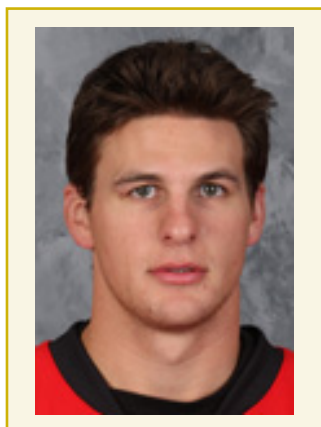


Hockey Zones

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



Adam Pardy A Rising Star

By Rex Tucker

It is quite an accomplishment, for any young hockey player to fulfill his childhood dream of playing in the

NHL. This accomplishment is far from easy if you grew up in the rural parts of Newfoundland. The odds are definitely stacked against anyone ever playing in the big show. The provincial population of Newfoundland is less than 600,000 - roughly half the size of the City of Calgary.

Current players Dan Cleary of the Detroit Red Wings from Harbour Grace, Michael Ryder of the Boston Bruins from Bonavista and Ryane Clowe of the San Jose Sharks from Fermeuse and this season Calgary Flames rookie Adam Pardy from Bonavista as well are current examples of Newfoundlanders, who have beaten the incredible odds.

These favorite native hockey sons are keeping the locals up to the early morning hours during this year's Stanley Cup playoff run. Due to the time zone, many games are not finishing up until

2am local time on the Rock! Many loyal supporters are wishing the games do not go into overtime so they can get a little more sleep! There's lots of local talk, anyone and everyone is following the pride of Newfoundland and their progress on the ice.

Fellow Newfoundlander 25 year old rookie blue liner Adam Pardy received his first playoff point, an assist on the winning goal, against the Chicago Blackhawks in game 3 of the western conference quarter final game on April 20th, 2009.

Quite an accomplishment for the young man from Bonavista, NL. town of 4,000. Bonavista is the site on the island of Newfoundland discovered by the first European, John Cabot in 1497. It has been more famous for its icebergs over the years than hockey development. However, Adam Pardy is following in the foot steps of fellow Bonavista minor hockey player Michael Ryder to the NHL.

Pardy was drafted in the 6th round, 173rd overall in the 2004 entry draft by the Calgary Flames. Pardy was a long shot to play in the NHL. However, the young man has worked diligently on his craft over the last 4 to 5 years.

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Look Inside for More Great Sports Tips

"Anyone can support a team that is winning – it takes no courage. But to stand behind a team to defend a team when it is down and really needs you, that takes a lot of courage"

–Bart Starr

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- 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

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A Rising Star (cont'd. from cover)

The six foot four and 220 pound defenseman is gradually finding a home on the Flames blue line. After starting his professional career in the minors and this season as a 7th defenseman at best on the Flames blue line depth chart his career is taking shape. It's a combination of Flames injuries, experience and confidence coming to the forefront.

He has been compared on occasion to Robin Regehr. Regehr has played for Team Canada at both the 2004 World Cup of Hockey and the 2006 Olympics. Regehr is a great role model for Pardy. Currently, Pardy is no Robin Regehr. However, the young blue liner has made great strides this season. He is adjusting to the speed of the NHL game and elite skill level.

Pardy has a quite the challenge to continue to improve and not level off in his hockey development.

When analyzing the young man's play on the blue line, I foreseen the following strengths and areas needed for improvement.

He is incorporating more of a physical presents on the ice using his size and reach, getting stronger on the puck along the boards, patrolling the net zone well and making good decisions on outlet passes from the Flames zone. He

appears to even have more of a future offensive upside than teammate and mentor Regehr, showing flashes of offensive upside on occasion.

Pardy will have to work on his skating mobility, agility and quickness to the puck, and improve his gap control on 1 on 1 plays. With more games under his belt, increased confidence and honing his defenseman skills, there is no reason according to this writer why Pardy cannot be a solid top 4 playing defenseman for the Flames in the very near future.

With the positive role models and ongoing success of players like Pardy, Ryder, Cowe and Cleary etc I believe we will see more Newfoundlanders in the NHL down the road. Young local players are looking up to their local heroes and more believe they too can play in the NHL.

Last year Dan Cleary became the first Newfoundlander ever to have his name engraved on the Stanley Cup. It was a very proud and jubilant time when Cleary brought the cup back to the Rock! Will other Newfoundlanders duplicate the same feat? I guess time will tell. Good luck Adam on establishing your self in the NHL and your ultimate goal of winning Lord Stanley's trophy! Cheers to "Rocking the Rock" someday!!



Next Issue:
Fall 2009

Features

- Letters to the Editor/Prize Winner Announcements
- Missing the Cut – What's Next?
- Shifting Boundaries – The New Minor Hockey Alignments
- Hockey from an Exercise Physiology Perspective
- Honing One's Craft – the 10,000 Hour Rule
- Pivoting – Mohawk Turns

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Spring/Summer 2009 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–



Lyle's Corner

Teaching vs Training

Defining the Difference and its Dichotomous Growth

By Coach Lyle

With the current hockey season closing down, there are players, parents, hockey coaches and power skating instructors scrambling to find ice, check over their curriculums and prepare their scheduling for the summer and next season. But wait, what so often gets over looked is differentiating between teaching and training.

A great thought: "Training players helps them today; teaching players most often finds them playing at advanced levels thru-out their minor hockey; and delivering methods of correct technique in both teaching and training fairly assures some greater level of success in their future hockey pursuits."

This statement has value when we so often see, potential prospects enduring what passes for teaching is a brief run down of truncated key points, often limited as to depth and scope of very key elements. Having this happen compromises the learning and the training or "the good stuff" such as the action, movement, competing, and the-skill-of- it-all; the proof is shown to us when the blades meet the ice.

The subject of teaching versus training will be dealt with in an easily comprehensible manner here because of its major importance. Its importance to a very keen audience, albeit

where it is often easily brushed aside by universally busy voluntary coaches, including their professional counterparts. Teaching related here as the mind, and training related to the physical.

Which comes first... teaching or training? The literature tells us that there has been much discussion thundered in the mighty halls of advanced education over this topic. I think I have stayed on the periphery of these arguments long and often enough to formulate an objective opinion that should stand scrutiny and I will keep it short and tidy.

The key focus at the beginning is to the mind of the budding athlete. Clear and logical key elements of the scope of the proposed actions, kinetics, and physiology are delivered and hopefully stored by the player to where he/she can draw on it and all other knowledge required for transferring internal data neurologically to where the correct muscles, skeletal structure, et al will not only respond repetatively as desired, and have both areas develop and retain this information as to learning and judgement: stronger in the size, quickness of the muscularity.

When teaching and training come together that well, there will be quite a hockey player.

"The mediocre teacher tells. The good teacher explains.
The superior teacher demonstrates. The great teacher inspires."

- William Arthur Ward

"All hockey players are bilingual. They know English and profanity."

-Gordie Howe

"I love those hockey moms. You know what they say the difference between a hockey mom and a pit bull is? Lipstick."

-Sarah Palin





**KIDS HOCKEY ADVANCEMENT SOCIETY
GOLF TOURNAMENT
Inglewood Golf and Country Club
19 Gosling Way SE
Wednesday, July 29th, 2009**

First and foremost, the Kids Hockey Advancement Society wishes to thank all of the golfers and generous sponsors that played such a major role in the first inaugural Golf Tournament held at the Inglewood Golf and Country Club, on July 30, 2008. Because of wonderful people like you, our fund-raising event exceeded all expectations!

With your support, we were able to raise \$10,000 in our first venture to help our kids in need. Through our partners – KidSport Society of Calgary and Flames Foundation For Life – we were able to help out many of our kids: Flames Foundation for Life took care of minor hockey registration fees while KidSport Society of Calgary assisted with minor hockey equipment purchases, all with the funds provided by the Kids Hockey Advancement Society. This enabled these kids to lace up their skates and take part in organized hockey perhaps for the first time in their young lives.

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 citizens are even more significant.

The Kids Hockey Advancement Society was incorporated to provide the opportunity for children in need of financial help to participate in organized hockey – the nation's greatest sport. Last year, Rex Tucker, who is in the business of training and developing hockey players of all ages and honing their skills, realized that many children would never enjoy the benefits of organized ice skating activities simply because today the costs can not be absorbed in an already stretched family budget.

Rex was bound and determined to do something about it. As a result the Kids Hockey Advancement Society was born, and Rex wanted to ensure its ongoing success as a fund-raiser for kids in need. With the heart of a Lion, the tenacity of a British Bulldog and the stubbornness of a Missouri Mule, Rex rolled up his sleeves and went to work! With Rex, failure is not an option! As the major Event Sponsor of the golf tournament, Rex has committed the resources of Tucker Hockey Enterprises Ltd and many hours of his own very valuable time. The results speak for themselves!

This year, we have set the bar higher! Our goal is to raise \$20,000 so that we can help out twice as many kids. In order to reach this goal in 2009, we are counting on you more than ever! Your participation and support is vital to the success of this fundraiser.

How you can help:

- Golfing – register as an individual or as a foursome. Bring your clients, friends, fellow workers and anyone that may be interested in helping out kids in need.
- Being a sponsor – Day sponsor, Cart sponsor, Hole sponsor, etc (click on Link for details)
- Donating cash and/or merchandise for tournament and auction prizes.
- Volunteering for the event day itself

To register as a golfer and/or a sponsor, simply click on the "Registration Link", print off the Registration Form and mail completed Form along with your cheque to address indicated on the Form.

Please contact me at (403) 829-2993 or nradman@shaw.ca if you have any questions regarding the golf tournament or if you require additional information.

Once again, the Kids Hockey Advancement Society thanks you for your support. See you on the Links!

Nick Radmanovich, Tournament Director
On Behalf Of
Rex Tucker, President – Kids Hockey Advancement Society

See Page 33 for Tournament info

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Personal Growth

Still Young Enough to Learn

By Nick Portman

Natasha and Justin

The young parents have been up half the night – their youngest woke them, in agony from a sore throat. Too late now to go back to bed – the sun has just broken the horizon, they're sitting at the breakfast table drinking coffee.

Natasha puts down her mug. "Do you really want to take this on right now? We've got two little kids and you don't get much free time as it is."

Justin scratches his head. "It's only an hour or so, one day a week. I can do it early, or on the weekend, whatever you think. I need to do something different, and I've always wanted to be a better skater."

"But you're not even in a league."

"That's not the point, honey. Tell you what, I'll take on some of the cooking during the week."

Natasha frowns. "Okay, Monday night, but only if you promise to follow the recipe."

"Hey, what was wrong with my fridge contents casserole?"

"Only if you follow the recipe. And I get to pick them."

"Deal."

"You must really want this."

Gordon and his buddies

Gordon places his ball on the tee. "Watch this you guys."

Ray says, "Didn't you have that skating thing this morning?"

Gordon swings smoothly, hits the ball square. "Sure did."

"How can you have energy left for anything?"

Gordon bends for his tee. "Keeps me in shape. I only have to do what I want. Maybe you should try it?"

"I haven't skated for years. Long before I retired."

Gordon puts his club into his cart. "So what? Just like riding a bicycle."

"Don't you have trouble keeping up with the young guys?"

"I go at my own pace. Some are faster, some slower. Doesn't matter."

"You're kidding me. It's hockey – everyone's competitive."

"See for yourself. Give it a try. You can't say you don't have the time."

They take the handles of their carts and start walking. Ray says, "You got that right. Maybe I will."

Jimmy and his work mates

At the lunch room table, Matt puts down his fork. "You guys ready? First game tonight."

Milan shakes his head. "Gonna be tough, we're still three guys short. Hope you guys have been working out."

Dave looks at Jimmy, "Why don't you

come out, Jimmy, it's just a friendly league?"

"Hey, I'm from Miami, only skated twice. I'd be an embarrassment."

"In this league? We've had new skaters from Japan and from Greece. Anyone can start. Don't worry about it."

"Maybe if I had some lessons."

"Well then, take some lessons. You said you used to play football. Try hockey, it's a whole different game."

"What about equipment?"

"We can put together some used stuff. Just get yourself a decent pair of skates. We'll come with you. Give it a try?"

William at the coach's meeting

At the coffee shop, the coaches and team manager for an Atom team are having their first meeting.

William is last to arrive. He sits down. Bob, the coach, extends his hand. "Great to see you, William. I thought you said last year you didn't skate?"

"I didn't. But I felt like I was missing out on something. Little Mikey said I should take some lessons. I told him I was too old to take lessons. He said he didn't think I was that old. When he said that, well, geez, I had to say I didn't think I was that old either. So, I tried it."

Bob said, "And..."

"And, well, here I am."

Cont. page 23

"Every act of conscious learning requires the willingness to suffer an injury to one's self-esteem. That is why young children, before they are aware of their own self-importance, learn so easily"

- Thomas Szasz



Terence Leung Hockey from a Photographer's Perspective

What type of projects?

Mainly weddings and product shot photography is the biggest part of my ad hoc projects.

What is your relationship with the Calgary Flames?

I am a marketing and events photographer. I'm there for every game. I write a lot of captions on photos that have to be written properly. I probably know 80 percent of NHL player's names and their jersey numbers as a result. Also, I handle images of the other photographer's event photography. I spent a lot of my time illustrating the C of red gallery of fans.

What is your normal routine on Flames day?

For a 7:00 pm game I usually arrive one hour before the start of the game. Eat in the Flames media room; setup the photo templates on our computer so we are ready to go for the event. I may have different requests for photos such as food, fan shots, board advertising, fan events held between periods etc.

Where do you use your photos?

The Calgary Flames photos are published in the Blaze – Flames game program magazine. The Flames website and the NHL.com site as well. All the rights of the Flames photos I shoot are managed by the Calgary Flames and the National Hockey League. Some of my other photos are on Getty images – the world's largest stock photography agency.

What are you looking for when you shoot?

There are a lot of sport photographers at the game from places like the Sun, Herald, AP, CP that have a far better idea of how to shoot hockey than I do. But you have to factor in lighting, composition, have to be patient to get the right shot. A shot of players skating or shooting, player celebrations, see the puck on each shot going in the net...goalie hanging his head or Iginla winding up for a shot and then releasing.

Popular Saddledome locations for action shots?

On the player's side, penalty box side, corners are difficult because the glass is curved... you are limited for a good shot, use the corners for specific shots/action shots in the corners. Taking shots of fans in the concourse, fans in the lower bowl and 300 sections, the Flames during the pregame and warm up activities.

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Editor's Note: Recently, I had a good chat with Terence Leung, who is a freelance photographer. I wanted to learn a little more about the sports photography world. I first met Terence in the Fall of 2004. At the time, Terence was doing some freelance work for the Calgary Luxury Lifestyle Magazine and wrote an article on Tucker Hockey. Here is our Q and A session.

Terence, tell me a little about yourself?

I am 28 years old. I moved to Calgary at the age of 8, the year Calgary won the Stanley Cup.

I graduated from SAIT with a Journalism Arts diploma in 2004. Worked as a project manager for an animation studio, and my last job prior to getting into the photography business was being a technical writer for 2.5 years, writing health and safety manuals. I just recently got married!

What is your hockey background?

I'm a big hockey fan. However, I only started playing hockey only a couple years ago and started as a goalie. No one else wanted to play the position, being a former baseball catcher I didn't mind being shot at! He said with a chuckle. I play in the Non Contact Hockey League and fill in as a goalie when required for Tucker Hockey adult recreational programs as well.

Why photography?

Originally it was a need. I wanted to write, easier to get work if I could shoot photos, so I shot more photos and more writing assignments came about, it came hand in hand.

How did you get your start in the business?

I started in October 2007. Started my own freelance photography business – Terence Leung. I have my own website www.terence-leung.com. One of my first freelance jobs was the Calgary Luxury Living Magazine project.

What type of freelance work do you do?

I am a freelance writer and photographer for the Calgary Herald and the Calgary Flames Hockey Club, a graphic designer on many random projects.

"A good snapshot stops a moment from running away."

- Eudora Welty

Hockey from a Photographer's Point of View (cont'd. from 8)

What is the most enjoyable part of photography?

I guess seeing the evolution of my photography and writings to date. Getting better... honing my craft. The other sports photographers of the Calgary Sun, Calgary Herald and the Calgary Flames do some amazing photography. It's enjoyable watching them work.

How many pictures do you take an average Flames game, type etc?

Probably take 200 - 300 pictures – marketing / event shots.

Any guidelines that must be followed when taking photos?

If I take photos of kids, the parents need to sign a waiver; In the Saddledome, professional camera equipment is not allowed.

Any interesting stories about taking pictures?

In general, people love to get their picture taken, it's easy to spot those who want their picture taken or not... most people are there for a good time. They like to smile for the camera.

One of my fondest memories was taking a picture of Jarome Iginla after he passed Theo Fleury as the all time Flames goal scorer. He is so classy and professional ... flashing his usual great smile ..it's amazing how trained athletes are with media-related activities like photos or interviews.

Has the photography business changed much over the years?

It's a pretty competitive business and there are continuous changes to equipment. I use my own equipment; I would say \$5,000 would be a starting point to shooting somewhat professionally. At least, for me.

Do you do much leisure photography?

Not really, I find I am too analytical and get too much into work mode. My wife wishes I would take more photos outside of work. He chuckles.

Future goals and aspirations?

I never planned to get into photography rather journalism instead – my main freelance projects with the Calgary Flames and Calgary Herald came together at the same time. However, it's been a very interesting and rewarding few years behind the camera lens.

In the short term I will probably work more weddings and corporate functions like Golf tournaments and Christmas parties etc. I want to expand my website photo galleries, work on more hockey related projects like minor hockey teams and tournaments as well.

Maybe later in my career own my own photo studio and overall just honing my craft.

Editor's Note: Thanks again Terence for taking the time out of your busy schedule to share thoughts and insights about your photography business to Hockey Zones. It served to educate myself and maybe others about "Hockey from a Photographer's Perspective". Terence, all the very best behind the camera lens and keep watching out for those flying pucks!

Terence is an up and coming Calgary photographer. He can be reached at (403) 681-1020 or terence.leung@gmail.com

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The Game of Hockey: Whose Game Is It?

By Tom O'Sullivan

Hockey is more than a game in this country. It's part of our culture milieu. Hockey is something every young person with an interest in the sport should have the opportunity to play and enjoy. In that regard sometimes in trying to get the little future NHL star to the next level of skill progression certain unrealistic expectations are imposed by both the coaching staff and or the parents of the children participating in the game of hockey. The game is taken too seriously.¹

The main focus at the early levels of hockey should be on developing individual skills, developing a positive attitude toward healthy competition, learning to co-operate in a team environment, participating in fair play (i.e. equal ice time for all), being encouraged to be creative with positive and meaningful encouragement and not being penalized or sanctioned for making mistakes.

Ultimately the player is supported and encouraged by proper coaching, training into becoming a complete player; a player that has the requisite skills for that particular level of hockey; an athlete that is encouraged to gain a hockey sense i.e. think the game and through training and development becomes physically confident of his or her ability to play the game.

A hockey player needs skill to feel confident in order to think the game. Gretzky was exceptionally skilled in having a hockey sense and used his sense to recognize opportunity, interact with other players and execute on the opportunity within the confines of the ice sheet to create a competitive advantage while the game was being played.

The necessary development of skating and puck control allows the player to develop his or her hockey sense and in

a game have the ability to create time and space as well as cope with the contact aspect of the game at the higher levels.

The main goal for any coach should be not only to help develop fundamental hockey skills but to promote and develop the values of respect and responsibility in the game of hockey. Yet more often than not the "win" above all approach is often adopted and encouraged by "well intentioned" parents and coaches and it tends to supersede and over ride the main focus of childhood sports and participation.

The ultimate goal of youth participation in sports should be to promote lifelong physical activity, recreation and skills of healthy competition that can be used in all facets of future endeavors.²

In an article on coaching and communication³ the authors of the article stated that coaches have the most impact on whether a player enjoys the game of hockey and becomes more skilled at playing the game. How coaches communicate with their players and the team has a direct impact on the player's feelings of fun in the game.

Communication takes many forms.⁴ It is not just what is said but how it is said and under what circumstances. Paralanguage is how we say something and it is as important as what we say. Volume, rate, pitch, articulation and emphasis are all important. They add communication value to our verbal

message. Soft and loud talk may communicate very different things. The authors cite a Manitoba report on the state of hockey, where the study found that the younger the children, the more they were affected by loud, yelling expressions by the coach.

The Manitoba report ranked coaches as the number one reason why children leave the game. They cited not being treated with dignity as the number one reason for quitting hockey. Atom and Pee Wee hockey players often stated their coaches communicate by getting louder and louder and then the yelling turns to rage. The word "mean" was used by several players in describing coaches and appears to be a combination of several things including bad yelling, screaming but also more specific verbal abuse.

How often has one seen a coach inches away from a child screaming that the outlet pass they made was not good enough or that by standing on the wrong side of the blue line the player's position resulted in an offside. In the heat of the moment hockey is a dynamic game and the young player is learning to read and react. Mistakes are made and any coach should not be surprised by them.

A successful coach will strive to build an athlete's sports confidence and success by consistently telling them mistakes are okay. As a coach you have to impart the notion that mistakes are okay. The greatest success occurs if a

Cont. page 23

"The biggest thing we get out of it is seeing the kids smile. And hopefully we will also see that the lessons we're teaching – not only the fundamentals of hockey, but also the life values, are sinking in."

- Bobby Orr



Coach Rex's Favourite Drill

Outside Edge Control Around the Pylons

The Outside Edge is the weak edge in skating. It is truly amazing how many players progress through the minor hockey system often up to the midget level and above without having good control of his or her outside edges. As a result, it adversely affects a player's stopping, turning, crossovers and overall skating agility. Many minor hockey coaches do not teach this skating skill well enough and often players as well do not practice outside edge skating skills properly. Players will often practice an outside edge drill without getting out of his or her comfort zone. A player is reluctant to push on the outside edge to the point of falling so as to stretch his or her game. As a result, a player will develop a deficiency in his or her overall skating which continues to follow the player through out his or her hockey career. Many players are cut during try outs due to inadequate skating which is supported by a weak outside edge!

Balancing on the outside edge is initially more difficult than balancing on either the flat or the inside edge. Regardless of difficulty, it is an essential aspect of skating on a curve.

One of Coach Rex's favorite skating drills is to have players practice and hone their outside edges by slaloming through a

group of pylons. Players approach the pylons on their inside skate to the pylon. For the player to get on his or her outside edge and navigate tightly around the pylon the player must do the following:

Start balancing on one skate early, bent the knee, keep the butt down, open up the hip to get on the curvature. To navigate the turn tighter, a player will need to push down on his or her knee more and gain more control of the outside edge. If the player is making a wide turn, or slipping / sleighing - they are on the flat of the skate blade.

A progression to this drill is to have the players go forwards around the pylons with a puck on their stick, for even more extreme edge control - have the players go around the pylons backwards or touch the ice with their inside glove to the pylon while keeping their butt down and the head up.

The outside edge, the neglected weak edge in skating, must be mastered in order for a player to become a balance and strong skater. An excellent skater has in his or her skating tool box strong tight turns, forward crossovers, backward crossovers and forward two foot stops in either direction.

Team Canada Summer Camp

Courtesy: Hockey Canada

Hockey Canada has announced an orientation camp for Canada's National Men's Team that will run from August 24th to 28th, 2009 at the Pengrowth Saddledome in Calgary, Alberta.

The orientation camp will include on-ice sessions, off-ice activities and meetings to prepare players and staff members who have the potential of representing Canada during the 2009-10 international hockey season, including at the 2010 Olympic Winter Games and the 2010 IIHF World Championship.

Details on the camp, including the schedule, on-ice sessions and media accreditation will be announced in the spring of 2009.

Canada's Men's Olympic Hockey Team management group, comprised of Bob Nicholson (president/CEO, Hockey Canada), Steve Yzerman (executive director), Doug Armstrong (associate director/general manager of Canada's 2009 IIHF World Championship team), Ken Holland (associate director), Kevin Lowe (associate director) and Johnny Misley (executive vice-president, hockey operations,

Hockey Canada) will work with the yet-to-be-named coaching staff in establishing details for the camp, including a camp schedule and the number of players.

Yzerman and the management staff expect to name a coaching staff for Canada's 2010 Men's Olympic Team at the conclusion of the 2008-09 NHL season, and will announce a list of invited players shortly thereafter.

"The National Men's Team orientation camp will be a key part of our preparations for the 2009-10 season," said Yzerman. "While this is not an evaluation camp, it does give team management and coaches a great opportunity to prepare together for giving Canada its best chance at succeeding on the international stage."

"The 2009-10 season includes many great opportunities for Hockey Canada, with numerous international events on the horizon for our men's, women's and sledge programs," said Misley. "With opportunity comes responsibility. As an organization, we are looking to ensure that all of our programs are ready for the challenge that lies ahead. This orientation camp will be crucial in preparing our players and staff for the upcoming season."



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 \$329 per player
Includes 10 on ice sessions (based on 10 players)
 - Weekdays after 4:00 pm and weekends
Only \$399 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.

Now Hiring

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



Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

Frank Portman

The Basics of Skate Sharpening

By Todd Kurio, Owner No Sweat

If you haven't paid much attention to your skate sharpening, you are neglecting a key part of your performance. Proper sharpening can impact your hockey game as much or more than any other piece of equipment. Consistency is one of the keys to a good hockey skate sharpening. Square edges, a proper hollow, and good contour are all parts of a well tuned skate.

Finding the right sharpening for you involves finding the right balance between glide and bite. Some people like to dig in a lot, so they would choose a deeper hollow. Others prefer the speed and glide and do not worry about digging into the ice as much, so they would choose a more shallow/flatter hollow. Many factors affect how much glide you can achieve, including body weight on the skate, leg strength and ice temperature, but how the skate is sharpened plays a big role. Less drag equals more speed, more drag results in less speed.

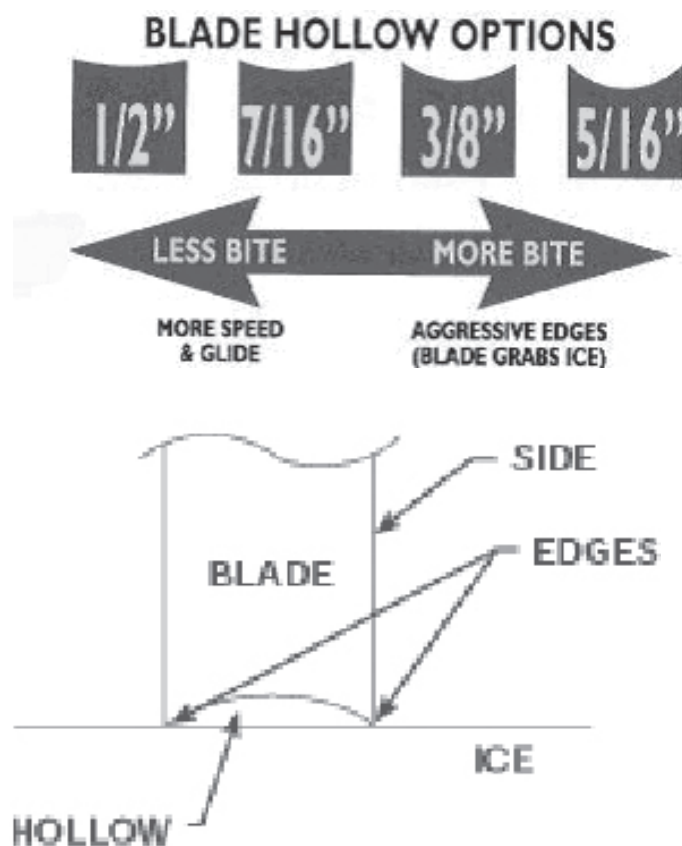
When skates are sharpened, a hollow is ground in between the two skate blade edges (inside and outside). A skate with a deep hollow has very pronounced and aggressive edges with a bite angle that is more direct into the ice. Deep hollows have pros and cons. Deep sharpenings are great for turning and can be beneficial for quick starts, but you will lose out on the speed and glide of a shallow hollow.

Shallower hollows produce faster speeds but don't grip the ice as well as their edge bite angle is not as direct into the ice. A loss of acceleration, agility and tightness of turns could result until the skater learns edge control. Finding the proper

hollow that will give each individual player balance can only be achieved through trial and error, and perhaps even several adjustments.

No single hollow is right for every hockey player. There are many hollows to choose from, and several individual factors need to be considered before a hollow is chosen; age, experience, weight, position, ability, strength, skill, ice temperature and more.

Even though a skate can be perfectly sharpened, a change in the radius of hollow will give the hockey player a different feel due to change in bite. This may give the impression of an improper sharpening, which is why consistency is one of the keys to good skate sharpening.



To complicate things more there is a new style of sharpening that gives you both speed and agility. The Flat Bottom 'V' (FBV), a blade sharpened with the flatness of a shallow hollow and the edges of a deep hollow. If you want to learn more about this new style of sharpening give us a call at NO SWEAT 403 - 204 - 1401.

Editor's Note: If you wish to understand better the art and science of skate sharpening, and or receive one of the very best skate sharpening available anywhere in Calgary drop in to No Sweat, #21B - 8720

Macleod Trail SE., located in the Macleod Trail Co-op Shopping Centre (Right beside the Co-op Liquor Store). You will be impressed, like my self, by the quality of their customer service and skate sharpening expertise!

No Sweat is an official supplier to Tucker Hockey.

"The winner's edge is not in a gifted birth, a high IQ or in talent.
The winner's edge is all in the attitude not aptitude.
Attitude is the criterion for success"

- Denis Waitley

Tucker Hockey Promotional DVD

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

Check it out on our website at www.tuckerhockey.com.

Individual copies are available on request.



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 74, 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

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 Philosophy

Why Power Skating?



Skating – The Foundation of Checking

Checking is a tactic aimed at gaining possession of the puck, not injuring an opponent. The purpose of a checking program is to introduce players to proper techniques and tactics so as to give as well as receive a body check.

It includes a five step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking.

However, the importance of skating is often over looked by coaches, parents and players. If you cannot skate well – you cannot check well!

To give and receive a check properly a player requires good stability on his skates. This stability on skates starts with a good hockey stance. With a good stance (head up, knees bent, shoulder with stance and a low centre of gravity), strong edges and proper balance a player will be stable on his skates.

Even if a player is taller and or heavier than his opponent, there is no guarantee that he will win the 1 on 1 checking battles without a strong foundation of skating basics.

The basics of skating include a good

hockey stance, strong edges, proper balance, quick starts and stops, efficient glide/crossover turns, good lateral movement, the ability to change direction which requires good agility and mobility. All of these basic hockey skills are essential to giving and avoiding checks.

When performing position angling, a player requires in his or her skating tool box efficient glide / crossover turns to angle an opponent towards the boards. As well, the checker may need to change direction, start up, speed up, and stop, move laterally, control or save his or her ice to be successful in the checking game.

For stick checking, a checker requires good stability on his or her skates. Good skating skills will allow the checker to time his stick checking moves, challenge and be more effective with his or her stick.

Body contact/confidence will be achieved by a player with greater assurance and success if that player is stable on his skates. He will not be so insecure about falling down. A taller and or heavier player will not be so

intimidating to a smaller player if the lighter player is confident in his skating. He will play less on the perimeter; will battle more for the puck and play more in the traffic areas of the ice. He will not fear being hit and will not shy away from the physical / rough aspects of the game. A prime example of a little guy and a great skater, who was very effective in the physical game was 5'6" Theo Fleury.

Good body checkers are strong and stable on their skates. They can give as well as receive a check. The basic elements of skating including changing speeds and directions are essential to their checking game.

Skating is the foundation of checking. If the basic skating skills are mastered, a player will be more confidence in a contact game, will be more physical, shy away less from the physical side of the game, feel more safe on the ice, ultimately become a more complete and effective player – able to play a physical as well as finesse game and become more valuable to his team's overall success. One of today's NHL stars, who truly fits this mold, is Alex Ovechkin.

Fairness

"I think perfect objectivity is an unrealistic goal; fairness is not"

-Michael Pollan

Integrity

"I never question the integrity of an umpire. Their eyesight, yes.

-Leo Durocher

Skill

"Fairness is not an attitude. It's a professional skill that must be developed and exercised.

-Brit Hume

Get in Shape and Have Fun!

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Summer 2009!

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: Norma Bush

Monday, August 10th to Friday, August 14th
9:00 to 10:15 pm

\$279 New Participants/\$249 Past Participants

Summer Group 2: Henry Viney/Stew Hendry

Monday, August 17th to Friday, August 21st
8:30 to 9:45 pm • Only 5 Spots Left

\$279 New Participants/\$249 Past Participants

Summer Group 3: Father Bauer/Norma Bush

Friday, September 18th to Sunday, September 20th
8:30 to 9:45 pm

\$149 New Participants/\$129 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

Monday, August 24th to Friday, August 28th
8:30 to 9:45 pm

\$279 New Participants/\$249 Past Participants

Summer Group 2: Fautehr Bauer/Norma Bush

Friday, September 18th to Sunday, September 20th
7:00 to 8:15 pm

\$149 New Participants/\$129 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 for yourself (same program)!

Register online at www.tuckerhockey.com

or call Tucker Hockey 403-998-5035

**Register Early
Spaces Fill
Quickly**

**Only 25 Spots
Available!
per group**

Improve Your Hockey and Skating Skills!



Special Summer Offer for Minor Hockey Players

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Group 1: Ages 7-10

Monday, August 17th to Friday, August 21st
5:30 to 6:45 pm Henry Viney/Stew Hendry \$249/pp

Group 2: Ages 9-12+

Monday, August 17th to Friday, August 21st
7:00 to 8:15 pm Henry Viney/Stew Hendry \$249/pp

Group 3: Ages 7-10

Monday, August 24th to Friday, August 28th
5:30 to 6:45 pm Henry Viney/Stew Hendry \$249/pp

Group 4: Ages 9-12+

Monday, August 24th to Friday, August 28th
7:00 to 8:15 pm Henry Viney/Stew Hendry \$249/pp

Group 5: Ages 7-10+

Monday, August 24th to Friday, August 28th
4:15 to 5:30 pm South Fish Creek \$249/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 & GST Included

Register Early – Spaces Fill Quickly!

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



REX TUCKER

Head Power
Skating Instructor

Register online at

www.tuckerhockey.com

or call

Tucker Hockey 403998-5035

**Only 25
Spots!**
Per Group

**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!



Book Today – Programs Fill Fast!

Skating with the BEST!

TUCKER HOCKEY

Programs that Deliver Results

SUMMER CHECKING PROGRAMS

Introduction to Checking

Group 1: Ages 10-13+

Tuesday, August 4th to Friday, August 7th

6:00 to 7:15 pm George Blundun \$229/pp

Group 2: Ages 10-13+

Tuesday, August 4th to Friday, August 7th

7:30 to 8:45 pm George Blundun \$229/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.

Register Early – Spaces Fill Quickly!

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



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Head Instructor

Register online at

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or call

Tucker Hockey 403-998-5035

**Guaranteed
to Improve
Your Skills**

**Programs
Which Deliver
Results**

**Exceptional
Hockey
Value!**

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 \$279 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
Future NHL Prospect
Idaho Steel Heads
ECHL All-Star*

Register online at

www.tuckerhockey.com

or call Tucker Hockey 403 998-5035

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

**August
10th to 14th
Henry Viney Arena**

**Group 1
6:00 to 7:15 pm
Atom Div I & II
Peewee Div I & II**

**Group 2
7:30 to 8:45 pm
Bantam Div I, AA & AAA
Midget Div I, A, AA & AAA**

**Makes a
Great Gift!**

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!



Special Fall Offer for Minor Hockey Players

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Group 1: Ages 9-13

Mondays, October 21st to December 14th
4:30 to 5:30 pm Scotland Leisure Centre
\$399/pp

Group 2: Ages 7-10+

Thursdays, October 15th to December 17th
6:45 to 7:45 pm George Blundun
\$399/pp

Group 3: Ages 9-13+

Fridays, October 16th to December 18th
6:45 - 7:45 am Rose Kohn
\$399/pp

Group 4: Ages 9-13+

Fridays, October 16th to December 18th
3:00 to 4:00 pm Stu Peppard
\$399/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 & GST Included

Register Early – Spaces Fill Quickly!

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



REX TUCKER

Head Power
Skating Instructor

Register and pay online at
www.tuckerhockey.com

or call

Tucker Hockey 403-998-5035

**Only 10
Spots!**

**Guaranteed to
Improve Your
Skating Skills**

**Programs
Which Deliver
Results**

**Exceptional
Hockey
Value!**

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important hockey skill

It's a new game. The new standard of play and
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Let's keep the "Fun" in skating too!

Get in Shape and Have Fun!

**11th
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Fall 2009!

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, Oct 18th to Dec 20th
9:45 to 11:00 pm
\$349 New Participants/\$329 Past Participants

Group 2: George Blundun

Wednesdays, Oct 14th to Dec 16th
7:00 to 8:00 am
\$349 New Participants/\$329 Past Participants

Group 3: Stu Peppard

Wednesdays, Oct 14th to Dec 16th
noon to 1:00 pm
\$349 New Participants/\$329 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 2: Stu Peppard

Fridays, Oct 16th to Dec 18th
Noon to 1:00 pm
\$349 New Participants/\$329 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 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, Oct 15th to Dec 17th
Noon to 1:00 pm
\$349 New Participants/\$329 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!**



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**Buddy Referral Program: Recruit 4 or more
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for yourself (same program)!**

Register online at www.tuckerhockey.com

or call Tucker Hockey 403-998-5035

**Register Early
Spaces Fill
Quickly**

**Only 25 Spots
Available!
per group**

Improve Your Hockey and Skating Skills!

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**Skating with
the BEST!**

Special Offer for Minor Hockey Teams, Coaches and Players

TUCKER HOCKEY

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

**Super Power
Skating**

OR

**Player Development
Sessions**

TOP 5 REASONS TO EXPERIENCE TUCKER HOCKEY:

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



REX TUCKER

**Head Power
Skating Instructor**

- **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**

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!

**Check out our NEW
Promotional Video at
www.tuckerhockey.com
or Call Rex Today!
403-244-5037**

Young Enough to Learn (cont'd. from 7)

Ted, the team manager, clapped William on the back. "Good for you. We can use all the help we can get."

Max, an assistant coach, leaned forwards. "How were the lessons?"

"Not bad. Bending my knees so much took some getting used to. Great to have skating explained properly."

Bob selected a donut from the box. "Maybe I should try that. Wouldn't hurt to have some brushing up myself."

Max, three months later, in the hallway after practice "Say, William, did they teach backwards skating in those lessons of yours?"

"Yessir, I was amazed at how far I got."

"Is that right?"

"Just took some patience, a little bit at a time. The way you've been flying around, I didn't think you'd need any advice on any aspect of skating."

"Most guys can use a little help with something, even they don't want to admit it. Me, I was great at flying down the wing. That was all I needed, even in junior. I never paid much attention to skating backwards."

"And now you're thinking you want to round out your skill set?"

"If I don't do something, my son will soon be skating backwards better than I can. And I'm supposed to be the skating coach. Where do I sign up?"

Ted with his trainer Doug, at the gym

Ted has had a long workout and is putting on his sweats.

Doug is in the comfortable chair behind

the desk. "So how did hockey go?"

"Great. No heart attack."

"Good thing we'd been working on your cardio."

"I think I'd have just had to take it easier."

"Know your own limits, that's my motto. Then strengthen, gradually. So, you enjoyed the lessons?"

"To be honest, it's a good workout, and it's a change from being here at the gym."

"And you're not too old."

"You're never too old."

"Anyone who stops learning is old,
whether at twenty or eighty"

-Henry Ford

Whose Game Is It? (cont'd. from 10)

player makes mistakes. As a coach one should encourage the players that are being coached that you can't learn, or get to other side of developmental skill envelope, if you don't push yourself and make mistakes.

Not only do you need to tell kids mistakes are okay. You need to reward them for making them and use them as a learning opportunity. You want them to keep trying to be aggressive and willing to push the outside of the envelope. Through positive reinforcement, tell the athlete at every turn. For example if observing a missed pass or opportunity rather than criticize the youthful player you could try positive reinforcement which could have you say to the player for example; "You didn't get the puck there, but you tried something new, and that's awesome and a step in the right direction. Great work!"

While coaching this past season I have noticed a shortcoming with some of the coaches that were working with

children for the first time and as such were also new to coaching despite having a background playing the game. The kids were enthusiastic yet were not meeting the "expectations" set forth by the coach and his support staff. The outlet passes and breakouts and break-ins were just not happening.

Were the skaters at fault? Partially but their fault was not having the requisite skill set to make that perfect pass or to anticipate or be in position to take the pass and capture the advantage of open ice and carry their momentum into a position of competitive advantage.

More often than not the coach is at fault for not taking the time to map out realistic progressions of learning and skill development (individual and or team) for that particular level of playing ability for that particular season.

Furthermore from a cognitive point of view eye hand coordination at the young levels be it Novice, Atom, Pee Wee or

early Bantam is not quite there and developing. Thus the young athlete may be incapable of performing or even comprehending the perfect individual skill or tactic that the coach desires the young athlete to pick up after just one practice. As a coach one should recognize that one really has to work at new skills and it never ends.

The basics of skating, passing (timing, anticipation) and communication on the ice are all critical to the development of the hockey players. If the individual skill is not there the individual tactic; be it walk outs delays, outlet passes will not be there and hence the success of any team tactics will be questionable at best.

From a coaching perspective it all comes down to experience and being patience - allow the children to evolve into hockey players. If they don't have the requisite skill to do a team tactic

Cont. page 25



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

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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



Mark Bomersback
Alltime leading Scorer in AJHL
Binghamton Senators &
Idaho Steel Heads
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 Rexy!"

Letting Go

**To let go doesn't mean to stop caring
It means I can't do it for someone else**

**To let go is not to cut myself off
It is the realization I cannot control another**

**To let go is not to enable
But to allow learning from natural consequences**

**To let go is to admit powerlessness
Which means the outcome is not in my hands**

**To let go is not to change or blame others
I can only change myself**

**To let go is not to care for
But to care about**

**To let go is not to judge
But allow another to be a human being**

**To let go is not to be in the middle of
arranging all the details
But to allow others to effect their own outcomes**

**To let go is not to be protective
It is to permit another to face reality**

**To let go is not to nag, scold or anguish
But to search out my own shortcomings
and to correct them**

**To let go is not to adjust everything to my desires
But to take each day as it comes**

**To let go is not to criticize and regulate anyone
But to try to become what dream I can be**

**To let go is not to regret the past
But to grow and live for the future**

To let go is to fear less and love more.

-Author Unknown

Whose Game Is It?

(cont'd. from 23)

maybe it is because they don't have the necessary skill or comprehension of how to perform the individual tactics yet and or the necessary individual skill to perform the task at hand. Perhaps it is a matter of simply planning the progression towards the end product and not being too technical or impatient.

By evolving the skill progression more often than not the end product be it break outs, over loads, fore checking, 5 across face off or wheeling alignments or what have you will come more easily and naturally to the young athlete however if the skill progression is not there then it is a frustrating time for all. How often have we seen coaches and or parents in the stands being incredibly critical and chastising a youthful player for making a mistake during a game?

Hockey Canada stresses skill development. One simply has to visit the Hockey Canada website to see how much onus is placed on skill development at all levels.⁵ I found in coaching a Junior team in the city this past winter that in order to work on overloads and play not only north-south but east-west we had to review and devote some of the practices to passing, anticipation and one touch puck control (i.e. on and off the stick as the pace of the way the game is played today is very quick and there is little time to play with the puck and stick handle) with the focus being passing and quick shots, on providing options, setting up and supporting to take advantage of open ice.

The focus solely on the "win" aspect of the game is unfair to the athletes participating in the game especially at the house league/recreational levels. When kids are too focused on results and wins, it's a huge distraction. It's harder for them to succeed and feel confident and focus on the things they need to do to execute well in the present moment.

In essence such "winning" focus results in the game becoming a glorified form of shinny where the team concept of passing or skill development or team play does not exist. The glory is focused on the individual who best puts the puck in the net and typically the team play is diminished in favor of selfish play.

To a degree in Pee Wee on up one finds that the introduction of contact hockey favors more team play and tactics. When the focus is on the win one typically finds skaters being played a short bench which some coaches do at the house league/association level to get the "win". This may be good for the coach's ego and some of the parents but a disservice to the development of the skaters on the team and does not promote team play. In addition this is against what both Team Canada and Hockey Calgary dictate and promote in the fair play codes⁶.

When players are paid (professional) to perform then yes

Cont page 26

Whose Game Is It? (cont'd. from 23)

shorten the bench as the team's revenues are based upon the performance of the team, media coverage, sponsorships and the like however at the house league level if all skaters pay association fees and are amateurs than all should play equal time.

Remember the "F" word in Hockey is FUN.⁷

Recalling the fun aspect for example when Chicago was in town to play the Flames in early January of this year they had a full practice and did not use pucks. When Patrick Kane (Chicago player) was interviewed on FM 960 after the practice and prior to the game against the Flames he remarked that they had great fun and that was the first time they had done a practice like that (w/o pucks) and it was really wild seeing the goalie making spectacular pretend saves. The team all got into it. Recall no pucks and the focus was on communication on the ice. The team loved the practice. Sometimes the practice does not have to be all drills that look good to the spectators in the stands; it can simply be a practice with one message to which the team devotes to. In Chicago's case it was communicating on the ice and loosening up on the road trip i.e. call for the puck. In this case the Chicago coach decided to have some fun and not use a puck. The team loved it.

We are all volunteers and strive to create a fun competitive learning environment for our children sometimes some parents and coaches have to be reminded that it is their son's or daughter's time and not theirs. Kids should be allowed to have fun, make mistakes and be creative. I recall in a coaching seminar that it was pointed out to remember as a parent one must remind ourselves that our passion for the game may not be our child's desire.

As a coach I would prefer and hope that the athletes that I coach remember their days of playing house league hockey as enjoyable. Twenty years from now they won't remember who won what but they will remember as a participant whether they had a fun time playing with their buddies and or new found friends.

"We go to the rink to PLAY hockey, not WORK hockey."
Lou Vairo - USA Hockey Coach and Ambassador

Editor's Note: Tom O'Sullivan is a coach who currently coaches both at the Atom and Junior level in the city and has worked with and is working with Team Canada coaching hockey development camps provincially.

Thank you, Tom, for sharing your informative, insightful and enlightening thoughts with Hockey Zones. If more coaches, administrators and parents, especially at the community and recreational levels of hockey, decided to adopt your hockey philosophy and viewpoints on our great game – it will definitely be a better game especially for the kids. And that's what the game is all about - the kids and their enjoyment and overall future growth and development.

References

¹ "Whose Puck Is It, Anyway? A Season with a Minor Novice Hockey Team", Ed Arnold, McClelland Publisher, 2003. Every winter, in hockey arenas across North America, as soon as the kids step onto the ice, the abuse begins. Coaches yell at the players, parents yell at the coaches, and everyone yells at the referees. After nearly a decade of coaching youngsters, Ed Arnold, the author and coach, decided he wanted kids to learn the fundamentals of hockey but he also wanted them to have fun. He got support in this enterprise from two former NHL players, goalie Greg Millen and forward Steve Larmer. Concerned that the children's game was being taken far too seriously by both parents and coaches, the coaches also believed that the kids were losing the opportunity to reinvent the game for themselves. So it came about that in the winter of 2000, when the parents of the would-be Minor Novice Peterborough Petes showed up with their kids for tryouts, they were handed a letter outlining the coaches' new philosophy. There would be no yelling at players, coaches, or referees. Players would play all positions – equal ice time for all. They would not be forced to follow a "systems" approach to hockey, but would be left to figure out what to do in a given situation for themselves. Not every parent liked it, but the kids sure had a good time.

² "Overuse Injuries, OverTraining, and Burnout in Child and Adolescent Athletes", Joel S. Brenner and the Council on Sports Medicine and Fitness, Pediatrics 2007;119; 1242 – 1245, refer to: <http://www.pediatrics.org/cgi/content/full/119/6/1242>. See also "Intensive Training and Sports Specialization in Young Athletes", American Academy of Pediatrics, Pediatrics, Vol. 106, No 1, July 2000; 154-157, which can be found at: <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;106/1/154.pdf>.

³ "Effective Communication for Coaches", Dan MacDonald and Ted Hutchings, www.coachesclub.ca.

⁴ See Hockey Canada, Canadian Hockey Association, Minor Hockey Development Guide, "Coaching Communication Plan" at www.hockeycalgary.com/userfiles/file/Hockey_Canada_Coach_Development_Communications_Plan.pdf.

⁵ Refer to http://www.hockeycanada.ca/index.php/ci_id/7534/la_id/1.htm.

⁶ See Hockey Calgary's Core Values at www.hockeycalgary.com/userfiles/file/08%20-%2009%20Version%20Of%20Whitebook%20VERSION%203.pdf or <http://www.hockeycalgary.com/coachingdev.php>.

⁷ Refer to "The Great One's message to parents: Let your kids have fun", Eric Duhatschek, The Globe and Mail September 26, 2008. Duhatschek reported: "It's important for children to play other sports", says Gretzky after a spate of young stars have lost their desire for hockey. Duhatschek in his article reported that Gretzky reiterated yesterday a gospel that many Canadian parents have ignored - that too often, young hockey players can get burned out by the pressure and the time commitment. "First of all, I think every kid is different," said Gretzky, a Hall OfFame player and currently the coach of the NHL's Phoenix Coyotes. "Some kids can play every day, all year long, like Gordie Howe – until they made him take his skates off. But that's a rarity, I really believe that. In youth hockey, in most cases, it's really important for kids to play other sports – whether it's indoor lacrosse or soccer or baseball. I think what that does is two things.

One, each sport helps the other sport. And then I think taking time off in the off-season – that three- or four-month window – really rejuvenates kids so when they come back at the end of August, they're more excited. They think; all right, hockey's back, I'm ready to go." Gretzky's comments came after a handful of recent examples of young athletes who, for whatever reason, lost their desire for their sport. Stefan Legein, a Columbus Blue Jackets' draft choice and a member of Canada's world junior championship squad, notified the team last month that he wouldn't be attending training camp, reportedly because he'd lost his passion for the game. Brandon Regier, a 16-year-old from Abbotsford, B.C., passed on a chance to play for the Brandon Wheat Kings of the Western Hockey League this year (he was the team's first-round choice in the bantam draft) because he wasn't interested any more. Colorado Avalanche prospect Victor Oreskovich, a second-round pick in 2004, retired last October and returned to school to complete a business degree. Gretzky, the NHL's all-time leading scorer, spent much of his youth as a multi-sport athlete and became good at baseball, track and tennis as a youngster.

The Power of Optimism

By Michael White

In a speech to his players during the 1974 Stanley Cup Finals against the Boston Bruins, Philadelphia Flyers Head Coach – Fred Shero said “Win today and we walk together forever”

It may seem redundant to think that optimism is important in the game of hockey. However, players must take the play to the opposition. The team must as a whole be able to positively project to the future and keep the outcome in clear sight – to believe. Winning brings optimism. Optimism brings winning.

Optimism is the view that good must ultimately prevail over evil in the world. Winning must prevail over losing. Optimism is having a hopeful disposition and the inclination to take favorable views.

Optimism can be as simple as nodding your head up and down. You must be able to remind yourself to hold on to your positive outlook in life. Whether you are sitting on the bench of your team or the number one star, you have to be ready to play if called upon and to make a positive contribution. Every player wants to make a positive difference and to show his unique set of skills or gifts.

There are many examples of optimism in hockey. Several come to mind.

At 74 years old, prior to retiring, Brian Kilrea recently became the all time win coach in Canadian Junior Hockey League history with over 1,000 victories. Since starting in 1974, as a coach of the Ottawa 67's, Brian has taught the game with optimism as it should be coached and played.

Jarome Iginla, Captain of the Flames, knows the team needs good play from him on all fronts. If he has a spell where he is not scoring a lot of goals such was the case this past season. He does not overanalyze the situation. Jarome knows he can make sure his play on other aspects of the game can compensate for his drought of goals. He is always optimistic about his future play and the team's chances of winning. Jarome is a past winner of the Lester B Pearson - most valuable player award. An award voted on by his league

peers. He is always confident and optimistic.

As well on the Calgary Flames, the goalie, Miikka Kiprusoff maintains his positive mental attitude by not worrying about his goals against average but being a team player not necessarily a superstar. Putting the W in the win column is the most important thing for Kipper. While his goal against average is one of the worst in the league this season, he led the NHL with 45 wins.

Optimism is a deliberate choice that a person like Jarome Iginla brings to his hockey profession on a day to day basis. As individuals, we can all bring optimism into our daily lives no matter what our lot in life. Negative emotions adversely affect the way the brain functions to reduce stress. Positive thoughts make your body feel toned and your mind sharp.

Researchers talk of a “helper's high “ which represents a dignity, a joy, and a passion of helping others. People who donate their time and money are happier than those who do not. Helping others inspires an attitude of gratitude for what life has given you. Appreciating the riches of what you have, not what you don't have.

This in turn can turbo charge your happiness and increase your PMA – positive mental attitude. True passion cannot disguise being happy, giddy or Red Bull hyped. Rather slow down and give the gifts' you possess and passing them on to others. You will feel better for it!

Optimism, can be in the form of faith, confidence, cheerfulness, enthusiasm, expectations and certainty that the economy, your particular situation and your life will turn around.

Positive life changes starts with the power of optimism.

“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties”

- Harry Truman

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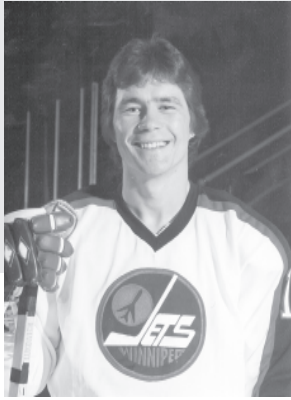
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Are NHL Goal Scorers Born or Made?

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/shifts 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

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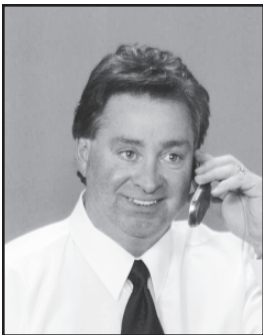


Luke's Bio

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.



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Goal Scoring

Cont. from 29

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.

*“Live with integrity,
respect the rights of
other people and
follow your own bliss”*

- Nathaniel Branden

April 2, 2009

Dear Friends,

I'd like to thank you again for your participation in the 2009 **Danny Cammack Memorial Golf Tournament**.

Due to the tremendous success of this tournament over the past 5 years, Betty, Kevin and I are pleased to announce that the 6th Annual DCMGT has been booked for Saturday, August 22, 2009. The venue will again be at the McKenzie Meadows Golf and Country Club.

Please mark your calendar. The format will continue to be a “Texas Scramble” and there will be a limit set of 60 golfers. The cost will be \$155 per golfer which will of course include, green fees, power cart, prime rib dinner, club cleaning, a \$13 gift certificate at the pro shop, free use of the driving range, etc. All golfers will also receive a free registration gift which commemorates this event. The purchasing of foursomes is again welcome. If you would just like to come for the dinner, the cost will be \$35.

As in past years, a silent auction, consisting of some great prizes, will be held to raise money for our various causes.

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

If your company has set a “donations” budget for 2009, it would be most appreciated if this event could be bookmarked. We would like to be able to obtain more prizes for the golfers and the auction table for this years tournament. We would also like to increase the number of sponsored holes. Please let me know if you or your company can help out. Contact Paul at (403) 836-0580.

Paul, Betty and Kevin

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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 because it is the best team sport in the world!

When I was two, I would run around the house with a tennis ball and a hockey stick in hand pretending to be a hockey player. For as long as I can remember, it has been my favourite past time has been to skate, shoot pucks, and play hockey.

I will never forget my years in Grassroots hockey. We would be battling the other team, as well as the cold (games would be cancelled at -18°C), snow and uneven ice surface in an outdoor rink and we had a lot of fun. Now that I am in a minor hockey league, I play indoors in an "ice palace" and it's even more fun!

Zach Frena, age 12

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 • Fall 2008 – Barrie Hill • Winter 2009 – Perry Kirschner • Spring 2009 – Paul Valentine • Summer 2009 – Aslaug Woolstad

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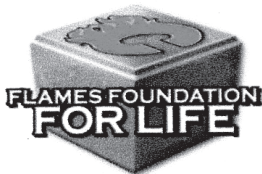
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KIDS HOCKEY ADVANCEMENT SOCIETY



GOLF TOURNAMENT (INGLEWOOD Golf Course – Wednesday, July 29, 2009)

SPONSORSHIP LEVELS

- * Special Guests could be Flames Alumni or other celebrities, media, etc
- * Hospitality packages include: cart, driving range, welcome gift, banquet

☐ Day Sponsor - \$10,000.00 (8 golfers)

- * Media exposure and advertising
- * Special Guest on each of three teams, if available
- Eight playing spots included
- Eight golfer hospitality packages included
- Verbal recognition and introduction of Company representative at Banquet
- Logo on all Name Tags
- Company Logo and contact name featured in tournament program
- Signage at Banquet
- Signage at Registration Reception

☐ Cart Sponsor - \$ 5,000.00 (4 golfers)

- * Special Guest on each of two teams, if available
- Four playing spots included
- Four golfer hospitality packages included
- Verbal recognition and introduction of Company representative at Banquet
- Logo on all Name Tags
- Signage on every Cart
- Company name featured in Tournament Program
- Signage at Banquet
- Signage at Registration Reception

☐ **Friends of Society - \$ 3,000.00 (3 golfers)**

- * Special Guest as part of your foursome, if available
- Three playing spots included
- Three golfer hospitality packages included
- Company name featured in Tournament Program
- Signage at Banquet
- Signage at Registration Reception

☐ **Platinum - \$ 2,000.00 (3 golfers)**

- Three playing spots included
- Three golfer hospitality packages included
- Company name featured in Tournament Program
- On course Signage at sponsored holes

☐ **Gold - \$ 1,000.00 (2 golfers)**

- Two playing spots included
- Two golfer hospitality packages included
- Company name featured in Tournament Program
- On course Signage at sponsored holes

☐ **Silver - \$ 600.00 (1 golfer)**

- One playing spot included
- One golfer hospitality package included
- Company name featured in Tournament Program
- On course Signage at sponsored holes

☐ **Bronze - \$ 300.00**

- Company name featured in Tournament Program
- On course Signage at sponsored holes

Kids Hockey Advancement Society Presents their Second Annual Fundraising Golf Tournament Crossover/Texas Scramble

How You Can Help

1. Participate with other hockey buddies/golf enthusiasts. Individual entry fee \$199
 - Green fees (18 holes)
 - Power cart
 - Full use of short game facility and driving range
 - 8 oz Sirloin Steak Buffet – 6:00 pm
2. Various sponsorships available including
 - Day \$10,000 • Platinum \$2,000
 - Cart \$5000 • Gold \$1,000
 - Friends \$3,000 • Silver \$600
 - Bronze \$300
3. Donate auction items and golf prizes
4. Be a tournament volunteer

5 Reasons to Attend

1. Fun day at the links
2. Help provide opportunities for disadvantaged kids to play hockey
3. Great awards banquet
4. Register a foursome and have a chance to win a golf day for four
5. Numerous prizes – early bird, longest drive, 50-50, 9 hole putting, 50-50 closest to the pin and more!

**[www.tuckerhockey.com/
golftournament.html](http://www.tuckerhockey.com/golftournament.html)**

**Wednesday, July 29th, 2009
Registration 10:30 am
Tee Off 11:30 am to 12:15 pm
Inglewood Golf Club
19 Gosling Way SE**

This tournament provides opportunities for disadvantaged children to participate in hockey related activities through Kidsports and Flames Foundation for Life.

This tournament is for you! Golfers and hockey players who want to have a good time on the links!

**Limited Space!
To Avoid Disappointment
Register Online Today!**

Maximum Golfers – 112

**Last year's tournament raised
\$10,000. Our goal this year
is to double it!**



**Contact Nick Radmanovich – Tournament Director (403) 829-2993 for more information.
Early Bird Prize Deadline April 30th, 2009. Golf Package for 4 Players.**