

# Hockey Zones

Tucker Hockey's Official Newsletter - Reinforcing Hockey's POSITIVES to ALL ages!

## Ban Head Shots!

**By: Ern Rideout**



"Concussion, from the Latin concutere ("to shake violently") or the Latin concussus ("action of striking together"), is

the most common type of traumatic brain injury. The terms mild brain injury, mild traumatic brain injury (MTBI), mild head injury (MHI), and minor head trauma and concussion may be used interchangeably, although the latter is often treated as a narrower category."

Concussion = brain injury. When you put it in that context, it becomes a very scary injury, more so than the dreaded ligament tear. Every year, we hear about more NHL players suffering concussions during games. Even in the NFL, concussions have become a hot button topic. But in a 2007 study, it was noted that NHL players are 5 times more likely to suffer a concussion than players in the NFL.

What is behind the rise in concussions?

There have been many theories as to why the

number of concussions is rising, but the primary one has to be the reporting procedure. There were 65 reported concussions during the 2006-07 NHL season, with 21 of those occurring during fights and 34 as the result of blows to the head or hits from behind.

The blow to the head can be from a shoulder check, a forearm/elbow strike, a blow with a stick, or even a punch to the head with the gloves on. The force of the blow is magnified if the checking player leaves his feet and "launches" himself at the opponent.

In international hockey, there is a zero-tolerance policy regarding "head shots". Since 2002, the IIHF has a rule on their books (Rule 540) that allows the on ice officials to call either a minor penalty plus a 10 minute misconduct, a five minute major and a game misconduct, or a match penalty for a blow to the head. There also is the potential of supplementary discipline where an additional suspension can be levied. The 2010 Winter Olympic Hockey Tournament will use this rule. The definition of a "head shot" is "...

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**Look Inside for  
More Great Sports Tips**

**"Safety is something that happens between your ears, not something you hold in your hands."**

**~ Jeff Cooper**

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*Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game. The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.  
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# **Head Shots (Cont'd from cover)**

directing a check, or blow, with any part of the body, to the head and neck area of an opposing player or "drives" or "forces" the head of an opposing player into the protective glass or boards."

The NHL has been reluctant to enact such a rule because it believed that the amount of body contact in the league is what separates it from its European cousins, as well as being one of its key selling points. Over the course of the 2009-10 regular season, there have been a number of high profile incidents regarding hits to the head. There were three separate major incidents in the CHL and a few in the NHL as well. Those incidents in the CHL resulted in players receiving suspensions of 15+ games. The two highest profile incidents in the NHL, the hits on David Booth and Marc Savard, resulted in no suspensions, even though the player on the receiving end of the hit to the head was lost to his team for an extended period of time. Booth received a second concussion near the end of the season, but has the summer to

recuperate before resuming his career. This second concussion was not a result of a blow to the head, but from a hard body check along the boards. We will discuss player susceptibility to future concussions later in this article.

This has resulted in the NHL issuing a memo that included the following text, "...We cannot and will not tolerate blows to the head that are deliberate, avoidable, and illegal..." That's all well and good, but what about the blows that are considered "legal"? They still result in the same injury. A shoulder check in open ice can still contact the head, and be legal, as long as the player maintains contact with the ice while delivering the blow. The height difference between the two players could make the hit legal, and devastating. You can't mandate the size of the players, but you can mandate that any contact to the head is illegal. The OHL has instituted a rule banning all headshots, regardless of "legality".

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## **Next Issue Fall 2010 Features**

- Coach Rex's Favorite Drill
- Hockey From A Director Of Equipment Perspective
- Daytime Ladies' Hockey League
- 2010 Society Golf Tournament
- Can You Pass the Test?
- Statistics

## *Welcome to Hockey Zones*

The official newsletter of Tucker Hockey. The Spring/Summer 2010 issue consists of fresh hockey education and teaching articles, an expression of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grass roots rink level", features upcoming Tucker Hockey Adult and Minor Hockey programs, and provides hockey quotes, stories and prize contests. In summary, it will create good hockey ... "Food for Thought!"

Enjoy your hockey - the World's Greatest Sport! - and I hope you enjoy our  
Tucker Hockey Newsletter!

- Past issues available at [www.tuckerhockey.com](http://www.tuckerhockey.com) -

# WinSport Canada's Athletic and Ice Complex (AIC) Calgary

By Linda Gibson, Holiday Quest

If you have recently traveled the Trans Canada Highway #1 heading west, you have no doubt noticed a great deal of construction in the northwest corner of Calgary Olympic Park. Calgary is about to become home to one of the most unique athletic environments in the world. The AIC will provide the competitive advantage for our athletes along with recreational opportunities for youth pursuing an active lifestyle and to be inspired by high performance athletes.

In a recent meeting with Steve Palmer, Project Coordinator, Facility Development for WinSport Canada, Steve discussed the details and goals of this massive undertaking. As well, he provided me with an informative and insightful tour of the construction site.

The details of the basic complex include:

- Approximately 500,000 square feet in total.
- An International Arena with seating for 2,500 and standing areas for approximately 500 more. Boardrooms, which double as boxes for major events, can accommodate approximately 150 people each.
- Three NHL-sized ice surfaces with seating for 300 each. Each rink, including the international arena, will have four dressing rooms and two flex rooms for players and officials.
- An Office Tower comprised of 5 floors, is approximately 100,000 square feet in total. Office Tower leasing opportunities are available through Barclay Street Real Estate, Calgary or by contacting WinSport Canada directly.
- The High Performance and Sport Development component is comprised of 100,000 square feet over two floors. 14,000 square feet is dedicated to high performance training space. The remainder of the space is designated to state-of-the-art athlete regeneration facilities, workstations for coaches and offices for sport medicine and trainers.

The facility is projected to open in three phases:

- 1) Rinks 2, 3 and 4 (NHL Ice Surfaces) - December 2010;
- 2) Rink 1 (International Ice Surface and Arena) and Office Tower - Late 2011;
- 3) High Performance/Sport Development Facility - Late

2011 to Early 2012.

With the total estimated cost at approximately \$220 Million, the breakdown on the funding for the project is;

- Federal Government; \$40 Million (to be spent on Rink 1, and 2, the Refrigeration Plant, Office Tower, High Performance/Sport Development and selected Site Works).
- Provincial Government; \$69 Million (to be spent on all components of the complex, and additional projects associated with WinSport Canada's Centre of Sport Excellence).
- City of Calgary; \$20 Million (To be spent on Rinks 3 and 4, and a portion of the Refrigeration Plant).
- Capital Campaign and WinSport Canada; approximately \$100 Million (through private gifts; everything from small donations to major gifts, gifts in kind, etc.).

The present business plan calls for year-round ice on Rinks 2, 3, and 4, with the International Arena being ice-free for the summer months to accommodate other sporting events, conferences, tradeshow and other functions.

Ice allocations for the various rinks will be;

- 50% of prime-time on Rinks 3 and 4 will be allocated to minor hockey and other youth sport-oriented groups and organizations.
- The remainder of ice time will be allocated to further minor hockey, ringette and other sports, adult recreational hockey, private and commercial groups, etc.
- 15% of ice time on Rink 1 will be allocated to Hockey Canada.

WinSport Canada is presently determining the best way to handle the bookings. Further information should be available in the near term. Anyone interested in being added to the waiting list for ice time can contact their Guest Services Department at 403 - 247 -5452, or Steve Palmer at 403 - 247 - 5611.

WinSport Canada is looking to develop a hotel on its nearby land holdings in the near future. The purpose would be to provide accommodation for out of town athletes in training and visiting teams in competitions. At the moment WinSport Canada is presently considering the re-designation of the

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## View From the Press Box

### What went wrong with the Calgary Flames?

In the Winter 2010 edition of Hockey Zones I wrote the following:

*The Calgary Flames 2009 – 2010 team version has the coaching and player talent to have a very successful season. The team has shown brilliance at times and mediocre play on others throughout the first part of the season.....How far will the Flames go this season? This writer believes the Calgary Flames will win their division and finish 3rd in the Western conference. However, the margin between winning and losing on any given night is so fine in today's NHL. If Kipper keeps up his level of play, the team continues to get secondary scoring from the likes of Dawes, Glencross etc., improving on its specialty team play especially at home and develop a stronger overall team defense; the Flames will become a true Stanley Cup contender.*

I wrote the above remarks in late December when the Flames were doing reasonably well. However, in January the team experienced a 9 game losing streak, consequently trades were made and in April a playoff berth slipped slowly away from the team. What went wrong? Here's another view from the press box, which identifies many of the questions from last season and the issues facing the organization prior to the start of the 2011 season.

Firstly, let us not forget, the 2010 Flames season had many positives, which included:

- A strong defensive game - 5th in the league in goals against - 2:48 average.
- Kipper is definitely back to his old form as one of the top 5 goalies in the league.
- Mark Giordano established himself as a top NHL defenseman with 11 goals, 30 points and + 17. Rene Bourque, Nigel Dawes, Eric Nystrom, Ian White, and Mikael Backlund were bright spots for the team during a disappointing season.

Why the Flames did not make the playoffs?

#### **Lack of offensive creativity – can't score?**

The Flames were 29th of 30 teams in goals for – scoring only 201 goals. The team scored just 95 goals at home - the lowest in the league. The players showed very little offensive emotion and creativity – they often seemed robotic at times. For 43 of the 82 regular season games, the Flames scored 2 goals or less! The loss of Mike Cammalleri and his 39 goals and 82 points was definitely felt by the team. In 2008-09, the team featured 6 20-goal scorers, in 2009-10 there were just 3, and Niklas Hagman scored 20 of his 25 in a Maple Leafs uniform!

#### **Poor performance on the Power Play?**

The Flames scored 43 power play goals on 268 opportunities for a 16.0 percent success rate. They were 26th of 30 teams and scored only 21 power play goals on home ice. Of Cammalleri's 39 goals in 2008-09, 19 came on the power play.

#### **System?**

Is the system the team operates under handcuffing their offensive talent? The defense first mentality results in uninspired play in the offensive zone. The "cycle" is the predominant feature of the Flames offense. But how many goals are you going to score when you play in the corners of the rink? Rushes up the ice result in dumping the puck into the offensive zone and then chasing it and trying to recover it. Is the same system played out on the farm team and is this the reason why the Flames have no offensive prospects coming up? Were the Flames playing not to lose rather than to win? The team seemed to be playing more of containment / trapping game then a pressure puck pursuit game. Was it an antiquated system rather than match a system gelled to the players' strengths ? The team seems to be built around the 2004 playoff drive philosophy – "defense – defense". However, with the new rules – the game is more offensive

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# Letter to the Editor

## Response to Goalie Development Article - Winter 2010 Hockey Zones Edition

I read the letter to the editor and I have a few things I feel compelled to comment on.

First off, having a son who has dedicated his life to goaltending since the age of 6, I have immersed myself into garnering a true understanding of the position. I have been very fortunate over the years to spend a lot of time with some of the best goalie coaches in the game. Eli Wilson (Former goalie coach of the Ottawa Senators -happens to be a close personal friend), Tyler Love (Current goalie coach of the St. Louis Blues), Bob Essensa (goalie coach of the Boston Bruins) and JF Martel (goalie coach of the Medicine Hat Tigers) and former Flame goalie coach David Marcoux.

I would agree with Wendy Lohin that some youngsters show a yearning to play the position far more than others.

However her comment that "competition can be fierce at the high levels" thus leading to goalies being released from their associations, is in my opinion a little misguided. I was the Bow Valley goalie co-ordinator for three years and what I found was that as goalies move into Atom and Pee Wee, there becomes a large discrepancy as to who are truly goalies and who just like to wear the equipment, flop around and have some fun in net.

The goalies that are let are released from associations are more often than not the bottom end tenders. You will find that these kids do not do any training outside of their league play (GDI, WorldPro etc) and are in the game for fun. Although it is disheartening to let a goalie go from the association, to imply that the release is due to "fierce competition" is just not true. The kids who are serious goaltenders will always have a place to play in their community association.

Ms. Lohin writes "The lucky teams are those who have a parent who may have been a goalie at some time and chooses to act as an assistant coach or on ice help." Rex, my thinking is completely the opposite. When you take your child to a goalie training centre, they are taught the most up to date goaltending techniques. No position has evolved in the game in the past 10 years than that of the goaltender. World Pro and GDI both teach a hybrid butterfly goaltending technique.

So let's assume a person spends \$1000.00 on outside training, the last thing you want to see is a parent who played goal in the late 70's and early 80's come on the ice and tell the kid "you go down too much, you need to poke check and pad stack..." I see this happen way too often. What needs to happen is each association should set aside a certain amount of money for proper goaltender development. Calgary is blessed to have some of the finest goalie schools in the world. On ice clinics can be held for the goalies and the team coaches can attend and learn more about the position such as : how to incorporate a goalie into team practices properly, a practice with "a bunch of shots" on the goalie is useless if the goalie is not given time to fully track a rebound and recover for the next shooter.

There are plenty of opportunities for a youngster from the age of 6 and up to get proper goalie training and ample playing time. Spring hockey at both the development and competitive levels give kids a chance to hone their goaltending skills.

One last note "the goalie should be your best skater/player" was true 20 years ago. Putting this sort of comment in an article makes one think that goalies should be skating in practice with the forwards when in fact goaltenders have a unique set of skating techniques that need to be worked on. Inside edge pushes, shuffles and t-pushes.

Regards,  
Brian van Vliet

*Editor's Note:*

*Thanks Brian for your letter! Yes, the goalie position has definitely evolved over the years. The position requires a specialized skating & hockey skill set and very few minor hockey coaches teach this position properly. Regarding my comment "the goalie should be your best skater / player". I firmly believe all players from tyke to atom levels should enroll in power skating programs to develop their overall skating abilities especially edge control, balance and skating agility. However, I agree with you once a player - only plays goal - separate specific goalie power skating drills such as t - pushes, shuffles, telecoping, balance and net zone agility drills must form the core of a goalie's skating development in a practice. Best wishes to you and your son, Ty!*

# Interview with Esther Klippert, Regional Manager of KidSport™ Calgary

## **Esther, tell us a bit about yourself.**

I graduated with a marketing and print journalism diploma in 2002 with the hopes of developing a career in Communications. At the time, the non-profit field was the largest growing sector in Alberta, and I knew I wanted to work within the community. This led me to KidSport™.

## **What exactly is Kidsport?**

KidSport™ Calgary is a local, non-profit organization that is focused on providing positive sport and recreation opportunities to children from low-income families by subsidizing sport registration fees for qualified applicants.

## **How long has KidSport been around?**

The program was initiated in 1995; KidSport™ Calgary has helped more than 15,500 kids get active and involved in sport programs for a combined total that now exceeds \$3 million.

## **What sports does KidSport support?**

KidSport™ Calgary has funded more than 50 different sport programs including soccer, gymnastics, skating, and dance. By allowing kids to choose their own activities, KidSport™ hopes to promote a sense of belonging, personal involvement and achievement among kids

Are there any other organizations partnered with KidSport? Some of these partners or friends of KidSport™ Calgary include, but are not limited to:

- Calgary Minor Soccer Association
- Calgary United Soccer Association
- Flames Foundation for Life
- Tucker Hockey / Kids Hockey Advancement Society
- Calgary Stampeders' Football Club
- Calgary Corporate Challenge
- The Fan960
- The Forzanis Group – Power of Sport for Kids Program
- JumpStart

## **When did you get involved with KidSport?**

I started with KidSport™ in 2006 as a part time administrative assistant. I became a full time employee the following year.

## **What is it you do at KidSport?**

I was the Coordinator of Fund Distribution & Administration which included advocating KidSport™ in the community, building partner relationships, and managing the application

process. In January of 2010, I stepped into the role of Regional Manager with KidSport™ Calgary and look forward to new challenges.

## **What is the most enjoyable part of your role with KidSport?**

The core of this position was to review applications received by KidSport™ and liaise with the sport organizations and the families that we support. This has been the most important and valued aspect of my experience with KidSport™.

## **What type of fundraisers have you attended on behalf of KidSport?**

Many of our supporters hold fundraisers on our behalf, ranging from golf tournaments, office or community challenges, 50/50 ticket sales, and even human curling.

## **Which one was the most enjoyable?**

One of the most memorable was the first annual Kids Hockey Advancement Society Poker Tournament, sponsored by Tucker Hockey and Seisware. This first time event drew a large crowd, provided a fun and friendly competition environment, and raised \$8,700 in support of KidSport™ Calgary.

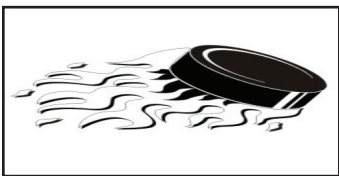
## **How have things changed over the past few years with KidSport?**

In the last four years, I have seen KidSport™ Calgary have their most successful fundraising year, and in recent months, I have seen the impact of the economy and its effect on the families we support and the programs we developed.

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# Passion

By: Michael White

“What is life without passion?” I have tried to live by these words since the first time I heard them some years ago. I’m very sheepish to admit it but it was on a CBC drama program, the title eludes me.

We can all be passionate about the big things that matter in life, but what about the practices or the games that really have no bearing on the standings at the end of the season?

Passion produces perseverance. If you can be passionate about something, time doesn’t seem to matter. The extra practice time, the skating drills are not so boring and repetitive. Everything has a reason - if you fall you get up and try over again. With passion, you’ll always find the tenacity to go on.

If the coach or captain is passionate about the upcoming game, eager to play with zeal and ardor, it will carry to the

whole team. People who are passionate are fun to be around. When you are passionate you want to learn, and know new ways to reach that higher level of accomplishment.

In your pursuit, you may encounter someone who will try to dissuade or deter your passion. They may give you – why nots or negative thinking, explaining it is not possible to achieve. You must not pay attention to these types of people and keep moving on. As the coach or captain, you should always try to help others to be better players.

During this past Olympics, the athletes that we saw and cheered were definitely passionate about winning. The Vancouver Olympics gave all Canadians – a heart of gold! When Sidney Crosby scored the final goal for the Olympic men’s hockey gold medal, Canada’s passion and pride was very much alive across the country. At one point in time, 18 million Canadian views watched this great sporting event!!

The Canadian Men’s Olympic hockey team was made up of passion and expertise. Steve Yzerman, the Executive Director of Team Canada, has accomplished a great deal in his hockey career. From being a 3 time Stanley Cup champion, a 6th all – time leading NHL scorer, as well as playing on the 2002 Olympic Gold Medal team are highlights of his career.

Working with Mike Babcock, the Head Coach of Team Canada, a former McGill University team captain, who knocked around in the minors and missed making the Vancouver Canucks roster. As a result, Babcock thought he would end up being a school teacher. Little did he know his passion and love for the game of hockey and winning attitude would take him to the ultimate coaching experience – achieving the 2010 Olympic Men’s Hockey Gold medal.

Passion indeed does count. Success in life doesn’t come without passion!

**“Chase down your passion like it’s the last bus of the night.”**

**~ Terri Guillemets**

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# Friends of the Kids Hockey Advancement Society Interview with Scott Coe & Derek Bidwell



*Here is Scott and Derek receiving a unique gift ( Pictures of Newfoundland ) from Rex on behalf of the Kids Hockey Advancement Society. It represented a small token of the society's appreciation for emceeing an awesome golf tournament banquet. Thanks again guys!*

## **Editor's Introduction:**

*Recently, I had the pleasure to chat with Scott Coe, former Calgary Stampeder and Colour Analyst CJOB AM680 Winnipeg and Derek Bidwell, CFCN TV Sports Anchor, AM 770 Sports Talk Radio Host and C0 – host Q107 morning host and learn more about two fine ambassadors of the sports world and their various fundraising event endeavors. Here's our interview.*

## **Scott, please tell us a little bit about yourself.**

I was born and raised in Winnipeg, MB. My parents are Ken and Kathleen. I have a younger brother Shawn. His wife's name is Allison and they have a son named Owen. Growing up in the cold prairie lands of Winnipeg, we played hockey! We played street hockey every weekend.... all weekend and we were in the rink as often as we could. I started playing football when I was 10 years old and fell in love with the sport. I went to Kelvin High School and joined the football team as soon as I could. I had wonderful times playing High School football, my best friends to this day I met on the first day of practice.

## **Derek, please tell us a little bit about yourself.**

Born and raised in Saskatoon. My parents still live in the house that I grew up in. I try to go back 2 or 3 times a year. I still love it, especially in the summer. Not sure what my favorite sport is, I think it depends on the season, but I'm sure looking forward to golf soon.

## **Scott, what does it take to make it has a professional football player?**

Dedication....you have to push yourself and your body to limits that you didn't even know you had. Practice and time in the gym preparing your body is very important. However, if you don't perform in the school classroom you don't step on the football field. My parents and teachers prepared me in the classroom so that I could do my best on the field.

## **Derek, how did you get into Sports broadcasting, and how long have you been doing it?**

I have been a member of the media here in Calgary since 2002. Prior to arriving back in Calgary I took my Journalism education at SAIT, and worked for a few years at Global in Saskatoon. After a few years there, I came to Calgary and began working at A-Channel, and then I was lucky to move to CTV and begin working in their sports department. As well, I obtained a spot on the Q-107 Fm morning show, and have been there 2 years. Being involved in both forms of media is a unique opportunity that only a few in the city have a chance to do.

## **Scott, what was the CFL like, and what is your fondest memory?**

The CFL is a great game and I am so proud to be apart of Canada's game. It is a close group of players, which happens when there are only 8 teams. As a player you have usually played with or against most of the guys in the league. It is tough to pick a specific moment. My fondest memories are the road trips. When all the guys are together on a plane or bus or train, bonding, it is fun times!! I have also been to a couple Grey Cups now, and those are all Amazing times... I don't want to miss one ever again.

## **Derek, which do you prefer: radio broadcasting or television broadcasting; since you do both?**

As I said I'm lucky to have made it to a point in my career that I am able to do both. I love the time that I am in front of the camera, but to be honest the other 7 and a half hours are a little ho-hum. That's the great part about radio.....there is prep-time but not nearly what it is in television. You can also wear hoodies and not shave and be on the radio, plus you can be a little more out there on radio.

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## KIDS HOCKEY



### ADVANCEMENT SOCIETY Providing opportunities to play

Dear Friends,

Tucker Hockey is excited to announce our support and event sponsorship of the Kids Hockey Advancement Society 3<sup>rd</sup> Annual Fundraising Golf Tournament.

We are looking forward to this year's tournament, scheduled for **Wednesday July 28th, 2010**, at the Inglewood Golf and Curling Club.

Tucker Hockey is contributing its volunteer time and efforts in full endorsement of this venture.

The Kids Hockey Advancement Society was incorporated to provide an opportunity for children to play, to develop their skating and hockey skills and to participate in organized hockey – the nation's greatest sport.

The benefits to these children in terms of physical fitness, mental health and well being and social development are significant and well documented. The benefits to society as these children mature into exemplary and responsible citizens are even more significant.

In July of 2009, the Society raised \$12,000 to help children acquire hockey gear and register for organized hockey through Kidsport of Calgary and Flames Foundation for Life. Based on our ever-growing support, we are confident that the Kids Hockey Advancement Society will exceed this figure substantially in 2010.

Our goal in 2010 is to once again provide funds to Kidsport of Calgary. The funds will create an opportunity for children to play hockey. In addition, the Kids Hockey Advancement Society is exploring the feasibility of directly sponsoring children, in their quest to play organized hockey and develop their skills. A screening process will be developed to pre-qualify children that are selected for this scholarship program, based on their needs, attitude, desire, etc. We are asking for your support with this fun golf tournament. Your participation in this event will contribute to the success of this valued fundraiser.

#### Support the Society By:

- **Golfing – register as an individual or foursome. Bring your clients, friends, fellow workers and anyone that may be interested in providing the opportunity to participate in organized hockey.**
- **Being one of our valued sponsors – such as day, cart, hole and hole in one sponsorships etc.**
- **Donating tournament and live auction prizes**
- **Volunteering for the organizing committee or the event day itself**

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

Please get involved and feel good about giving back! See you in July 2010!!

Rex Tucker  
President  
Kids Hockey Advancement Society

Kids Hockey Advancement Society  
Presents their Third Annual  
**Fundraising  
Golf Tournament**

***Mission: To give all deserving children the chance to play organized hockey – the nation's greatest sport.***

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

**[www.kids-hockey.ca](http://www.kids-hockey.ca)**

**When and Where**

**Wednesday, July 28, 2010**

**Registration at 10:30 am**

**Tee Off at 11:30 am to 12:15 pm**

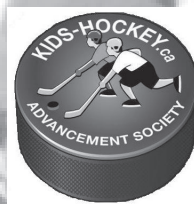
**Inglewood Golf Club**

**19 Gosling Way S.E.**



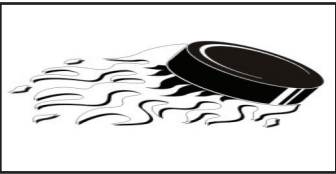
**How You Can Help**

- Participate with other hockey buddies /golf enthusiasts
- Entry fee of \$229 includes:
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- Donate Tourney & Live Auction Prizes
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Contact Nick Radmanovich – Tournament Director at (403) 829 -2993 or [nradman@shaw.ca](mailto:nradman@shaw.ca) for more information.





## Sculling

## Coach Rex's Favourite Drill

One of my favorite skating drills to help hockey players improve on / develop their balance, edge control and knee bend is sculling. What is sculling? Sculling is a forward edge control skating technique.

Sculling can be practiced by pushing off with the inside edge of either skate blade.

It's important to be in a good hockey stance – head up, stick on the ice, two hands on the stick with a deep knee bend.

Keep both blades on the ice and alternate the pushing – combine a left skate scull, then a right foot scull, alternating as you move down the ice. Begin at one end of the rink and push by making a C-cut with either skate from the heel of the inside edge of the blade to start movement forward. Focus on a deep knee bend and maintain it throughout the drill.

This can be a very effective skating technique in a game. Rather than striding and gliding - push down on the inside

edges and keep both blades on the ice. It can improve the effectiveness of your gliding in a game. For example, sculling can help you maintain and increase your speed as you drive to the net with the puck from the outside to inside on a defenseman. Also, sculling can improve the strength of your forward crossover / glide turn when you push on the outside skate inside edge and cross over the inside leg with the outside skate.

Good sculling can help take your skating ability to a higher level. It can result in practically effortless skating – where a skater uses less energy but maintains good speed. Paul Coffey was very skilled in this area of skating while rushing the puck from behind his net. Today, Sidney Crosby is one of the best at sculling. Crosby will often protect the puck and create scoring opportunities by maintaining his skating speed by sculling on his outside skate and go around his opponents.



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Ph: (403) 259-4144

**Midnapore**  
#12, 15425 Bannister Rd S  
Ph: (403) 254-9653





# Hockey As Culture

By Nick Portman

A quick internet search reveals that Windsor, Nova Scotia claims to be the birthplace of hockey, and Kingston, Ontario claims to be the birthplace of official, organized hockey. Similar claims are made for Montreal, Dartmouth, and other locations. Garth Vaughan presents a convincing case in favour of Windsor in his article “Quotes Prove Ice Hockey’s Origin” found on the internet at: <http://www.birthplaceofhockey.com/origin/overview.html>

Whether you agree with Vaughan or not, the game certainly has changed since its infancy and early development in Nova Scotia. It has continued to change since that first “official” game played in 1886 in Kingston. The changes in the game reflect changes in our society, including societal views on personal safety, women’s rights, the power of business owners over employees, retirement pensions, and perhaps most important for the sport, the identification of hockey with our image of Canada and what it means to be Canadian. Not long ago, the Royal Bank frequently aired a television commercial in which it proudly announced that it had financed the travel for Canada’s hockey team to the 1947 Winter Olympics in St. Moritz. The commercial implied that without the RBC sponsorship money, the team would not have been able to go. Today, the idea that financial considerations would prevent a Team Canada hockey team from attending an Olympics is unimaginable. The role of the game in our society has changed.

That change was marked by the Summit Series between Canada and the Soviet Union in 1972. Paul Henderson scored his “Goal of the Century” at the height of the cold war. Why did that goal, of all the great goals, become the goal? The tensions of the cold war led to nationalistic fervour. We may not be a superpower, but we had our pride, and we could do our bit. We could not beat those Soviets militarily, but we could beat them at hockey. We had to prove it, and we did. Henderson’s goal is part of what defines Canada, and that’s what makes it different from any other goal.

It may be tempting to think that the interest in the Summit Series, coinciding as it did with the emergence of women’s rights, generated women’s hockey, but women have been playing hockey since the late 1800s, and possibly earlier. The combination of the Summit Series and increasing women’s

rights probably did spur the subsequent rapid growth in women’s hockey. Women’s hockey debuted at the 1998 Olympics in Nagano. The Vancouver 2010 Olympics was undoubtedly the most competitive ever for women’s hockey. Commentators frequently remarked on the increasing depth of development of women’s hockey programs in European countries. The Europeans are getting better, but so are the North Americans. Hopefully, for the good of the game, the gap between the two will diminish.

Hockey, as a symbol of our nation, is leveraged by hockey owners, for marketing purposes. Playing the national anthem before every NHL game links the game to national identity, somehow suggesting that the NHL is tied to our country itself. This creates marketing opportunities, specifically the branding of hockey as a high quality entertainment product with a special, nationalist aura. But this nationalist aura comes back to haunt the owners, who would rather not have the NHL season interrupted for the Olympics. During the last Olympics, for instance, NHL Commissioner Bettman objected to NHL participation in the Russian Olympics because players would get injured and fatigued, they’d be thrown off by the travel time and time zone changes, and interest would flag at certain unprofitable southern NHL teams. Another official said he felt it was unfair to season ticket holders, who wouldn’t be able to go to the rink to watch their team because of the Olympics. For owners represented by those officials, it is about money. But because hockey is so much a part of how we define ourselves, we want to see our best hockey players, men and women, play at the Olympics. And because hockey is so important to us, the Olympics are important to the players – after all, they’re some of us too. They want to win the Olympics as much as we do.

But just as hockey is a critical part of the way we see ourselves as Canadians, we have to shape the game so that it reflects our changing image of ourselves. In the 1800s, corporal punishment was common. Lashings were traditional in the navy, and children were beaten or spanked. Fighting appeared different in that context. Gradually, we are learning how to raise children without hitting them. There is less hitting now than there was a hundred years ago, and that hitting is less frequent and less intense. Physical fighting among children has also decreased. We no longer see ourselves as a nation

cont’d p.30

# Quality On Ice Instruction – Progression of Drills

## Tucker Tips

### Editor's Note:

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

*The complete write up on quality instruction can be found within the 2006 Spring/Summer Hockey Zones edition on our website: [www.tuckerhockey.com/newsletter](http://www.tuckerhockey.com/newsletter)*

For this article we will focus on the progression of drills within quality instruction. The on ice curriculum needs to be presented with a “building block” approach. An instructor should start with drills that provide confidence and then advance to those that will challenge and stretch the players. If the drills are too advanced for the skill level of the players they will get frustrated and give up on learning / improving. Conversely if the drills are too easy the players may not feel challenged and just go through the motions. There's an art and a science to instruction consisting of the right progression of drills to ensure players take their game, especially skating, to the next level.

To illustrate the progression of drills we will focus on the power skating skill of tight / glide turns. Tight / glide turns are very important to enable players to change direction smoothly and quickly in a game situation.

The overall skill level of the group will determine your starting, progression and ending points for the drills. A progression for teaching tight/glide turns could be as follows.

**Progression 1:** Have each player make tight / glide turns i.e. figure eights around two gloves or pylons.

**Progression 2:** Have each player make tight / glide turns i.e. slalom around 2 straight lines of 6 to 8 pylons down the ice.

**Progression 3:** Have each player make tight / glide turns i.e. slalom around 2 straight lines of 6 to 8 pylons down the ice with a puck.

Note: During the above progressions, the instructors should demo each drill and provide feedback / correction of errors to the players while they are performing the drill. The level of detail regarding the teaching points listed below should be determined by the skill level of the players. For beginner players only a couple of the first basic points will be introduced, for more advanced skaters it's a tweaking

process of identifying and correcting various bad habits to become a more efficient and polished skater.

From reading one's audience ( determine the skill level of the overall group ), reinforcing proper skating technique, recognizing and correcting skating errors with a good progression of drills - players will gain confidence, success, and improved skills to take their skating and hockey to another level.

Progression of Teaching Points for Glide Turns include:

- Hockey Stance – head up and knees bent
- Lead with the stick around each pylon
- Keep the stick close to the ice - it helps the player turn with greater ease and efficiency
- The inside skate leads the player through the turn.
- Distribute weight to the outside edge of the inside skate and inside edge of the outside skate – equal weight on the middle part of each blade.
- Avoid twisting the inside skate / ankle over to get on the outside edge
- Rather sit more, place the knee over the toe and open up the hip
- Rotate the head and shoulders into the turn
- Shoulders should be level - dropping the inside shoulder may cause the player to fall.
- If the inside skate scrapes the ice on the turn (chatters) - the player is on the flat of the blade not the outside edge. This causes a slowing down / stopping motion rather than a quick turning motion.
- Players need to be more efficient with their edges – “feel their edges” on the turns.
- Extend the arms out from the body when carrying the puck
- Guide and close the blade on the puck when going around the turn
- For better control keep the puck on the middle part of the blade
- Identify strong side turn ( backhand – stick side ) vs. weak side turn ( forehand )

Progression of Turns:

- Glide Turns to
- Crossover Turns to
- Power Turns

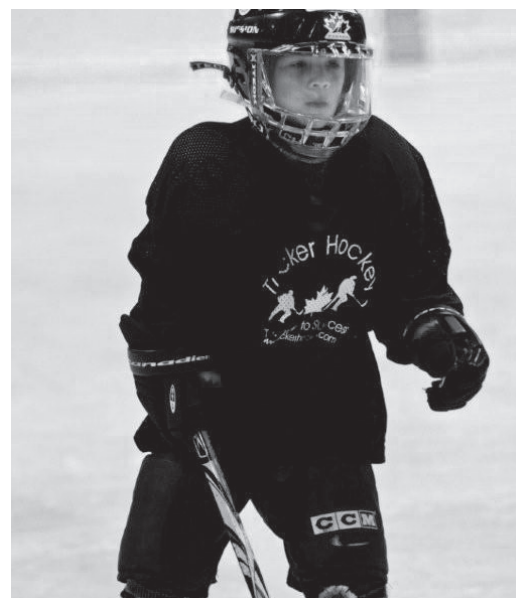
Note: Above progression of turns require additional teaching points.

# 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](http://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 75, 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 Hockey
Minor Hockey -	Parents)
Community	<b>Adult Recreational</b>
Midget	Ladies Teams
Bantam	Men's Teams
Bantam Girls	Male
Pewee	Female
Pewee Girls	Father and Son
Atom	Mother and Daughter
Novice	Grandfather and
Tyke	Grandson
	Husband and Wife

## Tucker Hockey Philosophy Why Power Skating?

Skating is to hockey what running is to soccer. Skating is the foundation upon which all other skills are built. It is the most important skill of ice hockey. The level of performance attained by a player in passing, shooting, checking and puck control are directly related to one's skating ability. The time spent improving a player's skating is a worthwhile investment due to the carry-over value to all 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 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 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 1 to 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
  - a) power skating
  - b) hockey skills development
  - c) conditioning or
  - d) 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 -
  - a) Week days before 4:00 pm ( Non Prime Time )  
 Only \$329 per player, includes 10 on ice sessions (based on 10 players)
  - b) Weekday after 4:00 pm and weekends ( Prime Time )  
 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 rate if Tucker Hockey does not provide the ice.



## Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

Thanks again for running such an awesome hockey camp for us! Everyone improved by leaps and bounds thanks to you! You guys were phenomenal and we all enjoyed the camp thoroughly. Thanks again!

~ Jamie Yu



## VOICE

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# A Special Service to Minor Hockey Associations

## Tucker Hockey Player Evaluations

- Tucker Hockey is available to assist minor hockey associations with their September evaluations.
- Based on our hockey knowledge and experience, we provide professionalism, fairness, and integrity to the player evaluation process.
- Minor hockey associations have retained Tucker Hockey mainly because we have no prior knowledge of the players we are evaluating, and therefore no preconceived notions about their abilities.
- We score the players using the same scoring system as everyone else, provided by the association, and can only grade the players based on what is seen on the ice.

### Benefits of Tucker Hockey assisting with your player evaluations are:

1. Our goal is to assist with your evaluation process
2. To bring outside professional help to the process
3. To ensure fairness and integrity through our impartiality
4. To ensure that players have equal opportunity to be slotted according to their abilities, as shown on the ice

The process is designed to be fair to all, and to slot the players into the level of hockey that best fits their skills and abilities. When everyone in the association plays their part, it is a successful process and will result in a great year for all, especially the players!

**Note: As this is a busy time of year, services will be offered on a first come first served basis.**

### **Rex Tucker** Director, B.Comm

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

# Call 403-244-5037 Today!



# Get in Shape and Have Fun!

**12<sup>th</sup>  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

**Summer  
2010**

## 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.

**Group 1: Henry Viney/Stew Hendry**

Monday, August 9 to Friday, August 13

9:00 to 10:15 PM

\$279 New Participants/\$249 Past Participants

**Group 2: Henry Viney/Stew Hendry**

Monday, August 23 to Friday, August 27

8:30 to 9:45 PM

\$279 New Participants/\$249 Past Participants

**Group 3: Father Bauer/Norma Bush**

Friday, September 17 to Sunday, September 19

8:30 to 9:45 PM

\$149 New Participants/\$129 Past Participants

### Level 1.5

#### Intermediate

These programs 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.

**Group 1: Henry Viney/Stew Hendry**

Monday, August 16 to Friday August 20

8:30 to 9:45 PM

\$279 New Participants/\$249 Past Participants

**Group 2: Henry Viney/Stew Hendry**

Monday, August 30 to Friday, September 3

8:30 to 9:45 PM

\$279 New Participants/\$249 Past Participants

**Group 3: Father Bauer/Norma Bush**

Friday, September 17 to Sunday, September 19

7:00 to 8:15 PM

\$149 New Participants/\$129 Past Participants

### Testimonial

*I am impressed with the range of skills and ages of the participants in Rex's programs. Young, old, beginner or skilled all speak highly of Rex's instructional skills. Although I am at the low end of the skill range and the high end of the age spectrum, I am experiencing significant improvement. What I find more impressive are the comments of a former Junior player who indicates he is learning and improving and keeps returning for more positive experiences.*

*- Don Gibbons, Adult Rec Player*

## 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!

Register and Pay online at  
**www.tuckerhockey.com**

or call

**Tucker Hockey at  
403-998-5035**



**T.H.E. Way to Success!**  
[www.tuckerhockey.com](http://www.tuckerhockey.com)

## Improve Your Hockey and Skating Skills!

# Introduction to Checking

12<sup>th</sup>  
Annual

## Tucker Hockey

Programs that Deliver Results

# Summer Checking Programs

### Group 1: Ages 10-13+

Tuesday, August 3 to Friday, August 6  
6:00 to 7:15 PM George Blundun Arena  
\$229/pp (Includes G.S.T.)

### Group 2: Ages 10-13+

Tuesday, August 3 to Friday, August 6  
7:30 to 8:45 PM George Blundun Arena  
\$229/pp (Includes G.S.T.)

## Our Introduction to Checking Programs:

- 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 "Do's and Don'ts", emphasizing safety first
- This includes a five step progression from the basics to skating, to position angling, to stick checking, to body contact/confidence to body checking

**Register Early - Spaces Fill Quickly!**



**Rex Tucker**

Head Instructor

**Register and Pay online at**  
**www.tuckerhockey.com**

or call

**Tucker Hockey at**  
**403-998-5035**

### Testimonial

*My son participated in a checking clinic with Tucker Hockey. The instruction on proper hitting techniques, safety and how to take a hit boosted my son's confidence on the ice during games to a whole new level. It was a well structured program that challenged my son in all aspects of contact hockey with the emphasis on fun. A great clinic that I feel should be taken by all players to reduce the injury component of the game. A job well done !*

*- Clint Buckler, Minor Hockey Parent*

**Register Today - Programs Fill Fast!**



# Summer Season Programs

12<sup>th</sup>  
Annual

**Tucker Hockey**  
Programs that Deliver Results

Register  
Today!

# Elite

## 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

**Register Early - Spaces Fill Quickly!**

### Testimonial

*"After a few years in his programs I've improved a lot, really taken my game to the next level... the one piece of advice I leave here with: always keep your knees bent and keep strong edges. I can't count off the top of my head but I've done tons and just love his programs!"*

- Darren Martin, Calgary Royals AA Player

## Group 1

**Atom Div 1 & 2**  
**Peewee Div 1 & 2**

**August 9 to 13**  
**Henry Viney**  
**6:00 to 7:15 PM**

## Group 2

**Bantam Div 1, AA & AAA**  
**Midget Div 1, A & AA**

**August 9 to 13**  
**Henry Viney**  
**7:30 to 8:45 PM**

**\$279/pp**

Includes Jersey  
& GST

## **Rex Tucker**

Head Power Skating Instructor

**Register and Pay online at**  
**[www.tuckerhockey.com](http://www.tuckerhockey.com)**  
or call **Tucker Hockey** at **403-998-5035**



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**S.A.M. - Stability, Agility and Mobility**  
Improve your quickness and speed with and without the puck!

# Special Summer Offer For Minor Hockey Players

**12<sup>th</sup>  
Annual**

## Tucker Hockey Programs that Deliver Results

# SUPER POWER SKATING

### Group 1: Ages 7-10

Monday, August 16 to Friday, August 20  
5:30 to 6:45 PM Henry Viney/Stew Hendry  
\$249/pp (Includes G.S.T.)

### Group 2: Ages 9-12+

Monday, August 16 to Friday, August 20  
7:00 to 8:15 PM Henry Viney/Stew Hendry  
\$249/pp (Includes G.S.T.)

### Group 3: Ages 7-10

Monday, August 23 to Friday, August 27  
5:30 to 6:45 PM Henry Viney/Stew Hendry  
\$249/pp (Includes G.S.T.)

### Group 4: Ages 9-12+

Monday, August 23 to Friday, August 27  
7:00 to 8:15 PM Henry Viney/Stew Hendry  
\$249/pp (Includes G.S.T.)

### Group 5: Ages 7-10+

Monday, August 23 to Friday, August 27  
4:15 to 5:30 PM South Fish Creek  
\$249/pp (Includes G.S.T.)

### Group 6: Ages 7-10

Monday, August 30 to Friday, September 3  
5:30 to 6:45 PM Henry Viney/Stew Hendry  
\$249/pp (Includes G.S.T.)

### Group 7: Ages 9-12+

Monday, August 30 to Friday, September 3  
7:00 to 8:15 PM Henry Viney/Stew Hendry  
\$249/pp (Includes G.S.T.)



## 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 & G.S.T. Included

### Testimonial

*"I noticed an immediate improvement to my son's skating skills after attending your program. This increased skating ability resulted in the desired improvements in his game and I believe that he had a very successful and enjoyable year as a result."*

- Bruce Lavoie, Father of Alan

**Register and Pay** online at  
**www.tuckerhockey.com** or call  
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# Exceptional Hockey Value!

# Get in Shape and Have Fun!

12th  
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**Tucker Hockey**  
Programs that Deliver Results

Fall  
2010

## 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. 17 to Dec. 19  
9:45 to 11:00 PM

\$399 New Participants/\$359 Past Participants

**Group 2: George Blundun**  
Wednesdays, Oct. 13 to Dec. 15  
7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

**Group 3: Stu Peppard**  
Wednesdays, Oct. 13 to Dec. 15  
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

### Level 1.5

#### Intermediate

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

**Group 1: George Blundun**  
Mondays, Oct. 18 to Dec. 20  
7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

**Group 2: Stu Peppard**  
Fridays, Oct. 15 to Dec. 17  
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

### Level 2

#### Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 and 1.5 programs and who wish to be challenged with more advanced skating skills and a higher paced conditioning program. The level 2 program includes advanced technical skills, individual tactics, breakouts, regroupings and defensive zone coverage, and scrimmage. (10 Sessions)

**Group 1: Henry Viney**  
Thursdays, Oct. 14 to Dec. 16  
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

#### Testimonial

*"This program has given me a chance, as an adult female hockey player, to develop my skating and hockey skills in a non-threatening, encouraging, yet challenging environment. Rex and his assistants were fantastic in encouraging and developing my weak points while pushing us to excel in our strengths."*

- Michelle Copithorne, Adult Rec. Hockey Player

## 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!

Register and Pay online at  
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**Rex Tucker**

Head Power  
Skating Instructor



T.H.E. Way to Success!  
[www.tuckerhockey.com](http://www.tuckerhockey.com)

## Improve Your Hockey and Skating Skills!



# A Special Service to Minor Hockey Associations

## Tucker Hockey Power Skating Mentoring Clinics for Minor Coaches

- This program is designed to introduce proper skating technique and reinforce to minor hockey coaches - the importance for players to be better skaters. It is imperative for minor hockey coaches to teach proper skating skills, especially at the lower age levels.
- There are two formats to the program: Standard or Customized to the needs of the association and their coaches.
- Programs consist of 2 hours of classroom instruction and 1.5 hours of on-ice instruction.

### **Benefits of Tucker Hockey Power Skating Mentoring Clinics:**

**For the Coaches** - Coaches will learn new skating drills, teaching points, and an improved knowledge of skating fundamentals. They will basically have more tools in the toolbox to enhance their team's skating and overall hockey skill development.

**For the Players** - Novice and Atom players will especially reap the benefit of having more knowledgeable coaches teach them proper skating techniques and stronger skating fundamentals; such as hockey stance, edge control, balance, striding and foot speed, both forward and backward.

- Many pro players have confirmed what most knowledgeable power skating instructors already know; players do not truly understand the importance of skating until their playing days are over or they get cut from a team! The latter is a common occurrence at the minor hockey level.
- Skating is to hockey as running is to soccer. Skating is the foundation upon which all other skills are built. It is the most important skill in 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 other aspects of the game.

**Note: As this is a busy time of year, services will be offered on a first come first served basis.**

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#### **Testimonial**

"Brendan just finished the 7 to 9 year-old power skating group. He loved it and I thought his skating really improved... the classes were well organized with a great variety of drills and fun drills for the kids too, no wasted time and the instructor to student ratio was great! All in all a great job by Tucker Hockey!"

- Murray Cottom, Minor Hockey Parent

**Register Today - Programs Fill Fast!**

# Ban Head Shots! (Cont'd from 3)

The NHLPA is also pushing for a rule similar to that implemented by the IIHF.

It was a point of emphasis in hockey over the last few years to remove the “hit from behind” from the game. But, this is usually only for hits that drive a defenceless player headfirst into the boards. With the increase in concussions, or the reporting of them, will the blow to the head be next?

League administrators have to be prepared to hand down severe penalties for this type of infraction. It is too late to ask players to change their style of play if we condone it throughout their minor hockey-playing career. Severe is not 5, or 10, games. Severe is 20 or 30 games, or even a full season. In addition, suspensions to players ending their playing career at one level with a suspension for this type of infraction should be forced to serve the remainder of the suspension at the next level. Players advancing from Midget to Junior or Junior to the Professional ranks should be forced to pay the penalties for their behaviour to that point.

Will banning “head shots” eliminate concussions from hockey? Of course not. Banning hits from behind into the boards won't eliminate spinal cord injuries, but it will significantly reduce the occurrence of those types of injuries. Hockey is, was, and always will be, a contact sport and players will always be at risk of injury.

Changes to equipment have been noted as another possible cause for the increase in concussions. Shoulder and elbow pads with hard plastic caps have been blamed for causing concussions when impacting with the opponent's head. Players have become more armoured and this “armour” has become a weapon. There have been calls to revert back to the older styles of equipment with more padding and less plastic, but it remains to be seen how far this will go, as it may lead to more elbow or shoulder injuries.

There have been changes to the helmet over the past 40 years as well. The shell is now stronger and conforms more to the shape of the head, the padding is thicker and more strategically placed, and the methods of keeping the helmet on the head during and after impacts have changed, both internally and externally. But none of these improvements will prevent the brain from moving within the skull when a player goes from, say, 20mph to 0mph during a body check. And that movement of the brain within the skull is the essence of the concussion. Just ask Eric Lindros, who suffered a concussion from a check by Scott Stevens that

struck him squarely in the center of his chest.

And it's not always contact with an opponent that causes the concussion. Contact with the protective glass, the boards, the ends of the glass at the player's benches, and even the ice can cause significant injury to a player. The most dangerous hit is one that knocks a player's helmet off his head while he falls to the ice, sometimes already unconscious. The unprotected head then comes in contact with the hard ice surface and the result can be a concussion, complete with a nasty cut. Great for sports highlight shows, if you have the stomach for that, but not so pleasant for the player himself, if he remembers.

Players themselves can be partly responsible for their own injuries. With today's advances in training, equipment, and coaching, there is little room on the ice surface, or time, for a player to make decisions. The players are moving so much faster now that one's ability to make plays and/or decisions, comes down to milliseconds. Looking down to find the puck in your feet is only inviting someone to deliver a body check, and not only do you not see it coming, but you've also lowered your head into the contact zone! Awareness on the ice is becoming paramount to a hockey player's skill set. You need to know where everyone is, where they're going, and especially how fast they can get there. This not only impacts your safety, but also that of your team-mates. You can easily put a team-mate in danger by making a soft, or slow, pass that opens him/her to contact from an opposing player. While waiting for the puck to get there, attention is re-directed from surrounding players to the puck, and this can leave your team-mate in a vulnerable position. In the same vein, watching your pass can lead to an unexpected collision as well.

So, what are the symptoms of a concussion? There are many, although they don't necessarily all occur at the same time. Some of the common ones are: dizziness, gross confusion, amnesia, loss of consciousness, headache, nausea, double or fuzzy vision, light sensitivity, and concentration or memory problems. There are more, of course, but these are the most commonly reported. I've suffered through most of these and believe me, they're no fun. The severity of a concussion falls into one of 3 grades. Again, there are slight differences depending on which organization's grading system is used, but they generally follow these standards:

- Grade I – no loss of consciousness and the symptoms last less than 30 minutes

Cont'd p. 36



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# Interview with Scott & Derek (Cont'd from 9)

## **Scott, what do you miss the most about playing football?**

This may be a bit strange but I miss the National Anthem. Before the game starts... adrenaline is pumping through my veins... 35,000 people screaming, and then Oh Canada comes on... that gets my blood bubbling. That is what I miss the most.

## **Derek, has any athlete that you have interviewed challenged you to some sort of skills competition? How did it go?**

I have competed against some of our Olympic speed skaters at the Oval at a media challenge. I was mic'd-up with a wireless mic... it fell off and I was dragging it behind me... I stepped on the cord and cut it in half. I have been on the links and golfed with a few, I unleash the fury off the tee; have beaten some and lost to a few. Coe has gotten the better of me by a few yards a couple of times. He gets lucky off the sprinkler heads.

## **Scott, what is life like after the CFL?**

I have no complaints about retiring. I love the city of Calgary, this is Home! I am working with a company called Hamilton and Partners. Specifically I work in the Group Benefits dept. I enjoy work and all the work that I put in on the field is now crossed over to the office. I always tell people I get the best of both worlds now that I am recently retired. My good friends are still playing so I stay in touch with what is going on in the locker room and on the field, I go golfing with the boys, and always make time for a cold one with them...and all the while I don't have to get up every morning and put my body through the pain of pro-football. I am certainly enjoying life after football.

## **Derek, what's the most unique story you've covered during your tenure as a broadcaster?**

One day stands out. It was trade deadline day about 6 years ago. The Flames were playing the Oilers that night, and the Leafs the next, so all 3 teams were in the Dome. Flames and Oilers had already practiced and the Leafs were on the ice last. All the media was there watching trades unfold and getting interviews from those on the Oilers and Flames that had been shipped out of town. After the Leafs got off the ice they wanted to avoid talking about who had been traded on their squad, and they didn't have to talk as they weren't playing that night. The Leafs walked out of their locker room, and Gary Roberts took half the team one way, and Tie Domi took the other half the other way. I saw Wade Belak and hollered at him, he's a friend from way back in

Saskatoon when he played for the Blades. He stopped and spoke to me way down the hall. Once the other members of the media tried to run down with their recorders and their cameras, we timed it to wrap-up the interview and he was gone. Everyone else was out. Besides that, Wayne Gretzky was at the Dome, after his press conference, he and I were in the hall, his agent ran back into the media lounge and so did my camera man, so I had a chance to shoot the breeze with the Great One about whatever.... for a few minute.

## **Scott & Derek, how did you two first meet?**

### **Derek's Story:**

That sounds awkward. Scott was fortunate enough to get to know this fella when he played on the Stamps. I felt bad that no one would ever give him TV time so myself and some colleagues would give him some air time every once and awhile to help boost his self esteem. Just jokes. Same scenario... but Coe was a great linebacker for the Stamps on the field, and a great ambassador off the field for the team. I still think it was a mistake the team let him go.

### **Scott's Story:**

Ahh I remember it like it was yesterday.....It was 2004.....I was a young, brash, outgoing superstar for the Calgary Stampeders. Derek was a shy, up and coming sportscaster, who was very intimidated by us football types. I saw him in the back of the media scrum... too shy to push his way to front and get an interview. So I went out of my way and approached the little media guy. I introduced myself and gave him the interview of his life!! He was forever indebted to me. I haven't been able to shake him since!!

## **How did you get involved in the Kids Hockey Advancement Society Annual Fundraising events?**

### **Derek:**

One year of playing in the golf tournament and meeting the great group of people I now enjoy playing in the tourney every year. I also like to help as much as I can with the brilliant charity KidSport, and the Society is gracious enough to donate the money from this great tourney to the charity to help less fortunate kids participate in sport with registrations and equipment.

### **Scott:**

I was a late addition to the fundraiser. Derek has been doing great work with KidSport, which is one of the charities involved with this fundraiser. He was asked to host the event, and since it was a golf event he didn't want to

cont'd p. 35



# The Merits of One-on-One Coaching

Throughout the year, there are many group hockey development programs to choose from: power skating, player development, checking, 3 on 3 and conditioning camps etc.

However, if a player is serious about reaching his or her short and long term hockey goals, they must consider one – one coaching.

### Top 10 - Advantages of 1 on 1 Coaching

1. More personable – players receive much closer attention from the coach
2. Coach connects better with each individual player
3. Able to provide a proper assessment of a player's skills
4. Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting
5. Customized on – ice programs to suit skill needs and overall abilities
6. More hands on approach - input from parents / players welcomed
7. More effective way to bridge the skill gap - improve skills quicker / maximize every skate session
8. Times and dates determined by parents / players - better suited to your busy schedule ( before and after school )
9. Enhance hockey skills as well as life skills, self confidence and self esteem
10. Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker!

### Benefits Outweigh Costs

Concerns often addressed such as:

- Programs are more expensive than group programs but the benefits outweigh the costs if a player / parents 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 expenses.
- Guaranteed improvements and enjoyment – instill the love of the game!

### Tucker Hockey - Provides Proven One on One Coaching Results

Please call Rex Tucker at 403 - 244 - 5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures, visit our web – site at [www.tuckerhockey.com](http://www.tuckerhockey.com) for more information as well.

## One-on-One Testimonial

"My son started hockey.... at age 11. Before Tucker Hockey he could barely stand up - stopping, turning and skating backwards were pretty much non-existent, and as parents we were worried how he would fit in as a "late bloomer". But the one-on-one sessions he attended with Rex were one of the best opportunities I could give my son - Rex was patient, considerate and so thorough I thought I could skate after just listening to him coach! Rex's own love of the game shows through in his patience, his endless optimism and his ability to build self-confidence and improve skills. My son was recognized by his coaches as being one of the most improved players that they expect will move up at least a division or two..... I truly believe that Tucker Hockey deserves credit for the growth and development we (and his coaches) saw over this hockey season.

Many thanks Rex! "

- Cathy, Mother to Kyle

## One-on-One Testimonial

"A personal note of thanks for the exceptional work you did with my son... .. We saw tremendous growth and progress in his hockey abilities - and so did his team! The individual work and attention that you provided to him and his two team mates in your small group one-on-one coaching provided building blocks of skills and self-confidence development that he will carry forward with him."

- Trevor Wannop, Father to Spencer



# Flames: What Happened?

## (Cont'd from 5)

in nature. The top 3 teams Washington 121 pts, San Jose 113 pts; Chicago 112 pts were 1st, 4th and 3rd respectively in scoring this season. These top NHL teams including Pittsburgh and Detroit play a puck possession style of defensive game.

### **The lack of a #1 center to play with Jarome ?**

Year after year, the Flames rely on Jarome to provide far too much of their offense. The lack of a playmaking center to generate chances for Jarome is evident in his declining goal output. A number of players have had limited success in the #1 center role, Craig Conroy and Daymond Langkow had short runs in that role. But the need for a consistent playmaker has never been satisfactorily addressed. The Olli Jokinen experiment came at a high price and didn't work out. Signing a quality free agent in the off-season is unlikely due to the salary cap issues the team faces like so many other teams in the league. Do they try to free up cap space to acquire Brad Richards or another #1 center ?

### **Jay needs to provide more offense?**

Jay Bouwmeester is one of the best skating defensemen in the NHL. After having back-to-back 15 goal seasons with Florida, Jay scored only 3 goals last season. Previous seasons he was averaging 182 shots on goal – last season only 130 shots! The coaching staff must hone and use his offensive skills better and obtain improved results next season.

### **Was there a cancer in the dressing room?**

It was rumoured and this appeared to be the case during the Flames 9 game losing streak in January. However, the team's play after the deadline-day trades did not improve and that prompts the question, "Were the right players moved out of Calgary?"

### **Change of Team Chemistry due to the trades – the addition of 8 new faces?**

In the month of February - Matt Stajan, Niklas Hagman, Ian White, Vesa Toskala, Chris Higgins, Ales Kotalik, Jamal Mayers, and Steve Staios were added to the lineup. 35 per cent change to the playing roster. With all these changes the lack of team chemistry seemed to be a major issue in mid season / playoff drive. As well, these 7 new skaters created

very little secondary scoring - a total of only 18 goals for the Flames.

### **Injuries?**

The team missed out on secondary scoring from the following players after they were injured during the playoff push. Langkow missed 10 games, Dawes 16 games, and Glencross 15 games respectively.

### **Salary Cap?**

The reliance on free agents and trades places more strain on the salary cap. Over-paid veterans and flash in the pan one-year wonders can cripple the ability of a team to improve, or survive. Examples are at the end of the 2008-09 season when the team had to operate with a short bench due to cap constraints and IR issues. Also, the need to deal or not sign players such as Mike Cammalleri during the 2009-10 season to free up cap space.

### **Western Conference Competitors ?**

Colorado, Los Angeles, Phoenix and Nashville took 4 out of a possible 8 playoff spots this past season. No one expected this to happen – most notably to have Phoenix and Colorado make it to the playoffs!

### **Many Future Challenges?**

This year the Flames do not have a first round pick, another bad reminder of the Olli Jokinen trade. The Flames have no recent draft picks that can contribute offensive input to the team, except for Mikael Backlund. The Flames top offensive prospects include Mikael Backlund, Brett Sutter, Ryan House, Jason Jaffray, Mitch Wahl, and Jon Rheault. However, Backlund seems to be the only guaranteed offensive star for next season. With no influx of new drafted talent, the team must rely on free agents and trades to improve on their future offense.

Do they sign their unrestricted free agents – Toskala \$4,000,000, Higgins \$2,250,000, Mayers \$1,400,000, Conroy \$1,000,000, Nystrom \$775,000, and McGrattan \$547,000?

cont'd p. 31

# Hockey As Culture (Cont'd from 13)

where fighting between children is acceptable, and this is putting a lot of pressure on the NHL. Bench clearing brawls have become much less common, and are heavily fined. As a nation, we want a fast, intense game, but we don't want our kids fighting. Personally, I think that hockey's competitive speed and intensity leads to conflict, which will sometimes spill over into fighting.

The dislike of fighting reflects a social dislike of visible conflict. Our federal politicians frequently talk about the need to get along with their provincial counterparts, but the fact is, Canada is created on a division of power between the federal and provincial governments. The conflict between them actually helps Canada to function, because it acts as a mechanism to keep both sides honest. If you don't have conflict in government, you have dictatorship. So, I think conflict is a good thing. And in hockey, it's part of the intensity of a game, just as conflict is in a well-functioning government.

Concern about personal safety is another way hockey reflects society. In the 1800s, children were put to work in factories where machines would frequently rip off a finger or hand or arm, and that was accepted practice. Industrial accidents still occur, but a great deal of attention is paid to making the workplace safe. It simply wasn't then. These attitudes are still changing. Blindside hits have injured players for decades. Only now is the NHL imposing rules to eliminate such hits. Some argue that players wouldn't have been so vicious before helmets were developed. There may be some truth to this, but there would also be some players that would make the same hit with or without the helmet. The point is, the NHL is changing the rules because fans, players, owners and management have decided for the first time to take a hard stand against blindside hits. This is an illustration of society's gradual change in attitude against violence in sports.

We are becoming more aware of the consequences of violence, and the need for safety. This has led to increased awareness and understanding of concussion. Concussion is now being given considerable study by the medical profession. Minor hockey coaches are trained to recognize concussion in its various stages. Hockey Night in Canada has recently featured investigative segments on the serious consequences that concussion has for life after professional hockey.

Society's gradual changing attitudes towards violence and

safety have been accompanied by the development of more extensive and better safety equipment. Along with more equipment has come more dangerous play. This is also a societal change. For instance, cars are safer now than they have ever been, and are becoming safer each year. But no matter how much safety equipment is built into an automobile, cars are powerful and dangerous, and many models are becoming more so. In 1986, a base model Toyota Corolla could barely hit 120 kph. Today's Hyundai Elantra, an equivalent car, can cruise at 140. As with cars, so with hockey: We have developed stronger padding for legs that have to block faster shots from composite sticks. The blue line has been moved back, which exposes goalies to more and harder point shots, but now they have masks that can protect them, at least to some extent. The game is safer and more dangerous at the same time.

Since my childhood, hockey, like all sports, has become more organized. There are grassroots hockey organizations, outdoor rinks, and pond hockey, and any kid can play. But these days, at least in cities, few kids just play unorganized hockey; most play organized hockey for at least some period of time. Organized hockey is expensive, beyond the reach of poor parents. To be good at hockey, these days, you need to attend camps, you need good equipment, and so on. There will always be some kids that manage to get through, despite the disadvantages of an impoverished background. This emphasis on organized hockey is an emphasis we've chosen as a society. I believe it leads to a higher calibre of hockey, because of the emphasis on training and skill development that goes along with it. But it also means that organized hockey tends to be a game for those who can afford it. Perhaps it always has been.

The way society rewards our best players has changed. Fans play high ticket prices to watch NHL games in the rinks. We also pay indirectly, through the high price we pay the NHL for television viewing rights (we buy the products that pay for the advertising that pay for the rights). Our stars earn big money, but even in the 1920s, a few stars earned large paycheques. What has changed is that all NHL players today earn a good living. In the 1920s, most players' earnings were at or below subsistence level. That change, which took decades, reflects a swing of power away from the ownership group to the players as a group.

Owners and players are negotiating for slices of a large pie: in 2008, Canadian spectator sports directly generated \$2.6

cont'd p. 31

# Flames: What Happened

## (Cont'd from 29)

Do they sign their restricted free agents – White \$950,000 and Sutter \$450,000?

Do the Flames try to trade some over paid players and their salaries?

Sarich \$3,600,000, Kotalik \$3,000,000, Hagman \$3,000,000, or Staios \$2,700,000

There are many free agents on the market come July 1st, including Patrick Marleau, Tomas Plekanec, Alex Tanguay, Alexander Frolov, Matt Lombardi, Ray Whitney, Maxim Afinogenov, Lee Stempniak or other players who may be interested in playing in Calgary? However, Marleau and Plekanec are the only truly gifted offensive centres among this group.

### In Conclusion:

Prior to this season, the Calgary Flames had secured a playoff spot 5 years in a row. Since 2004, only Detroit, San Jose and New Jersey have done better with 6 straight playoff years. Quite an impressive feat - in a league where the margin between victory and defeat is so very small – often only a goal. The NHL website states that the Flames were tied for the league lead with 15 one goal losses plus 10 OT losses. They were tied with Atlanta. The Flames missed the last playoff spot to Colorado by 6 points. A few timely goals could have made a big difference throughout the 82 game schedule.

For future success, I believe the Flames need a more puck possession, offensive minded and gifted team to win in today's NHL. The Flames have a 97 percent renewal rate from their season ticket base as well as an increase of 300 to their 4,000 waiting list for season tickets. With this kind of loyal support the organization must step up and deliver a more competitive offensive minded and creative team to entertain the fans. Yes, Flames fans deserve it!!

**There is a thin line  
between winning  
and losing.  
~ Daniel Norman**

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

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

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

## Hockey Culture

### (Cont'd from 30)

billion in revenues. Players may be receiving more remuneration, but owners, management, and fans are demanding more for their money. The players, too, are demanding more of themselves. There are stories that as recently as ten years ago, players would show up at training camp being out of shape. Now, players work extensively on their conditioning during the off-season. We hear, for instance, of players' summers spent training on plyometrics, footspeed and agility. This perhaps reflects our demands that our athletes be in top shape, but also our society's increasing concern about fitness levels throughout our society. That our hockey players are in better shape than they've ever been, but that obesity is a problem for more Canadians now than it's ever been, is also a reflection on our society, one that's far too big to examine in this article. But there can be no doubt that we are demanding more and more from our players, in terms of dedication, fitness level, media skills, and behaviour on and off the ice. Hockey has become much more than a social game with skates, sticks, and wooden pucks.

From its origins on the ice of Windsor, Nova Scotia, the game of ice hockey has permeated our culture through and through. No wonder many young Canadians dream of hockey stardom. We have chosen to make it our game. We know how we want our hockey to be: fast, intense, and competitive, but we don't want it to be too violent and we want it to be safe. The game is what we've made it to be. It is a reflection of our society. It reflects the way we want to think about ourselves.



# Poker Tourney Raises Funds for KidSport™

The Inaugural Texas Hold 'Em Poker Tournament for the Kids Hockey Advancement Society in support of KidSport™ was held on February 5th, 2010 at the Stampede Casino. The event was emceed by television and radio personality Derek Bidwell and former CFL player Scott Coe. Each poker table hosted a local sports celebrity, television or radio personality all of whom signed and gave away their sports team or Team Canada jersey to a lucky player at their table. During this fun evening, 100 players competed for the top tournament prize. Congratulations to tournament winner, Doug Koop! This first time tournament was a huge success and raised \$8700 for KidSport™. A special thanks to all the volunteers who made this event possible - especially Murray Brack, the main organizer and volunteer behind this fundraising event. Thanks to the event sponsor, SeisWare International as well as to Tucker Hockey and Hockey North America for their sponsorship contributions. See you next year!!

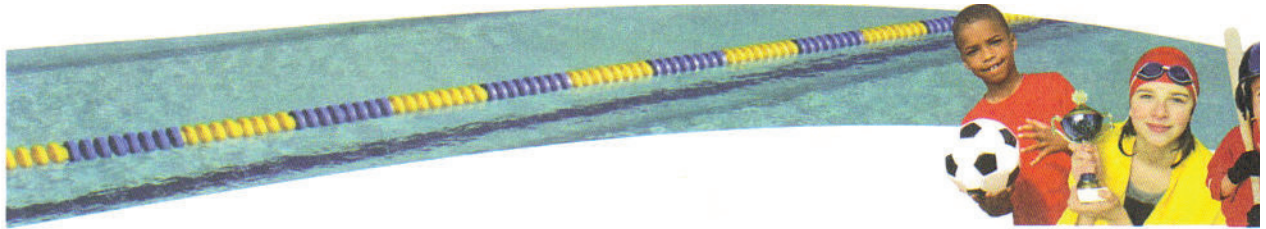


## Kids Hockey Advancement Society 2010 Board of Directors

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March 29, 2010

Kids Hockey Advancement Society  
PO Box 46014, Inglewood RPO  
Calgary, AB T2G 5H7

Dear friends at the Kids Hockey Advancement Society,

It is with sincere gratitude that I thank you for your support to KidSport™ Calgary through the first annual Kids Hockey Advancement Society Poker Tournament. Your generous donation of \$8,700 will help 29 kids continue to pursue their dreams in sport. We would not have continued success without the support of generous individuals in our community.

KidSport™ Calgary has supported over 2,100 deserving kids this past year and subsidized more than \$493,000 in registration fees. It is certain that we would not find this type of success without your kindness. By providing funding to these children, we are able to overcome some of the financial obstacles that prevent some kids from participating in sport. We believe that the development of values such as cooperation, self-esteem and personal excellence are important in the long term development of young people and sport is an excellent way to achieve that.

In our 15 year history, KidSport™ Calgary has never had to turn a child away due to a lack of funds or resources. We hope to continue that trend well into the future with the continued support of yourself and others. Since our inception in 1995, KidSport™ Calgary has been able to support more than 15,000 local kids to pursue their dreams in sport.

Your generosity is an integral part of the continued success of KidSport™ Calgary. It will aid in allowing us to do further advocacy work through the funding of more children and events to raise awareness in the Calgary area. It is our sincere hope that you will continue with your support of all children in sport and remain an advocate for the work that KidSport™ Calgary does.

If you should have any questions or concerns regarding KidSport™ Calgary or any of our programs please do not hesitate to contact our office.

Yours in Sport,

Esther Klippert  
Regional Manager  
The KidSport™ Society of Calgary

# Coach Rex Skill Improvement

Since 1999, the spectrum of 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 from 5 to 75, with a broad level of hockey skills and backgrounds as well as personal goals.

From participating in just one of our power skating programs, I know a player can become a better skater. But why do some players improve more than others? Even though some players put in the same amount of practice time, others improve at a faster rate. Why ?

Here's my take on improvement and getting the most out of your on ice development.

- Want to learn – especially young minor players that pay attention and watch the on ice instructors demo the drills and listen to their instructor's comments and feedback will naturally progress at a higher rate.
- Students of the game – players who study the skill or drill. Such players have patience and do not get frustrated if they cannot do a drill properly. They are motivated and

## Interview with Esther (Cont'd from 7)

**Is there anything you'd like to educate the general public with regards to KidSport?**

We recognize that children are drawn to sport for many different reasons and KidSport™ Calgary has funded more than 50 different sport programs. This gives kids and their families the opportunity to select a sport that appeals to their particular skills and interests. By allowing kids to choose their own activities, KidSport™ hopes to promote a sense of belonging, personal involvement and achievement among kids.

work on the little details to progress their skills to the next level and often ask questions to learn more.

- Challenging ones self – players who get outside the box, who are not afraid to fall down, who have a strong work ethic, and do their best every skate. I often tell players it's you and the drill and there are no short cuts - don't cheat on the drill. If you cheat on the drill – you cheat yourself! Players who challenge themselves will try to get in as many drill repetitions as possible when skating down the ice.

- God given / natural talent – some players are blessed more than others when attempting to become a better skater or hockey player. Each individual has his or her unique strengths and weaknesses in life – some individuals were born or better suited to be hockey players.

Nevertheless, when you put in the effort, the time, work diligently to enhance your skills and believe you will progress there are endless possibilities to your improvement. Often we set our own improvement boundaries in our own mind not only on the ice but in life.

**What makes KidSport unique from other non-profit organizations?**

While there are similar programs that advocate the value of sport in youth, KidSport™ provides funds directly to the families through their chosen sport organizations in support of their registration fees, as opposed to disbursing funds through other charities. This makes us unique from like minded organizations

**How and where can people send donations to KidSport?**

For more information on KidSport™ Calgary and how you can donate, please visit our website at [www.kidsportcalgary.ca](http://www.kidsportcalgary.ca) or contact our office at 403.202.0251.

*Editor's Note:*

*Thanks Esther for the Hockey Zones interview. You are a great ambassador of KidSport™ Calgary and its many programs which help kids in our community. The Kids Hockey Advancement Society looks forward again in July 2010 to working with you at our annual fundraising golf tournament and to raise more dollars for KidSport™*



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**[www.girlshockeycalgary.com](http://www.girlshockeycalgary.com)**

# Interview with Scott & Derek (Cont'd from 27)

embarrass himself so he invited me to join him. The deal was I made him look good on the golf course and he made me look good while we were emceeing the event. Turned out we were horrible on the course and we both had a knack for poking fun at people while we're at the Mic!

**What makes you guys such a dynamic MC duo?**

**Derek:**

We're a couple of goofs who like to have fun and have the same great outlook on life! Plus Coe knows his limitations and I help him with the big words, and any math that maybe involved with an event like the Society's golf tourney. And he reaches things that are too high for me to reach.

**Scott:**

I think we work well together because we are both a little off the wall and share a similar sense of humor. We feed off each other very well. If you were to ask one of us as an individual to host you wouldn't get the same show. He compliments what I do and vice-versa. We enjoy working together because we can make each other laugh, and that in turn makes others laugh.

**Are you guys involved in any other type of charitable causes or organizations?**

**Derek:**

As I mentioned I am involved with KidSport... Along with Coe, the folks at Seisware, and the Kids Hockey Advancement Society we had a first year Poker tourney this past February that exceeded expectations, and we are looking forward to next year.

**Scott:**

Being part of the Stampeder Alumni I am asked to partake in various charitable causes. I enjoy helping out and do so as often as I can.

**What has been your most memorable fundraiser attended? And what made it so memorable?**

**Derek:**

A birthday party thrown for me a few years back. It turned out... a couple of hundred people came. Those I invited and their pals, and whomever..... at a big bar in the city. Being from Saskatchewan, they made "Kiss me I'm from Sask." for all my pals and the volunteers. They bannered the whole place green and white, Robyn Regehr of the Flames, who I know from work, and pals from back home showed up with everyone else, and Rider legend and CFL hall of famer

George Reed did as well to be celebrity bartenders. It was a great fundraiser for KidSport!

**Scott:**

Certainly it's the Kids Hockey Advancement Society Golf tournament. Derek and I were co-emceeing the event and we had a great time before the event started... during the event and certainly after the event and the Log Cabin at Inglewood golf course!

**How has volunteering your time to charitable organizations positively affected your lives?**

**Derek:**

Volunteering in whatever way you can for a charity you believe in makes you feel a lot better than whatever time it may cost you... it's time well spent for sure.

**Scott:**

I have had the opportunity to see how all these charity events help those who need it most. The kids that are out playing sports and laughing with other kids puts a smile on my face. A smile is all I need to fuel me to go out and help out where I can.

**What is your favorite type of charity function? Why?**

**Derek:**

Being involved with events that raise monies for KidSports.

**Scott:**

I am a golfer. I love Charity Golf Tournaments. Getting out in the beautiful weather and swinging the clubs for a great cause... that's my kind of function.

cont'd p. 37





# Ban Head Shots! (Cont'd from 25)

- Grade II – no loss of consciousness and amnesia lasting from 15 minutes to 24 hours
- Grade III – loss of consciousness

In November 2001, the 1st International Symposium on Concussion in Sport (CIS) was organized by a number of international sports organizations, including the IIHF and FIFA. A major recommendation of this Symposium was a “return to play process” which consists of the following steps:

1. Removal from competition following observation or reporting of signs/symptoms of concussion
2. No return to play in the current game
3. Medical evaluation following injury
4. Rule out more serious skull fractures or bleeding in the brain
5. Neuropsychological testing considered “cornerstone” or post-injury assessment
6. Step-wise return to play (With 24 hours, in most cases, between steps and a return to the previous step should any symptoms recur)
  - No physical activity: rest until asymptomatic
  - Light aerobic exercise
  - Sport-specific exercise
  - Non-contact drills
  - Full-contact drills
  - Game play

A study, by the University of North Carolina in 2007, concluded that hockey players between the ages of 13 and 15 were subjected to concussion forces greater than those of college football players. University of Pittsburgh Medical Center studies have shown that high school athletes had longer memory dysfunction when compared to college athletes. Principal investigator, neurosurgeon Dr. Melvin Field, said, “Our finding that high school athletes did not recover from concussions as quickly as college athletes is a cause for concern because the largest majority of at risk athletes are at the high school level or below.”

One of the core tools in the UPMC Center for Sports Medicine’s Sports Concussion Program is ImPACT™ (Immediate Post-concussion Assessment and Cognitive Testing), a simple, yet sophisticated computerized test to accurately detect sports-related concussions. ImPACT enables doctors to conduct a 20-minute baseline evaluation of an athlete’s neurocognitive state — brain processing speed, memory, and visual motor skills — that physicians and athletic trainers can revisit in the event of a concussion

during the season. (UPMC is the official sports medicine provider for the Pittsburgh Penguins, Pittsburgh Steelers, and of course, the University of Pittsburgh Panthers.) It should be noted that there are over 40 different methods for diagnosing concussions, and there is no definitive answer as to which is the best.

Recently, the NFL has mandated that an independent physician must examine a player who has been diagnosed with a concussion, and clear him, before that player may resume any football-related activities. The NHL has again put the topic of concussions on the agenda for its next General Manager’s meeting, but it has been there before and not much is expected to change.

Another concern when discussing concussions is the impact of multiple concussions. It is recognized that repeat concussions significantly worsen the long-term effects. An athlete that suffers a concussion is three times more likely to suffer another concussion compared to athletes that have never suffered a concussion. Repeat concussions, even minor ones, increase the risk of post-concussive symptoms such as memory loss, difficulty concentrating, etc. The higher the rate of concussions, the higher the risk of long-term cognitive dysfunction. Examples of hockey players whose career was cut short by concussions include the Lindros brothers, Eric and Brett. Even Russ Courtnall, a former player with the Leafs and Canadiens, among others, reported being hospitalized for concussion related ailments over 5 years after retiring from hockey.

Long a part of the game, especially in football, has been the mantra to “suck it up”, or “rub some dirt in it”. “Playing with pain” has been drilled into our heads all throughout our playing days. Players feel pressure from their peers, and sometimes coaches or management, to return to the game before they are actually ready to play. Some players have driven themselves to return early for the glory involved, and of course there’s always the money for the professionals. It’s only recently, with all of the focus on concussions in particular, that players are questioning the logic of returning prematurely from injuries. Players in their late 20s are starting to look at life in the long term, and realizing that the injuries suffered today can have long term effects on their health when their playing days are done. A recent report has indicated that former NHLer Reggie Fleming’s death was related to head trauma suffered as a player. A post-mortem examination of his brain revealed chronic traumatic

Cont’d p. 38



# Interview with Scott & Derek

(Cont'd from 35)

**Scott, what are your future goals?**

I am looking to continue my career at Hamilton and Partners. I am at the start of my career and wish to have success with age. Pretty simple...also, lower my Golf Handicap so I can also beat my buddies on the course!!

**Derek, what are your future goals?**

To continue to pursue opportunities for me to excel in this business; I love what I do and am still looking for that ultimate opportunity in the media. Any producers reading this, you can give me a call, and feel free to take the chance of overpaying me!

*Editor's Final Comments:*

*Scott and Derek – thanks again for taking the time from your busy schedules to accommodate an interview with Hockey Zones. We appreciate you guys being the “Official Master of Ceremonies for the Kids Hockey Advancement Society “. We look forward to a great time again at the Inglewood Golf Course in July! Fore!! .*

## A Zen Poem

If there is light in the soul  
There is beauty in the person

If there is beauty in the  
person

There will be harmony in the  
home

If there is harmony in the  
home

There will be order in the  
nation

If there is order in the nation

There will be peace in the  
world

## The Rivalry Starts Early!



### It's All About Perspective

**Little Billy arrived home after his hockey game, threw open the door and ran to his Dad.**

**“How was the game, son? How did you do?” asked his father, who was unable to attend the game.**

**“You aren’t going to believe it, Dad!” Billy exclaimed. “I was responsible for the winning goal!”**

**“That’s wonderful,” his dad said. “How did you do that?” “I missed my check on the other team’s high scorer!”**

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## Ban Head Shots! (Cont'd from 36)

encephalopathy, a disease that causes cognitive decline, behavioural abnormalities and ultimately dementia, and damage similar to that usually found in boxers.

In football, Merrill Hoge of ESPN, a former running back with the Pittsburgh Steelers and Chicago Bears, related tales of having to carry notes to help him navigate his day as his memory was failing him after a career cut short by concussions. Hoge won \$1.55 million from a lawsuit against the Chicago Bears' team doctor following a career-ending concussion in 1994. Hoge claimed the team failed to re-evaluate him for symptoms of post-concussion syndrome or warn him of the danger of returning to play too soon after a major concussion. He suffered another major concussion and never played again. His message to football players is this; "If I could give players any advice -- and this is spoken from someone who would do it differently if I could do it all over again -- don't ignore the signs," Hoge says. "It's easy with an ankle or a knee, because you have the pain that goes along with it. But with a concussion, it can clear up and you can function normally. But that doesn't mean you're right. You may not know it's not right until it's too late."

## Winsport's Athletic & Ice Complex (Cont'd from 4)

Bob Niven Training Centre back into a dormitory facility once the NSO/PSO/WinSport Canada offices are moved into the AIC office tower.

When completed, WinSport Canada will likely need to expand employment to approximately 120 to 150 full-time permanent employees. Part-time and seasonal opportunities will depend on programming opportunities and the build-out of the current business plan.

Currently, the expanded West-leg of the LRT does not include a stop at Canada Olympic Park. However, WinSport Canada will likely look to expand public transit to the park in general.

The fundamental principle, which has driven every aspect of the design and development of this project, is sustainability. CODA has a proud history of independent custodianship of sport facilities, WinSport Canada and the AIC will continue this tradition. The building will sustain itself environmentally, operationally and financially in the years to come.

What can we, as a coach and/or parent, do to help prevent concussions? Some concussions might be prevented by teaching or coaching proper techniques for delivering and receiving body checks. Also, ensuring that players are wearing properly fitted equipment, especially helmets, can always help to prevent injuries. Mouth guards have been cited as an extra deterrent to concussions, but there is no medical study to back that theory up. For now, mouth guards protect the teeth, and that is a good enough reason to wear one. (While we're on that topic, brightly coloured mouth guards are preferred by medical personnel, as they are easier to find in the mouth, or throat, of an unconscious and/or unresponsive person).

Paying extra attention to players who may have suffered a head injury is crucial to diagnosing concussions. Due to pride, peer pressure, or even pressure from coaches, players may not self report concussion symptoms, so it falls upon family, friends, team-mates and concerned parents to help monitor potentially injured players, and get them medical treatment as soon as possible.

## NOW HIRING



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## Tucker Hockey Awards

*"Giving Back to the Calgary Hockey Community"*

Since 2004, Tucker Hockey has offered over 40 free programs to various Minor and Adult Hockey Players. Giving back more than \$10,000.

## Tucker Hockey Awards

### Minor Hockey Danny Cammack Memorial Award

Danny Cammack had many of the passions 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".

#### Adult Recipients

Spring 2009 - Paul Valentine  
Summer 2009 - Aslaug Woelstad  
Fall 2009 - Tom O'Sullivan  
Winter 2010 - Len Moriarity  
Spring 2010 - Roger McPherson

## You Could Win!

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

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

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



**Danny  
Cammack**  
Memorial Award

## Congratulations to Scholarship Recipients

Spring/Summer 2009 - Zach Frena

Fall 2009 - Ryan Ries

Christmas 2009 - Quincy Running Rabbit

Spring 2010 - Adam Rosen

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

## Why I Love Hockey!

There is nothing in the world like the sweet smell of the ice, the crispness of your skates as they stride forward, or the soft feeling of the puck as you stick handle down the ice during a 6:30am practice.

There is nothing like skating down the ice one on one versus the goalie and you dangle him so bad the crowd goes wild (Yeahhhh) and your teammates jump on your back. The smile on your mom and dad's face even if we didn't win the game.

As Mr. Crosby said it "Can you imagine waking up everyday, and playing the game that you love?"

I sure can. See you in the NHL Mr. Crosby.

~ Adam Rosen



# What They're Saying About Tucker Hockey

"Rex has an incredible passion and dedication for hockey, and his primary thrust is to help people who want to learn the game, no matter how old they are. And he goes about quietly and without fanfare."

**- Tom Renney, Associate Coach - Edmonton Oilers**

"We have tried other programs... and while each had some benefit (i.e. 3-on-3 was great for puck control and confidence!) none compared to your programs from a skating development and professional perspective."

**- Bruce Lavoie, Minor Hockey Parent**

"I equate a session with Rex to be equivalent to 3 minor team practices. So what it does for the kids, they go out there, you see them at the beginning of the year skating with their pals and by the end of the year they've improved so much all the other guys are trying to keep up with them all of the time. I think that what they get from Tucker Hockey is an infectious love of the game and skating because Rex just loves hockey so much that it brushes off on the kids. They come out of Rex Tucker skating well and playing hard and professing their love of hockey. And I think some of that comes from Rex just because of his attitude and how excited he is about it. It rubs off on the kids and you can't get enough of that".

**- Trevor Wannop, Minor Hockey Parent**

"Brendan just finished the 7 to 9 year-old power skating group. He loved it and I thought his skating really improved... the classes were well organized with a great variety of drills and fun drills for the kids too, no wasted time and the instructor to student ratio was great! All in all a great job by Tucker Hockey!"

**- Murray Cotton, Minor Hockey Parent**

"The very best thing was the encouragement. When I started with Rex I wasn't a very good skater and I found all the time I was encouraged to develop. I had had 2 or 3 positive comments and... instructed at a level I could deal with to move me up a notch. So rather than being bombarded with all of the things I needed to know... skating wise I was able to progress notch by notch and feel real comfortable all the time I was doing it. And Rex was able and his instructors were able to get that across to us, to everybody, individually while we were on the ice....."

**- Nick Portman, Adult Rec. Participant**

"Rex Tucker is a dedicated coach and teacher of hockey. He has dedicated his life to the game and like all good hockey people is always learning and sharing his knowledge to help others and make the game better."

**- Wally Kozak, Consultant, Development - Canadian Women's National Teams**

"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... Rex is very passionate about the game and he cares about the players that he gets out. I think he's been awesome... I have to say I improved dramatically. I learned a lot of little things to get a step 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..... Thanks for your help Rexy !!"

**- Mark Bomersback, Semi-Pro Hockey Player**

"Rex, last year you gave my son Tim Woolley (from England) some 1 -2 -1 hockey lessons. This year he made his rec team Coventry ...in his first game he scored and got "man of the match". You have given him so much. Do you realize the effect you can have?... You've helped him with confidence, fitness, communication and other things... thank you!"

**- Andrew Woolley, Father of Tim**