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Spring/Summer
2007

For the LOVE of the GAME!

Hockey Zones

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



The First Goal is Having Fun

In our play we reveal what kind of people we are

- Ovid Roman Poet, 43BC – 18AD

By Micheal White

Sidney Crosby became the youngest player and the only teenager ever to win a scoring title in any major North American sports league by capturing his first Art Ross Trophy with 120 points (36 goals and 84 assists) in the 2006 – 2007 NHL season.

On December 13th, 2006 Tim Horton's announced a multi-year partnership with Sidney Crosby, Canada's brightest young star. Sidney offered his name to the program where he started, Timbits Minor Hockey. Sidney started back in 1993. While at the age of five, he played for the Cole Harbour Timbits in Cole Harbour, Nova Scotia. Standing at 3' 11" Sidney wore jersey #8 and played centre.

"I am proud to represent Timbits Hockey" said Sidney Crosby. "In my early days of playing hockey, my parents and coaches always reinforced the importance of having fun. That is something I take to the ice with me everyday."

Crosby was coached by Paul Gallagher, who now scouts for the Florida Panthers. Gallagher was not entirely convinced Sidney was only five years old at the time. He had great natural "lateral ability" combined with a true love for the game.

The Timbits Minor Hockey program's motto is "to start it has to be fun". The program began over 25 years ago. As part of the program, Tim Hortons works with local hockey associations in communities across Canada and the USA to help by providing player jerseys, participation medals and hockey Jamborees to over 50,000 players a year. Many Timbits hockey players get a once in a lifetime opportunity to play an intermission feature during an NHL or Canadian Hockey League game.

If hockey is fun, the love of the game which blossoms can be a life long realization to the fountain of youth. For example, the Calgary 55 plus hockey association has provided an opportunity for older men to have fun. Since 1999, 350 players play the game every week as well part of the fees paid by the elder athletes go towards supporting

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**Look Inside for
More Great Sports Tips**

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**"A little nonsense, now and then,
is relished by the wisest men"**

–Anonymous

Tucker Hockey

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

Minor Hockey Group Programs <small>Spring, Summer, Christmas & Winter</small> Power Skating Player Development Checking Clinics	SUPER power skating	Adult Recreational Group Programs (Ages 18 - 65+) <small>Fall, Winter, Spring & Summer</small> Power Skating Player Development
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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

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

Contact
Tucker Hockey
998-5035
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www.tuckerhockey.com

Tucker Hockey Identity

Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game.

The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.

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The First Goal (cont'd. from cover)

community groups such as the Calgary Minor Hockey Association, the South Fish Creek financial assistance program and the Calgary Interfaith Food Bank. No numbers, no pressure, no stats and all different skill levels combined with exercise, camaraderie and pure simple fun.

From the oldest player in the NHL, Chris Chelios, age 45 of the Detroit Red Wings, who is still going strong to the youngest timbit player, who is just trying to find his skating legs at 3 or 4 years old - in the grand scheme of things what really counts is still enjoying the game at any level - keeping the fun and love in the game.

Stompin Tom Connors sings about the good ole hockey game and how people embrace this great sport in our country. The goal of the good ole hockey game - fun and to challenge yourself to be better.

To this day, because Sidney continues to be grounded in family and community, he will still come back home and play road hockey with the local kids. He has opened a lot of wide eyed dreams for many kids across our country. Simply by just starting and continuing to have fun as he keeps on playing, getting better and reaching for the stars!

A Child's Poem

Remember
He skates on the ice.
With his heart pounding fast.
His stick in his hand,
He waits for a pass.

Mom and Dad cannot help him.
He skates all alone,
A goal at this moment,
Would send his team home!

The puck near his stick...
He shoots and he misses
There's a groan from the crowd,
With some boos and some hisses;
A thoughtless voice cries -
'Take that bum off the ice!'

Tears fill his eyes...
The game's no longer fun.
Remember, he's just a boy
Who skates all alone!

So open your heart,
And give him a break;
For it's moments like this-
A man you could make,
Keep this in mind,
When you hear someone forget.

He's just a boy,
And not a man yet!

-Anon



Next Issue:

Fall 2007

Features

- Letters to the Editor/Prize Winner Announcement
- Hockey - The Short Game
- Read Your Audience
- Shared Respect
- Why Balanced Skating?
- Insights into Off Ice Training

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Spring/Summer 2007 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-

Half Ice Practices

By Author?

Frustrations within the hockey circles, regarding too many half ice practices, have been going on for many years now. Lately with an increased shortage of ice availability, within the City of Calgary, the topic has gained more familiarity. Currently, we are seven to eight rinks short of ice demand and even with the proposed expansion to existing facilities such as Max Bell (Fall 2007), Family Leisure Centre, South Fish Creek and Calgary centennial Arenas within the next four to five years; we will still have a shortage of ice!

The shortage of athletic facilities in Canada has become such a hot topic; it will be part of Hockey Canada's AGM agenda this year. The annual general meetings started up Friday, May 18th in Winnipeg, MB, and will have representatives from across the country discuss the current lack of rink facilities in Canada and examine possible solutions.

What to do? What to do? The shortage of practice ice doesn't appear to be going away any time soon unless there is more and accelerated private and government funding available to develop additional rink facilities. Parents, coaches and administrators are frustrated with the lack of available ice. In order to experience full ice practices teams have often booked extra ice slots in parts of rural Alberta... more

than an hour drive from the city. Getting up at 4:30 am for a 6:00 am Saturday or Sunday practice on a cold winter morning and travelling outside the city can be a challenging exercise indeed. It can be tough on the kids as well as everyone else involved.

Here are some of my views on half ice practices and possible coping solutions. I trust it will lead to some good hockey talk.

During the summer of 1994, I attended Hockey Canada's International Coaches Conference held in Calgary and observed an on ice presentation by Tommy Tomth, "Helping Young Players to Understand the Game." Tommy is one of the top coaches in the Swedish Ice Hockey Federation. He has coached both their World Junior and World Senior Teams. Tommy did a masterful job of explaining how coaches could properly utilize a small ice surface, i.e. half ice practices to teach young players the fundamentals of the game. Tommy demonstrated and had a number of kids execute skating, passing, puck control and shooting drills on a small ice surface. On that particular day, lots of top notch skill development was accomplished on a small ice surface.

Currently, I feel too many parents, coaches and administrators have a negative mindset about half ice practices. Often coaches do not utilize the ice properly which adversely affects a young player's potential development. Between the ages of six and ten, the primary focus should be on hockey technical skills development, especially skating. Good skill development can be taught very effectively on half ice practice surfaces.

For example, the Hockey Canada Nike Player Development Pyramid emphasizes the following breakdown between technical skills, individual tactics, team play systems and strategies based on the age and skill level of the players. The Initiation Program recommends player development based on practicing 85 per cent technical skills and 15 per cent individual tactics. The Nike Skills Development Program for Novice hockey recommends 75 per cent technical skills, 15 per cent individual tactics and ten per cent team tactics. The Atom program recommends 50 per cent technical skills, 20 per cent individual tactics, 15 per cent team tactics, ten per cent team play and five per cent strategy.

This pyramid was created to assist coaches to develop a seasonal plan. The age and skill level of the players on the team will define the seasonal plan. Often I feel too many minor hockey coaches, who are coaching at the Initiation to Atom levels, could use a friendly reminder/tune up of the importance and the benefits of practicing proper skill technique to this age and skill level. Less emphasis should be placed on winning and team play and more on teaching the proper tech-

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Half Ice Practices cont. from 4

nical skills/fundamentals of the game such as skating, passing, puck control and shooting.

Practices on a small ice surface, if run properly, can allow a number of benefits; better interaction between players, more on ice repetitions of technical skills and individual tactics, players can touch the puck more often, it allows for more “short game” drills which emphasize skating agility, puck control and puck protection skills as well as more active/involved scrimmages than full ice. Coaches can utilize the ice better and cooperate with their fellow minor hockey association coaches to incorporate two teams (e.g. Atom Div 2 and Div 3 on the same full ice practice for game type scrimmages, skating drills such as forward striding and group/game tactical drills, just to name a few).

Here’s a suggestion for improved ice sharing and utilization within the minor hockey association.

For a 75 minute practice: Team A practices full ice for the first 15 minutes. Teams A and B practice half ice for the next 45 minutes. Team B practices full ice for the last 15 minutes.

For a 60 minute practice: Team A practices full ice for the first 15 minutes. Teams A and B practice half ice for the next 30 minutes. Team B practices full ice for the last 15 minutes.

Improved monitoring of the ice conditions may allow for less flooding between ice sessions among the tyke and novice groups. It may free up more time for the kids to practice over the course of the season. I am sure that keen hockey minds can offer more, varied

and better solutions to this issue if we give it a little more thought.

Here’s a little food for thought on half ice utilization by the NHL teams. The typical NHL game warm up requires the two participating teams to share the ice surface. Each team warms up on half ice. For example, the Flames will warm up their goalies, conduct various skating, passing, puck control and shooting drills, perform one on one and two on one drills, as well as break-out and regroup drills involving three on two plays. If NHL teams can execute their warm up drills on half ice, I can see no reason teams up to the Atom level especially, and maybe lower level Pee Wee teams cannot do the same with equal success.

With improved cooperation, communication and open minded thinking, parents, coaches and minor hockey board administrators can provide kids with more practice times to develop their skills and have fun. Kids really don’t care if it’s a full ice or half ice practice – they just want to be on the ice, playing and having fun.

The trend towards half ice practices will not improve; rather, if anything it will increase over the next few years. Why not work together on and off the ice to generate possible solutions so that the kids will ultimately reap the rewards, improve their skills and enjoy playing the game more.

Your thoughts on this topic are greatly appreciated. Letters to the editor are welcome at programs@tuckerhockey.com.

Half ice or full ice practices – let’s keep enjoying our hockey!



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.

“Luck is what happens when
preparation meets opportunity”

- Darrel Royal

“The will to win is not nearly so
important as the will to prepare to win”

- Bear Bryant



Non Contact Hockey League (NCHL)

The League of Choice

and we have 110 registered teams to play summer hockey. Which is in itself incredible, but has everything to do with our league philosophy.

HZ: That is incredible. Can you tell us more about the league philosophy and why it makes the league so successful?

RL: Well, the league philosophy really is simple. We believe that hockey can be played with character and maturity without compromising the competitive aspects of the game. You can still play hard and have fun but do it in a respectful and mature way. Every league out there says that we all have to get up the next morning and go to work, but for the most part it is lip service, we believe it and we wear it.

Everything we do reflects our philosophy, the rules, how we deal with team GMs and players on and off the ice, etc. This in the nutshell is what makes us so successful, once every player in the league subscribed to this philosophy and wears it in front of their team mates and other teams it becomes a lot easier to play and have fun and not worry about having your head taken off on the next play or getting cross checked in front of the net. Granted it is a process that takes time but once you reach a critical mass it feeds itself and makes the league that much better for everyone to play in.

HZ: You mentioned that you introduced the All Star weekend in 2005. What is the All Star weekend?

RL: The All Star weekend is our opportunity to acknowledge the teams we have in the league and give something back to them in a form of a very fun weekend.

In essence the weekend is comprised on the skills competition and an All Star game for all divisions we have. The skills competition is much like the NHL All Star skills competition, you have the hardest shot, puck control relay, accuracy, in the zone and breakaway challenge. For example, last winter season we had two conferences in every division north and south, each team got to send a minimum of two and a maximum of four players who were assigned to either team north or team south. Team north then was competing vs. team south in the skills competition and then in the All-Star game.

For players it was a great chance to play with some other good players from teams they play during the regular season

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Today Hockey Zones met with league officials at the NCHL head office in Calgary to conduct an interview on the very successful Non Contact Hockey League. We were curious to see what makes the largest adult recreational hockey league in any Canadian municipality tick and why so many people refer to the NCHL as “the league of choice”. It seems a bit weird that the largest adult recreational league in Calgary exists in relative obscurity and only those who are in the know can appreciate playing there. Perhaps it is time the rest of us heard of the NCHL.

We met with Roman Levandovsky, Director of Marketing and Sales for the NCHL. Our meeting was conducted in a board room nicely decorated with hockey memorabilia, a very relaxed and informal setting. Today, Roman has agreed to answer some questions we had for him. Here are the main points of our discussion.

HZ: Can you tell us a little bit about how the NCHL was conceived?

RL: We started off in 2004 as a bit of an experiment, none of us played organized hockey before and we desperately wanted to play somewhere. Shinny just did not cut it any more. We were hungry for something more organized yet more fun and safe then any other leagues in the city at the time. Our first summer we ended up with ten teams in two divisions and it was a blast. Next year we had 18 teams in the summer and 12 teams in the winter and we introduced the All Star weekend for all divisions.

Once we were done with our winter season in 2005/06 the word has spread around that we had something good to offer to all players out there and in 2006 summer season we saw an explosion of teams, we only planned for 42 teams originally and had to revise that in January as we hit 60 teams that wanted to play. Summer went by and the league expanded from 12 teams in the previous winter to 66, which is almost impossible to do taking into consideration the conditions of the ice supply in the city.

Finally here we are today, summer 2007 is fast approaching



Quality Instruction

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. 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. In addition, 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. In the past I have experienced 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!

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 does not frustrate them due to lack of success. Neither should the practice bore them due to the drill being too easy or 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. If players are AA/AAA calibre, it's important to teach skill development but also to challenge the players and push them with advanced drills designed with a high intensity component.

No matter what the age or skill level, sometimes players are tired or have 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 then 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.

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“You are what you are when no one is looking”

-Anonymous



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Quality Instruction (cont'd. from 7)

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 and 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 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 eight to one. 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 three instructors vs. six or seven instructors. Having six or seven 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 Engages Group in Short Talks

Players like to hear their name especially when they are doing a drill well. Having players place their name on their helmets personalizes the learning environment. As well, short talks with 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 or other factors 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 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!

"A professional is someone who can do his/her best work when he/she doesn't feel like it"

-Allistair Cooke

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Flames Failure to Peak

By Nick Portman

How does a hockey team build up for a Stanley Cup run? I decided to see if playoff preparation showed up in the Flames' end of season games. I wrote a mini-review, looking for key factors, and, after the February 28th game, I did not allow myself to go back and edit my reviews, other than to shorten them. No words or analysis was added, thus avoiding the temptation to write in trends that became apparent afterwards.

February 23rd: Everyone has an opinion of what the Flames need to do – the next paragraph is not my opinion so much as an amalgamation picked up from various commentators.

This season, the Flames have shown flashes of brilliance. But they have been plagued by inconsistency, and their road games characterized by low energy levels and slow reactions. The team now has so much skill that sometimes their fancy plays in their own zone lead to turnovers. In the much needed drive to add scoring, the Flames have lost some of their identity as hard to play against. Their penalty killing, statistically in the middle of the pack, is not good enough for a defense-minded team.

The Flames need to find and play to their identity: a hard to play against team with awesome firepower and outstanding goaltending. Sutter brought in Conroy, Primeau, Stuart and Hale, and, with the guys already in the lineup, the team now has the personnel necessary to do the job. A team can't improve everything at once – what components will the team address and change? What will they miss? What strengths will they develop?

February 23rd: at home 7 vs. San Jose 4. Each period a different game: Flames conservative and consistent first period, the second they lack energy, guilty of blind passes and defensive zone giveaways. Iginla ignites the third period. Kipper makes some big saves.

February 26th: Flames 5 vs. Phoenix 2 – Flames dominate from the beginning.

February 28th: Flames 2 vs. Minnesota 1 – A tight game. Flames dominate scoring chances. Stuart and Regehr combine into the hard-hitting shutdown pairing. Flames consistent, strong defensively, and they create many offensive chances. In the shootout, Kiprusoff stones all three Wild players. Iginla scores winner.

March 3rd: Flames 4 at Edmonton 2 – Flames come out stronger, their physical play gains the upper hand. Kiprusoff makes stunning saves. Faceoffs are evident as a problem – the Flames won only 36% (previous games: 39% against Minnesota, 53% vs. Phoenix, and 40% against San Jose). Stuart and Regehr not on ice for either Oilers goal.

March 6th: Flames 4 at St. Louis 2 – Flames outplay the Blues from the start. Two defensive zone giveaways cost them two goals. Otherwise, Flames dominate, and Kiprusoff, not tested often, is brilliant when he has to be.

March 8th: Flames 3 at Nashville 6 – Flames dominate in the Nashville zone for the first ten minutes. A long screened shot and a defensive lapse, and Nashville gains a 2-0 lead. Iginla plays an outstanding game, but can't bring them back. For a team with so much proven offensive firepower, the Flames lose as a result of unforced turnovers in their own end, in neutral ice, and at the Nashville blueline.

March 10th: Flames 2 vs Tampa 3 – The Flames dominate first period, then take their foot off the pedal. That momentary relaxation costs them the game. Overtime, caught on a pinch, the Flames take two penalties, and are burned during the ensuing powerplay.

March 12th: Flames 5 vs St. Louis 4 – The Flames play well in the St. Louis end, but in their own end, they lose board battles, giveaway the puck, and miss their coverages. They give up a third period 4-2 lead. Kiprusoff's stellar goaltending carries them through to the shoot-out.

March 14th: Flames 2 at Colorado 3 – The Flames, outshot 42-19, have a game characterized by lacklustre effort and defensive lapses. Amazing saves by Kiprusoff keep them in it. Flames generate only five shots in the third period.

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"Success comes when you know you have the strength to handle any failure."

-G. K Reynolds

Hockey Clichés

By Stephanie Wilkins-Rasmussen

Throughout the season, hockey fans will often hear players, coaches, managers, game announcers, and “colour” analysts, etc. describe a play, result, game, period or a moment on the ice with standard clichés or triviality. Here are some over-used clichés. I am sure you can think of many other clichés too! Have fun adding to the list!

- We executed our game plan to a tee
- We need to wake up and smell the coffee
- Sometimes you have to lose before you learn to win
- We played in our own end all night
- It was a great team effort
- We played well from start to finish
- We need to play a full 60 minutes
- We need to pick up our intensity
- The game tonight will be a great test for our team
- We just played a better team tonight
- They simply out worked us
- We just couldn't get anything going
- I'm really proud of every guy in this room
- We gave it our best shot
- We believed in ourselves, even when you guys gave up on us
- We just need to get back to the basics
- We gave it everything we had but it just was not good enough
- We are sitting in a good position
- We need to win more one on one battles
- Can't score if we don't shoot
- The puck is just not bouncing our way
- We just need to move our feet more
- We need to get on the same page
- They are only going as far as their goalie takes them
- We couldn't score if our life depended on it
- We just can't find the net
- The goalie stood on his head
- We get to live to see another day
- Don't count us out yet
- Stick a fork in him, he's done
- We're under the gun
- You play like you practice
- We didn't show up tonight
- Face it, they are a more talented team than us
- There's always next year
- Back to the drawing board
- We need more emotion in our game
- Frankly the wheels fell off tonight
- We couldn't get going tonight
- We battled from start to finish
- We stunk the joint out tonight
- The fans made the difference
- We have to be more physical
- They wanted it more than we did
- Take a hit for the team
- We got to dig deep down
- We have to overcome adversity
- Our backs are against the wall
- We have to play like there's no tomorrow
- We have to give 110%
- We are only as good as our last shift
- We have to drive to the net more
- You'd think the ref was watching a different game
- We're taking it one shift at a time
- It's a great day for hockey
- Next game is our biggest game of the year
- Next goal is a big goal
- He's a cherry picker
- He's picking up his jock strap
- He's just a pylon out there
- We have injuries but we cannot use that as an excuse for losing
- They can score from anywhere on the ice
- We have to find a way to put the puck in the net
- When you put the puck on the net, good things are going to happen
- They're getting beaten to the puck
- They've gone into their defensive shell
- Looks like they're content to sit on the lead
- You don't want to give up a soft goal here
- They're looking for the equalizer
- They're mucking it up in the corner
- He stood them up on the blue line
- They're buzzing around the net
- They're peppering the goaltender
- He lit the lamp
- He put the biscuit in the basket
- He found the twine
- He went high to the top shelf where Mom keeps the cookies
- He beat him through the five hole
- That was a goal-scorer's goal
- He was robbed
- The goal post is a goalie's best friend
- Look what I found

Hockey Humour

Edmonton, Alberta – A seven year old boy was at the centre of an Edmonton courtroom drama yesterday when he challenged a court ruling over who should have custody of him.

The boy had a history of being beaten by his parents and the judge initially awarded custody to his aunt, in keeping with child custody law and regulations requiring that family unity be maintained to the greatest degree possible.

The boy surprised the court when he proclaimed that his aunt beat him more than his parents and he adamantly refused to live with her.

When the judge suggested that he live with his grandparents, the boy cried out that they also beat him.

After considering the remainder of the immediate family and learning that domestic violence was apparently a way of life among them, the judge took the unprecedented step of allowing the boy to propose who should have custody of him.

After two recesses to check legal references and confer with child welfare officials, the judge granted temporary custody to the Edmonton Oilers, whom the boy firmly believes are not capable of beating anyone.



Tucker
Hockey

Tucker Hockey

Customized Programs

Group and One on One

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

If you know what you need, why not get exactly what you need... work on the areas of a player’s game that specifically needs improvement?

Here’s the easy way to set things up.

1. Parents/groups/teams just need to determine times, dates, guaranteed budget and recruit a minimum of 10 players
2. Tucker Hockey will find the ice, set up a “customized curriculum” (based on parents/organizers direction/input) and provide professional instruction.
3. Type of Programs – customized curriculum will specialize in power skating, hockey skills development, conditioning or combo programs
4. Frequency of Programs
 - 1 session per week for 10 weeks
 - 2 sessions per week for 5 weeks
 - 5 sessions per week etc.
5. Time of Programs
 - Weekdays before 4:00 pm
Only \$249 per player
Includes 10 on ice sessions
(based on 10 players)
 - Weekdays after 4:00 pm and weekends
Only \$299 per player
Includes 10 on ice sessions
(based on 10 players)

Note: All programs subject to ice and staff availability, price based on 10 to 1 player to instructor ratio. A reduced price if Tucker Hockey does not provide the ice.



Tucker Hockey Customized 1 on 1 Program Testimonial

When I started working with Rex Tucker, my skating was a huge liability. With his comprehensive and customized program, my skating became a strength.

Not only did he help me with fundamental power skating, he helped me become a smarter, and stronger skater... He addressed every aspect of my technique including stride and foot speed. When I came to Tucker Hockey, I was playing Midget Division 6 and progressed to play in the Calgary Junior B Hockey League last season.

You don’t realize just how valuable skating is as a skill until you improve it and can actually feel it. No one can have enough power skating lessons, not even the pros, and Rex Tucker is one of the best in the business.

Frank Portman



Profile of a Rising Star

Alex Allan

**Alex
Allan**

Alex Allan's Background

Age 17

Son to Peter and Toni Allan

Favorite Sport – Hockey

Center – Northwest Calgary Athletic
Association Midget AAA Flames

Editor's note: I have enjoyed coaching Alex for the past three or four years during Tucker Hockey 1 on 1 coaching sessions.

Alex is a gifted player blessed with great skating and puck handling skills. Recently, we talked a little hockey together. Here's our Q and A session.

When did you start playing hockey?

At the age of 3 ... I started skating

Alex, why do you like playing hockey?

The competitiveness of the sport, friendships developed from the game, having fun and making plays on the ice

Why do you feel you fell in love with hockey?

My Dad's positive influence, his love of hockey was passed on to me... I loved to skate and dangle with the puck

Alex, what are your hobbies?

Golf, squash, poker playing, working out and reading

What is your favorite NHL team?

Philadelphia Flyers

Why Philadelphia?

Because of my Dad... when I was five years old... Eric Lindros played there.

Who is your favorite hockey player?

Currently... Eric Lindros and Marian Gaborik... old time players... Jean Ratelle

Alex, who are your biggest supporters?

My Dad and Mom

What are your hockey playing strengths?

My speed, playmaking ability, hockey sense and overall

competitiveness

What areas of your game do you still feel at this stage needs improvement?

My mental toughness, more aggressive play and to develop a better shot

What was the most bizarre incident in minor hockey that you experienced?

While playing Midget A, the players and parents had enough of the coach's antics and bad behavior... so we had him dismissed in the middle of the season.

What was the biggest adjustment for you playing competitive hockey in the AA system?

Not letting my competitiveness get the better of me, not let my opponents see my emotions... keeping my feet moving and not floating on the ice... coming to play every night and being mentally ready every game.

What coaches have you played for that has had the most influence on your hockey career?

Bob Stockton head coach of the Calgary AAA Flames and his assistant Rod Pimm

Alex, what has been your favorite hockey moment?

Winning the minor hockey city championship with the NWAA Midget AA Bruins

What is the biggest setback you have experienced in hockey?

During the Bantam AAA 2003-2004 season... late playoffs... I got checked from behind... an illegal hit, broke / fractured a vertebrae in my neck. I was off skates for three months... had lots of therapy, neck exercises, gradual weight training...I

Cont. page 33



World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1 on 1 coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 72, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

NHL	Bantam	Customized Minor
Collegiate	Bantam Girls	Hockey Programs
WHL	Peewee	(Arranged with
Junior A	Peewee Girls	Hockey Parents)
Junior B	Atom	Adult Recreational
Midget AAA	Novice	Ladies Teams
Midget AA	Tyke	Men's Teams
Midget AA (Girls)	Learn to Skate	Male
Midget A	Calgary Recreational	Female
Bantam AAA	Hockey - Midget	Father and Son
Bantam AA	Minor Hockey	Mother and Daughter
Minor Hockey –	Coaches' Clinics	Grandfather and
Community	Minor Teams	Grandson
Midget	Minor Hockey	Husband and Wife
	Association Projects	

Now Hiring

Tucker Hockey
is Hiring Experienced, Passionate
Instructors for Summer and Fall
Email detailed hockey resume to
programs@tuckerhockey.com

Summer Season Programs

**Tucker
Hockey**

ELITE

**Monday
to Friday**

POWER SKATING/CONDITIONING CAMP PROGRAM OF EXCELLENCE

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

A Power Skating Curriculum Consisting of:

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

All this for only \$259 per player!

*Price includes 6.25 hours of Elite Power Skating
Training, a Tucker Hockey Practice Jersey and GST!
(Only 20 Spots Available Per Group!)*

Elite Power Skating Testimonial

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

*-Mark Bomersback
4th Year Ferris State University
Future NHL Prospect*

Register online at

www.tuckerhockey.com

or call Tucker Hockey 998-5035

**Register Today!
This Popular Program
Will Sell Out Quickly!**

August 6th to 10th

George Blundun Arena

Group 1 - 9:15 - 10:30 am

*PeeWee Div 1 & 2 and Bantam
Div 1 & AA (Ages 11-14)*

Group 2 - 10:45 - noon

*Midget Div 1 & A and Midget
AA & AAA (Ages 15-17+)*

Group 3 - 6:00 - 7:15 pm

*PeeWee Div 1 & 2 and Bantam
Div 1 & AA (Ages 11-14)*

Group 4 - 7:30 - 8:45 pm

*Midget Div 1 & A and Midget
AA & AAA (Ages 15-17+)*

August 13th to 17th

Henry Viney/Stew Hendry

Group 5 - 5:30 - 6:45 pm

PeeWee Div 1 & 2 (Ages 11-12)

Group 6 - 7:00-8:15 pm

Bantam Div 1 & AA (Ages 13-14)

Group 7 - 8:30-9:45 pm

*Midget Div 1 & A and Midget
Div AA & AAA (Ages 15-17+)*

Why Elite Power Skating?
Skating is the most important hockey skill
It's a new game. The new standard of play and
rules will emphasize more offence in our game.
Stretch your game – keep up, and excel!



S.A.M. – Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!

Get in Shape and Have Fun!



TUCKER HOCKEY

Programs that Deliver Results

ADULT RECREATIONAL PROGRAMS

Level 1- Beginner/Intermediate

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

Summer Group 1: Henry Viney/Stew Hendry
Monday, August 13th to Friday, August 17th
8:30 - 10:00 pm
\$259 New Participants/\$229 Past Participants

Summer Group 2: Henry Viney/Stew Hendry
Monday, August 27th to Friday, August 31st
8:30 - 10:00 pm
\$259 New Participants/\$229 Past Participants

Summer Group 3: Father Bauer/Norma Bush
Friday, September 21st to Sunday, September 23rd
8:30 - 9:45 pm
\$129 New Participants/\$99 Past Participants

Level 1.5

Intermediate

This program will focus on the technical skills of skating, passing, puck control and shooting as well as individual tactics and team tactics plus scrimmage for players who want to improve on their technical skills as well as learn to play the game.

Summer Group 1: Henry Viney/Stew Hendry
Monday, August 20th to Friday, August 24th
8:30 - 10:00 pm
\$259 New Participants/\$229 Past Participants

Summer Group 2: Father Bauer/Norma Bush
Friday, September 21st to Sunday, September 23rd
7:00 - 8:15 pm
\$129 New Participants/\$99 Past Participants

TOP 5 REASONS TO ATTEND:

- **Fitness and Fun**
- **Improve Skating and Hockey Skills**
- **Pass on new drills/teach points to your kids**
- **Reduce your stress/reward yourself**
- **Step all over your hockey buddies!**



REX TUCKER

Head Instructor

Buddy Referral Program: Recruit 4 or more new participants and receive a free program!

**Register Early
Spaces Fill
Quickly**

**Only 25 Spots
Available!
per group**

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

Improve Your Hockey and Skating Skills!



Special Summer Offer for Minor Hockey Players

Skating with the BEST!

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Henry Viney • Stew Hendry • South Fish Creek

Group 1: Ages 7-10

Monday, August 20th to Friday, August 24th
5:30 - 6:45 pm Henry Viney/Stew Hendry \$229/pp

Group 2: Ages 9-12+

Monday, August 20th to Friday, August 24th
7:00 - 8:15 pm Henry Viney/Stew Hendry \$229/pp

Group 3: Ages 7-10

Monday, August 27th to Friday, August 31st
5:00-6:15 pm Henry Viney/Stew Hendry \$229/pp

Group 4: Ages 9-12+

Monday, August 27th to Friday, August 31st
6:30-7:45 pm Henry Viney/Stew Hendry \$229/pp

Group 5: Ages 7-10

Monday, August 27th to Friday, August 31st
4:15 - 5:30 pm South Fish Creek \$229/pp

**Only 25 Spots
Available!
Per Group**

TOP 5 REASONS TO ATTEND:

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

Register Early – Spaces Fill Quickly!

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



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**Guaranteed to
Improve Your
Skating Skills**

**Programs
Which Deliver
Results**

**Exceptional
Hockey
Value!**

Why Super Power Skating?

Skating is the most
important hockey skill

It's a new game. The new standard of play and
rules will emphasize more offence in our game.

Stretch your game – keep up, and excel!

Let's keep the "Fun" in skating too!



Special Fall Offer for Minor Hockey Players

Skating with the BEST!

TUCKER HOCKEY

Programs that Deliver Results

Only 25
Spots!

SUPER POWER SKATING

Group 1: Ages 9-13+

Mondays, October 11th to December 18th
4:00 - 5:30 pm, Southland Leisure Centre \$329/pp

Group 3: Ages 9-13+

Fridays, October 19th to December 21st
7:00 - 8:00 am, George Blundun \$329/pp

Group 2: Ages 7-10+

Thursdays, October 18th to December 20th
7:00 - 8:00 am, George Blundun \$329/pp

Group 4: Ages 9-13+

Fridays, October 19th to December 21st
3:00 - 4:00 pm, Stu Peppard \$329/pp

TOP 5 REASONS TO ATTEND:

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

Register Early – Spaces Fill Quickly!

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



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Back to School!

Only 10
Spots!

Guaranteed to
Improve Your
Skating Skills

Programs
Which Deliver
Results

Exceptional
Hockey
Value!

Buddy Referral Program

Recruit 4 or more friends
or team mates and
receive a free program!

Get in Shape and Have Fun!

**9th
Annual**
Fall 2007!

TUCKER HOCKEY

Programs that Deliver Results

ADULT RECREATIONAL PROGRAMS

Level 1- Beginner/ Intermediate

Power Skating/Player Development Programs
which focus on the technical skills of skating,
passing, puck control and shooting plus
scrimmage (10 sessions)

Group 1: Father David Bauer
Sundays, October 14th to December 16th
9:45 - 11:00 pm
\$329 New Participants/\$299 Past Participants

Group 2: George Blundun
Wednesdays, October 17th to December 19th
7:00 - 8:00 am
\$259 New Participants/\$249 Past Participants

Group 3: Stu Peppard
Wednesdays, October 17th to December 19th
noon - 1:00 pm
\$299 New Participants/\$249 Past Participants

Level 1.5 Intermediate

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

Group 1: Southland Leisure Centre
Mondays, October 15th to December 17th
10:45 pm - midnight
\$329 New Participants/\$299 Past Participants

Group 2: Stu Peppard
Fridays, October 19th to December 21st
noon to 1:00 pm
\$299 New Participants/\$249 Past Participants

Level 2 Intermediate/Advanced

For players who have participated in and feel
comfortable with the Tucker Hockey Level 1
technical skills program. Includes advanced
technical skills, individual tactics – offensive and
defensive, team tactics – breakouts, regroup
and defensive zone coverage and conditioning
drills plus scrimmage. (10 sessions)

Group 1: Henry Viney
Thursdays, October 18th to December 20th
Noon to 1:00 pm
\$329 New Participants/\$299 Past Participants

Ladies Only Level 1

Group 4: Norma Bush
Thursdays, October 18th to December 20th
9:30 - 10:30 am (Beginner/Intermediate)
\$299 New Participants/\$249 Past (10 sessions)

TOP 5 REASONS TO ATTEND:

- Fitness and Fun
- Improve Skating and Hockey Skills
- Pass on new drills/teach points to your kids
- Reduce your stress/reward yourself
- Step all over your hockey buddies!



REX TUCKER

Head Instructor

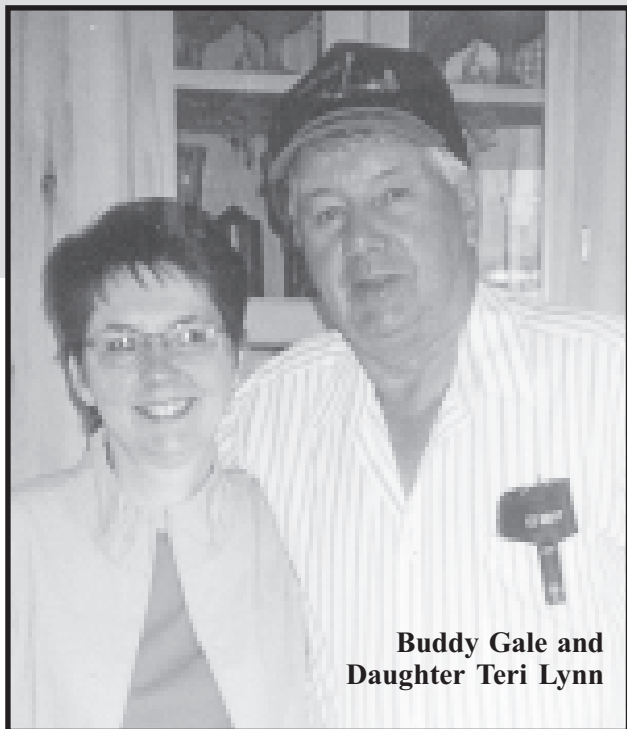
**Buddy Referral Program: Recruit 4 or more
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**Register Early
Spaces Fill
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**Only 20 Spots
Available!
per group**

Register online at www.tuckerhockey.com
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Improve Your Hockey and Skating Skills!



**Buddy Gale and
Daughter Teri Lynn**

By Coach Lyle

It has been about a year ago that Hockey Zones first had contact with a wonderful and interesting hockey hound, namely Buddy Gale, The Cowboy Poet, and writer of lyrics for many a budding C&W singer. Buddy and I have met many times for a coffee and hockey talk at “our office”, that being Tim Hortons, off Macleod Trail at Midlake Boulevard. The irony was not lost on us, that we both could recall the playing career of defenseman Tim Horton. A player who coming up to the Toronto Maple Leafs, was into maintaining his fitness which allowed him to play his all out, gung-ho style of play.

Buddy had written to Rex Tucker, Editor and Chief of Hockey Zones, in response to an article that Rex had run entitled “Balance and Edge Control” (Fall 2005 issue). Buddy was really taken up with what was said about “balanced skating”. For years, he had thought that he was alone in his crusade to encourage minor hockey coaches to teach developing players the key to correct the over development of a strong side and weak side to their skating. Most every player has this self-inflicted handicap by developing and not correcting their bad habits. They have a much favoured side to which they make their glide turns, crossover turns, stops, pivots, 360-degree spins, dekes, high speed turn-ups, face-offs, ad infinitum. It is usually to the stick side, but the left hand shots seem to be joined by more than a few righties, going strongly to the left. In his interesting, entertaining and uniquely descriptive wording, he labels these one-way skaters as “one-legged skaters” or “peg-legged skaters”. He likes to refer to them being like Stampede Parks’ racehorses, breaking fast from the gate (the “ref’s whistle”), scooting hard down the track, and making turns only to the left around the oval track. See

A Unique Hockey Profile

Buddy Gale

elsewhere in this issue for an entertaining yet starkly accurate description comparing Racehorse Skaters to the more agile and quick hockey player who does more than skate North-South and turn only one way, players he labels as “Cutting Horses”.

It wasn’t that long ago that this “one-way” habit was blamed on “public skating” where everyone went counter clockwise, (sic) to the left, around and around the rink.. (because the girls were skating only one way?). But in the city of Calgary, as it is in many other rinks now, the Ice Marshall does reverse the direction.

Now, I have referred to Buddy as a “hockey hound” in that it has been amazing how much Buddy observed over the years, sniffing out the kinks in players skating and skills. And then using repetitive, often unique drills to exhaustion to develop a “bloodhound tenacity” by the player to successfully hunt down the puck.

To find out more of this interesting personality, Hockey Zones held telephone interviews with minor hockey people who knew him in Prince George, BC. We contacted Buddy’s Assistant Coach, Dave Bellamy, and the Headman of Minor Hockey, at that time, Hugh Norman. The following is a fallout of comments from those conversations. Buddy got Dave back into coaching. Dave believes that Buddy may have never skated or played hockey in his life until he started coaching. He taught himself – he believed in his own insights of the game, what must be to succeed. He had interesting views on player development, ideas on what should be corrective technique and was very creative in developing drills that progressed from the very minute basics to full out correct skill technique.

Buddy believed that teaching technique was a key function to having Safety in hockey. Buddy had a knack for attaching very descriptive terminology which kept the interest going throughout the long monotonous repetitions. But he and his boys produced outstanding results from his drills; these were often with players that he inherited who had marginal talent. Some who were cut from other teams and would have to play for opposition teams some 20, 60 or 100 miles away, if Buddy had not taken them on.

Dave recalls that Buddy was adamant about the requirement for players to develop good skating technique. His focus

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Photos not Received?

Editor's note: Last winter, I coached LeeRoy Meguinis' two sons, Chase age 11 and Lee Jay age 9. I conducted several 1 on 1 sessions, to tweak and improve their skating skills. I found LeeRoy to be a very pleasant and easygoing hockey parent. He expressed a sincere interest to help advance the skating skills of his two boys. He also expressed concerns about some of the issues facing Native Hockey.

Since I knew very little about Native Hockey, I decided to sit down with Councillor LeeRoy Meguinis at his administration office on the Tsuu T'ina Nations Reserve. The objectives were to educate myself and hopefully others about Native Hockey. Here's what I learned from our Q & A session.

LeeRoy, please tell me a little about yourself?

I am 35 years old, married with five children. I am a councillor with the administration/ education committee of council with Tsuu T'ina Nations Reserve.

How many kids do you have in hockey?

I have three boys playing hockey. Richie, age 16 played Midget 5, Chase age 11 played PeeWee 7 and LeeJay age 9 played Atom 7 last season.

What is your background in hockey?

I played from Tyke to Junior B in Native hockey as well I have been involved in coaching for the past 15 years from the levels of tyke to junior.

Why are you coaching now?

It's not just because my sons are playing, I wanted to give back to the native children. When I was growing up people

Insights into Native Hockey

took their time for me and I just want to give back to the youth of the nation.

How does the minor hockey system work at Tsuu T'ina?

We are under Southland Minor Hockey Association prior to that South 4; the current bylaws prevent us from being independent. We have two all Native tournaments at the end of the year – we enter a club team from Tsuu Tina. The hockey system is better than when I played. These tournaments give our children the chance to play with their friends and represent their community. We are not given this chance because the Calgary Minor Hockey Association will not let the Tsuu Tina Minor Hockey enter as an association. There's often favoritism in the system. Hockey is about having fun and equal opportunity. A native player with equal or better skill than other player doesn't get the same opportunity. Native players have to be twice as good as a non-native player just to get noticed in order to be placed on the division 1 or AA teams.

How many kids are actively playing from your Native community?

There are approximately 130 players active in hockey, roughly 115 boys and 15 girls. If you include Junior B we have about 140 players. Players advance from tyke to Junior B levels in the city leagues.

How do you fundraise for Native Hockey?

All the hockey parents pull together and do bake sales and bottle drives. We also do a lot of raffle ticket sales throughout the community.

Being heavily involved in the recreational sports in Tsuu Tina what are you trying to do to improve Native Hockey?

I try to teach the kids to look at the different options available to them. I work with the younger ones on skill development and skating techniques. I am trying to make more hockey contacts outside the reserve which will ultimately benefit native hockey. It's a transition period for training, as we are trying to get more people on coaching conferences and improve the development process for both coaches and players. At the Sarcee 7 Chiefs Sportsplex we are in the planning stages of getting kids in a school/hockey program with off ice programs at the sportsplex as well.

Cont. page 9

“Perservance is not a long race; it is
many short races, one after another”

- Walter Elliot

Native Hockey (cont'd. from 22)

What is the Native Hockey mission?

To break the stereotype of Native players – they are not just fighters... to provide everybody the opportunity to play the game to excel, to reach his or her goals, play hard and have fun – but not just to make the NHL, don't push them too hard. Keep the fun in the sport.

What is the highlight of the Native Hockey season?

We have two year-end Native Hockey tournaments in April. Treaty Championships are here in Calgary and Native Provincials are in Edmonton. These tournaments provide exposure that they don't get playing in the city leagues.

What is the biggest obstacle to developing successful players out of Native Hockey?

It's a belief that the Natives can't make it. We often have to provide the children with a little more support. The kids need to believe in themselves and take the opportunities that are set out for them. Natives are natural athletes and they need to showcase their natural skills. But they are not given that chance and always put on defense. Never really given the chance to make the elite teams.

Can you expand on the lack of understanding between the White and Native communities?

I believe natives understand the whites more than whites understand natives. Natives are about family, about community, people are content to stay at home to be successful within their community. Over all, Natives need to expand their goals in life and see what the world has to offer them.

Who are the most positive role models for Native players today?

Probably the biggest role model was Brent Dodginghorse who played for the Calgary Hitmen, and who now plays Senior AAA hockey in northern Alberta for the Horse Lake Thunder. Today, Wacey Rabbit of the Vancouver Giants of the WHL is a big favorite. NHL players include Chris Simon, Jordin Tootoo, and Jonathon Cheecho. Ted Nolan, head coach of the New York

Islanders makes a great impression in the Native Hockey world. They are excellent role models for our youth.

Why are there not more elite native hockey players?

We need more positive role models like a Jordin Tootoo. Currently, there are 8 to 10 natives in the Alberta Midget AAA Hockey League. Kids need more exposure; we need more scouting of bantam, midget and Junior B leagues of the native hockey players. Kids need to work more on skating techniques because of the way the game is being played nowadays. For some of the children there is a lack of affordability for skating schools – players develop on their own, there's less hockey schools in native communities.

What makes the Native kids so different from the White kids?

The Native kids are shy; they are isolated the day they are put on teams. They don't mingle with White kids. It's a big adjustment for them. It's a different way of life, they enjoy being with their friends, but they are scared to leave family.. still trying to leave, it's a safe haven to know everyone. In the city kids want to make the NHL, the natives want education and recreational activities. Home is home... see what is outside maybe?

Why do Native kids have a difficult road to succeed?

The native child is singled out. Barriers are always set. They are segregated prior to starting. Lots of prejudice people from division 1 to division 10, and up to Junior ranks. They need more support and self belief that they can succeed.

What needs to be worked on in the near future to improve opportunities for native players?

People need to change/improve their perception of Native player. It's only one minority of many now in the hockey community – give them an equal opportunity to excel like other whites, get rid of past barriers, we need more positive role models to pave the way and improve our players self image and drive to succeed in hockey as well as outside the safe

The Value of Training

The duration of an athletic contest is only a few minutes. While the training for it may take many weeks, months, or years of self effort.

The real value of sport is not the actual game played in the limelight of applause, but the hours of dogged determination and self discipline carried out alone, imposed and supervised by an exacting conscience.

The applause soon dies away, the prize is left behind but the character you build is yours forever.

Author Unknown

heaven of the reserve...continue to improve education of natives and whites will help the overall process down the road.

Editors' Note: LeeRoy is a native parent, who wants what best for his boys in the game of hockey. He is trying to make Native hockey better but he sees many barriers and obstacles within and outside the Native community which slows the growth and development of Native Hockey.

I trust this article may educate people on the challenges within Native Hockey and help lift some of the barriers to give these players equal opportunity in the sport. Thanks again, LeeRoy for your time and insights into Native Hockey.

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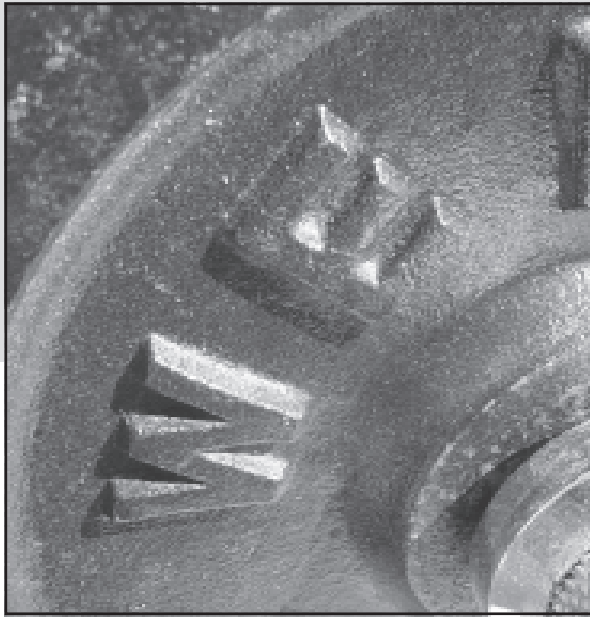
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Floyd Besserer BscPT, BPE
Physical Therapist at Lifemark Health
Canadian Sport Rehab and Glencoe Physiotherapy

Injury Prevention Groin Pain in the Adult Recreational Player

Muscle strains are among the most common injuries in sport. A muscle strain may be defined as an indirect injury caused by excessive force or stress on the muscle. Muscle strains are usually graded as first, second or third degree. First degree strains are identified by mild tissue disruption with little to no loss of strength or range of motion (ROM). In second degree strains, some of the fibers of the muscle are actually disrupted (although not completely torn) causing an alteration in strength and ROM. Complete disruption of the musculotendinous unit characterizes third degree strains and is usually associated with a complete loss of function.

The adductors (commonly referred to as the groin muscles) are a commonly injured group of muscles in the adult hockey population and are located along the upper and inner portion of the thigh. Common mechanisms of injury with this muscle group include quick hip turns or hyperextension of the leg (sticking a skate out to stop the puck for example). The injured player often complains of pain along the inner thigh and/or groin region. This pain may be associated with weakness or an inability to perform the recovery portion of the stride. Onset of symptoms may be immediate or progressive throughout a game or practice. Evaluation by a trained health care professional will help you assess the extent of your injury and develop an appropriate management plan. Typically, it is prudent to follow the RICE (rest, ice, compression and elevation) principle for any type of muscle strain especially during the first two to three days after the injury.

As recreational hockey players, we are often guilty of inadequate “off-season” preparation or “in-season” maintenance. General factors predisposing us to adductor strain injuries may include poor strength/flexibility,

insufficient warm-up or inadequate rehabilitation from a previous injury. Tyler et al. (2001) found that professional hockey players whose adductor-to-abductor (inner-to-outer thigh) muscle strength ratio was less than 80% were significantly more likely to sustain an adductor strain. They went on to demonstrate that players with such a strength imbalance who underwent a program consisting of a variety of strength exercises three times a week for six weeks during the preseason were much less likely to suffer an adductor associated injury.

Factors such as flexibility and past medical history must also be taken into account when developing any off-season or maintenance exercise program. In today’s athletic setting, the pre-event static stretch (stretch and hold for 20-30 seconds) is being replaced a dynamic warm-up. A dynamic warm-up consists of a series of movements designed to increase blood flow and stimulate connective tissues in a sport specific manner. These movements can be performed in the hallway or dressing room prior to a game or practice in order to maximize the use of ice time. They may include activities such as jump rope, high knees, hops and sprints. It is also common to see professional athletes preparing for a game with a session of hacky sack or soccer to help get the blood flowing. Being creative makes the warm-up a less arduous task and helps to prevent those nagging injuries. To set up such an individualized strength, flexibility and warm-up regimen, it is advisable to seek the guidance of a professional who specializes in athletic injuries and training.

In summary, muscle strains are a common occurrence in amateur, professional and recreational sport. According to contemporary research, a preventative hip strengthening program is beneficial for those who have an underlying discrepancy in strength ratios. Other preventative approaches for avoiding the common adductor strain at the recreational level may include flexibility training and a dynamic warm-up progression. At risk of sounding cliché, an ounce of prevention is worth a pound of cure and directly correlates into a more enjoyable and productive recreational hockey career.

This article is intended as an information source only. Diagnosis and treatment should only be made by a licensed health care professional.

Non-Contact Hockey (cont'd. from 5)

and create new friendships in the process propagating the league philosophy that much more. This winter season it was the first time we had the All Star at the Pengrowth Saddledome in partnership with the Calgary Flames. The All Star game was recorded on the jumbotron and instant replays were fed onto it during the game. After the game was over all participants could purchase a copy of the game so they can see it through their own eyes. In addition to that the All Star weekend features the Ballot Race event which is geared to help teams with their fees for the next season.

HZ: What is Ballot Race?

RL: The Ballot Race allowed teams to win their league fees for next season. It is a very simple concept. Invite friends, relatives, and teammates to watch the All Star skills competition and game. They will then be able to fill out a ballot with the team name on the bottom each day of the All Star they attend and at the end of the whole event the team with most ballots will win their next season fees. This is of course open to all teams that are in the NCHL as well to any other team that is thinking of joining the NCHL.

HZ: So if I wanted to play in the NCHL, how would I go about it?

RL: Well, it is pretty simple, there are three ways you can join the NCHL. You can bring your team into the league if you have a team, join our free agent list or go through our beginner program. To find out more information about the league you can visit us online at www.nchl-calgary.com or give us a call at 403-585-5252.

HZ: Can you tell us more about the beginner program?

RL: In a sense the beginner program we have is a gateway to participation in hockey, it is not very easy to start playing the sport as an adult unless you've done it as a kid and you know other players who are on teams. The purpose of the program is to take adults that are already interested in the sport however, have never participated and allow them to extend their love for the game and enjoy the sport of hockey. If

you have never skated in your life but are willing to give it a shot this program is for you. Once again more details about can be found on our web site.

HZ: How does the NCHL promote women's hockey?

RL: We are very committed to women's hockey and we routinely introduce women to the sport through our beginner program for ladies. Last summer season we had 30 ladies that have never skated in the program after which they became two teams in the women's division in the league. There is no reason why women can't play hockey, it used to be a huge stereotype about it before but now especially with the success of the women's team at the international and Olympic level more and more girls and hockey mums are interested and we just provide the outlet to that interest.

HZ: We know the NCHL is very involved in the community, can you tell us about some of your initiatives?

RL: This year we entered into a partnership with the Calgary Hitmen hockey club and became one of the biggest corporate care sponsors. Through the program we have contributed to sending 22,000 underprivileged children to an event they may not have otherwise been able to enjoy.

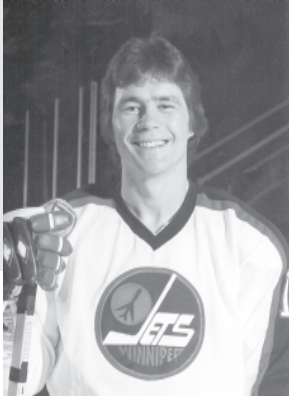
HZ: Where do you see the NCHL in the future?

RL: As I have mentioned before, we are committed to growing women's hockey participation and I see us continuing on that trend, there is no good reason why women can't participate in hockey to the same extent as men. We are also looking at constantly improving our product on the ice and creating the best possible experience for our league members. Each season we introduce improvements to rules, quality of organization, referees and other aspects of the game and we will continue doing so in the near future. We are also thinking of bringing our expertise and philosophy to other sports like softball, football, etc. We have learnt a lot over the past four years and I think we can contribute greatly to other people's experience playing other sports.

Editor's note: I first met Roman as a participant in one of Tucker Hockey's Adult Programs. He came to me in 2003, wondering if I thought there would be enough interest in Adult Hockey to form a new Adult Recreational League in Calgary.

At that time, I believed that there was lots of opportunity for such an endeavor; however, even I am surprised, and quite impressed, by the astronomical growth of the NCHL.





Are NHL Goal Scorers Born or Made?

By Morris Lukowich (Luke)

Are the great goal scorers in the NHL simply "born" with a natural goal scoring ability or talent or can 'goal scoring' be learned by players in order to become an NHL player?

I believe that being a great goal scorer can be either "naturally gifted" or "a learned skill" or a combination of both, yet I also believe that far too much emphasis has been put on the saying that "you are either born to score goals or you are not".

Sure, it appears that some players are gifted with natural scoring skills and abilities yet somehow that player learned those skills and abilities, and more importantly, how to take those skills and abilities to the next level. Goal scoring mentoring is a big part of this.

Also, there are many "right ways" to score goals in the NHL and each way comes with specific skills that focus on a type of goal scoring "talent or strength" that can be learned.

Examples are:

- Ryan Smith and Dave Andreychuk:

Front of net, deflections, "garbage goals"

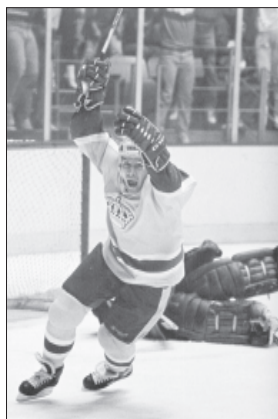
- Wayne Gretzky and Daniel Alfredsson: Puck possession and "Gretzky cuts"
- Brett Hull and Dany Heatley: One-timers from high slot and rebounds
- Joe Sakic and Alexander Ovechkin: Speed outside and shooting in stride
- Jarome Iginla and Gary Roberts: Power forward and shooting against the flow
- Pavel Datsyuk and Joe Thornton: Reach and deceptive/shifty stickhandling

I have seen many players develop into great goal scorers as they learned the "art, skills and knowledge of goal scoring" and practiced these goal scoring skills and techniques on a daily basis. Also, as the player's confidence and the coach's confidence in the player's goal scoring techniques and abilities increase so did the amount of ice time increase, the quantity and quality of scoring chances increase and the number of goals scored increase.

Confidence and goal scoring feed off each other and spiral upward or downward together, yet one of the keys is to receive proper "goal scoring mentoring", especially in your area of goal scoring expertise and then practice, practice and practice some more.

My mentor assisted and contributed to my goal scoring development in the following ways:

- My mentor made me clear and helped me focus on what I was "most talented" at and use that as the foundation to play up to my strengths and become a goal scorer. I quickly learned that my talent was beating a DMan with speed or challenging the DMan with speed and then delaying away and setting up a teammate that joined the attack in the "second wave".
- My mentor taught me I was more "finishing off the goal" and less "setting up the goal" and that that was OK. (Also, he urged me to find a centerman that could hang on to the puck and get it to me at the right time, a good one/two combo).
- My mentor would make subtle changes to my current physical individual scoring skills and techniques, such as skating, shooting in stride, one-timer shooting, passing, receiving the pass and puck handling.
- My mentor introduced me to new individual goal scoring skills and techniques that I was not aware of, especially in the area of puck protection.
- He suggested discontinuing certain scoring habits that were not productive (for me that was attempting to stickhandle through a DMan with deceptive moves).
- He mentored me in becoming aware that the DMan always has a "weak side" and a "strong side" and that my scoring chances increased by exploiting the "weak side" of the defense.
- He mentored me in developing my physical conditioning and strength program.
- He assisted me in the "sport psychology and mental toughness" part of goal scoring. There is no room



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.

Goal Scoring Mentor

When I played my three years of junior hockey with the Medicine Hat Tigers of the Western Canada Hockey League, I was very fortunate to have a goal scoring mentor.

Cont. page 33

Learn and Grow with the A.I.C.'s and Maximize Your Scouting System

The HCC's of Minnesota and Hockey System's is based upon several "Real Hockey Principles" that are the foundation to maximum point production and quality goal scoring opportunities.

Offensive Hockey Plan B: ATTACK

Offensive Hockey Plan B: ATTACK

Offensive Hockey Plan B: ATTACK

- Learn, Grow, and Maximize the Power of Your A.I.C.'s (Offensive/Defensive) System

- "I Used to be a B.I. System's" Light the power's work you for maximum scoring

- Scoring the Goals - Increase the scoring to score the scoring goals of maximum scoring

- Scoring the Goals - Increase the scoring to score the scoring goals of maximum scoring

- Offensive Hockey - Increase the scoring to score the scoring goals of maximum scoring

- Offensive Hockey - Increase the scoring to score the scoring goals of maximum scoring



Maximize Your Scouting System

- Maximize Your Scouting System - Increase the scoring to score the scoring goals of maximum scoring



- Offensive Hockey - Increase the scoring to score the scoring goals of maximum scoring

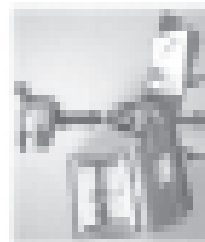
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Maximize Your Scouting System

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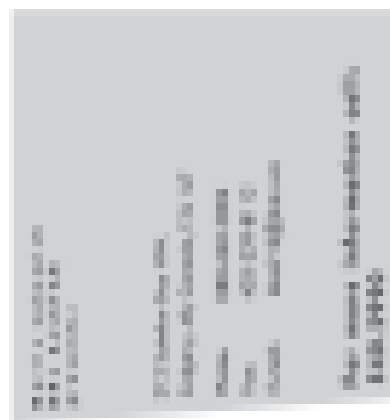


Maximize Your Scouting System

System	Team	Score
<input type="checkbox"/> Hockey 101	101-101	101
<input type="checkbox"/> Hockey 102	102-102	102
<input type="checkbox"/> Hockey 103	103-103	103
<input type="checkbox"/> Hockey 104	104-104	104
<input type="checkbox"/> Hockey 105	105-105	105
<input type="checkbox"/> Hockey 106	106-106	106
<input type="checkbox"/> Hockey 107	107-107	107
<input type="checkbox"/> Hockey 108	108-108	108
<input type="checkbox"/> Hockey 109	109-109	109
<input type="checkbox"/> Hockey 110	110-110	110

Now that you have completed the Hockey System

System	Team	Score
<input type="checkbox"/> Hockey 101	101-101	101
<input type="checkbox"/> Hockey 102	102-102	102
<input type="checkbox"/> Hockey 103	103-103	103
<input type="checkbox"/> Hockey 104	104-104	104
<input type="checkbox"/> Hockey 105	105-105	105
<input type="checkbox"/> Hockey 106	106-106	106
<input type="checkbox"/> Hockey 107	107-107	107
<input type="checkbox"/> Hockey 108	108-108	108
<input type="checkbox"/> Hockey 109	109-109	109
<input type="checkbox"/> Hockey 110	110-110	110



Calgary Flames Cont. from 11

March 15th: Flames 2 at Dallas 4 – The Flames come out strong, but serious penalty trouble puts them behind by two. The team battles the whole game – they play a full sixty minutes, play solid defensively, and still manage to maintain an offensive threat. If Amonte's first period goal hadn't been waved off by a quick whistle, the game result might well have been different.

March 17th: Flames 2 vs Minnesota 4 – Calgary starts with energy, then fades. Minnesota plays their game, and the Flames fall asleep, all intensity disappearing from their game.

March 20th: Flames 2 vs Detroit 1 – Wings can't win this one, despite the Flames' giveaways, missed passes, and unforced turnovers.

March 22nd: Flames 3 vs Nashville 2 – The Flames play hard, aggressive and fast. The Flames come from behind to tie it up twice, and win in overtime. The score doesn't tell the whole story – the Flames outchance Nashville, they hit the post three times, and the shaft of the goal stick. Kiprusoff makes three or four excellent saves.

March 25 Flames 3 at Chicago 2 –The Flames retain their composure. Offensive zone cycling by Yelle, Nielson and Friesen sets the tone. The Hawks get few opportunities. The Flames give up unforced turnovers, but this game they recover from them.

March 27th: Flames 1 at Minnesota 0 –They survive a first period in which they were short on energy, but came on in the second and third. Kiprusoff plays well, the number of giveaways are reduced. The Flames win in overtime.

March 29 Flames 4 at Minnesota 2 – Two goals in the first 1:20, and the Flames don't look back. Iginla nets a hat trick. The Flames give up two shorthanded goals.

March 31st: Flames 3 at Vancouver 2 – Flames get ahead 3-0, then hold on to win, 3-2, in command all the way. Four road wins in a row.

April 3rd Flames 3 vs Colorado 4 – Colorado comes out hard and focused. A couple of undisciplined penalties and too many unforced turnovers cost the Flames the game. The Avalanche are more determined.

April 5th Flames 3 at San Jose 4 – Undisciplined penalties cost the Flames their rhythm, which they don't find until the third period, by which time it's too late for Iginla's stellar play to overcome the Sharks ability to hang on.

April 7th Flames 2 vs Oilers 3 –The Flames, play solid, disciplined, domineering hockey and get ahead 2-0 on hard work goals. Part way into the second, there's an announcement over the PA system – Colorado has lost, the Flames are in the Playoffs. The energy once again goes out of the Flames game.

April 8th Flames 3 at Colorado 6. The Flames leave Iginla, Langkow, Regehr, Warrener and Friesen in Calgary, and put Jamie McLennan in net for the last game of the season. The game is tied after two, but then Sakic scores to lead his team to a 6-3 victory.

The above was as written, except for some shortening, before the Flames lost to Detroit in the first round. The Flames problems appear over and over in the comments above.

What have we seen during this lead-up to the playoffs? We have seen a team that is unbeatable when it plays its domineering, aggressive, hard skating, disciplined game, and Kiprusoff is on. We have also seen a team that can fail to bring energy to its game, a team that can be lackadaisical with the puck in its own end, a team that falls victim to its own unforced turnovers. A team that has not improved its penalty kill. And we've seen certain players failing to exercise self-control, taking unnecessary penalties that have cost the team.

When I began to write this article, I expected the Flames to begin to peak as the playoffs approached.

Cont. page 32



Ode to Hockey The Goalie

It is quiet in the locker room
The lull before "the game"
The goalie has
donned his pads
It is time to grab the
glory and the fame.

His face behind the mask
Steeled with fiery determination
He pushes his palms together
In the beads of perspiration

His time to get in his space
The goal, the crease, the net
Teammates taking shots
His fluid puck stopping
stance is set.

A tap to his hefty pads
The starters skate by his post
His hands and heart
in the game
The whistle blows, now
time to make the most.

The shot comes from
out of nowhere
Right by the big D line
His catching mitt
swoops the puck
Now he knows it will be fine

Michael White



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 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
4th 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!"

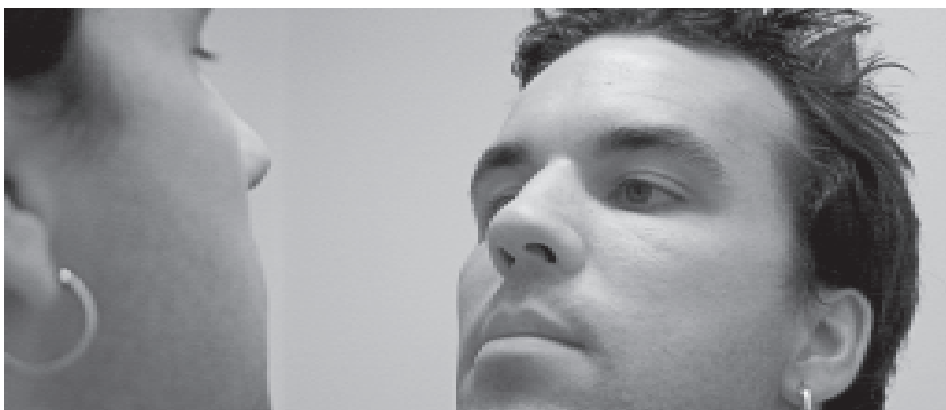


'Mac' McIntosh
2005/06 Mount Royal Cougars
Female Hockey Team

"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



The Man in the Glass

When you get what you want in your struggle for self
And the world makes you king for a day
Just go to a mirror and look at yourself
And see what that man has to say

For it isn't your father or mother or wife
Whose judgment upon you must pass,
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

Some people might think you're a straight – shootin' chum
And call you a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please, never mind all the rest,
For he's with you clear to the end,
And you're passed your most dangerous test
If the guy in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass,
But your final reward will be heartache and tears
If you're cheated the man in the glass.

-Author Unknown

Calgary Flames Cont. from 30

Unfortunately, the only hint of peaking occurred during the four game stretch close to the end of the season, and even then, some of the same problems surfaced. After that mini-streak, the Flames went right back to inconsistency, lack of self-discipline, and lack of energy.

They carried those attributes into the series against Detroit. They lacked puck pursuit and were often one step behind the Wings. The Flames one man forecheck, hanging back in the neutral zone and waiting – this contributed to their apparent lack of energy. Their lack of focus, lack of discipline, lack of consistency, lack of self-control – their

low energy – these characteristics were not addressed during the weeks going in to the playoffs. The problems were clear by the middle of February. The team did not address them.

The Flames' failure to peak at the end of the season – with the prodigious exception of Mikka Kiprusoff - made it impossible for the team to succeed during the playoffs. Why did the Flames' fail to address their problems, why did they fail to strengthen as the season wore on? Management and players need to answer those questions, and make the changes their answers indicate. Otherwise, they will fail again next year.

Unique Profile

Cont. from 21

was mainly on Balance, Edges and Power. And was a Very Good observer. Regarding the designing of new drills, he made sure that key points were thoroughly covered. It seemed that Buddy was the one coming up with the "new mousetrap" (to use a cliché appropriate for the time). Some of rules about Practices that Buddy was adamant about was: No time was to be wasted. Keep the kids moving. A big believer in many ("enough") Rep's. Concern of Overdevelopment to One Side...therefore many drills to the players offhand side, including a lot of back hand shots and passing.

Dave says that maybe he and the players "may not have always understood what Buddy was talking about...he was ahead of his time...but he did make a lot of weak skaters and marginal skaters very good skaters. He also made Coach Dave a better skater too.

Hugh Norman recalled Buddy well. Buddy was a big help to Hugh at a time that Hugh, being new to the community saw a need in restructuring the Minor Hockey Association from a technical point of view, e.g., the method of Evaluations at the start of the year. Hugh recalled Buddy as "having a passion for hockey detail. Of why things happen. Little things were very important to Buddy."

Buddy is truly one of hockey's unique characters. We will continue to quote some of his insights on the game he loves in future editions of Hockey Zones.

Rising Star Cont. from 14

did not get selected in the WHL Bantam draft. It affected my performance... friends were moving on but I was held back by my injury... I didn't play the remainder of the season. I was held back for half a year from hockey development. I was playing on the perimeter, it was mentally draining. Finally I felt the piano off my back at the Moose Jaw Warrior main camp in August 2006 – it was a two and a half year process to let things go and play the way I should play, to be productive again... drive to the net and be more aggressive on the puck.

Alex, what did you learn from this unfortunate and difficult time?

The true value of my parents and friends support....and that adversity makes you stronger as a player...it's a test to see how bad you really want something.

When is too much hockey too much?

It's important to take a month off after the season is over to clear your head, rest the body from the game, in order to improve, be competitive and move on to another level. You need to train 11 months of the year to advance, get to the next level to excel – it takes a commitment, it's a job now.

What is the toughest part of playing competitive hockey?

The sacrifices you have to make... you have to make the right choices – train properly, eat right – but if you love the game, the rewards are so great

Alex, why participate in Tucker Hockey 1 on 1 sessions?

I realized if I want to get to the next level I have to work on my skating – it's the most important skill – as well as my hockey conditioning.

What are your future hockey plans?

Next season I plan to play for the Olds Grizzlies and be an



impact player with the AJHL club for the 2007-2008 hockey season... I want to secure a NCAA scholarship and later pursue a pro hockey career.

Editors' Note: Alex is a very gifted young hockey player with a very bright future in the game. In April at Olds spring camp, Alex won the fastest skaters competition! Alex's core hockey skills have always been his skating and puck handling skills.

After experiencing adversity at the Bantam age and finally graduating to play at the AAA Midget level last season, Alex has now increased his work ethic and enhanced the mental focus/toughness of his game.

Good luck Alex with your hockey endeavors, you have a very bright future! Keep working hard to pursue your hockey goals!

Goal Scoring

Cont. from 27

for doubt in becoming a goal scorer, and we worked together on the mental exercises that built self confidence in goal scoring.

- He suggested different "team goal scoring tactics" that myself and my linemates could test out. Chemistry between me and my linemates, working together and "being on the same page" greatly increased the number of scoring opportunities we had.

Again, my opinion is that "natural talent" is a big part of becoming a goal scorer, yet with good goal scoring mentoring and an intense desire to become a goal scorer, many players have learned to become great goal scorers in the NHL through acquiring knowledge and then applying that knowledge through repetition and persistence in practice and games.

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4th Annual Danny Cammack Memorial Golf Tournament

Due to the tremendous success of this event over the past three years, Betty, Kevin and I are pleased to announce that the 4th Annual Danny Cammack Memorial Golf Tournament will take place on Saturday, August 25th 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 years 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 or by calling 836-0580.*

Words of Wisdom

*"What stops being better
stops being good"*
-Oliver Cromwell

*"If you have tried to do
something and failed, you
are vastly better off than if
you tried to do nothing
and succeeded"*
-Lloyd Jones

*"Maybe you'll work hard
and not make it, but if you
don't work hard you know
you won't make it"*
-John R Johnson's Mother

*"Be glad of life because it
gives you a chance to love,
to work, to play and to
look up at the stars"*

-Henry Van Dyke

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.

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



Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Summer 2006 James Faul • Spring 2006 John Bevans • Christmas 2005 Zach Urban • Winter 2005 Alexander Bearinger • Spring 2005 Darren Martin • Summer 2005 Carson Elliott • Christmas 2006 Tyson Bobrel • Spring 2007 Matthew James White

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

Why I Love Hockey!

I love hockey for many reasons. The first reason is all of the friends I've made since I started playing. The second is the tournaments when we go out of town, stay in a hotel and have pool parties. The biggest reason is that I love to play goalie. My hockey idol is Mikka Kiprusoff from the Calgary Flames. When my team, the Midnapore Stingrays played at the Pengrowth Saddledome, I got to play goalie in Kiprusoff's net. I hope to meet him someday.

I think Hockey is a great sport. It is good exercise and a lot of fun, even if we don't win them all. I can't wait to teach my baby brother how to play!

Matthew James White

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 Zorgdrager
Spring 2006 – John Bradley
Summer 2006 – Tracy Tomassetti
Fall 2006 – Volker Braun
Winter 2007 – Dennis Melborn

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