/Rebound Control \_\_\_\_\_
- 4: Agility \_\_\_\_\_
- 5: Anticipation of Shot/Play \_\_\_\_\_
- 6: Consistency of Play \_\_\_\_\_
- 7: Style of Play \_\_\_\_\_  
Butter Fly \_\_\_\_\_  
Stand Up \_\_\_\_\_



## Player Evaluations

### For Parents, Coaches and Players

Evaluations in community hockey for 2006/07 will begin soon in September.

*Since history tends to repeat itself, probably at least a third of parents and players and often even the coaches will not be pleased with the way the placement of players were evaluated and teams assigned.*

The boldness of the above statement is a rather brave approach to viewing the most recent evaluation exercises but it is not for reasons of false courage. It is likely a very truthful prediction from my own experiences with the process, evaluations have been a bone of contention and grist for discontent, rightly or wrongly, on an annual basis at this time of the year, as sure as the farmer's are doing their fall harvest; flu shot's are being touted; and with the start of a new school year, the player's of both genders are reassessing or reaffirming who this year's "crush" is going to be.

So the conundrum among all the Minor Hockey population is valid for thoughtful recognition. Do not let it be some kind of negative influence on the season like some dark cloud of self inflicted embitterment that often times during the season, festers into vocal abuse and rains down upon all the players, coaches, officials and fellow parents and relatives in attendance.

When that disruption by a few happens, we, the majority, plus a few converts by then, should neither cower under our virtual auditory umbrella nor ignore the onslaught of any abuse. Retaliation in kind is not an option. We must first keep in mind that we have, first and foremost, parents, friends and relatives who are very pleased with the participation, sportsmanship, skill development and enthusiasm of the players.

It behooves us all to understand the current process of determining: "grouping players of varying sport specific [hockey] skills; varying athletic coordination and skills; physical sizes; learning skills; attitude; and enthusiasm". Then to match them with other groups throughout the organization so parity within like divisions and levels are achieved. With very, very few exceptions, the following is true: **"Parity breeds the best of entertainment and development of the players"**.

To process the "Evaluation" to the most optimized level of parity, fairness and enjoyment for the Minor Hockey Athlete, takes many volunteers (the majority being parents and maybe some outside individuals or development organizations); plus, administration staffing from community roots through association, provincial and national who are touched. Not to be naïve, some friends involved will have personal agendas that they will pursue.

**Understand the process; then address the people.**

## Attitude

The currents that  
define our dreams and  
shape our lives  
flow from the  
attitudes we nurture  
every day

-Author Unknown

## Desire

Success is focusing  
the full power  
of all you are on  
what you have  
a burning desire  
to achieve.

-Author Unknown

## Persevere

On the road  
to success you can  
be sure of one thing...  
there is never  
a crowd on  
the extra mile.

-Author Unknown



# A View From the Press Box

## 2006 World Junior Hockey Championships

**By Rex Tucker**

From January 2nd to 5th, 2006, I had the pleasure of attending the World Junior Hockey Championships in Vancouver, B.C. Here are a few

observations, thoughts and facts about this great hockey event from the press box.

### Tournament Observations:

- Prior to the start of the Gold medal game, there was an awesome atmosphere at GM Place. With the music blasting "Raise a Little Hell", Canada came out physical, 11 seconds into the game Downie drew a penalty for charging. Canada weathered the storm. With a strong physical presents, great goaltending, strong defensive play, and a total team effort throughout the game – the Sutter way - Team Canada out played the Russians and won 5 to 0.
- Brent Sutter's coaching style – think defense first and forget the fancy stuff. The boys bought in or they sat. Both a hard-nosed motivator and savvy technician, Sutter is a man of character, a no nonsense type including haircut rules for his players etc. but he sure knew how to bring a team together.
- Prior to the gold medal game I watched both Team Canada and Russia practice. The Russians conducted a very relaxed, light hearted and fun practice. Conversely, Brent Sutter ran a very intense and no nonsense approach session. Sutter's approach worked in the final analysis.
- Russia man for man was more skilled than Team Canada but Canada had more heart and team play in the tournament. Canada going into the tournament was not the favorite to win Gold; rather it was the Americans!
- A Canadian crowd cheering on the Russian team against the U.S.A. in a semi – final game... hard to believe! Times they have changed !
- Finland beat the U.S.A. in the Bronze medal game 4 to 2. It was a big medal win in Finland especially over the Americans, the pre - tournament favorites, who seemed to loose their motivation and team play in the medal game.

### Player Observations

- Steve Downie, Peterborough Petes forward, Canada's best player – a pest and a point producer too. He set the tone for Team Canada.
- Evgeni Malkin, Pittsburgh Penguins draftee, is commonly considered the best player outside the NHL. I saw first hand why. He is indeed a highly skilled player and will be a future NHL star.
- Justin Pogge, the Toronto Maple Leafs goalie prospect, looked unflappable.

- Andrew Cogliano, the Edmonton Oilers prospect is a true speedster. A good fit for the Oilers.
- Luc Bourdon, Vancouver Canucks defense prospect, big and physical was a dominating player at times in the tournament.
- The Canadian fans loved to boo U.S.A. defender, Jack Johnson after he delivered an elbow that barely connected on Steve Downie. The Canadian fans seemed to have gotten carried away booing Johnson for the remainder of the tournament especially Russia's semi-final game victory 5 to 1 over the U.S.A. When asked about his lasting impression of Vancouver. Johnson said "Wouldn't trade this for the world". "A great hockey experience... the booing is just part of hockey. The overall experience? Wouldn't trade it for the world."
- Expectations for small and speedy U.S.A. winger Phil Kessel were unrealistic. The NCAA star will have to make the step up to be a player who can produce in the big games against the bigger players. He didn't show it in this tournament. He was the leading point producer in the tournament with 11 points. However, 5 points came during an 11 – 2 win over Norway.
- Tuukka Rask, Finish Goalie and Toronto Maple Leafs prospect, his great play secured his team a Bronze medal.
- Tournament Directorate Team:  
Best Goalie – Tuukka Rask – Finland (Property of Toronto Maple Leafs)  
Best Defenseman – Marc Staal – Canada (Property of New York Rangers)  
Best Forward – Evgeni Malkin – Russia (Property of Pittsburgh Penguins)  
Guaranteed future stars of the NHL!

### Post Game Press Conference Remarks

- After winning the Gold medal, Brian Sutter was asked if he was interested in an NHL job, Sutter said "I love doing what I am doing – coaching Junior A hockey." "The rewards of coaching Junior A players... other things beside the hockey... turning boys into established young men".
- Coach Sutter said "The biggest thing is that everyone parked their ego at the door right away" "I had a tremendous amount of confidence in this group once we got into those exhibition games". "They are a great group of young men."
- Bob Nicholson, President of Hockey Canada said "A lot of coaches could have won with last year's team "referring to the domination of Team Canada in Grand Forks. "There aren't a lot of coaches who could have won with this team".
- David Branch, Commissioner of the Canadian Junior Hockey League said "It is an experience of a lifetime for

*Cont. page 9*



# Coach Lyle's Tip Sheet

The subject of "fast feet" is generic to talk throughout the hockey world. The players and their parents and parent-coaches at the tyke level, through the system to high elite levels including the NHL, debate with enthusiasm (or at least keen interest) the many points of view on the subject of fast feet. Coaches, scouts and trainers all make much ado about it.

At Tucker Hockey we are continually dealing with it. As Coach Rex (Tucker) says, "If you are building a house you want to start with a strong solid foundation... in hockey, that foundation is skating."

There is no doubt that the young athlete gifted with fast feet has a leg up on the slower players as to a more rapid development of his skating and subsequent hockey skills. But this is not the be all and end all as to how the athlete should be judged. Otherwise there would be a majority of young athletes giving up on their favourite sport too early. There is ALWAYS hope and we have a way that can help you maximize every bit of that hope.

With skating being the most important basic fundamental to playing your best hockey, let's share some of Tucker's wisdom. We group the things that YOU CAN DO as:

- |                  |                      |
|------------------|----------------------|
| [A] Genetics     | [B] Proper Technique |
| [C] Mental Prep' | [D] Work Ethic       |

## Genetics

With all other aspects being healthy, the genetics that you are born with are going to dictate the natural limit of how fast you can move your feet to run or skate. As far as I know, the practicality is that you are not going to be able to do a thing about your genetic makeup, so deal with it. Deal with it in the following way. Remember also, you can utilize the other valuable resources and tactics to maximize your personal best. And Tucker Hockey can teach those aspects.

First, your genetics... accept what you have. Think of it as being a ROOF that is some kind of limiting factor, away up high and all your other skating and playing skills are kept in the room (granary) below. You are going to build up your skating and playing skills so that they fill that room up as close to the genetic rafters as you can, by developing and using the other three important keys, viz., proper technique; mental preparation and your down and gritty work ethic.

## Proper Technique

"Fast feet alone do not make you a fast skater." (ref.: from several articles) In his book where he gives us some insight into those dynamic ten years (to the chagrin of other top hockey countries) that Russia was a world hockey super power, the Great Russian hockey coach, Tarasov, asked of one of his mentors, how does a hockey player, who is apparently already at his limit of speed, get himself to skate faster than the elite speed he is at now. The answer was "only through continued improvement of correct skating technique can you skate faster".

So when you are being taught proper skating technique, pay very close attention; visualize it; repeat it exactly physically; and repeat it correctly; and repeat it correctly many, many, many times. Never stop checking the correctness throughout your playing career. It is important to find the right teacher. Try Rex... [www.tuckerhockey.com](http://www.tuckerhockey.com)

## Mental Preperation

You can help yourself immensely by continually think speed. Visualize, over and over, your skating fast... faster than anybody else. Visualize your skating with correct technique, over and over again. Learn how to start fast and keep that mental image in your mind's eye continually so that you can draw upon it each time that you need to use it in a fast start... and mentally practice it over and over as well as physically practicing speed and fast starts over and over again.

Repetition mentally of correct skating technique is skating the frozen river to success in the arena's of your future.

## Work Ethic

All this help that is available at Tucker Hockey, all the hours that you put in playing the game, playing shinny; practicing with your team; wishing you can advance to the next level; does not mean that you are going to play the higher level of hockey that you want to if you do not put the work effort into your training and playing the game. Working hard at trying to improve your skating skills, your individual tactical skills and your team tactic skills shows you have True Grit and that is good. But what you need is to be working hard instinctively every turn on the ice which shows that you are putting your own "True Grit" out there as your personal signature of being a solid, reliable player.

You can take it beyond that: you need to show that you can, go beyond that. You must have the work ethic to go beyond just True Grit.

Having the work ethic to succeed is pushing yourself with more energy each and every chance you get to play the game or practice and doing it because of your own desire. This tells yourself and everybody else that you are a player that is going to get faster, be more skilled, be stronger, be smarter... all those things that will make you a more complete hockey player over time... not to mention how much more fun you will be having.



***SCORE BIG HERE!***  
***SCORE BIG NOW!***



Get a Sport Swap Score More Card for just \$19.95,  
and save big on all your new and used equipment purchases  
with giant discounts and rebates.

Plus get free repairs and maintenance valued at over \$200!



• DOWNTOWN: 701-11 Ave SW Tel. 261-8026 •  
• SOUTH: 110-10233 Elbow Drive SW Tel. 253-5184 • NORTH: 3320-20 Ave NE Tel. 280-4877 •



[illegible]

- Rene Fesel, President of the IIHF, said “ For players from Latvia, such a small country to play in a venue such as GM Place is a great experience for the boys.”
- Swedish coach, Torgny Benelin, who addressed the media after his team’s lost to Finland in the quarter – final in overtime. “ I have been in the game for 27 years. This is the toughest loss I have ever had”. The team couldn’t play better. The team just couldn’t play better. But...we didn’t take care of our chances. I tell you, the team and the players are devastated. We had a fantastic time together, the round-robin, we played tremendous hockey and we did it today. But we lost. It’s tough, really tough.”
- Kyle Chipchura, Team Canada Captain said “ Sutter had all the respect of everyone on the team. He kept our focus in place... kept the distractions out. He never let us off the hook. He never let us give up anything for free. If we did slack off, he was right there telling us about it. The guys all respect him and everybody bought in. We always had a pretty tight group of guys. Right from the start, all the guys got along.”
- During the post - gold medal game press conference, the Canadian players talked about perfect team chemistry. Pogge, Downie and Stall et al expressed the joy of winning. When leaving the media room, the mood of the players was so bubbly the players almost forgot the championship trophy on the press conference table. It made for a good laugh in the room! One of the lighter moments of the tourney!

- Canada allowed only 6 goals against in the tournament on the Road to Gold. Great team defense – defense wins championships.
- Gold medal game tickets were reported to be selling for \$400.
- Vancouver set new records for hosting the World Junior Hockey Championship including over \$9 million in profits and 325,128 tickets were sold. Excellent job was done by the host organizing committee and a thousand volunteers who helped organize a world class tournament in a major city.
- 5,000 accreditation forms were required to cover off everyone involved in the tournament. At every event the accreditation card is a coveted piece of equipment, treasured by athletes, coaches, volunteers, media and VIPs. It is the passport to work and in some cases, to play. Congratulations Team Canada! Great job guys !

Canada embraces the World Juniors like no other country in the world. That is why the IIHF has awarded Canada the tournament every three years . The next tournament in Canada is scheduled for Ottawa in 2009. It's projected to be the largest attended and the most profitable tournament in the history of the WJHC. It will even surpass Vancouver's awesome success! It will be a great tourney indeed. Go Canada Go!

If you are looking for a good hockey fix, I highly recommend the WJHL – great atmosphere, excellent competition, intense hockey and a change to see the

On Friday, March 31st, 2006, I saw the Flames take on the Colorado Avalanche. There were so many good rivalries in the tight / most competitive division in the NHL this season. The Flames were quite impressive winning the game 6 to 3. Jarome Iginla played 25 minutes the most of any skater on the ice including the defensemen. He was a horse for Coach Sutter. Jarome completed 32 shifts and averaged 46 seconds per

Spring/Summer 2006 *Hockey Zones* page 9

View from the  
Nosebleeds

## Team Bonding – The Way to Success

Okay, so now that the Olympics are over, and the national media has finished the endless autopsies on the Men's Team, let's take a look at why the Women's National Hockey Team was so successful.

Some people will say that the women's team won their Gold medal because Sweden did them the biggest favor, knocking off the American team. I believe that this version of the Canadian Women's National team would have won Gold anyway. This was a true 'team' in every sense of the word. These women trained together, ate together, played together, sacrificed together, and, in the end, won together. Each player was bonded to the next by helping each other overcome their personal battles, both in physical and mental fitness.

These women weren't given their roster spots, they earned them. And each one recognized that just making the team wasn't going to be enough, they wanted that Gold Medal draped around their neck. From the moment that they stepped on the ice, they were united in that goal, "I Want That Gold Medal". They took some heat for the lopsided scores early on, but that was a result of a flawed tiebreaker rule. They shook off the criticism and re-focused. Sure, they saw the USA as the biggest threat to their goal, but they never let up on the opponent at hand. Even after the upset of the

Americans, Team Canada had to realize that, if they lost focus, they could also become a victim of upset at the hands of Sweden.

There was no more definitive signal of the team-first mentality than the post-Gold Medal Game interview given by Cassie Campbell and Vicki Sunohara. The picture showed two warriors, arms around each other shoulders in a perfect picture of camaraderie. Each player praised the other and spoke candidly of this game perhaps being their, and some of their teammates', last in an Olympic forum. They praised the accomplishments of their teammates, both veteran and newcomer, and did little to detract from anyone's performance, including their opponent's.

They spoke of how this Olympic tournament could be the turning point for their sport, with their European competitors reaching a new level of skill and providing the "old guard" with a new threat to their stranglehold on the Women's game. And while it is true that the future of Women's Olympic Hockey might have been clouded by another Canada vs. USA final, the emergence of Sweden as a top-tier contender changed all that.

The CBC television network occasionally replays the gold medal game on Saturday mornings so check your local listings, and watch a true "team" perform as one.

## Voice

*"We want to hear your voice!"*

**TELL US WHAT YOU THINK!**

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

Articles from New  
Contributing Writers  
are Appreciated.

New Advertisers  
Welcomed!

[programs@tuckerhockey.com](mailto: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

## Shared Thoughts on Minor Sports

### Shared Thoughts

You may never have heard of me, but we do share some of the same hockey thoughts. Your past article on balance and edge control is exactly what I believe in as well.

I never played hockey so I wasn't hung up on how I did things. Rather, I studied a lot about the game such as player's myths, strategies but most of all player weaknesses and why? Once you go into that area, it gets very interesting and so much of it is so simple.

For example, starting with every player who carries a stick, each player is going to turn literally always to his stick side, which will always be right or always be left. As he or she progresses, the player's weight centers more on the stick leg rather than the other leg because the player's weight is being programmed into the stick side. Players begin to lose their lateral moves, which takes away stick handling; player's lose passing skills especially backhand passing too. In addition, players turn away from the puck during plays, where he or she should turn into the play or stop facing the play. Also, players get stopped in a game but can't start quick on their weak side.

Since 1955, I have been around hockey, I have watched dreams start from the first day a player steps on the ice. Hockey has produced a nation full of generals. But there is a reality here that goes unseen. I have listened to and read

hundreds of hockey...how to!

The Tucker Hockey program is the first one to tell it the way it is!

*Buddy Gale, Cowboy Poet*

### Philosophy Impacts Hockey as Well as Other Minor Sports

I have a copy of Hockey Zones which I really enjoy reading. I do not have any kids in hockey, but your stories are great and, of course, so much of the same pertains to any minor sport. Great job on your newsletter!

*-Kathy Worthington,  
Executive Director, Calgary  
Minor Softball Association*

### Tucker Hockey Community Participation Makes Difference

Trails West Ice Crushers, Atom Division 8, would like to thank you for your generous donation to our March 18-19 tournament.

Companies like Tucker Hockey Enterprises make it possible for minor hockey teams to participate in these fun tournaments. It's beneficial not only for the kids participating but also for the entire community.

We had four enthusiastic teams participate – three teams from Calgary and one team came down from Edmonton. Fun was had by all, both players and parents. The competition was fierce and the majority of games ended with a one or two goal difference. Through hard

work and determination the Trails West Ice Crushers were able to defeat Edmonton's Strathcona Lightning to capture first place in the tournament. On behalf of all the players and parents, thank you for your support. Your commitment to minor hockey in Calgary is greatly appreciated

*-Brenda Lomore and Kim Randall,  
Coach and Manager, Trails  
West Ice Crushers*



### Tucker Hockey World of Instruction

The Spectrum of past participants in Tucker Hockey Power Skating and Hockey Skills Development programs have included the following categories of players:

Collegiate • Junior A • Midget AAA & AA  
Bantam AAA & AA • Community – Novice to Midget  
Initiation • Adult Recreational • Male & Female  
Father & Son • Mother & Daughter  
Grandfather & Grandson • Husband & Wife



### Your Skates Are Your Most Important Piece of Hockey Equipment!

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

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

### NHL Nicknames Solution





# R&G Photo

PHOTOGRAPHY

## SPORTS

### Digital Photography

**Moving at the speed of  
hockey to capture the  
moments in time you  
want to remember**

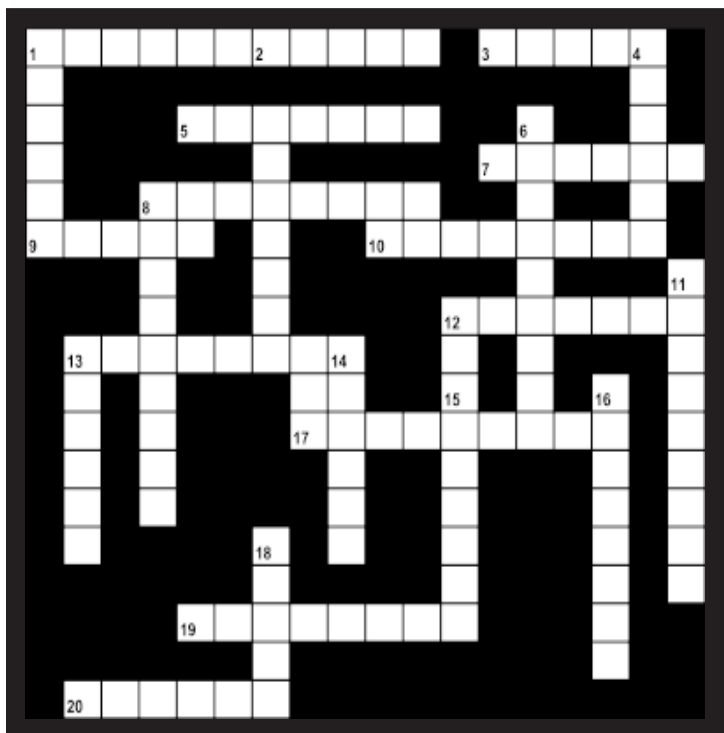
**Tel: 403-291-1350**

email: rgphoto@telusplanet.net

**ROB ASKEW**

www.rgphoto.photorelect.com

## NHL Team Nicknames by City



### Across

- 1 Columbus
- 3 St. Louis
- 5 New York (1926)
- 7 Edmonton
- 9 Dallas
- 10 Florida
- 12 Phoenix
- 13 Calgary
- 17 Colorado
- 19 Ottawa
- 20 Buffalo

### Down

- 1 Boston
- 2 Montreal
- 4 San Jose
- 6 Anaheim
- 8 Nashville
- 11 New York (1972)
- 13 Philadelphia
- 14 New Jersey
- 15 Vancouver
- 16 Pittsburgh
- 18 Los Angeles

"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)

**Treat the earth well. It was not given to you by your parents;  
it was loaned to you by your children. -Aboriginal Proverb**

## Quality Instruction (cont'd. from 3)

must let the players know what they did wrong, demonstrate properly and get the players to perform again. Doing the skill correctly and repeat, repeat, repeat will ensure a player improves on performance.

**Progression of Drills** – The curriculum needs to be presented with a “building block” approach. Start with drills, which provide confidence and then advance to drills, which challenge and stretch the players. For power skating drills, players can do the drills without pucks and later progress with pucks.

**Time Management** – Ice time is very valuable so it's very important to use it wisely. To keep the players active and not spend too much time talking to players. There must be a good balance between too many and not enough repetitions. Players need to perform the skill enough times to gain improvement but not too many times where players get bored / tired of the repetitions. Keep the practice session high tempo with a good variety of drills so as to challenge and keep players interested.

**Utilizes On-ice Assistants** – The head instructor requires a good supporting cast. Assistant instructors need to be familiar with the curriculum, selection of drills and teaching points prior to stepping on the ice. Assistants can contribute in the areas of setting up the drills, placing pylons in the correct places, moving pucks around, demonstrating skills, assisting weaker players with words of encouragement, correcting errors and leading sub-groups on the ice. The assistants help the head instructor ensure things run smoothly.

Often parents are concerned with the ratio of players to instructors on the ice. An excellent ratio is 8 to 1. It's important to keep in mind; it's not the total number of instructors on the ice but how involved each instructor is on the ice. I have seen programs that are far more effective with 3 instructors vs. 6 or 7 instructors. Having 6 or 7 instructors on the ice may look good on the surface but if they are not active and involved –

day dreaming or shooting pucks around – it really doesn't enhance the quality of the program.

**Displays instruction innovation/ novel ideas** – It's important to continuously tweak the on-ice program to make it better each time out. Receiving feedback from parents and players and incorporating new teaching approaches. For example, when teaching knee bend within my power skating program, I have utilized several unique drills such as the gorilla drill and the soccer ball drill.

**Mentions Player's Names and Small Talks to the Group** – Players like to hear their name especially when they are doing a drill well. Having player's place their name on their helmets personalizes the learning environment. As well, small talks to the group throughout the ice sessions keeps the players engaged and creates a good positive learning environment. Players need to feel welcomed and fitting in small talks at the start and at the end of a session creates a good atmosphere.

**Seeks Input from Participants/ Parents** – It is important to foster feedback from players and parents so as to ensure an ongoing successful program. Players/parents should be encouraged to fill out post program feedback forms. An instructor may have a set program but the skill level etc. may affect the delivery of the program. Often within a select age level the skill level varies. It's important to tailor the program to the middle skill level of the group. Challenge the top players but not frustrate the lower end players and conversely challenge the low-end players but not bore the top end players. Besides the science of teaching the skills, there's also the art of instruction because it's like Forrest Gump's Box of Chocolates “You never know what you're going to get.” Each age group can be so different from one another.

**Makes Adjustments For a “ Better Next Time Session”** – Every on ice session is a learning process. Often instructors have good intentions about doing a certain curriculum on the ice but



## Tucker Hockey Philosophy Why Power Skating?

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

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

after conducting the first few drills realize they may have to tone things down due to the lack of skill level or raise the bar because of the higher skill level of the group. As an instructor, it's a continuous learning experience Coaches and instructors expect players to hone their skills and to get better. As well, I feel good instructors are always looking for better drills, new teaching points and ideas to hone their craft as well.

Hockey and life are continuous learning no matter our age or background. Keep the fun in the learning too!

# Accept Me

I am I  
Do not change me  
condemn me  
nor put me down  
Accept me for what I am  
No... you need not agree with me  
But accept me  
for I am total in being  
I have my faults  
I have my guilts  
But that is who I am  
Perfect I will never be  
Allow me to be uninhibited  
Do not pressure me into feeling  
what I do not feel  
Accept me when I am flying high  
As I have accepted you when  
you were flying high  
Do not put me down... nor make  
me feel unhappy about me  
I am I  
and I like being what I am  
Me.

-Larry S. Chengges

## Collectors Books & Cards

BOOKS • SPORTCARDS • MEMORABILIA • HOBBY SUPPLIES

Monday 11-5  
Tuesday to Friday 11-6  
Saturday 11-4

Penny Lane Mall – Main Floor  
#111-513 8th Avenue SW Calgary, Alberta T2P 1G3  
403-265-3455

## Player Evaluations

(cont'd. from 4)

### Skating

Skating is to hockey what running is to soccer because skating is the foundation upon which all other skills are built. It is the most important skill of ice hockey. In order to advance through the hockey system from Bantam to Midget, Midget to Junior A, and Junior A to Pro, etc., a player must be a great skater—especially in today's game. A player whose game consists of great speed and skating agility will excel to a higher level of play.

Also, the level of performance attained by a player in passing, shooting, checking, and puck control is directly related to his/her 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. Personally, this has been reinforced more and more now that I have been teaching power skating in Canada and Europe over the years.

### Hockey Sense

Hockey Sense is how you "think the game". This sense was the main reason why Wayne Gretzky played better than anyone else. He had the special ability to "Read and React", to see the ice, to see a play develop, to anticipate where his teammates would be or where the puck would go—all on a higher level than anyone who has ever played the game. The ability to make good decisions with the puck (offensive creativity) and make good decisions without the puck (offensive support and especially defensive play) are the cores of having good hockey sense.

### Character

Character is often difficult to teach. It comes from within: a player's commitment to excellence, to wanting to improve on every aspect of his/her game, to playing every shift like it's the last one, to having a great work ethic, to giving a second effort, to being a team player (unselfish), to having the ability to overcome adversities, and to having the "will to win"!

During the month of September, hundreds of volunteer coaches and evaluators will spend countless hours doing their very best to place players in the proper divisions; if a player stands out, it will increase his/her chances to be noticed by the evaluators.

Remember: A player wants to be noticed for all the right reasons this upcoming season!

Good luck players and parents during this year's September tryouts!

**A Key Component of Winning  
is Mastering the Mental Game.**



SERVING CALGARY & AREA FOR OVER **34** YEARS



**Rbk**  **t'blade**  **EASTON** **Velocity**

**BAUER**  **CCM**  **TPS** **LOUISVILLE HOCKEY** **GRAF**

---

**Now Available!**

- MISSION INTAKE HELMETS -
- NEW EASTON SYNERGY ST & SL STICKS -
- ITECH X100 VISORS -
- TRACER RADAR GUNS -

---

**Coming Soon!**

- NIKE-BAUER ONE 90 SKATES -
- EASTON STEALTH CNT STICKS -
- NIKE-BAUER VAPOR XXX GOAL PADS-

---

 **1717 52 St. S.E. 272-7141** [www.bpcycle.com](http://www.bpcycle.com) 



# Our Preoccupation with 'Winning'

**By Martin  
N. Walker**

There are theories that sports originate in imitation of early human activities – hunting and warfare – when success meant life. Competitiveness and perseverance

are related primitive instincts, strong and deep, tied to our survival.

Today, there are times when winning is important, for instance when it comes to matters of health and safety, life and death, defending the fundamental principles on which our civilized society is based, and, of course, doing the right thing for a loved one. But a hockey game is a game, not a war, or a hunt for food.

All too often we get carried away and behave as if a game is a war, a real do or die situation. We have rules to prevent this: cracking an opponent over the head with a stick is not allowed, even though that could contribute to winning. Despite the rules, there are attempts to injure, which often arise from player frustration and the nasty human emotions that may surface when a player is overmatched, at any level, in any game. But if personal frustration is not the cause, then there are probably three factors that work to create such a situation: an overemphasis on winning at the team and personal level, non-player participants – parents, coaches, etc. – who have created an environment where such a response is possible or even encouraged, and a player without sufficient self control. Injuries that result from deliberate acts can usually be traced back to poor choices made by more people than just the player.

Let's put those choices in context. Hockey, on rare and sad occasions, does involve life and death. People die during games and practices, from heart attacks and aneurisms. But life and death, when it is in hockey, does not involve winning or losing a game.

For a Junior A, semi-pro or pro coach or general manager, winning often means keeping the job. That certainly is life-affecting, and, these days, as close as winning gets to being a real life or death issue. Losing or winning is not likely to have such a dramatic effect on the life of a volunteer coach in community hockey.

The coach determines team morale and the way the team operates. What drives the coaches will drive the team. The competitive hockey system is inevitably affected by a coach's desire to keep his job. In the AA/AAA/Junior A system, the coach is focused on players who will help him win. The short-term focus leads to shortening the bench, an emphasis on not making mistakes, using player strengths all the time and an avoidance of long-term player development.

Despite commercials that may suggest otherwise, for many participants – players and others - it's not only a game. The way the our organized hockey system works, if a player is not on one of the top community teams at Pee Wee age – eleven or twelve – it is highly unlikely he'll get into the elite stream (AA or AAA), and on to a Junior A team, and without that, there's no hope of playing for a university or semi-pro team. With every year of Bantam and Midget that passes without a player being in that elite stream, the less likely Junior A becomes, and if he isn't in that stream by age sixteen, it's next to impossible. A system that requires players to be in the elite stream at an early age does not promote relaxation. The trickle down effect of needing to win at higher levels results in too much emphasis on winning and doing the things necessary to win, even at the Atom and PeeWee ages.

How did we get to the point where winning is of overarching importance?

We have, whether we like it or not, a great societal emphasis on winning, a preoccupation that has been growing in relative magnitude since World War II. The emphasis on material wealth and associated status has become so great that other objectives have been lost or so played down that they may as well not be there. The broadest measure of this societal focus – income distribution – proves the contention. For the last thirty years or so, the gap between the richest and poorest has been widening. The number of people at both ends of the spectrum has grown; the number of people in the middle has shrunk. On a societal basis, we are in danger of losing the balance between rewarding people, deservedly, for success, and making sure everyone in our society has their basic life needs met and an opportunity to thrive. I'm not saying there's anything wrong with wealth or being rewarded for hard work or skill or talent or even luck. I'm concerned that we need to get the balance back, in our society and in our sport.

The media plays a villainous role because the media's focus is on winning and superstars – in the NHL, winning is

*Cont. page 18*



# The Merits of One-on-One Coaching

Throughout the year, there are many group hockey development programs to choose from: power skating, hockey skills, checking, three-on-three and conditioning, etc. However, if a player is serious about reaching his or her short and long term hockey goals, they must consider one-on-one coaching

## Advantages

There are many advantages of private/specialized one-on-one sessions, including.

- More personable – players receive closer attention
- Proper assessment of a player's skills
- Customized on-ice programs to suit needs and abilities
- More hands on approach/input from parents/players
- More effective way to bridge the skill gap and speed up the improvement

process every time a player skates

- Times and dates determined by parents/players – better suited to a busy schedule (before and after school)
- Enhance hockey skills as well as life skills, self confidence and self esteem
- Qualified and experienced instruction to help achieve short and long term hockey goals

## Benefits Outweigh Costs

Concerns often addressed are:

- Programs are more expensive than group programs but the benefits outweigh the costs if a player/parent are serious about hockey advancement
- Can't afford 1 on 1? Get together 2 or 3 players of similar skill, age and desire from a club, team or neighborhood to help share the costs.
- Participants experience guaranteed

improvements and enjoyment – love of the game!

## Tucker Hockey Provides Proven One on One Coaching

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

Here are two rising stars who have experienced Tucker Hockey one-on-one coaching and taken their game to a higher level:



## Mark Bomersback

**Alltime leading Scorer in AJHL  
3rd Year Player  
Ferris State University  
Future NHL Prospect**

**"I thought Tucker Hockey really benefited my overall hockey skills and especially skating skills. As a player, you may not realize you are doing anything wrong or you just think your doing everything right. However, it wasn't until I did about a dozen one-on-one coaching sessions with Rex Tucker, one of the best power skating instructors out there, that I learned about my potential to improve.**

**I had Rex tweak my skating skills and I have to say I improved dramatically. I learned a lot of little things to get an extra step on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now that I have had Rex Tucker's personal instruction.**

**There is no such thing as a perfect skater, but there are great skaters. I now feel that a player's skating skills will always have room for improvement... no matter what level you play. I plan to continue to hone my skating skills to make it to the next level... the NHL! Thanks for the help Remy!"**



## 'Mac' McIntosh

**2005/06 Mount Royal Cougars  
Female Hockey Team**

**"Thanks for all your help with her in the one-on-one sessions and allowing her to assistant-coach with your hockey camps this past August. Your coaching has made a huge improvement in her skating, puck control and most of all... her confidence.**

**Thanks again for all your coaching help with her this year! It has made the difference."**

**-Roger, Jessica's Father**



## Preoccupation with Winning (cont'd. from 16)

everything. How often do you see a game summary that includes great plays that don't result in a goal? And yet, many people do watch the game for the quality of the play, the athleticism, teamwork and the individual skills. Others get totally wrapped up in winning. Most of us can get away from that – we can enjoy watching a game between two teams we don't care about. That is a very different experience from watching a game that involves a favourite team. For most of us living in Calgary, that'd be like the difference between watching a Flames playoff game and one between Buffalo and Philadelphia. When our kids are involved, our mental state is much more like the one we have when we're watching the Flames coverage, and less like when we're watching the Sabres and the Flyers.

The media focus on winning also affects the athletes. Look at the Olympic coverage – Canadian athletes who placed out of the top ten had their picture on the screen for a few seconds. We had long syrupy stories about the struggles of the medal winners, not our other Team Canada athletes, and when it comes to the challenges they've had to overcome, I'm sure there are just as many worthy stories for Team Canada athletes who didn't place so high in the standings. Viewers were left with the impression that if a participant didn't win, he or she was not worth covering. The media reflects the beliefs and values of our society – the television coverage of our Olympic athletes makes a sad statement about us. For any athlete to place on a Canadian National team is a major accomplishment that reflects years of determination and hard work. All that is lost in a moment, from the media perspective, if the athlete does not place high. That message, to the struggling athlete, is very negative, and at the wrong moment could be totally de-motivating.

The person who perseveres to overcome seemingly insurmountable obstacles and achieve his or her goal is the standard plot of most Hollywood blockbusters, and possibly every single sports movie, from Rocky to The

Longest Yard to Friday Night Lights. Those characters are our heroes. In our society, the rewards of being perceived a winner are almost unimaginably great, and yet the margin of winning is so slim: in many Olympic sports, hundredths of a second, and in hockey too – just think about the deflection of the shot by Stillman that ended the Montreal-Carolina series.

Only a very few manage to totally overcome all the obstacles that are thrown in their way, and those few will have a singular focus, often to the point of obsession. Most of us manage to overcome some obstacles in life, but to climb above them all, Hollywood style, is something very few of us manage to do. But the message in those movies once again is, reach the peak of the highest mountain, or you're nothing. At a more human level, we shun the people who don't even try – think of Jaromir Jagr during his last playoff round in Washington.

And yet, there are few athletes that don't struggle at some point in their careers, and the media focus on constantly winning, on always being the best (as opposed to doing your best), doesn't help any of them. Even Jarome Iginla, an all around great athlete and a hero in Calgary, has the press hard on him when he goes a few games without scoring.

Where does winning fit in a normal hockey season?

Before the season starts, no team expects to win every game. So winning any particular game can't be that big a deal. But most teams that go on long streaks of losing or winning develop problems and some of the fun goes out of their games. A team needs to win some games, and to lose some games too. Somehow, it doesn't feel right to us any other way.

The best hockey games are the close games, where it's a battle of skill and determination, from the first face off to the buzzer at the end of the game, fun to watch and fun to play. If the players are exhausted at the end of the game,

and have given it everything they've got, nobody could ask more of them, and they can't do more. The feeling a player has after that kind of effort is great. It feels good to win – the only way you can get the feeling of success that comes with winning is to win. During the season, you're going to win some games, and get that feeling of success. But during playoffs, or Minor Hockey Week, only one team in ten, or twenty, or thirty, is going to win. And that's where that hard work feeling comes in – it can be there without victory, even if you are overmatched and overwhelmed. The only time it's really difficult to get the hard work feeling is when you're doing the overwhelming.

Before any game it's important for the team to get pumped, to agree on the tactics and strategies that could lead to a win, in every game in every league. The only exception is when a team knows beforehand that it is outclassed and has no hope of winning, in which case there will need to be other objectives. The team steps on the ice with the intent to win, and makes adjustments during the game, determined to win. After the game, if the players have done everything they could, it's never long before they're feeling good, whether they've won or lost.

For any game, for any player or coach, on any team, there are usually multiple objectives. It could be getting new line-mates used to each other, trying out a new team tactics, putting skills that have been practiced into a game situation. All of those can be viable objectives at any level and at any age, possibly more important than winning a specific game. It is essential for young players that those other objectives are recognized and applauded with great frequency.

What about winning and individual performance?

Sometimes the best players can determine the outcome of a game – they can be the difference. But even then, being the best player is context driven. Unless a player is at the top of the

*Cont. page 25*

# **Tucker Hockey 2006 Summer, Fall & Christmas Minor Programs**

## **Summer 2006 Super Power Skating**

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

Henry Viney/Stu Hendry  
Monday, August 21st to  
Friday, August 25th  
5:30 - 6:45 pm  
\$199 per player

### **Group 2: Ages 9-13+**

Henry Viney/Stu Hendry  
Monday, August 21st to  
Friday, August 25th  
7:00 - 8:15 pm  
\$199 per player

### **Group 3: Ages 7-10**

Henry Viney/Stu Hendry  
Monday, August 28th to  
Friday, September 1st  
5:00 - 6:15 pm  
\$199 per player

### **Group 4: Ages 9-13+**

Henry Viney/Stu Hendry  
Monday, August 28th to  
Friday, September 1st  
6:30 - 7:45 pm  
\$199 per player

### **Group 5: Ages 7-10**

South Fish Creek  
Tuesday, August 29th to  
Friday, September 1st  
4:15 - 5:30 pm  
\$169 per player

## **Fall Power Skating & Hockey Skills Development**

Ten Sessions

### **Group 1: Ages 9-12+**

George Blundun  
Thursdays 7:00 - 8:00 am  
October 5th to December 14th  
(inclusive except November 9th)  
\$249 per player (based on 10 players)

### **Group 2: Ages 9-12+**

George Blundun  
Fridays 7:00 - 8:00 am  
October 6th to December 15th  
(inclusive except November 10th)  
\$249 per player (based on 10 players)

### **Group 3: Ages 9-12+**

Southland Leisure Centre  
Mondays 4:30 - 5:30 pm  
October 16th to December 18th  
(inclusive)  
\$299 per player (based on 10 players)

### **Group 4: Ages 7-10**

Stu Peppard  
Fridays, 3:00 - 4:00 pm  
October 6th to December 15th  
(inclusive except November 11th)  
\$299 per player (based on 10 players)

## **Super Power Skating Christmas Programs**

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

Wed Dec 27th – 5:45 - 7:00 pm  
Southland Leisure Centre  
Thurs, Dec 28th – 5:15 - 6:30 pm  
Norma Bush

Fri, Dec 29th – 5:15 - 6:30 pm  
Southland Leisure Centre

Sat, Dec 30th – 5:30 - 6:45 pm  
Village Square

**Makes a GREAT  
Christmas Gift**

### **Group 2: Ages 9 - 12+**

Wed, Dec 27th – 7:15 - 8:30 pm  
Southland Leisure Centre

Thurs, Dec 28th – 6:45 - 8:00 pm  
Norma Bush

Fri, Dec 29th – 6:45 - 8:00 pm  
Southland Leisure Centre

Sat, Dec 30th – 7:00 - 8:15 pm  
Village Square

## **Now Hiring**

Tucker Hockey  
is Hiring Passionate Instructors for  
Summer Programs  
Email detailed hockey resume to  
[programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)

## **Christmas Super Power Skating**

Just \$189 per player!  
Includes GST, Practice Jersey  
& Five Hours On-Ice  
A Full Power Skating Curriculum

# Tucker Hockey

## 2006 Summer & Fall

### Adult Recreational Programs

#### Level 1

##### Beginner/Intermediate Players

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

**Summer Group 1 – Henry Viney/Stu Hendry**  
**Monday, August 14th to Friday, August 18th**  
**7:00 - 8:30 pm**

\$225 New Participants/\$199 Past Participants

**Summer Group 2 – Father Bauer/Norma Bush**  
**Friday, September 22nd - Sunday, September 24th**  
**8:30 - 9:45 pm**

\$129 New Participants/\$99 Past Participants

**Fall Group 1 – Father David Bauer**  
**Sundays 10:00 - 11:15 pm**

October 15th to December 17th (inclusive)  
\$329 New Participants/\$299 Past Participants

**Fall Group 2 – Stu Peppard**  
**Wednesdays Noon - 1:00 pm**  
October 18th to December 20th (inclusive)  
\$299 New Participants/\$229 Past Participants

**Fall Group 3 – George Blundun**  
**Wednesdays 7:00 - 8:00 am**  
October 18th to December 20th (inclusive)  
\$299 New Participants/\$229 Past Participants

#### Arena Locations

Crowchild Twin Arenas – 185 Scenic Acres Dr NW  
Father David Bauer – 2424 University Dr NW • Henry Viney Arena – 814 - 13th Ave NE  
Stew Hendry – 814 - 13th Ave NE • Stu Peppard Arena – 5300 19th St SW  
Southland Leisure Centre – 2000 Southland Dr SW  
George Blundun – 5020 26th Ave SW • Village Square – 2623 56th St NE  
Norma Bush – 2424 University Dr NW • Ernie Starr – 4808 14th St SE

#### Level 2

##### Intermediate/Advanced Players

*For players who have participated in and feel comfortable with the Tucker Hockey Level 1 technical skills program.*

*The Level 2 Program includes advanced technical skills, individual tactics – offensive and defensive, team tactics – breakouts, regroupings and defensive zone coverage and conditioning drills plus scrimmage.*

**Summer Group 1 – Henry Viney/Stu Hendry**  
**Monday, August 21st to Friday, August 25th**  
**8:00 - 9:30 pm**

\$225 New Participants/\$199 Past Participants

**Summer Group 2 – Henry Viney/Stu Hendry**  
**Monday, August 28th to Friday, September 1st**  
**8:00 - 9:30 pm**

\$225 New Participants/\$199 Past Participants

**Group 3 – Father Bauer/Norma Bush**  
**Friday, September 22nd to Sunday, September 24th**  
**7:00 - 8:15 pm**

\$129 New Participants/\$99 Past Participants

**Fall Group 1 – Henry Viney**  
**Thursdays Noon - 1:00 pm**  
October 5th to December 14th  
(inclusive except for November 16th)  
\$299 New Participants/\$229 Past Participants

**Fall Group 2 – Ernie Starr**  
**Saturdays 10:15 - 11:30 pm**  
October 14th to December 16th (inclusive)  
\$329 New Participants/\$299 Past Participants

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



# **Tucker Hockey 2007 Winter & Spring Adult Recreational Programs**

## **Level 1**

### **Beginner/Intermediate Players**

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

#### **Winter Group 1 – Father David Bauer Sundays 10:00 - 11:15 pm**

January 14th to March 25th  
(inclusive except for February 18th)  
\$329 New Participants/\$299 Past Participants

#### **Winter Group 2 – Stu Peppard Wednesdays Noon - 1:00 pm**

January 17th to March 21st (inclusive)  
\$299 New Participants/\$229 Past Participants

#### **Winter Group 3 – George Blundun Wednesdays 7:00 - 8:00 am**

January 17th to March 21st (inclusive)  
\$299 New Participants/\$229 Past Participants

---

#### **Spring Group 1 – Southland Leisure Centre Saturdays 11:00 am - 12:15 pm**

April 14th to June 23rd (inclusive except May 19th)  
\$329 New Participants/\$299 Past Participants

#### **Spring Group 2 – Crowchild Twin Arenas Wednesdays Evenings**

April 18th to April 25th 9:15 - 10:30 pm  
May 2nd to June 20th, 8:45 - 10:00 pm  
(inclusive)  
\$329 New Participants/\$299 Past Participants

#### **Spring Group 3 – Westside Recreation Centre Wednesdays, 6:45 - 7:45 am**

May 2nd to June 20th (inclusive except for May 19th)  
\$299 New Participants/\$229 Past Participants

## **Level 2**

### **Intermediate/Advanced Players**

*For players who have participated in and  
feel comfortable with the Tucker Hockey  
Level 1 technical skills program.*

*The Level 2 Program includes advanced  
technical skills, individual tactics – offensive and  
defensive, team tactics – breakouts, regrouping  
and defensive zone coverage and  
conditioning drills plus scrimmage. (Ten Sessions)*

#### **Winter Group 1 – Henry Viney Thursdays**

#### **Noon - 1:00 pm**

January 18th to March 22nd (inclusive)  
\$299 New Participants/\$229 Past Participants

#### **Winter Group 2 – Ernie Starr Saturdays**

#### **10:15 - 11:30 pm**

January 27th to March 24th (inclusive)  
\$329 New Participants/\$299 Past Participants

---

#### **Spring Group 1 – Crowchild Twin Arenas Thursday Evenings**

April 19th, 26th, 10:15 - 11:30 pm  
May 3rd - June 21st, 9:45 - 11:00 pm  
(inclusive)  
\$329 New Participants/\$299 Past Participants

#### **Spring Group 2 – Father David Bauer/Norma Bush Mondays**

#### **9:15 - 10:30 pm**

April 16th to June 25th  
(inclusive except for May 21st)  
\$329 New Participants/\$299 Past Participants

# **Tucker Hockey 2007 Winter, Easter & Spring Minor Programs**

## **Winter Power Skating & Hockey Skills Development**

Ten Sessions

**Group 1: Ages 9-12+**  
George Blundun  
**Thursdays 7:00 - 8:00 am**  
January 18th to March 22nd  
(inclusive)  
\$249 per player (based on 10 players)

**Group 2: Ages 9-12+**  
George Blundun  
**Fridays 7:00 - 8:00 am**  
January 19th to March 23rd  
(inclusive)  
\$249 per player (based on 10 players)

**Group 3: Ages 9-12+**  
Southland Leisure Centre  
**Mondays 4:30 - 5:30 pm**  
January 15th to March 26th  
(inclusive except for February 19th)  
\$299 per player (based on 10 players)

**Group 4: Ages 7-10+**  
Stu Peppard  
**Fridays, 3:00 - 4:00 pm**  
January 19th to March 23rd  
(inclusive)  
\$299 per player (based on 10 players)

## **Super Power Skating Spring Break Programs**

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

**Monday, March 26th – 3:45 - 5:00 pm**  
Southland Leisure Centre

**Tuesday, March 27th – 3:45 - 5:00 pm**  
Southland Leisure Centre

**Wednesday, March 28th – 3:45 - 5:00 pm**  
Southland Leisure Centre

**Thursday, March 29th – 3:45 - 5:00 pm**  
Southland Leisure Centre

## **Now Hiring**

Tucker Hockey  
is Hiring Passionate Instructors for  
Summer Programs  
Email detailed hockey resume to  
[programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)

### **Group 2: Ages 9 - 12+**

**Monday, March 26th – 5:15 - 6:30 pm**  
Southland Leisure Centre

**Tuesday, March 27th – 5:15 - 6:30 pm**  
Southland Leisure Centre

**Wednesday, March 28th – 5:15 - 6:30 pm**  
Southland Leisure Centre

**Thursday, March 29th – 5:15 - 6:30 pm**  
Southland Leisure Centre

## **Spring 2007 Super Power Skating**

**Group 1: Ages 7-10**  
Westside Rec Centre  
**Monday, April 2nd to  
Thursday, April 5th**  
**6:00 - 7:15 pm**  
\$189 per player

**Group 2: Ages 9-13+**  
Westside Rec Centre  
**Monday, April 2nd to  
Thursday, April 5th**  
**7:30 - 8:45 pm**  
\$189 per player

**Group 3: Ages 7-10**  
South Fish Creek  
**Thursday, April 12th to  
Sunday, April 15th**  
**7:00 - 8:15 pm**  
\$189 per player

## **Spring Break Super Power Skating**

Just \$189 per player!  
Includes GST, Practice Jersey  
& Five Hours On-Ice  
A Full Power Skating Curriculum

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

# **Have You Reached Your Full Skating and Goal Scoring Potential?**

## **If Not... Experience A Unique Power Skating & ABCs of Maximum Goal Scoring Program**

PRESENTED BY  
**TUCKER HOCKEY &  
THE MAXIMUM GOAL SCORING EDGE**

**4th  
Annual**

**Skating &  
Scoring  
with the  
BEST!**

### **TOP 5 REASONS TO ATTEND:**

- Experienced, Quality and Professional Instruction.
- Improve Hockey Skills in a positive / fun environment.
- Guaranteed to improve skating skills.
- Guaranteed to improve goal scoring skills.
- Learn the "Secrets of Scoring" more goals.

### **Register Today! Spaces fill up quickly!**

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

**Only 25 Spots  
Available!**  
Per group

**REX TUCKER**  
Power Skating Instructor



Proud Member of



**MORRIS LUKOWICH (LUKE)**  
Maximum Scoring Instructor

## **2006 Summer Program**

Group 1: Ages 13 - 14  
Monday, August 7th to  
Friday, August 11th (inclusive)  
11:30 am - 1:00 pm  
Crowchild Twin Arenas

Group 2: Ages 15+  
Monday, August 7th to  
Friday, August 11th (inclusive)  
1:30 - 3:00 pm  
Crowchild Twin Arenas

Group 3: Ages 13 - 14  
Monday, August 14th to  
Friday, August 18th (inclusive)  
11:30 am - 1:00 pm  
Crowchild Twin Arenas

Group 4: Ages 15+  
Monday, August 14th to  
Friday, August 18th (inclusive)  
1:30 - 3:00 pm  
Crowchild Twin Arenas

Program price \$199 (includes GST)

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





## One Hand or Two Hands on the Stick?

One of the earliest hockey skills we have heard from our Minor Hockey Coaches is “Keep two hands on that stick”. A rule that sometimes became expanded to “Keep two hands on that stick or I’ll tape them on!”

So before anyone gets a tape job on their lower stick hand, here are a few of the more common and strategic times that “it is Okay” to have one

hand on the stick.

- As a Defenseman facing an oncoming forward(s), skating backwards, top hand on the stick.
- Fast start; dynamic acceleration; or all out sprint (“the arms are the pistons that drive the wheels (feet)”).
- Forechecking (the stick makes your arm about 4 or 5 feet longer).
- Angling the puck carrier anywhere on the ice to decrease his space.
- Attacking 1-on1: beating the checker, keeping the puck wide and out of reach on the farside.
- Defensively: keeping your stick in

the passing lane.

- Passive defensive positioning when approaching a static puck carrier (crest-to-crest), active sweeping side to side with stick. As you close the gap, use 2-hands.
- Covering your man, use your stick to keep tabs on him/her as you face the puck carrier.

Well, there are a few tips of many that allow you to gain advantages by having the stick in one hand. But they do not excuse you from the basic rule “of maximizing two hands on the stick” when not doing those specific actions.



## The 3 P’s to Edmonton Oiler Success

Yes, it is sad but true I am writing about the Oilers. However, there’s a method to the madness! Shall the reader dare to continue on and discover why?

The hockey experts predicted the Flames to advance farther into the playoffs than the Oilers. Times they have sure changed. Only two short years ago and Oiler fans were jealous of Calgarians! Now, it’s Flames fans that are definitely envious of Edmontonians.

Last night, the Oilers defeated the Ducks 5 to 4 and now hold a commanding Western Conference Final

series lead of 3 games to 0. Game 3 was an exciting and very intense playoff game. It was very entertaining to watch from an NHL fan perspective.

During the off season, Edmonton acquired Chris Pronger and Michael Peca. At the time, it seemed the Edmonton organization was making a couple of great moves to build a strong playoff contender within the new economics of the NHL. However, both players did not play during the NHL lockout season and both players had a very slow start to the 2006 season.

The Oilers had quite a regular season struggle to even get into the playoffs. However, this struggle really helped build team chemistry. Yes, Dwayne Roloson, finally provided the team with

some solid goaltending. It was badly lacking for most of the regular season.

However, the 3 P’s to Oiler Success – Peca, Pronger and Pisani have become the driving force on the Oiler’s road to the Stanley Cup finals.

Michael Peca did not have a very good first half to the regular season. He was added to the Edmonton roster with the expectations that he would provide additional offense. However, he showed very little offensive flair in his game. After the Olympic break, Peca’s game started to turn around. He openly admitted that he had lost his confidence earlier in the year. It maybe difficult for the average hockey fan to imagine the 2002 Team Canada Olympic player

*Cont. page 33*

## ***A View From the Press Box cont. from 9***

shift. Of the 25 minutes, 20:21 were even strength. A player has to be in great shape to play those kind of minutes and play them well too! Jarome was a plus 2 in the game and a third star selection as well. Looking at the game minutes played, Stephane Yelle played only 13:55 minutes but had 27 shifts and averaged only 30 seconds per shift. Short shifts... a total team player indeed! Coach Sutter utilized him in key defensive situations throughout the game. Joe Sakic scored two goals for the losers. Joe played 21 minutes which included 25 shifts. Sakic still has the legs and elite skill level. He is such a smooth skater and playmaker. It's a pleasure to watch such a gifted player, who is still going strong at 37!

### **Calgary Flames – Lack of Playoff Success in 2006 – Why?**

- After the 2004 playoff run / success, fan's expectations unrealistically too high?
- We underestimated the talent level of the Anaheim Mighty Ducks?
- The Flames need a top – notch No: 1 center to play with Iginla?
- The Flames need more offensive support for Iginla, may be a couple 30 goal scorers?
- Lack of overall team offensive seemed to be a problem over the course of the season?
- With the new hockey rules, the

Flames had trouble adjusting to the new NHL game (short handed 5 on 3 ...7 times etc. ? May be have to change their style? Become a more elite skating team ?

- Darryl Sutter, performed the very demanding role of coach and general manager. Maybe a new head coach such as Jim Playfair or Brent Sutter etc. will allow Darryl to focus more on acquiring new talent and dealing with salary cap issues as well?

Darryl Sutter said at season's end. "The Western Conference is so competitive. I told you guys earlier ...any one of 10 teams could go all the way". Darryl, you were right... good food for thought to help educate the fans.

Flames thanks for a very entertaining season. We look forward to next season and some great NHL hockey again!

Special Thanks to the Calgary Flames Communications Department which includes: Peter Hanlon, VP of Communications, Sean O' Brien, Manager, Media Relations and Bernie Hargrave, Communications Assistant for accomodating Tucker Hockey's media press pass requests.

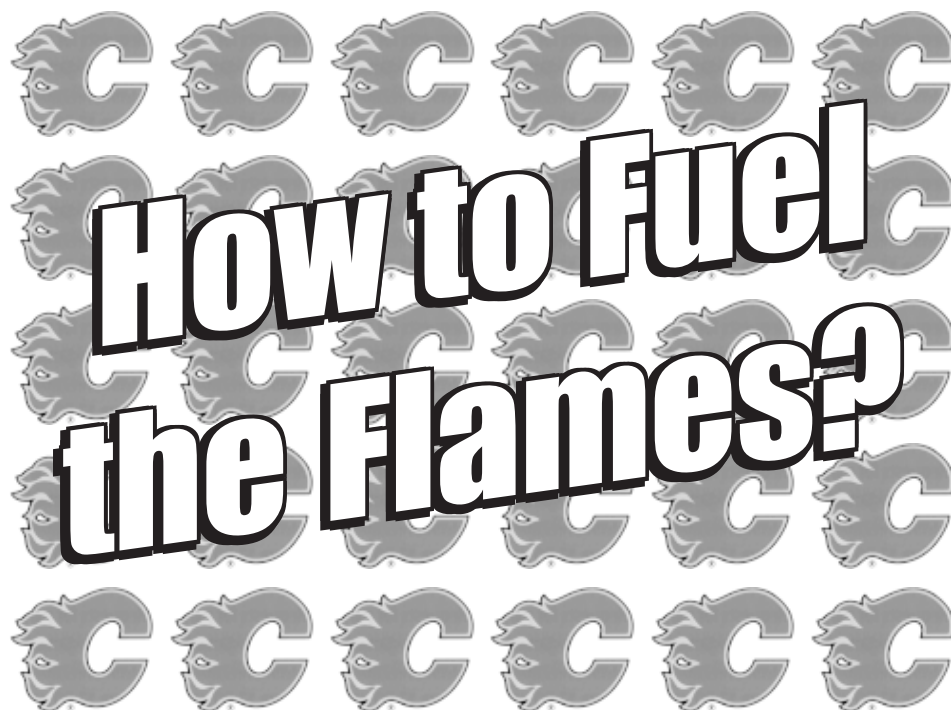
What are your thoughts? Opinions? Letters to the editor are welcomed. [Programs@tuckerhockey.com](mailto:Programs@tuckerhockey.com)

## ***Preoccupation with Winning cont'd. from 18***

Women's National Team, or an NHL superstar, there's always a team at a higher level where the player would not be able to determine the outcome. Even the stars have only a few years – if that – at the very top. But we can all do our best, star and non-star alike. A player makes a difference, at whatever level, by playing his or her best.

Elite athletes need that hunger to win, but it needs to be tempered by the knowledge that he or she gave it everything. If that hunger becomes an obsession, it is, by definition, unhealthy. That can be an individual psychology issue – for some people, the social preoccupation has become personal - winning is all that matters to them.

When you play, you want to win – that's natural - but winning isn't so important – and that's natural too. It is important to be in the game, while keeping the game in perspective.



F E E D B A C K

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

# *Can Goal Scoring be as Simple as ABC?*

## *Yes! It Can!*

with the  
**ABCs Maximum  
Goal Scoring System**



with  
**Morris  
Lukowich!**

*Score with  
the BEST!*

**Team Systems  
Team Scoring Tactics  
Individual Scoring Tactics  
Individual Technical &  
Skill Development**

We will maximize goal scoring skills and improve team chemistry for a complete goal scoring system that increases the number & quality of scoring chances for the player & the team.

**We teach with goal scoring skills and strategies:**

**Empower players with a "Plan to Success"**

**Generate more scoring opportunities**

**"Finish" plays around the net and score more goals**

**Create a "team goal scoring chemistry" that produces a distinct advantage over the defensive coverage.**

Increase your Hockey Playing Skills and Goal Scoring  
Practice & Play Smarter • Enjoy & Have Fun  
Hockey's a Great Game!

## **Specific Areas Covered**

### **Individual Scoring Tactics**

- "1 on 1" drive skating attack to the defender's weak side
- "5 Options" attack through the neutral zone into the offensive zone
  - 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

### **Transition plays and passing**

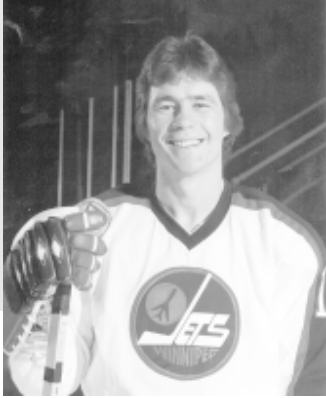
- How to take the most advantage of offensive zone turnovers
- How to take the most advantage of neutral zone turnovers
- The optimum strategy for the wingers in transitioning from the defensive zone

**Call Luke**  
**660-3006**  
**luke212@shaw.ca**

Proud  
Member of







**By former NHL & WHA Player/  
Goal Scoring Mentor Morris  
Lukowich (Luke)**

# Maximizing “Point Shots” Effectiveness

“Point Shots” are shots taken from the blueline, generally by Defencemen. They are taken during even up play, PowerPlay opportunities and in shorthanded situations.

In today’s NHL, the “point shot” can be a great weapon in scoring big goals or it can contribute to the demise of team’s chance to win! (When blocked for breakaways! i.e. Peca in Game 3, Oilers vs Ducks)

How does a team maximize the effectiveness of these point shots so that the greatest percentage of goals can be scored per total number of point shots taken during a game?

During my years in the NHL one of the greatest and most effective “point shot” shooters was former Calgary Flame, Al MacInnis. During his incredible NHL career he recorded 340 goals, 934 assists for a total of 1,274 points. Al MacInnis was really one of the first defencemen, who started to “test out” and effectively utilize different types of point shots, instead of just “burying his head” and drilling it at the center of the goal.

I am a firm believer that simply “putting the puck on the net” point shots, which is preached by many coaches today, is simply not good enough to accomplish maximum efficiency in point shooting.

## Key Points to Maximizing Point Shots Effectiveness

To maximize point shots there are the following points to consider by the

defenceman and the forwards:

- DMan: What is the best area of the net to aim at? Center or at the goal posts?
- DMan: Is the goalie screened or am I wasting this shot on goal?
- Forward: Am I willing to pay the price to screen the goalie?
- DMan: Am I shooting with a focus for a deflection and getting an assist?
- DMan: Am I shooting with a focus to score a goal?

## What is the Area of the Net that I am Aiming At?

My mentoring is to aim the “point shots” at the goal posts or just outside the goalposts. This allows a screening forward to tip the puck in towards the goalie, especially towards the “5 hole”, where the highest percentage of deflection type goals beat the goalie and are scored. (Also, it forces the goalie to move and be off balanced and this opens up holes in his goalie stance i.e. “5 hole.”) If the puck is shot at the goalie the player in front is deflecting the puck away from the net, many times into the corners, instead of toward the net, especially the “5 hole” and for rebounds. (Also, this allows the goalie to maintain a balanced stance)

## Is the Goalie Screened or am I Wasting this Shot on Goal?

A great, important and somewhat obvious rule for the forward’s to have is that whenever the puck goes to the DMan and it appears that there is a possibility for a

“point shot”, is that the closest forward needs to get directly in front of the goalie and cause a screen. Standing off to the side with no player screening is really a “high percentage” wasting of this point shot and not maximizing the scoring opportunity. (it takes courage to do this and cause the screen)

Ryan Smyth, of the Edmonton Oilers, is one of the best “screeners of goalies” in the NHL today. He is prepared to “pay whatever the price” to maximize the Oiler’s point shots.

Stability – It is really important for the forward to go with a strong three point stance, with his knees bent and the stick on the ice and directly in front of him so that he can “cup” his stick to either his right or left and deflect the puck towards the middle of the net and be prepared to score on a rebound. If his stick is in the air and at the side he does not have a strong “3 point” foundation to maintain good balance and absorb interference/crosschecks from DMan.

## Am I Shooting for a Deflection or for a Goal?

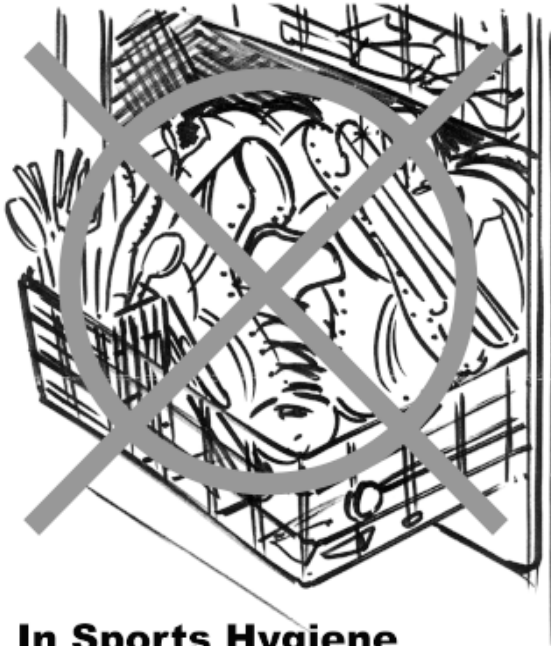
To maximize point shot effectiveness I mentor DMen that there are three

*Cont. page 33*

## 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](mailto:luke212@shaw.ca).





**#1 In Sports Hygiene**  
[www.nosweatesports.ca](http://www.nosweatesports.ca)

**NOSWEAT**  
powered by Esports

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



**James F. McArdle, CRA**  
 Residential Appraiser

## **McArdle & Associates Ltd.**

Bus: 403-569-7474  
 Fax: 403-569-7499  
 Cell: 403-852-5722  
 E-Mail: [mcardle@shaw.ca](mailto:mcardle@shaw.ca)

"AIC" Member • "CREB" Member • "AMBA" Member

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

*Professional Service — Trusted Values*





# Southern Alberta Selects Hockey Association

## About the Southern Alberta Selects

The Southern Alberta Selects Hockey Association was formed from the Colts in 1988 to create and provide opportunities for elite amateur hockey players in Southern Alberta to compete and play against elite amateur hockey players from other parts of North America and Europe. A corner stone of the Selects program is that it invests considerable time in ensuring that each boy or girl, either invited to tryout or selected for their Selects Team is an accelerated calibre hockey player that will fit in and contribute to their team.

The Selects program commences with an invitation, only to those players that have been selected by the divisional coordinator and their coaching staff. Traditionally, Select teams are formed early on in the new year but do not commence practices until the completion of Minor Hockey, so areas of conflict will not occur. The Selects organization supports all winter minor hockey programs. Practices and a series of exhibition games will be held during April and May to gear players up for tournaments held during the May long weekend and the July long weekend. The Teams will also consider attending other North American tournaments during the spring or summer months on an individual basis.

Each spring the Selects Association forms 14 teams. The teams are Minor and Major Novice, Minor and Major Atom, Minor and Major PeeWee, Minor and Major Bantam, Minor and Major Female PeeWee, Minor and Major Female Bantam and Female Midget. There are also; Tyke boys, Novice girls and Atom girls skill shinny/development groups that skate once a week and are coached by dedicated professionals.

The non-parent head coaches of the Selects Association are individuals who

have played, coached or been involved in hockey at an elite level. These coaches are attracted to our program because of our philosophy of a fun learning experience in a very competitive environment and our dedication to the sport and with player development a priority.

Some of the individuals whom have or are presently coaching in the Selects program are: Wally Kozak, assistant coach of the Olympic Gold Metal winning Female team; Brian Sutter, head coach of the Chicago Blackhawks; Archie Henderson, former NHL player and presently a scout for the Washington Capitals; Garth Malarchuk, scout for the Toronto Maple Leafs; Brad Robson, scout for the Dallas Stars; Pat Matsuoka, scout for the Red Deer Rebels; Gary Pozzo, former coach of the Calgary Junior Royals; Don Henderson, current NHL on ice official; Terry Baustad, coach of Team Alberta and current scout for Kamloops Blazers; Kevin Brost, coach of U of C Dinos.

The Selects Association is committed to form the best teams possible in Alberta by drawing on the best players available. The teams are dedicated to developing each player to achieve their potential. While each team is coached to win all of their games with every player contributing, the coaches understand that winning is not the only thing to consider at the end of the game, but how well each player participated.

Program fees are designed by the Southern Alberta Selects Association to be nominal and are used primarily to pay for ice time, tournaments and coaching honorariums. Each player's family is responsible for their and their player's tournament travel and accommodation costs. The Selects Association conducts fund raising activities to help defray these costs.

The not-for-profit Southern Alberta

Selects Hockey Association is the only AAA registered society in Western Canada, run solely by volunteers.

This means that all funds are utilized in the program to ensure that the players and teams derive the maximum benefit from their investment and involvement.

Although invitations for the Selects, by personal phone call or mail, are sent out in the fall/early winter season, we wish to avoid any conflict with the programs of the Minor Hockey Associations of Alberta. The Selects believe that the winter hockey programs of the players are of the utmost importance and priority and should not be interfered with.

## Guiding Principles

The major principles on which the Selects program is built are:

- A fun learning experience in a very competitive environment.
- Each player invited to the Selects program is pre-scouted to ensure that they are an accelerated calibre player.
- Each year's team is by invitation only so that the Association can concentrate its full attention forming the best team possible.
- The focus is on the development of a well balanced team made up of talented, disciplined and dedicated hockey players that will be capable of winning at the AAA level.
- The program aims to make the experience a positive one for the player, their family and the team.
- The advancement of hockey skills also includes the development of character and the Selects Association places a high value on the development of positive life skills that will be valuable to each player in their growth as a person.
- The Selects Association aims to assist players in making informed decisions on their athletic and educational opportunities.



# **EAPE**

**athletic performance *enhancement***

---

# **HOCKEY**

Includes pre-, mid- and post-testing program design, exclusive access to the athletic training zone, dietary sessions in the SEARS Nutrition kitchen, access to specialty equipment, stride improvement sessions and weekly on-ice sessions.

You choose the length and timing of your program to best suit your training needs, from one week in length to 16 weeks in length and train with other male or female athletes your age.

## **ATOM/PEEWEE *ALL SKILL LEVELS***

**1 week \$145 • 4 weeks \$465 • 8 weeks \$828 • 12 weeks \$1180 • 16 weeks \$1450**

**2 sessions per week in the Athletic Training Zone**

**1 on-ice session/week and 1 speed, agility and quickness dryland session/week**

## **BANTAM/MIDGET/JUNIOR *ALL SKILL LEVELS***

**1 week \$185 • 4 weeks \$620 • 8 weeks \$1100 • 12 weeks \$1550 • 16 weeks \$1895**

**4 sessions per week in the Athletic Training Zone**

**1 on-ice session/week and 1 speed, agility and quickness dryland session/week**

***Program runs from May through until August. Register today!***

**Call 233-8393 for more information.**

**Talisman Centre**

for sport and wellness

**CARDEL  
PLACE**

for community, sports & recreation



## Top Ten Pet Peeves

*The mission of Hockey Zones' newsletter is to reinforce hockey's positives to all ages. However, the hockey world, like everything else in life is far from perfect. As a result, it's necessary to mention a few pet peeves with the hope of improving the hockey system. Short-term negativity for long term positive results is the school of thought.*

Here are my top ten for today!

### Sticks Too Long

While teaching power skating, I have discovered on the average – 6 of 10 players have hockey sticks that are too long! When standing on skates, with the tip of the blade on the ice, the stick should be below a player's chin and above the armpit. Too long a stick hinders a player's growth and development. A shorter stick will improve puck control and force a player to bend their knees more, which enhances skating technique.

### Graphite Sticks

Parents often buy \$200 - \$300 graphite sticks for their kids and expect the sticks to last for years. "The kids will grow into them" is the philosophy of the parents. They often do not cut the sticks down which adversely affects their child's hockey skill development.

### Tape/Laces Around the Ankles

Wrapping tape or extra long laces around the skate ankle reduces ankle flex. Ankle flex is so important for proper skating technique. Too much tape or laces around the ankle causes a "skating in a cast" type feeling. For the forward stride, the push is from the hip, to the knee, and finally from the ankle.

### Mouth Guards

They are mandatory and should be worn by all minor hockey players when on the ice. However, players... please take it out when talking to your coaches/instructors. Otherwise, we can't understand what you are saying!

### Water Bottles

For hygienic purposes, each player should bring their own water bottle to the rink. As well, when training, players should drink lots of water to avoid dehydration. The rule is drink before you are thirsty. If you are thirsty, you are already dehydrated!

### Going Behind the Net

While doing a shooting drill, players will often go behind the net after completing the drill/shooting. Behind the net is a danger zone. Stay away from the back of the net to avoid getting hit by a puck. It can hurt! Avoid injury... be aware! Play safe!

### Cheating on Drills

It's important to always do your best. It's you and the drill. If a player cheats on the drill, they cheat or hurt their growth and development. You reap what you sow.

### Lack of Attention

Players who do not pay attention do not learn and improve. Players need to listen always to what instructors say and

watch when they demo a drill. We are trying to make you better hockey players. Otherwise, you're wasting your time and your parents money! Attitude is everything – be positive and eager to learn.

### Stopping Safely

Often when performing power skating drills down the ice players will stop too close to the boards. We always emphasize stopping away from the boards, just in case a player loses an edge, he or she will avoid stumbling into the boards. Safety first!

### Pucks/Pylon Abuse

On occasion, players will shoot pucks and move pylons around the ice – not listening to instructors and disrupting the group. Please leave the pucks and pylons alone. Stop the abuse – please abuse them on your own time. Be respectful.

*P.S. Thank You... I feel better after doing my little hockey rant! Good luck with your hockey! We can all help and do our part to make the game better and more enjoyable for everyone involved!*



**We are all travellers in the wilderness of this world, and the best that we can find in our travels is an honest friend.**  
- Robert Louis Stevenson

Professional Skate has been anxious to add a specialty goaltender store to our ever expanding network for sometime. We understand that a prime location and knowledgeable staff are essential for the perfect one stop goalie centre. We are excited to announce the opening of our newest store: Professional Skate Goalie Centre, located in the World Pro Goaltending facility.



We are thrilled to launch our new retail store with Peter Martin as an owner/manager. Peter brings a wealth of goaltending experience to our staff, a valuable and necessary asset for today's sports retailers. Following a successful 15 year playing career in Switzerland, where he was fortunate enough to win 2 Continental Cups, one European Super Cup and one league title, he coached at the professional and minor hockey levels for four years. During his last season of coaching, he coached David Aebischer, of the Montreal Canadiens, who played in Switzerland during the NHL lockout. Peters' knowledge of the goaltending position and of the equipment used by todays goalies will be an invaluable asset to all goaltenders that are looking for the best advice available when purchasing new equipment. Peter believes strongly in continuing the same devotion to customer service and satisfaction that Professional Skate is so well known for in the hockey community.

Among our manufacturers you will find, Vaughn, Nike/Bauer, RBK, CCM, Graf, Sher-Wood, Montreal, WJD Pro Masks, Mission-Itech, and Brown. We believe that together with Peter and the staff at World Pro, Professional Skate Service has created a one-stop goaltender facility second to none.

**Tuesday-Friday 10:00 am - 8:00 pm — Saturday 9:00 am - 5:00 pm**  
**5938 Center Street SE • 259-4144**



## ***The 3 Ps of Oiler Success cont. from 24***

performing without confidence! Confidence is such a big part of the game at every level of hockey – even at the Pro level. However, Peca's confidence is now soaring again – winning key face offs, killing penalties, playing on the power play and scoring so many key/clutch goals in the playoffs.

Chris Pronger, 6' 6" 220 lbs, seemed too slow and lacked mobility for the "new" NHL. He had difficulty adjusting to the new rules and a faster paced game. The mean and physical player, who played with an edge, seemed lost in the "new" NHL. Many hockey experts were saying Pronger had lost a step and was definitely overpaid. However, Pronger has made adjustments, stepped up his game in the playoffs and is now a leading candidate for playoff MVP.

After spending two seasons with Hamilton, the Oiler's farm team, Fernando Pisani's is currently completing his second full season with the main club. Fernando Pisani, the 29 year old Edmonton native, is finally shining in the big leagues. The Oilers

195th draft pick in 1996 has scored 9 playoff goals. He is tied for the playoff goal scoring lead. He is a late bloomer and an inspiration to anyone trying to reach the next level of hockey!

The 3P'S of Oiler success – Peca, Pronger and Pisani have taken their game to another level in the Stanley Cup playoffs. Positive attitudes, strong patience and tremendous perseverance have paid great rewards for these dedicated players. It's a prime example of how the above personal traits can bring about success to an athlete.

I find it rather inspiring to watch a team play so very well in a small Canadian market. Congrats to the Oilers and the new NHL! It provides every small market team with a strong optimism for future success including our 2007 Calgary Flames! The margin of victory is very slim especially in the competitive Western Conference. Can't wait until next season!

In the meantime, Calgarians we should be good sports and cheer our northern rivals... Go Oilers Go!



## ***Point Shots cont. from 27***

targets to aim for:

- If the DMan is looking for a deflection and the assist on the goal, then shoot the puck on the ice and at the goal posts. This is the easiest place for a forward to deflect the puck inward and get a rebound off the deflection.
- If the DMan is looking to score then he can shoot either:
  - 1.5 feet off the ice on the blocker side, just over the pad.
  - 2 inches under the crossbar on the glove hand side, aiming at the goalie's shoulder and not the glove.

Follow these suggestions and you and your team will have much more success with scoring more goals from your "point shots".

# **Now Hiring**

**Tucker Hockey  
is Hiring Passionate Instructors  
for Summer Programs  
Email detailed hockey resume to  
[programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)**

# Thoughts on Fair Play

By Michael White

Today in our competitive world it seems that anything goes to get the edge and to be a winner. In the business world and in pro sports as well, is winning everything?

In the sports world, it seems everything is based on results at any cost.

How far should a hockey player or any athlete for that matter go to get the upper hand or advantage over his opponent? How do we feel about the use of illegal equipment? Is it ok to have oversized goalie pads if a player does not get caught? What if the player uses illegal substances such as steroids or blood doping? Is gaining that upper hand at

any cost for the only purpose to be better than your opponent... sporting or for that matter... sports? Fair play?

In Professional hockey circles, the ultimate goal is to win the Stanley Cup. Besides honouring and praising the MVP of the playoffs with the Conn Smythe Trophy, let us remember equally the Lady Byng Memorial Trophy awarded each season for the most sportsmanship and gentlemanly conduct combined with a high standard of playing ability.

For kid's hockey, the Minor hockey system must strive to teach more respect among players. Respect for others is something that can only be instilled by first the players' parents,

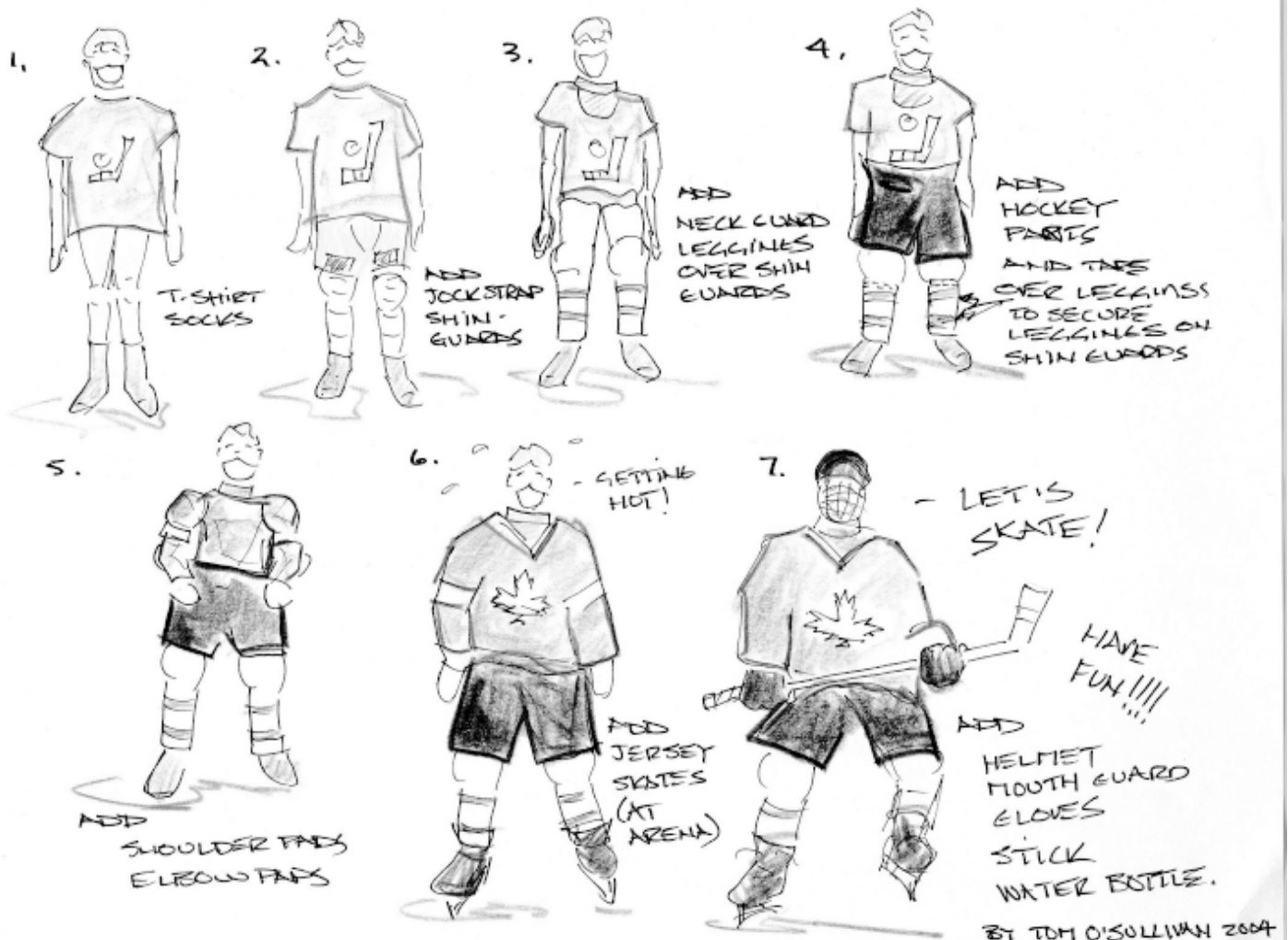
second their teachers, and finally friends and coaches.

As a coach do you give your players positive reinforcement? Are you so results – oriented that you forget about the principle of fair play? Remember everyone should have the chance to play.

Flair play requires a commitment from everyone involved in the sport. It takes effort to remember that "I am a team player". Playing a game for fun, for recreation, for competition and finally to achieve personal and team goals.

Be proud to be a good player but remember more importantly to be proud to be a fair player! Play hard but play fair!

## HOW TO DRESS A HOCKEY PLAYER





# Fair Play Code

*Source: Hockey Canada, Nike Skills Development Program*

## For Players

- I will play hockey because I want to, not just because others or coaches want me to.
- I will play by the rules of hockey and in the spirit of the game.
- I will control my temper; fighting and “mouthing off” can spoil the activity for everybody.
- I will respect my opponents
- I will do my best to be a true team player.
- I will remember that winning isn’t everything; that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays/performances – those of my team and my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

## For Coaches

- I will be responsible when scheduling games and practices, remembering that players have other interests and obligations.
- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players get equal instruction, support and playing time.
- I will not ridicule or yell at my players for making mistakes or for performing poorly.
- I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the players’ ages and abilities.
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will work in cooperation with officials for the benefit of the game.



## Off-season Hockey Training Feature

# An Interview with Jeff Mueller

Jeff Mueller is a passionate up-and-coming strength and conditioning coach and businessman who believes in multi-faceted athletic development. He is also the founder of Essential Performance, a company which focuses on helping clients maximize their abilities on the ice through determination and qualitative training.

### 5 Questions regarding Hockey-specific Strength & Conditioning:

**(Q)** *In a nutshell, what is strength and conditioning to you?*

**(A)** Strength and conditioning is the foundation of the human being. It is the science and art responsible for everything that we are able to express. By going many steps further, learning to optimally control that movement is the pinnacle of human ability.

**(Q)** *Why did you choose to become a trainer?*

**(A)** I've always been passionate about the skill that many people have on the ice and although I've participated in other sports in my career, I've always come back to hockey as my home-base. Running, jumping, throwing and cycling are great but no other sport combines the complexities of hockey. I have also

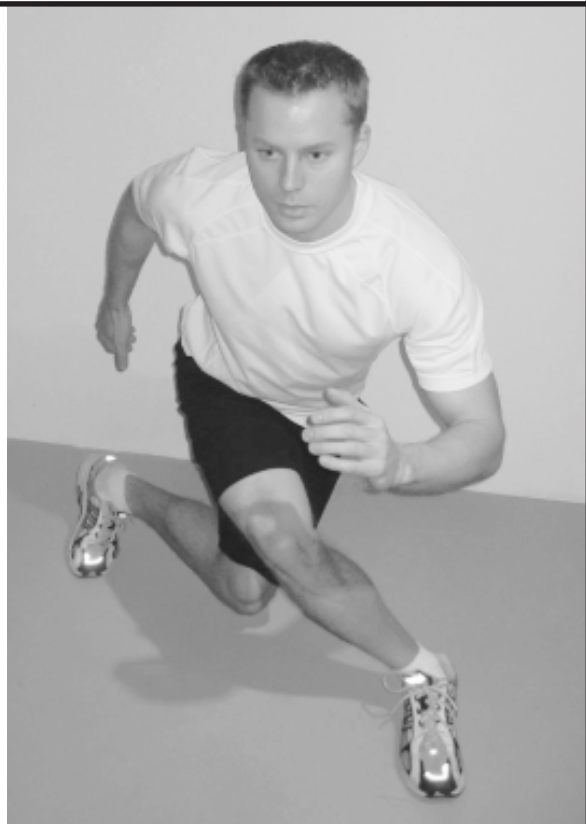
been interested in progressing my own performance and, naturally becoming an expert opens the door to business opportunities.

**(Q)** *What factors elevate conditioning within Essential Performance?*

**(A)** In my opinion – and it may sound a bit funny – I believe that if you are to hire someone for a specific job, you should make sure they are both skilled and passionate about their work – a person that most would call a nerd! Why would you hire a nerd? Because they know their job inside and out, forwards and backwards, and there is nothing they'd rather do (even in their spare time) than what they love. That is the foundation that Essential Performance is built upon.

**(Q)** *Would you then consider yourself a strength & conditioning 'nerd'?*

**(A)** Definitely! Conditioning has consumed me and I'm enjoying every minute of it! Now I do know where to draw the line with regards to my job but honestly, I've always got my nose in an article, research paper, on



a website or you can find me observing athletes in action.

**(Q)** *Any closing comments for those reading this article?*

**(A)** Yes, I'd also like to give a big thanks to Rex Tucker for the opportunity to publish this interview. For anyone who has questions regarding Essential Performance and it's services and programs, feel free to contact me.



**www.essentialperformance.ca**  
**Email: [jeff@essentialperformance.ca](mailto:jeff@essentialperformance.ca)**  
**Phone: (403) 708-0948**

– Hockey Zones Special Feature –





# No Ice? No Problem!

## You Can Develop Hockey-specific Strength and Conditioning with the Essential Performance Training System

### SPECIAL POINTS OF INTEREST

- NATIONALLY CERTIFIED  
CONDITIONING SPECIALISTS
- EXPERIENCED AND  
PROFESSIONAL INSTRUCTION
- SPECIALIZED TRAINING FOR  
BOTH PLAYERS AND GOALIES
- GUARANTEED TO IMPROVE  
YOUR HOCKEY SKILLS !!

Here's a list of benefits you'll receive:

**Powerful  
Strides**

**Speed &  
Agility**

**Strength**

**Core  
Stability**

**Balance**



### **SUMMER SPECIAL: 4-FOR-2 CONDITIONING**

**MENTION THIS AD TO US AND WE'LL OFFER YOU AND 3  
FRIENDS THE CHANCE TO SAVE 30% PER PLAYER!**

*(All sessions on appointment basis--\$250 per player, includes 10 Conditioning sessions)*



**Contact us: 708-0948**

**Jeff@essentialperformance.ca**

**We are 100% committed to your results and  
will work with you to ensure you are both  
successful and satisfied.**

*In Association with*



**www.essentialperformance.ca**



## 3rd Annual Danny Cammack Memorial Golf Tournament

Due to the tremendous success of this event over the past two years, Betty, Kevin and I are pleased to announce that the 3rd Annual Danny Cammack Memorial Golf Tournament will take place on Saturday, August 26th at the McKenzie Meadows Golf and Country Club.

Please mark your calendar. This fun event will follow a "best ball" format and the number of golfers will be limited to 60 (so sign up early). The purchase of foursomes is again welcome.

The cost will be \$135 per golfer which will include, green fees, 1/2 power cart, steak sandwich dinner, club cleaning, a pro shop prize, free use of the driving range, etc. After dinner we will once again have three proximity prizes and a silent auction.

The proceeds raised at this year's tournament will go towards the South Fish Creek Youth Financial Assistance Program (in Danny's name), Ehlers-Danlos Type 4 research and the Grief Support Program at the Rockyview Hospital.

If you would like to register to play, would like more information, or, if you or your company is interested in donating a prize or sponsoring a hole (for a mere \$100), please contact us.

Paul, Betty and Kevin Cammack

*You can reach the Cammacks by email at [paul\\_cammack@cpr.ca](mailto:paul_cammack@cpr.ca) or by calling 836-0580.*

## – Quality Thoughts –

Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skill full execution; it represents the wise choice of many alternatives.

*-William Foster*

If I had to select one quality, one personal characteristic that I regard as being most highly correlated with success, whatever the field, I would pick the trait of persistence. Determination. The will to endure to the end, to get knocked down seventy times and get up off the floor saying, "Here comes number seventy-one!"

*-Richard M. Devos*

Be a yardstick of quality. Some people aren't used to an environment where excellence is expected.

*-Steve Jobs*

The quality, not the longevity, of one's life is what is important.

*-Martin Luther King*

If you can react the same way to winning and losing, that is a big accomplishment. That quality is important because it stays with you the rest of your life.

*-Chris Evert*

The more I give myself permission to live in the moment and enjoy it without feeling guilty or judgmental about any other time, the better I feel about the quality of my work.

*-Wayne Dyer*

Quality is never an accident; it is always the result of intelligent effort.

*-John Ruskin*

The quality of a leader is reflected in the standards they set for themselves.

*-Ray Kroc*

Quality is the result of a carefully constructed cultural environment. It has to be the fabric of the organization, not the fabric.

*-Philip Crosby*

Persistence is the twin sister of excellence. One is a matter of quality; the other a matter of time.

*-Marabel Morgan*

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavour.

*-Vincent T. Lombardi*

The only lifelong, reliable motivations are those that come from within, and one of the strongest of those is the joy and pride that grow from knowing that you've just done something as well as you can do it.

*-Lloyd Dobens and  
Clare Crawford-Mason*

Quality in a product or service is not what the supplier puts in. It is what the customer gets out and is willing to pay for. A product is not quality because it is hard to make and costs a ton of money, as manufactures typically believe. This is incompetence. Customers pay only for what is of use to them and gives them value. Nothing else constitutes quality.

*-Peter Drucker*

Beauty is no quality in things themselves: it exists merely in the mind, which contemplates them.

*-David Hume*

The quality of an organization can never exceed the quality of the minds that make it up.

*-Harold R. McAlindon*

## You Could Win!

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

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

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

## Danny Cammack Memorial Award

### Congratulations to Scholarship Recipients

Spring 2006 John Bevans • Christmas 2005 Zach Urban • 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!*



## Tucker Hockey Awards

### Minor Hockey Danny Cammack Memorial Award

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

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

### Adult Hockey Bradley Mersereau Memorial Award

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

#### Award Recipients

Winter 2004 – Jeff Okamura  
Spring 2004 – Wilfred Budduke  
Summer 2004 – Ronald Wong  
Fall 2004 – Homer Two Young Men  
Winter 2005 – Angelito Ponce  
Spring 2005 – Roger McIntosh  
Summer 2005 – Neil Fleming  
Fall 2005 – Wayne Newby  
Winter 2006 – Paul Zоргdrager  
Spring 2006 – John Bradley  
Summer 2006 – Tracy Tomassetti

## I Love Hockey!

The reason I love hockey is because you get to meet all the people and make great friends. I have a broken wrist and I only think about getting back on the ice with my Bantam 2 team mates and friends so I can get back to enjoying the game I love.

I play many sports which I'm pretty good at. I play golf, baseball and lacrosse. But nothing is as fun and challenging as playing hockey. I always dream of playing in the NHL someday and that dream is still alive.

I'm very lucky to play hockey and travel all over and play with some really nice people.

**John Bevans**



*As Canadian as hockey!*

able

p r i n t i n g

## **Our Sport is Printing.**

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

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

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



Call Able Printing today  
for all your printing needs

271-4101