



Volume 5 No. 2
Issue #13
Spring/Summer
2008

For the LOVE of the GAME!

Hockey Zones

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



Kids Hockey Advancement Society Helping the Kids!

**By Rex Tucker, President
Kids Hockey Advancement Society**

The Kids Hockey Advancement Society is scheduled to have its inaugural fundraising golf tournament on Wednesday, July 30th, 2008 at the Inglewood Golf Club. Unfortunately, we had to postpone this first time tournament, after being rained out on June 11th, 2008!

We are optimistic and look forward to a fun day in July on the links and wish to raise funds for two very worthy causes. Besides our avid golfers, we have had tremendous support so far from sponsors, silent auction donors, prize donors and enthusiastic volunteers. We asked for your support and you continue to deliver!

Our fundraising goal is to raise \$10,000 to split between the Calgary Flames Foundation, to assist with minor hockey registrations, and Kidsports, to assist with minor hockey equipment purchases! It will help put some smiles on the

faces of many children and their families.

Tucker Hockey was very excited in the Spring to announce its support and event sponsorship of the Kids Hockey Advancement Society. We contributed our volunteer time and efforts in full endorsement of this venture.

The Kids Hockey Advancement Society was incorporated on January 24th, 2008 to provide an opportunity for children to develop their skating and hockey skills and to participate in organized hockey – the nation's greatest sport. The benefits to these children in terms of physical fitness, mental health and well being and social development are significant and well documented. The benefits to society as these children mature into exemplary and responsible citizens are even more significant.

These children would never have this opportunity without the financial assistance and the mentorship of such organizations as the Kids Hockey Advancement Society.

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More Great Sports Tips**

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**“You should never take
more than you give
in the circle of life”**

–Tim Rice

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Kids Hockey Advancement (cont'd. from cover)

The Kids Hockey Advancement Society
Board consists of:

- Lyle Hanna
- David Mahoney
- Nick Radmanovich
- Rex Tucker
- Michael White

The Society members would like to thank
the following organizations and individuals
to date for their generous support of our
tournament.

The Golfers – A special thanks, without
you this event would not be possible.

We still have a limited number of golf
spots available. Registration deadline is
Thursday, July 24th, 2008.

The Sponsors – Thanks again for
stepping up to help out in so many
countless ways!

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(Morris Lukowich)
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Fall 2008

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- Positive Role Models
- Crossover Turns vs.
Two Footstops
- The Busy Life of Hockey
Parents
- Importance of Leg Strength
in Skating
- Done Right – The Right Way

Welcome to Hockey Zones

The official newsletter of Tucker Hockey.
The Spring/Summer 2008 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–

Kids Hockey Advancement (cont'd. from 3)

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- Synergy Massage (Tracy Stokoe)
- Tim Yetman
- Tucker Hockey (Rex Tucker)
- Valley Games (Rik Falch)

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The Day of Event Volunteers:

- Mark Bomersback
- Katlyn Hannett
- Monica Hannett
- Joan Lisiecki
- Frank Portman
- Andrew Staub
- Michael White

Thanks everyone for your commitment to this fundraising event to date! Your generous support of our event is greatly appreciated. We are still looking for additional golfers, enthusiastic volunteers, hole sponsors and prize donors to help out with this year's tournament.

Please get involved and help support two very worthy causes and feel good about giving back!

Please call Nick Radmanovich at (403) 829-2993 if you have any questions regarding this year's golf tournament or require additional information.

See you on the 19th hole!





**Heather Harrison –
Hockey Enthusiast and
Inspiration to Others**

Overcoming Health Obstacles to Play Hockey

Editor's Note: Heather and her fiancé Wade began attending Tucker Hockey Programs a couple of years ago. After talking to Heather, I discovered that she is afflicted with Multiple Sclerosis (MS). MS is a disease that affects the nerve cells in the brain and spinal cord. It occurs when the body's own immune system attacks the protective covering called Myelin, around the nerve cells, such as those connected with body movement, touch, vision, and bladder function. When the myelin coating is damaged, scar tissue forms. This hardened tissue makes it difficult for the nerves to send signals to muscles, organs, and other nerves. Last month I sat down with Heather and Wade over coffee to discuss the challenges of playing hockey while suffering from MS, and everyday living.

HZ: When were you diagnosed with MS?

HH: Growing up as a teen, I felt tired and often clumsy. My parents always wondered why I had low energy, why I was always tired and napping. The first sign to me was a pain in my neck, which was neuro-genetic, and my left arm felt numb. My reaction times were starting to slow. This was about May of 2001. I had an MRI done in June of 2001, which disclosed an inflammation of the spinal cord, but not enough evidence to confirm a diagnosis of MS. I then had a brain scan in July 2004. I was officially diagnosed with MS in November of 2004.

HZ: What are the types of Multiple Sclerosis?

HH: There are four types of MS; Benign MS, Relapsing-Remitting MS, Secondary Progressive MS and Primary Progressive MS. Benign MS has mild symptoms and very few relapses, and is considered a mild disability. With Relapsing-Remitting MS, people have a number of relapses and between relapses they recover partially or fully, but disability can get worse over time. About 70 percent of people with this disease will progress to Secondary-Progressive MS within ten years. Secondary Progressive MS starts out as Relapsing Remitting MS, but gets worse. Primary Progressive MS becomes steadily worse from the outset, with no relapses or recoveries. There may be small temporary improvements or periods where the disease does not worsen. This type is not common.

HZ: What form of the disease do you have?

HH: Relapsing Remitting

HZ: How has your life changed since your diagnosis?

HH: I need lots of rest, nine to ten hours of sleep per night, and I just power down one day per week. I often have to take time off of work. There's a "regular tired" and an "MS tired" where it's a struggle to even open your eyes some times. To really get into a rest mode, it takes three days of sleeping. If I have an attack from the MS, I get an MRI right away. I have very little emotional control; the disease can occasionally take you through wild emotional swings.

HZ: Why are you playing hockey?

HH: The cold environment is good for MS, I can't take too much heat especially if gets too hot. That being said, I still did vacation in Egypt once! Also, with hockey, the ability to occasionally glide is a little less strenuous than those activities requiring running. I also have to keep my body's core temperature from getting too warm, as it could have an adverse effect.

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*"If you think you can, you can.
And if you think you can't, you're right"*

- Mary Kay Ash

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The Coach's Dilemma

By Nick Portman

Smith had coached recreational and competitive hockey for years – his eldest son was playing in the beer leagues, another son Junior A, and a third recreational hockey. His fourth son played PeeWee, in Division II of the Calgary Minor Hockey system.

The parents were assembled around fold out tables at the local community centre, many of them anxious about the first meeting of the year. The attendance sheet was making its way around the group. Smith had already introduced himself, his assistants, and his team manager.

Smith cleared his throat. “We have a choice to make, a choice many coaches make themselves. I don’t think that’s fair to the players or to the parents. The players on this team are our kids; we should make this decision as a group. The choice is whether we want to give equal ice time to all the players, or shorten the bench.”

A voice from the back boomed out, “Hockey’s about winning”.

“Let’s keep the discussion for the end. Everyone who wants will have a chance to speak. My position is, whatever we’re going to do, we’re going to do it all season. I’ve seen too many kids turned off the sport when they’ve been treated as equals the whole season, then made to sit on the bench during tight playoff games, second class citizens”.

People were fidgeting at the back.

Smith figured he’d better let them talk. He could always fill in anything that was missed before they took the vote. “Who’d like to start?”

He heard the man from the back who’d already spoken. “Look, this is Division II. We’re in it to win. Give the top players the ice time. That’s the only thing that makes sense.”

The woman next to him was nodding. “I agree with Jerry. We think the team this year is good enough to win the city. This might be the one chance any of our sons gets to play on a championship team. Doesn’t matter where your kid is in the lineup, being on a championship team is something special, something the players will always remember”.

Jerry said, “Couldn’t have said it better than that, Rhonda”.

Bruce was sitting across from Rhonda. “So, are you saying, whatever it takes to win?”

“No, I’m not saying that. But as far as bench management

goes, whatever the coach does is fine by me. I do want to win this year”.

Bruce said, “I don’t think it’s us that’s winning or not, I think it’s the kids”.

Smith could see a few nods from other parents.

Katherine was at the end of the table to his right. “I don’t know much about this bench management stuff. I figure my kid’s eleven, and he’s here to play because he loves the game. Of course he cares about winning, but he really just wants to play. I’d hate to see him sitting on the bench. Especially during a championship game – he deserves the experience of playing in a championship game just as much as any other kid”.

Livia, was sitting two chairs to Katherine’s left with her arms folded. She leaned forward. “It’s all right for you, Katherine, your boy’s only eleven. If you’re sitting here like me, you want to be able to impress the scouts. Where they end up after PeeWee is what matters. If a player doesn’t make Bantam AA next year, he won’t make Midget AAA, so he won’t make the pros. I’m sure everyone here would love to see their son in the NHL. That’s what I want. I think all the twelve year olds should be given preferential treatment for ice time”.

Margie said, “Sure we’d all love to see our kids in the NHL. But I don’t think it’s very likely to happen and I’m certainly not planning for it”.

Livia said, “Why wouldn’t you do everything you could to make your son’s dream come true?”

Margie smiled at her, “Sure I would, if it was his dream, and not mine”.

Livia’s neck turned red. The colour began to rise up her cheek. Smith said, “Thank you both. Let’s hear from someone else, please”. He looked at the man sitting across from Livia.

Robert picked up on Smith’s request. “Derek was the last cut from the div one team. Maybe he’s only just turned eleven, but I don’t think he should have ice time taken away from him just because he’s eleven”.



Bruce said, “Do you think he should be given extra ice time because he’s one of the stronger players?”




Robert shook his head. “I didn’t say that. Personally, I’m with Katherine. Derek plays hockey because he loves the game. I think he should have his fair share of ice time”.

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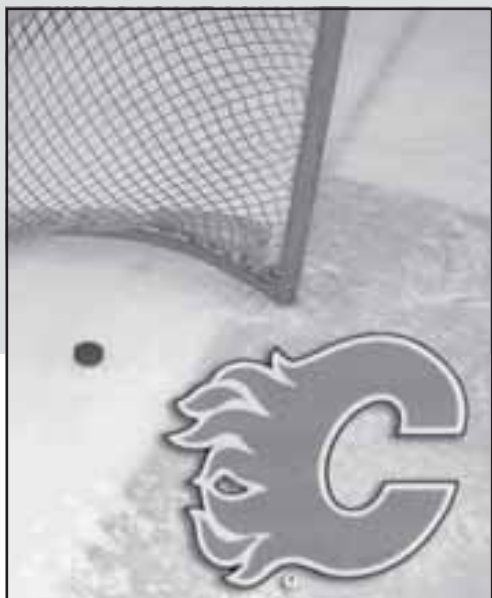


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A View from the Press Box

How Bright Will the Flames be Burning Next Season?

By Rex Tucker

Since their magical run to the seventh game of the Stanley Cup Finals in 2004, the Calgary Flames have lost out in the first round of the Stanley Cup playoffs three straight years. However, there are only six other teams to reach the playoffs in each of the last four seasons. So the organization must be doing something right!

This season the Flames would probably have won their series against the San Jose Sharks but did not keep their late third period lead in the fourth game. If they had, the team would have taken a commanding 3 to 1 series lead. What would have happened for the rest of the playoffs is anyone's guess.

The parity in the NHL has become stronger and stronger. There is a very fine line between winning and losing on any given night. Did you know? The last back to back Stanley Cup winners were the Detroit Red Wings of 1996-1997 and 1997-1998. With the new salary cap and free agency, the odds of repeating are slim. The new salary system is helping teams be more competitive but NHL teams with rising stars are finding it more difficult to keep their players together. The Pittsburgh Penguins are forecasted to have a powerhouse for many years. However, can they keep everyone on the roster? Will they be able to keep all three world class players, such as Crosby, Malkin and Hossa on their team in the next couple years? Probably not.

In Calgary, Flames fans have high expectations for their team. With the likes of Kipper, Phaneuf and Iginla signed up for the

next few years, the Flames have a core of elite players as strong as any team in the league. Jarome had an MVP type season, and Phaneuf a Norris candidate season as well. Now they must try to assemble a stronger supporting group of players with more team speed, a more mobile defense and better secondary scoring if they wish to advance in future playoff rounds.

The Flames owners are truly committed to giving Calgarians a winner. They know they must optimize their revenue streams in order to take advantage of the salary cap. So by 2014, within 6 years, the owners plan to open a new building which will cost in the neighborhood of between \$350 and \$450 million dollars. This will greatly enhance potential revenue streams and keep the Flames a competitive franchise.

The Flames have a very strong management team with Ken King and Darryl Sutter – blue chip indeed. As well as an experienced and diversified coaching staff which will only get better with another season of working together.

How bright will the Flames be burning next season? It's difficult to say. With the new salary cap driven NHL, the league has become very competitive. Parity is the familiar word of the day and seasonal results can certainly be very unpredictable! We await with great anticipation and optimism. Go Flames Go!

Voice

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"The surest way not to fail is to determine to succeed"

- Richard Brinsley Sheridan



The Pendulum Swings for Referees

Now, How About Coaches?

By Jack Evans

It is hard to believe but I have been playing organized hockey for 49 years. I have been coaching for the last 18 years in baseball, soccer and hockey, and I want to share some observations and thoughts about the way things are today. First of all I am very pleased to say during my 12 years of minor hockey in the 1950's and 60's that I do not have even one memory of any referee incidents. I remember getting penalties, having my share of fights and altercations, but I do not have any memory of being treated inappropriately by a referee and I do not remember even one incident with a parent. I believe this is because 'back in my day' we respected the referees, our parents respected the referees and it was really just about playing hockey and enjoying the competition. It is these values that I believe Minor Hockey has tried to reinstall into the game of today. The problem is that they have created a new problem that I will get to in a minute.

I have continued to play in men's leagues for the last 23 years and while I have a referee or two that have created a few memories, I can say it has been relatively respectful during that time. However, the first Minor Hockey game I attended in 1998 changed my opinion. My son, who was 2 at the time, wanted to watch any hockey that was at the arena. Usually we watched through the glass but this time he wanted to go into the bleachers to be closer the game. I can tell you that the language and abuse thrown at the players, coaches and particularly the referees was unbelievable. Within thirty seconds of watching I had to take my son out because the actions of the parents were beyond anything I could ever of imagined. Maybe it is the big salaries of today in professional hockey that have changed the role of the parent, but in fact very, very few players will go on to play professional hockey. Who knows why but that day had me jumping on the Fair Play band wagon and until last year I had ridden that wagon faithfully.

The pendulum was against the referees in 1998 but in last year's season, 2007/8, I made some observations that have me really concerned. The powers that the referees have been

given to help them combat the problem of the 1990's have put them in position of being the game's dictators. If a referee doesn't like the color of your coat or the pitch of your voice, he can skate over to the bench cast as many insults as he wants in an attempt to get a reaction and when a coach reacts it will result in an automatic suspension that Minor Hockey will not change. I witnessed referees telling coaches they cannot talk during a game and if they speak another audible word they will be suspended. When they did talk to their players, opr even a thought to the gods, they were removed from the bench with distain and automatically suspended for what was described on the game sheet as having a bad attitude and trying to interfere in the game. Well that is the coach's job and as long as he is talking to his players and being respectful he should not live in fear of being suspended.

Minor Hockey is the first to point out that the number of suspensions has gone up and I would like to point out that it is exactly equal to the amount of power that referees have been given by Minor Hockey. The coaches and associations have learned that if you appeal a suspension, even if you are right, they will double the length of your suspension. They tell you that straight out and say just serve the suspension it is only 2 games. When I pressed for answers they said that in some cases they look into who the referee was and they will discipline the referee as required. On further investigation I learned that some of the referees that were actually told that they have to watch it and that was end of it. No referees are receiving suspensions or discipline because we are in need of referees and we cannot afford to lose them. The point is not the suspension but the lack of accountability of the referees for their actions. The pendulum has swung to the other side and players and coaches are paying a severe price. All participants including Minor Hockey, parents, players, coaches and referees have to learn to respect the game and allow everyone to participate in a fair adjudication of the rules. If the referees are to learn how to respect coaches, players and parents, which I believe they do not have to now, they must be held to the same standards. If they make a ruling there needs to be a mechanism so that each side can be heard and the referees can learn from their mistakes as well. I do not want referees suspended I want them to learn to respect the game and the players, coaches and parents. Gone are the days when a referee would come over to the bench

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Letter to the Editor

60 Seconds to Infamy – The First Goal in the NHL

By Michael O'Sullivan

On December 19th, 1917, my great grandfather, Dave Ritchie, a defenseman with the Montreal Wanderers, scored the first goal 60 seconds into the first game of the National Hockey League (NHL) against the Toronto Arenas. The Wanderers played the Toronto Arenas before 700 cheering spectators in the Arena Gardens in Toronto, Ontario. Dave Ritchie went on to score a second goal late in the third period of the game. Harry Hyland, the team captain for the Wanderers, also scored five goals in the game. The Montreal Wanderers defeated the Toronto Arenas 10 to 9. Sixteen of the players on that first day went on to be recognized as Legends by the NHL and recognized by the Hockey Hall of Fame. A portion of the gate receipts from the game went towards helping those Halifax residents affected by the horrific Halifax explosion of December 10, 1917.

The Amateur Years: pre 1909-1914

Dave Ritchie was born in January 12, 1892, and as a youth grew up in Westmount, Montreal. Like all children of the day, Dave Ritchie learned to skate on outdoor rinks in Westmount; and with hockey growing ever popular at the turn of the 20th century like many of his youthful peer group, he was caught up in the excitement of the game of hockey and began to play amateur hockey in the minor leagues at the turn of the 20th century.

In 1909, when he was 17, he joined the Montreal Westmount Hockey Club otherwise known as the Montreal AAA Hockey

Team and played with the team throughout the 1909-1910 hockey season against other teams in the St. Lawrence Valley Hockey League.

At the start of the 1910-1911 season, when he was 18 years old, he joined the Grand' Mere Hockey Club to play defense as a junior player in the Inter-Provincial Amateur Hockey Union (IPAHU). He would play four seasons with the Grand' Mere Hockey Club before turning professional in 1914 by joining the Quebec Bulldogs. With Grand' Mere and the select Grand Mere AAA hockey team he would go on to compete for the trophy known officially as the "Trophy Representing the Championship of the Eastern Section of the Interprovincial Amateur Hockey Union of Canada" or simply known as the "Interprovincial Union Cup". Grand Mere won the Interprovincial Union Cup in 1911-1912, again in 1912-1913 and also the 1913-1914 hockey seasons. The Grand Mere AAA hockey team also challenged the Regina Victorias for the Allan Cup in 1913-14 in a two game challenge series. Regina won the Allan Cup by beating Gran Mere in the two games.

The NHA years: 1914-1917

In 1914, at age 22, Dave Ritchie joined the Quebec Bulldogs of the National Hockey Association (NHA) to play defense. In those early years players were paid on average \$800 per season. Like today, certain stars of the game were paid more and were able to gain incentives based upon performance. It was reported that the players were paid \$5 per game and if they won the team management would buy them supper.

Dave Ritchie, as a defenseman, wore jersey number 5, and played three seasons for the Quebec Bulldogs from 1914-1915 through to the 1916-1917 hockey season. Over his three seasons with the Bulldogs he was a solid defenseman and was relied upon by his team mates for his leadership on defense. As a goal scorer he steadily improved, during his time with the Bulldogs, increasing his scoring output to the point that in his final season, he netted 27 points in 19 games.

The NHL years: 1917-1926

In 1917-1918 Dave Ritchie, at age 25, joined and played with the Montreal Wanderers of the NHL. The move marked the beginning of a five year run with the NHL that saw him sport a number of different jerseys. He appeared in only four matches as a Wanderer before the team was disbanded and

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"The men who make history, have not time to write it"

- Clemens Wenzel Metternich



Connecting

Strong Connections with Teammates and Coaches Put Players a Stride Ahead

The teams that played against found themselves chasing the puck a lot. The Detroit veterans showed the youthful Penguins how to play a total team game both offensively and defensively.

Detroit was operating on all cylinders. Even though the team had 11 Europeans (a mix of Swedes, Russian, and Czech players) as well as Canadians and Americans meaning a mix of languages and cultures , this did not adversely affect team chemistry. How Swede... it is? The Red Wings had 7 Swedes on the team! The Wings played a blue chip game consisting of speed, puck possession skill, anticipation and courageous grit. Coach Babcock won the coaching battles in this series. He played their top line Holmstrom, Zetterberg and Datsyuk against the Crosby line. It worked well!

Henrik Zetterberg and Pavel Datsyuk, who are two of the best offensively gifted players in the league, are also nominated for the Frank Selke Award for top defensive player in the league. This is a prime example of the team's commitment to playing a sound two way game. Zetterberg won the Conn Smythe trophy as the playoff MVP. It was a Steve Yzerman type of two way effort. Chris Osgood steps in during the first round from Dominic Hasek to become the Wings top goalie for the rest of the stretch drive. Osgood committed himself over the off season to tweaking his game and as a result he connected this season.

Dan Cleary, the first Newfoundlander ever to win the Stanley Cup, has connected. In the early years of his career, Cleary wasn't connected. However, after he got married and had children and came under the influence of Coach Babcock he became connected. He found his role on the Wings as a good two way player. Chris Chelios played his defensive role on the team throughout the season and for the betterment of the team took a back seat for the playoff drive.

This connection between players and coaches and a commitment to playing a great team system, both offensively and defensively, has lead the Detroit Red Wings to the top of the hockey world this season – The Stanley Cup! NHL teams including the Penguins can learn a lesson from the Wings on winning and the importance of connecting!

By Michael White

Today, there are many NHL hockey players that are good players. However, the great players seem to be a head above or a stride forward of others not only in their individual skills but as well their attitude. Those players seem to connect to the game, their teammates and what their coaches are saying. One group of players, who connected extremely well this season as a team were the Detroit Red Wings.

They won the 2008 Stanley Cup. It wasn't a big surprise. The Red Wings were the best in the regular season and were the cream of the crop in the playoffs as well.

Mike Babcock head coach for Detroit Red Wings developed a successful formula for a winning team. Mike recently spoke of his winning team and said "I think chemistry is huge". Chemistry is developed through paying the price for one another. Sacrificing so you win! The best chemistry is on the teams that win and maybe that is why they win. The reality is you have to want to go to war for one another.

Babcock believes that adversity make you better in life. Babcock speaks of his first year in Detroit during the 2005 – 2006 season. The Wings couldn't lose in the regular season even if they played poorly. They got to the first round of the playoffs and when they faced adversity they didn't respond. They were dumped in the first round by the Edmonton Oilers.

The secret of Detroit is that they are a puck possession team.

"Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit."

- Conrad Hilton



By Lyle Hanna

NHL Hall of Famer, Al MacInnis, premier defenseman for twenty years with Calgary Flames and St. Louis Blues, set the bar for the pointmen to let go the big slap shot from the blueline. He brought recognition of the offensive value of the big booming slap shot. Al was a seven time winner of the Hardest Shot Competition at the NHL All-Star Games. He became known as “The Shot”. A quote from a NHLPA article says, “Shot blockers feared him. Goalie’s cringed when they seen him climb over the boards.”

His own teammates on ice started looking out for the big blast from the blueline. Thus “The Shot” paved his road with vulcanized rubber all the way to the Hockey Hall of Fame. That is why Tucker Hockey has it in their curriculum of shots to teach and this article will outline the key points below.

The Static Slap Shot (stationary stance) is possibly the hardest shot to master. It requires strength and coordination that early teens may not have developed. Therefore, there is a hierarchical pyramid of shots to learn first. And even then, the static slap shot is the basis to learn the Dynamic Slap Shot (moving - in stride), a Jarome Iginla special. With this progression of shots to learn, the very foundation for accomplishing them is to be the best skater you can be. The progression of shots to learn: Sweep Shot: forehand and backhand, Forehand Wrist Shot, Snap Shot, Slap Shot. All of these to be learned to be executed from a “static” stance and “dynamic” (i.e., in stride). Ergo, skate with correct technique.

Static Slap Shot

Assume the Tucker Hockey Stance. This is the basic ready position, versions of which are found in all sports, in this case, tuned up by Rex. Briefly, the feet are slightly more than shoulder width apart, inside edges of the blade biting. Evenly balanced between skates. Knees slightly bent; upper torso “hinged forward from the hips” (Do not bend forward from/ by the stomach.); a straight line from the points of the shoulders, through the knees to the balls of the feet; spine in its neutral position, neck muscles relaxed and “eyes up”. The stick blade is aligned 90-degrees to line of travel that you

Coach Lyle

Static Slap Shot

**The Big Boomer From
the Blueline –
Cock It, Lock It, Boom It!**

want the puck to go and the stick shaft is 90-degrees out from the median line (middle) of your body. The puck approximately one-foot (30 cm) in front of the blade, thus ahead of the centre line of your body. The contact by the stick blade with the puck will be just inside (toward the body) of the middle of the blade. The lower hand at mid shaft. When placing your stick the lower hand, it must be securely nested in the palm, help this situation by snugging it up against meaty part of the base of your thumb. With the forearm, wrist and “V” of the thumb and forefinger aligned, the remaining three fingers will have semi-firm grip on the stick, i.e, not choking it.

We are now ready to “cock the stick” and “lock it” ready for action. What we are actually doing is tapping into that latent energy that has naturally, if not seemingly mystiquely, stored itself into the muscles to be activated at your command. For now, we have come as far as to set our balanced base with the ready stance and while doing this we raised our center of gravity; aligned the puck about a foot ahead (shooter to establish what works the best for them – see below) of our center or median line of our body. The reasoning for this will become apparent in below – Booming it. Now, a very critical aspect is to come into play, the gist of which justifies that with beginners, novice adults and “bad habit skaters” they need to have already set their shooting foundation with mastering full-value for their body torque, as part of learning in their sweep shot session.

We are ready for the Shot – so let it rip! Boom it! Draw the stick back with a shift of weight to the rear foot; the lower hand, guided slightly with the stick-end hand and arm locked in at 45 degrees, moving in a small circle in accompaniment to maximize the arc of the blade of the stick. It is the lower arm on the shaft that will control the radius and thus speed of the blade. At the top of the arc, you pause briefly, this is very important. The Shot starts here: the lower (shaft) hand has to bring the velocity as possible; this has been initiated in concert with the shoulder girth roll and trunk torque. The hand at the knob end of the stick, as mentioned is locked and guiding, coming back across the midsection to lock the top of the stick in at its normal “ready stance” position. With the blade end coming down with speed and power in an arc, maximized by a powerful torso torquing action, it makes

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Tucker Hockey Promotional DVD

Tucker Hockey is pleased to announce our upcoming Promotional DVD. This DVD contains on ice footage of our Hockey Programs and Services, including drill selection.

As of September 1st, 2008, check it out on our website at www.tuckerhockey.com as well after this date - individual copies will be available on request.



Tucker Hockey Philosophy

Why Power Skating?

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



Tucker Hockey World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1 on 1 coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 73, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

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



Take Your Skating to Another Level – Incorporate More “S.A.M.”!

S.A.M – Stability, Agility and Mobility

By Rex Tucker

Skating is the most important hockey skill. With the new rules implemented by the NHL, and now adopted by Hockey Canada. Supreme skating in the “new game” is indeed of paramount importance for a player’s future success.

Stability

Stability is the first stage required for a player to become a great skater. Stability requires a strong base of edge control and balance. The skills of skating, passing, puck control and shooting originates from a good hockey stance. Players need to be steady and secure on their skates.

Winning 1 on 1 battles in a game such as in the corners, in front of the net and within the short game require players to be strong on their skates especially for players who advance to the peewee (checking age) level and above.

Players, who want to be strong on their skates, need to continue to practice forward and backward edge control (inside and outside) as well as balancing

drills without and with the puck to ensure stability on their skates. It’s truly amazing how many minor hockey players are weak on their outside edges!

Several NHL players who have great stability on their skates include Jaromir Jagr, Jarome Iginla and Todd Bertuzzi.

Agility

Players who have agility are nimble and move quickly in a game. They are always active around the play and the puck.

Agile players have great dexterity to cover a short distance very quickly and make quick skating decisions from A to B, B to C, etc. without thinking. They rely on instincts and their mind is very in tune with their skates. Great foot speed and a strong forward/backward stride are characteristics of their game.

Excellent skating skills produce confidence which generates instinctive abilities on the ice. Dave King, former Calgary Flames coach, often stated that he didn’t want thinking players on his teams but instinctive players. If a player

is not instinctive, than he or she is behind in his or her decision making.

Skating drills such as the cross drill, wave drill, 6 and 12 o’clock drill etc. will enhance agility.

NHL players such as Alex Ovechkin, Sidney Crosby, and Pavel Datsyuk showcase great agility on a nightly basis. The center position and penalty killers are characteristically strong in the skating agility part of the game.

Mobility

Players with great mobility circulate well in a game. They display a wide range of movement and can change direction very easily such as forwards to backwards as well as backwards to forwards. They can turn on a dime and change direction with ease. Defensemen have the best mobility.

Skating drills such as pivoting around gloves and pylons will assist players to improve their change of direction – forwards to backwards and backwards to forwards without stopping.

Two NHL players who are extremely mobile are Nicklas Lidstrom, and Wade Redden. Yes, they are defensemen!

Final Comments

Skating is the most important hockey skill. If a player works on his or her stability, agility and mobility, he/she will play more instinctively.

He/she will experience greater success because he/she does not have to think about his or her skating in a game – it happens naturally. A player can focus on other things such as making great plays and scoring goals!



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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: Norma Bush

Monday, August 11th to Friday, August 15th
9:00 - 10:30 am

\$279 New Participants/\$249 Past Participants

Summer Group 2: Father Bauer/Norma Bush

Friday, September 19th to Sunday, September 21st
8:30 to 9:45 pm

\$279 New Participants/\$249 Past Participants

Level 1.5

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

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Monday, August 18th to Friday, August 22nd
9:00 - 10:30 pm

\$279 New Participants/\$249 Past Participants

Summer Group 2: Henry Viney/Stew Hendry

Monday, August 25th to Friday, August 29th
8:00 - 9:30 pm

\$279 New Participants/\$249 Past Participants

Summer Group 3: Father Bauer/Norma Bush

Friday, September 19th to Sunday, September 21st
7:00 to 8:15 pm

\$149 New Participants/\$129 Past Participants

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5:30 to 6:45 pm Henry Viney/Stew Hendry \$249/pp

Group 2: Ages 9-12+

Monday, August 18th to Friday, August 22nd
7:00 to 8:15 pm Henry Viney/Stew Hendry \$249/pp

Group 3: Ages 7-10

Monday, August 25th to Friday, August 29th
5:00 - 6:15 pm Henry Viney/Stew Hendry \$249/pp

Group 4: Ages 9-12+

Monday, August 25th to Friday, August 29th
6:30 - 7:45 pm Henry Viney/Stew Hendry \$249/pp

Group 5: Ages 7-10+

Monday, August 25th to Friday, August 29th
4:15 - 5:30 pm South Fish Creek \$249/pp

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12:00 - 1:15 pm Henry Viney \$249/pp

Our Introduction to Checking Program:

- Checking is aimed at gaining possession of the puck, not injuring an opponent
- The purpose of this program is to introduce players to proper techniques and tactics to give as well as receive a body check
- The program covers a list of checking "dos and don'ts", emphasizing safety first.
- This includes a five step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking.

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

August 11th to 15th

Norma Bush Arena

Group 1

6:00 to 7:15 pm

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

Group 2

7:30 - 8:45 pm

**Midget Div 1 & A and Midget
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Group 1: Ages 9-13+

Monday, October 21st to December 22nd
4:30 to 5:30 pm Southland Leisure Centre
\$329/pp

Group 2: Ages 7-10+

Thursday, October 16th to December 18th
7:00 to 8:00 am George Blundun
\$329/pp

Group 3: Ages 9-13+

Friday, October 17th to December 19th
7:00 to 8:00 am George Blundun
\$329/pp

Group 4: Ages 9-13+

Friday, October 17th to December 19th
3:00 to 4:00 pm Stu Peppard
\$329/pp

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skills of skating, passing, puck control and
shooting plus scrimmage (10 sessions)

Group 1: Father David Bauer

Sundays, October 19th to December 21st
9:45 - 11:00 pm

\$349 New Participants/\$329 Past Participants

Group 2: George Blundun

Wednesdays, October 15th to December 17th
7:00 - 8:00 am

\$329 New Participants/\$279 Past Participants

Group 3: Stu Peppard

Wednesdays, October 15th to December 17th
noon - 1:00 pm

\$329 New Participants/\$279 Past Participants

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This program will focus on the technical
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Group 2: Stu Peppard

Fridays, October 17th to December 19th
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Level 2

Intermediate/Advanced

For players who have participated in and feel
comfortable with the Tucker Hockey Level 1
technical skills program. Includes advanced and
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 16th to December 18th
Noon to 1:00 pm

\$349 New Participants/\$329 Past Participants

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The Power Play Quarterback

By Ern Rideout

In football, the quarterback is the key offensive position. He directs the play by evaluating the defense and adjusting the offense to take advantage of any weaknesses that he can detect. Virtually every offensive play begins with the quarterback touching the ball.

In hockey, we label one of the two defense positions on the power play the “quarterback”. Mostly, this position is manned by a defenseman, but a forward can also effectively perform this role, as it is primarily an offensive skill.

There are obviously some hockey specific skills that are necessary for a player to successfully perform as a power play quarterback. A good quarterback is going to need to be an excellent passer of the puck. He/she has to be able to distribute passes to his/her teammates with accuracy and velocity, usually through a tangle of legs, sticks, and skates. Brian Rafalski, Tomas Kaberle, and Mathieu Schneider are excellent examples of great power play passers, among many others.

Also, the player will need to possess a great shot. It should be hard, low and accurate, and be delivered with a quick release. It should be hard to make it difficult for the defenders to block, low so that teammates can deflect the shot, accurate so that it provides an opportunity to score, and it should be released quickly, so as to avoid attempts to block the shot. Nicklas Lidstrom and Scott Niedermeyer are great examples of power play quarterbacks with excellent shots. There are also a few point men that possess booming shots from the point. This can be beneficial, not only because

the velocity of the shot creates problems for the goaltender, but because it requires the penalty killers at the top of the box to be closer to the point men to take away the ability to unleash their blasts. This, in turn, creates more space for the forwards to gain the center of the box formation, which is the prime scoring area. Dion Phaneuf, Sheldon Souray, Zdeno Chara, and Hall of Famer Al MacInnis are examples of players with booming slap shots.

As with all hockey skills, skating is the foundation of everything we do. Our quarterback will need quick feet to move the puck around the offensive zone seeking shooting or passing opportunities for him/herself and for our teammates. The quarterback should also be a strong skater. The quarterback is usually the player driving the puck up ice into the offensive zone and, as the last line of defense, the need could also arise to chase down a puck carrier from behind after a blocked shot or errant pass.

Physical fitness is also a trait of a good power play quarterback. There are times when the power play attack can last for the entire 2-minute penalty, and there is no opportunity for the players to get to the bench for a change. The quarterback has to be fit in order to perform physically, and to maintain mental awareness.

That brings us to the mental part of the game. Our quarterback needs two skills that are not specific to hockey, but they are a key part of any athlete’s skill set. They would be vision and anticipation.

A solid quarterback needs great vision

when on the ice. The ability to see the entire ice surface in front of you seems like a simple thing, but it is the understanding of the picture unfolding in front of you that makes the skill complete. Wayne Gretzky was such a great player because he could see not only his teammates and opponents, but the openings in the defense as well. By setting up behind the opponents net, he could see the entire offensive zone, and pass the puck to an open teammate.

This leads into anticipation. Reading the defense is an art in itself, but the ability to anticipate where players are, and where they will be, is a skill not every hockey player possesses. Further to that, the ability to “guide” both your teammates and the defense into different positions with the eyes is another skill of a great power play quarterback. We’ve all heard of the “no-look pass”, but the ability to influence the defense with the eyes, and still be able to deliver an accurate pass in another direction at the same time, is a skill that separates the great players from the good ones. Players that lead their teams, and leagues, in assists year in and year out have great anticipation, and their teammates benefit from that. Joe Thornton is the reigning assists leader in the NHL due to his ability to anticipate where his teammates are, or how to create open ice for them with a glance elsewhere.

The next time you see a game, either in person or on television, watch the power play a little more closely. See if you can anticipate where the puck will go next, how the quarterback sets up the defense to create scoring chances, and how other players feed off of the power play quarterback’s skill set. Then, try to mimic those skills yourself on the ice. I would suggest that you try it at a practice first; we should never try to perfect new skills in a game situation. Not only could it cost our team a goal against, but also it could make us look pretty silly in the process.

“Sometimes the toughest guy you have on your team is the powerplay”

- Harry Neale

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Overcoming Health Obstacles (cont'd. from 5)

HZ: What other activities do you participate in?

HH: I ride by mountain bike to work on the city pathways, I attend yoga classes, and I try to do some walking as well. I also use a wobble-board to help improve my balance.

HZ: What's your hockey background?

HH: After a bad MS attack that left me with trouble walking, I decided to take up hockey in 2005. It was the year of the NHL lockout and, being in a northern climate, I needed a hockey fix. My fiancé Wade started playing in 2003, in a non-contact beginner program, so I followed his lead. We also participated in several Tucker Hockey beginner programs together, and now I play in the Non-Contact Hockey League on two different teams, a Co-ed team as a skater, and a Ladies' team as a goaltender.

HZ: What are the benefits to you of playing hockey?

HH: It keeps me mentally active, taking my mind off things, and I find it to be a good release. It also provides preventative maintenance in that playing goal helps with my leg strength and improves my hand-eye coordination.

HZ: What did your doctors say when you broached the subject of playing hockey?

HH: My first study nurse told me to

avoid hockey, a very old-school, cautious attitude. I have surprised a few neurologists in that they didn't think the activity would help my condition, I have MRIs done every six months, and they have yet to see any negative effect. Since starting, several have even applauded me for attempting to play the sport.

HZ: Prior to your games, do you need to do any special preparation?

HH: Since most of our games are late-night, after 10:00 pm, I always sleep before games. Rest is always a good thing, regardless of the activity.

HZ: How has your lifestyle and eating habits changed since the diagnosis?

HH: I have to ensure that I eat a balanced diet with lots of fruits and vegetables, and I also take a Vitamin D supplement. I cannot take drugs like Cold-FX that boost my immune system and I try to avoid foods like chamomile tea for the same reason. I also take a Beta Seron injection every second day. I really have to avoid triggers in my life, like stress, as they can have an adverse effect on me. I am better at math, however, ha-ha

HZ: Heather, any weird or unfamiliar incidents because of the disease?

HH: I have experienced optical nerve issues due to my MS. One time I was walking the Saddledome concourse and

the people's heads were missing! I have watched the news on television and see only one of the two broadcasters on the screen! If I get too hot, and too stressed, it can happen very quickly to me. I try to keep a sense of humor about things.

HZ: What motivates you to keep a positive outlook on life?

HH: I don't sit around and feel sorry for myself; I want to stay out of a wheelchair, so I try to stay as active as I can. I'm getting married to Wade in June of 2008. (My stagette is on a Saturday, although I'm sure I won't feel the after-effects until work on Monday! I'm also a cheap drunk now; I guess that's a positive side effect, right Wade?) I appreciate what I have, and I have creatively honed my sense of humor. I think I am more open-minded and I accept change much easier. And I live life, not by a schedule, but more in the moment. Anyone's life can change over night; we can't take things for granted especially our health.

HZ: Do you have any future plans outside of hockey?

HH: I used to be an emergency medical technician (EMT) but had to give it up as I would be potentially putting myself and others at risk. I am planning to go back to school to study diagnostic imaging technology at SAIT and continue working in the health care field. Even with my condition, I am still able to have children, so being a mother is a definite possibility.

HZ: Who is your biggest supporter?

HH: My fiancé, Wade. He understands, supports, and accepts me. He pushes me to try new things and not just accept things for what they are. He motivates me to push my boundaries, test my own limits. He is a special guy and is not scared of the future; he wants to create more memories for us both. Not many guys would spend two to three hours in neurology meetings with me on a regular basis. He has done his own research, studying pamphlets and articles to understand the disease and how it will affect my life, now and in the future. He has been a pillar of support for me.



cont. page 26

The Coaches Dilemma (cont'd. from 7)

Bobby, sitting next to Robert, chuckled. "Robert, you know we disagree on this. For those of you who don't know me, my daughter Julie was the second last cut from PeeWee one. She's worked really hard to get to where she is. I think she's earned the extra ice time. I want the coach to challenge her to be the best she can be, and everyone else too. The players that rise to that challenge will be the strongest players on the team. Give them the extra ice time. Those that want to develop will. See for me, it's not so much about winning as development, and the player that wants to develop fastest will get the payoff." Katherine said, "Would you say that if the rest of the players developed faster than she did?"

"I think that'd be a good lesson for her. Talent is one thing, but to be successful in this life, you need to have the talent and the work ethic. She's got to learn that. So no, if she was sitting on the bench because she hadn't put in the effort, I wouldn't have a problem with that."

Lee was frowning. "Evaluations are all politics anyway. Look what happened to my son – I don't play their games and my son was one of the first cuts. I know Coach Smith will be fair – he'll give the best players the recognition they deserve. My son will earn a place on the top line. He'll show those evaluators they were wrong. Sure, shorten the bench. My son can use the ice time!"

Margie put down her pop can. "I think you're all taking this way too seriously. For cripe's sake, this is division two for eleven and twelve year olds. The emphasis is supposed to be on having fun. Why can't we all relax and just let the kids take turns going onto the ice? Does all the stuff you're talking about really make such a big difference?"

Moira, next to Margie, said something so quietly Smith couldn't make it out. He held his hand up to make sure everyone else was quiet. "Could you repeat that please, Moira?"

She cleared her throat. "We're just new here, and I don't know how things go in a city with all this organization, so I don't

want to rock the boat. The village..."

Jerry butted in, "Don't worry about your little village, Moira, we know how to take care of things here. It's a big city, dog eat dog. Here we fight for ice time. We shorten the bench. You just leave all that neighbourly country stuff at home".

Smith said, "Moira's point is just as valid as yours, Jerry. She hasn't had a chance to tell us how it was in her village, but I can tell you that whatever her experience, go to another village and you could easily find another attitude. Sorry, Moira, what were you going to say?"

Moira was speaking quietly again, but nobody moved – they could all make out what she said. "Well, in the village, we didn't have many kids, so everyone got to play as much as they wanted. I really liked it when all the kids played together. You got all kinds of friendships among the players. It didn't seem to matter so much how good anyone was, so long as he, or she, because there were girls playing too, so long as they were trying hard."

Jerry said, "Then you pick the best players who are trying hard, and you win".

This time Moira held his eye, "All you can do in life is try hard, whether you're the best or not".

Jerry scratched his head. "Well that's true, I guess. But you still need to be the best to win".

Jim, one of the assistant coaches, was sitting in the middle of the group. "One issue I'd like to raise is whether shortening the bench at this level actually helps you to win. I've seen teams where the top line has been put out at strategic times, and won the game. I've also seen games where the top line has gotten worn out and frustrated and the team has fallen apart. I've seen teams where the lines were balanced and rolled win championships because everyone was able to step up to the mark."

cont. page 29

Health (cont'd. from 25)

HZ: What is the most frustrating thing for you about MS?

HH: Probably people who don't understand the disease. They prejudge others. It's a disease that's underfunded for research, and there's no cure. People have a pre-conceived notion about the disease, due to a lack of education, that everyone afflicted will be in a wheelchair within a few years. I get nasty looks when I sit in the front seats on the bus and don't give up my seat for someone older or with children because I have no outward signs of the disease, but would have trouble standing on the moving bus. I drive (when not "MS Tired") and carry on a fairly normal life. The only way you would know that I have MS is if I told you or I was having an attack. I don't have a handicapped sticker, and I don't want one but I feel guilty parking in the handicapped parking or expectant Mother's parking stalls when I am feeling tired and just need to run in and get something at the mall before going home and resting.

HZ: What message would you offer to people about MS?

HH: Don't assume anything, and prejudge others. Try to understand the disease. No matter what disease a person has, you have to maintain a positive outlook on life. Personally, I'm not ready to settle for a life in a wheelchair yet, so I'm going to keep going on my own terms and experiencing and enjoying things to the fullest. Hockey is one of those things – it's my favorite sport!

Editor's Note: Thanks Heather and Wade for taking time out from your hectic wedding plans to sit with me and discuss your love for the game of hockey and the extra challenges of coping with Multiple Sclerosis. Tucker Hockey and Hockey Zones wish you all the very best, both on and off the ice, in your future plans together.

For more information on Multiple Sclerosis, please contact the Multiple Sclerosis Society of Canada at 1-800-268-7582, or visit www.ms-society.ca or www.msocalgary.org.



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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

Static Slap Shot (cont'd. from 15)

contact with the ice about a foot behind the puck, (recall the placement of stick and puck in getting above). At this point, weight is being shifted from the rear foot to the shooter's forward foot; the rear foot becomes a trailer until the puck has been shot.

For the blade of the stick to attain full force, it is being driven full force "into-the-ice" (figuratively), at the median line of the body and "about" a foot behind the puck. This is where the lower hand on the shaft locking up the elbow, wrist and hand came early (also recall above the detailed instruction above of placing

the shaft meticulously into the palm/grasp of the lower (shaft) hand). The purpose of such force on the shaft with the lower hand, "locking in" the top hand at its normal position, brings the blade into contact with the ice at a sharp angle and when forced to close the distance, the stick will bend into a bow (the extent varies by stick manufacturer... shooter to adjust).

As the shooter continues to follow through, the blade is released from its restraint and a whipping action occurs that greatly increases the momentum of the puck. BOOM! It's in the net!

Pendulum Swings (cont'd. from 10)

and have a real discussion with the coach and then leave the bench with everyone having a better understanding of the application of the rules on this day.

It seems that many referees have the attitude of, "I don't have to put up with you and if I even think you are thinking a bad thought, you will pay the price." We all need to respect the game and each other. We need to communicate, not dictate, and help each other to enjoy the game. The level of tension will go down for everyone when they believe they are being heard and that they can get some understanding about the situation. There will still be calls, or non-calls, that will affect the game, but when people have respect for each other they will try to adapt to the situation instead of fighting it. Let the coaches' coach and we need

to help the referees rule and apply the rules fairly and evenly. We do not need a grievance procedure, we need a system that helps coaches and referees to relate to each other. When coaches and referees can communicate the real winners are the kids who the game is really about. All coaches are not really trying to relive their past, they are trying to help our kids learn the game and to respect the officials and the opposition. We need to find a way to open the communication channels between coaches and referees and the time to do this is not on this ice after a controversial call, but during exhibition games and courses that referees and coaches should be required to attend together. In an atmosphere of cooperation everyone can develop a better understanding and the real winners will be the kids.



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The Serenity Prayer

God grant me the serenity
to accept the things
I cannot change;
courage to change
the things I can;
and wisdom to know the
difference.

Living one day at a time;
Enjoying one moment
at a time;
Accepting hardships as the
pathway to peace;
Taking, as He did,
this sinful world
as it is, not as I would have it;
Trusting that He will make
all things right
if I surrender to His Will;
That I may be reasonably
happy in this life
and supremely happy with Him
Forever in the next.
Amen.

—Reinhold Niebuhr

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

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

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

Letters (cont'd. from 11)

in a dispersal draft he was traded to the Ottawa Senators with Harry Hyland to complete the season. His first campaign with the NHL was very favorable and promising for a defenseman as he amassed 17 points in 17 games.

On January 17, 1919, Dave Ritchie signed with the Toronto Arenas as a free agent and played 4 games with the Arenas before being transferred to his former NHA Quebec Bulldogs team when the Bulldogs returned to the NHL in November 2, 1919 for the 1919-1920 hockey season. He would score 6 goals and get 3 assists in the 21 games he played that season with the Bulldogs.

In November 27, 1920, prior to the start of the 1920-21 hockey season Dave Ritchie was traded to the Montreal Canadiens with Harry Mummery and Jack McDonald for Goldie Producers, Joe Matte, Jack Coughlin and loan of Billy Coutu for 1920-21 season. Montreal Canadiens coach Newsy Lalonde had played opposite David Ritchie in the NHA and wanted Ritchie's solid defense talent on the ice. At the end of the 1921 season Dave Ritchie retired as a player for three

seasons to work as a referee to earn some money.

In January 28, 1925, Dave Ritchie, at age 33, having a height of 5' 7" and weighing 180 lbs, shooting right, returned to playing the game of hockey he knew only so well when he was signed as a free agent and rejoined the Montreal Canadiens as a defenseman to wear jersey number 11. He played for the remainder of the remainder of the 1924-25 season and participated with the Canadiens in their run at the Stanley Cup. Montreal owner and coach Leo Dandurand had known Dave Ritchie from Ritchie's days playing in the NHA with the Quebec Bulldogs when Dandurand was a referee in the NHA and knowing Ritchie's talent as a solid defenseman, leadership capabilities and work ethic convinced Ritchie to return to play with the Canadiens.

In the 1924-25 season, the Canadiens had won the O'Brien Cup and Prince of Wales Cup as eastern league champions and faced the Victoria Cougars, league champions of the Western Canadian Hockey League in a best of 5 games in the 1925 Stanley Cup series. Montreal was beaten by the Victoria Cougars in game 4 of a best of 5 games series. Victoria had won game 1 and 2 with the Canadiens winning game 3.

In his last season in the NHL, Dave Ritchie rejoined the Canadiens for the 1925 - 26 hockey season when he was signed as a free agent one day after his 34th birthday on January 13, 1926. He



wore jersey number 14 and was called upon again to play as a defenseman in a handful of games. At the end of the 1925 - 26 season Dave Ritchie hung up his skates and retired from professional hockey. In the summer of 1973 he passed on and his family will forever remember him as being a very kind, quiet and humble man who, like many of his generation, never boasted about his accomplishments in hockey.

About the author: Michael, is 10 years old, attends St. Gregory's school in grade 4 and is an Atom level hockey player (defenseman) with the Trials West Hockey Association. He desires to always have fun playing competitive hockey with his buddies and continue to take Tucker hockey development sessions to further his skill development. Michael was assisted by his father Tom O'Sullivan on the research and writing of this story. Thanks Michael and Tom for sharing a unique part of your hockey heritage with us and educating us with respect to the first goal in the NHL.

Further information on Dave Ritchie can be found at www.legendsof hockey.net:8080/LegendsOfHockey/jsp/SearchPlayer.jsp?player=14131.

The Coaches Dilemma (cont'd. from 26)

Smith nodded. His assistant coach wasn't finished. "Maybe when the players are older and there's more tactics involved, you have different players assigned to different roles, you develop your power play, penalty killers, defensive forwards, all the different roles, and maybe then there's a generic argument for more bench management. Some guys even get to liking specific roles and feeling uncomfortable in others. But when they're eleven and twelve, I think

players should be able to develop all the aspects of their game. Especially at this age, when players can develop so much over the year. Shortening the bench from early in the year could slow the development of some players. Of course, it might also speed the development of the players who get more ice time".

Wendy, the team manager, sitting opposite Katherine, said, "I think maybe it depends where we place the

emphasis. Do we want the team to be focused on winning or on equal opportunity to develop? I think that's the first vote. If the emphasis is on winning, then maybe we need the debate. If the emphasis is on making sure each player has an equal opportunity to develop, then I think you've got to put the players out equally in all different types of situations."

Coach Smith glanced at his watch. "It's time to vote".

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How Goalies Can Win the Shootout

By Morris Lukowich (Luke)

The best strategy I recommend to the Goalie is based on my experience as to "what worked best for me as a goal scoring forward" and also in what I observe from the NHL shootout replays. (I have taped hundreds of shootouts and have observed them in slow motion so that I can make these recommendations to the goalies).

The best strategy for the Goalie is to eliminate options for the Shooter by:

- Forcing the Shooter into "deking" instead of shooting.
- "Steering" or "guiding" the shooter to his backhand deking move as often as possible.
- Keeping his goalie stick in between his legs as he moves so that he covers the "5 hole" and prevents the forward from "deking and dumping" the puck into the "5 hole".
- Maintaining a chest up, blocker and catching glove up and an upright torso position as the goalie moves across to stop the deke (instead of pushing his pads back towards the post and falling forward with his torso and giving away the "top shelf where the peanut butter is stored" to the shooter.

Force the Shooter into Deking

Force the Shooter into "deking" instead of shooting. The easiest play is for the Shooter to skate in and "hit his spot with a shot". Make it more difficult on the shooter and come far out of the net from the start and take away completely one side of the net so that if the player does shoot he is shooting at the open area that you are prepared to make the save on. Being far out will force the player to deke. Whenever a player dekes there is the possibility that he will fumble or lose the puck.

For left handed shooters take away his best shot which is the "low blocker" side shot and give him the over the glove shot and force the shooter to deke to his backhand. For right handed shooters take away the shot to the "top shelf" over the glove and force him to deke to your blocker side and to his backhand.

Steer the Shooter to Backhand Degin

Steer or guide the Shooter to his backhand deke because the player will quite often "flub" this weak shot and not even get a shot. When the Shooter is successful in getting away his shot it is almost always top shelf and thus the Goalie must see his glove or blocker being held high and ready to intercept the backhand shot.

Keep the Goalie Stick Between Your Legs

Keep your Goalie Stick inbetween your legs as he moves to cover the 5-hole and prevent the forward from "Dekign and Dumping" the puck into the 5-hole. This is important because many times the Shooter will deke one way and then "dump" the puck between your legs as you move across the crease.

Keep your goalie stick covering the "five hole" prevents this "dump" shot from scoring and it also keeps your stick in a position to "poke check" the Shooter when he gets in too close.

Maintain an Upright POsition

Maintain a chest up, blocker and catching glove up and an upright torso position as the goalie moves across to stop the deke (instead of pushing your pads back towards the post and falling forward with his torso and giving away the "top shelf where the peanut butter is stored" to the shooter).

This is also important because this allows the Goalie to still stop the high backhand shot that the Shooter will use in this situation. The Goalie needs to stop jamming his pads back against the post and having his torso/chest fall forward. This movement gives away the entire top part of the net to the Shooter.



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.





Just a Sweater

By Andrew R Staub, #27

Beauty is in the eye of the beholder. For most people the hockey sweater belongs in the bottom of a sweaty, dank equipment bag, or a pile of smelly, dirty laundry. But for those of us who can see beauty in unexpected places; the Hockey Jersey is just such a place. The colors are bright and lively and logos are artistic and bold in their designs. When worn by a group of players the jersey becomes uniform and stylish in their presence. The Hockey Jersey with a plethora of unique and diversified teams represents many visions and flavours to be appreciated, and not just the home team, but for the artistic expression that they connive.

Many collectors already know and understand this. They will spend many dollars on "game worn" or used jerseys. In the past ten years or so the collecting world has expanded rapidly and at times to stratospheric heights. A game worn Bobby Orr Boston Bruins jersey sold for \$150,000 USD, which is a record for a hockey jersey. The higher profile the player the higher the demand and price will be. Wayne Gretzky's can sell upwards of \$80,000 USD. For the average fan though they can still collect

replica jersey's of these big name players for about \$200 CDN – names such as Crosby, Ovechkin, and Iginla to name a few. They look very close to the game version especially when customized with the pro-stitch number and name and will last as long as they fit the wearer.

Another often overlooked aspect in the look of the Hockey Jersey is the Font (style and shape) of the numbers and names. Each team has their own unique design to suit their specific motif. eg; The New York Rangers numbers are a Drop Shadow two color system. The Flames use a three color race car inspired font. Next time you watch an NHL game take special notice of the number and name fonts. It will add to the viewing pleasure and create a whole new way to see the game.

Maybe the once lowly hockey sweater can be elevated to "artwork" that you can wear. Just imagine the quick-silver game that we love has a presence beyond the grit and hustle. A presence of beauty and flash signified by the Jerseys. Wear them for fun and pleasure and take notice of the beauty in unexpected places.

A Coaching Creed

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

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

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

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

Make sport challenging and fun.

Skills and techniques need not be learned painfully

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

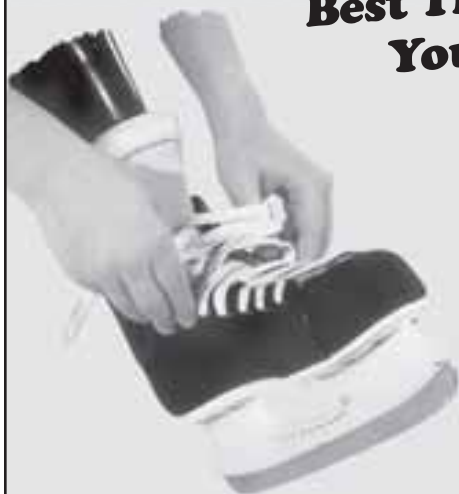
Be prepared to interact with the media, league officials and parents. They too have important roles to play in sport.

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

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

Source: Hockey Canada

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



a) \$600 Top of the line skates

b) \$275 Graphite Stick

c) Love of the Game

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



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!

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Please call Rex Tucker at 403-244-5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures. Visit our 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
Dallas Stars
Development System
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



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Fifth Annual Danny Cammack Memorial Golf Tournament

facility, a \$13 pro shop prize and a souvenir from McKenzie Meadows GC. All golfers will also receive a free registration gift at time of check-in. Dinner will again be in the cart barn this year, and for the non-golfers in your household, dinner only can be purchased for \$28.

With the great response from the tournaments from the past four years, we are pleased to announce that the Fifth Annual Danny Cammack Memorial Golf Tournament will take place at McKenzie Meadows Golf Club on the afternoon of Saturday, August 23rd, 2008.

The price is \$145 per person. This includes 18 holes of golf, power cart, a full sirloin steak sandwich dinner, use of the driving range and practice

To add a fun twist to this years event, Lisa "Longball" Vlooswyk will be at the tournament. Lisa is the reigning five-time Canadian Long Drive Champion for Women and writes a bi-weekly column in the Calgary Herald's Golf Section. Lisa will be stationed on a par 5. Guests can buy her drive (with all funds going to the tournaments charities) to hopefully help set them up for a birdie or eagle opportunity.

As has been the case since its inception,

all of the proceeds from the tournament will go towards three charities in Danny's name. They are, the South Fish Creek Financial Assistance Program, the Ehlers-Danlos Type 4 Research Fund and the Grief Support Program at Rockyview Hospital. Last year we were able to donate over \$7,000. This year, we hope to do more for these charities.

Tournament format is Best Ball, with three proximity prizes for longest drive, closest to the pin, and longest putt. Space is limited to a total of 60 golfers, and your registration of foursomes is welcomed.

We're sure space will run out quickly, so get your registration in as soon as possible. P.S. If you are able to donate prizes or want information on sponsorship, please call David Lennon at 256-3413, or Paul at 836-0580. Thanks for your support!

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 Super Power Skating Program.

Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Winter 2005 Alexander Bearinger • Spring 2005 Darren Martin • Summer 2005 Carson Elliott • Christmas 2005 Zach Urban • Spring 2006 John Beavans • Summer 2006 James Faul • Christmas 2006 Tyson Bobrel • Spring 2007 Matthew James White • Summer 2007 Trevor Sever • Christmas 2007 Zac Cline • Spring 2008 Brandon Barlow

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. I love the feeling of when you are rushing down the ice. I loved hockey since I was young. I would watch games on TV with my dad. We went to Hitmen games and Flames games.

For a few years, I played Grass Roots Hockey, then one year my dad asked if I wanted to play Rec Hockey and I said "Yes, I would try it." My Season was the winter that just past. It was so much fun. We had a really good season. I met a lot of nice people and we had a good time. My coaches were great. We won most of our games. We also won the Esso Minor Hockey Tournament and won the year end tournament. When I scored a goal, it was such an exciting feeling.

At Christmas time, I took a power skating class that really helped me. I really like hockey.

-Brandon Barlow

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
Spring 2007 – Jamie Buchan
Summer 2007 – Ken Berze
Fall 2007 – Greg Whyte
Winter 2008 – Chip Burgess
Spring 2008 – Mike Perz
Summer 2008 – Jim Matheson

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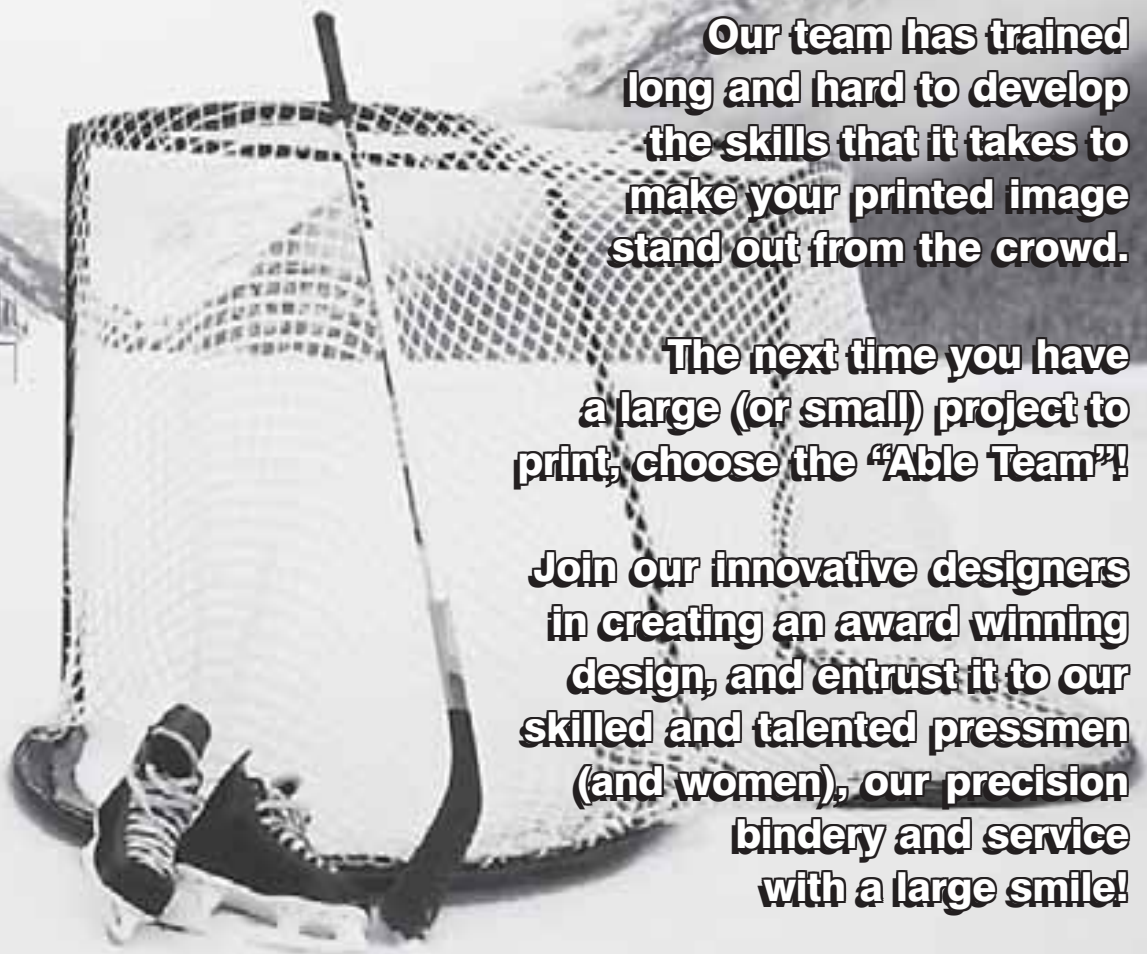
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