

# Hockey Zones

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



## Calgary Outdoor Hockey

During the winter of 2010, I had several interesting conversations with Leo Bailey and Don Sherren,

February. The rinks generally offer adult and youth pickup hockey along with some form of public skating. Please visit the following website if you wish to learn more about outdoor hockey arenas in Calgary.

[http://www.calgaryarea.com/calgary\\_rinks\\_arenas.html](http://www.calgaryarea.com/calgary_rinks_arenas.html)

participants in my Tucker Hockey Winter Adult Programs, about their outdoor hockey involvement. As a result, I came up with the idea to write an article about outdoor hockey in the City of Calgary. After the incredible interest and media buzz from this year's Heritage Classic, I felt it was an appropriate time to write this article.

Prior to researching outdoor hockey in Calgary, I honestly had no idea how many outdoor rinks there were in the city. Do you know how many there are? Well, there are 123 outdoor hockey arenas in Calgary of which 39 reside in the Northwest, 13 in the Northeast, 47 in the Southwest and 24 in the Southeast quadrants of the city. Depending on winter conditions and volunteer availability outdoor rinks are open each season from December through to

Most of the outdoor rinks are maintained by many dedicated volunteers. Recently, I chatted with Don Sherren, of Glendale / Glendale Meadows Community and Leo Bailey, of Elboya Heights Community, who are very passionate about their local outdoor community rinks. Don said "I'm an intercity married man and being involved with the local outdoor rink....provides a sense of community...a small town spirit...its interaction with others....seeing the kids having fun and staying out of trouble is extra rewarding. We have roughly 30 volunteers who help out throughout the season. I enjoy skating on the outdoor rink as well. I played as a kid....the exercise is low impact....full body workout....doing something you enjoy. Tuesday night shinny is one of the highlights of the week for me. It's a great social night!"

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**Look Inside for  
More Great Sports Tips**

**"Unselfish and noble actions are the most radiant pages in the biography of souls."**

**~David Thomas**

# Tucker Hockey

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Contact  
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**(403) 998-5035**

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

### Tucker Hockey Identity

*Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game. The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.*

*Experience the passion of Tucker Hockey!*

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# Calgary Outdoor Hockey

(Cont'd from cover)

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At the Elboya Community Centre there's a handmade copper – pipe contraption fastened to a 12 foot board and a garden hose – it's called the Zambailey, named after its maker, Leo Bailey. Leo is a dedicated volunteer as well as tinkerer, one of the reasons for the community's "smooth - as - glass" ice surface. Leo said "I love how the rink brings the community together. It's a valuable resource providing recreation for everyone in the community. Its shady location is ideal for an outdoor rink which allows us to make some of the best outdoor ice in Calgary. However, it doesn't appear by magic. A lot of planning, work and expense go into making and running the rink. This year we have around 15 icemen and ice women who volunteered their time to help build and maintain the ice. Without these volunteers, we wouldn't have such a great facility."

The Stanley Park / Elboya ice facilities offers: a skate path, Jam Can Curling, and outdoor rink activities which include: Elbow Park ladies

shinny on Wednesday evenings, Elboya/ Elbow Park dads shinny on Thursday evenings, Grass Roots hockey on Saturday mornings, and after school and before supper kids from the community playing shinny. Leo said " On mornings we typically see Moms and Dads with young kids trying out the skate path or pushing a chair, people on their lunchtime break come to shoot pucks, other one-off users include school outings, birthday parties, various hockey teams looking to top up ice time and neighbors getting together for a Saturday evening skate.

Don of Glendale / Glendale Meadows Community said "Our outdoor rink usage is probably 10 % adult, 10 % young kids and 80 % teenagers. The rink users who play adult shinny hockey range from early 20's to 55+ age range. This year we had some 16 – 17 year olds come out to flood and they like to drive the rink equipment ....the Kubota....a lawn mower type machine....it cuts grass in the summer and operates as a snow blower /

cont'd p.25



## **Next Issue Fall 2011 Features**

- Coach Rex's Favorite Drill
- Kontinental Hockey League (Russia)
- Dryland Hockey Training
- Hockey in the Czech Republic
- Bob Tuff - Skill Progressions

## *Welcome to Hockey Zones*

The official newsletter of Tucker Hockey. The Spring/Summer 2011 issue consists of fresh hockey education and teaching articles, an expression of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grass roots rink level", features upcoming Tucker Hockey Adult and Minor Hockey programs, and provides hockey quotes, stories and prize contests. In summary, it will create good hockey ... "Food for Thought!"  
Enjoy your hockey - the World's Greatest Sport! - and I hope you enjoy our Tucker Hockey Newsletter!

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





## **Coach Rex's Story Part II**

### ***Playing Outdoor Hockey***

Growing up during the 1960's and 70's in a community of less than 500 people on picturesque Little Bay Island in Newfoundland my fondest childhood memories relate to skating and playing outdoor hockey.

Little Bay Island is a small remote island 2.5 miles long by 1.5 miles wide off the Northeast Coast of Newfoundland. As the crow flies, my home town of Little Bay Island is only about a mile off the Newfoundland Coast, but it's a 45 minute ferry boat ride. For all intents and purposes this ruled out youth community hockey for my hometown - a small fishing village. Since our small fishing village did not have an artificial rink or even an outdoor rink my friends and I played every chance we could get on the natural salt water harbor or the Island's 5 fresh water ponds.

Skating came naturally to me. I was somewhat gifted compared to my friends and quickly discovered at the age of 7 that I loved to skate. I fell passionately in love with skating and later with playing hockey. You could say I became a hockey fanatic who found myself in an area of the world without a rink, a minor hockey association, coaching or even money to buy equipment.

When the temperatures dropped in the fall each year usually around early to mid October one of the local freshwater ponds became our childhood playground. It was a worrisome time for my loving Mother who was quite concerned about me falling in and drowning while skating on a local pond. Since I nearly drowned at the tender age of 6 while playing on the harbor shoreline, it did not help matters much! During the fall and winter season living in such a small community - where you knew everyone - word got around quite quickly about good places to skate.

Taking my skates, a stick, a puck and any hockey equipment - usually I had only gloves and shin pads - my friends, Roy, Kevin, Jerry, Dennis, Otto et al and I would head off to the local pond. We didn't have parents dedicated to dropping us off and picking us up. If we wanted to get there we had to walk. Using a small tomahawk axe, we would cut a hole in the ice to measure its thickness. Placing a hand down in the hole, if the ice measured 5 inches thick or more we were good to skate - game on! The hole in the ice would later serve as our drinking source when we got thirsty from playing.

If by chance we arrived late on the pond we could hear the voices of friends playing and the sounds of blades cutting the ice, handling the puck....such sweet sounds from hockey playing. We couldn't wait to get out on the ice and participate in the shinny game. Everyone played; kids, teenagers and even some adults - it was a mixed group and the groups varied in size each day. When playing on the pond with all the noise and activity, on many occasions the pond would make



***Campbells Pond - My Childhood Arena***

a loud cracking sound - this would get our attention and everyone would stop playing for a few brief moments. We would look around and quickly realize that everyone was safe - no one in the water - and carry on with our game! Often while playing hockey or skating on the pond we could see right through the ice to the bottom of the pond....see the lily pads and the occasional dead frog!

On weekends, we often arrived at 9 am in the morning and stayed and played all day. Many times we would forget to eat lunch and stagger home when it became dark with our hockey stick and skates over our shoulders. Our legs felt like rubber, buckling on the quarter mile walk home because we were so tired from playing all day. We were often very

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**“There is always one moment in childhood when the door opens and lets the future in.”**

**~Graham Greene**





# Heritage Classic Weekend

The February 19th to 21st NHL Heritage Classic events provided a great weekend of hockey festivities in Calgary.

The weekend featured

the Flames vs. Canadiens Alumni game on Saturday, the Flames vs. Canadiens regular season game on Sunday and the Calgary Hitmen vs. Regina Pats WHL game on Monday. A total of 88,000 square feet were dedicated to a Spectator Plaza – a free hockey and entertainment festival for hockey fans of all ages, with live musical performances, interactive hockey – themed attractions, prizeing, giveaways, food, and beverage with merchandise tents located outside of McMahon Stadium.

The whole weekend held a natural appeal for the people of Calgary to indulge in their passion! It was a celebration of our hockey heritage and it brought the game back out into the winter elements. From an outdoor purest playing perspective, there were no bonfires, boots for goalposts, a drinking hole or a dog chasing a puck! Nevertheless, an outdoor spectacle promoted and sold as a return to hockey’s roots. Back to the time of simplicity – where there was a pure love of the game on an outdoor rink. The roots of the outdoor rink where there were no corporate boxes, no tickets to buy, and no board advertising because of course there were no boards!

These types of outdoor games are big business for the \$3 billion dollar NHL industry. It provides awesome marketing opportunities to capitalize on the romantic roots of our great game, to raise its profile of the game in the U.S.A. and grow the game internationally. Here are a few facts, insights and memorable quotes from this exciting event.

## Heritage Classic Weekend Quick Facts:

- Heritage Classic was the second outdoor NHL game held

in Canada to - date.

- Flames defeat Canadiens 4 to 0 with game attendance – 41,022
- The game day temperature was -10c. Temperatures dipped down to -21c with the wind chill.
- Heritage Classic sponsorship monies exceeded that of the Winter Classic game held in Pittsburgh.
- Calgary Flames maroon and gold game worn jerseys were inspired by Calgary’s original pro hockey team – the 1920’s era Tigers.
- It was the first outdoor NHL game broadcasted in 3D.
- Calgary Flames forward David Moss and St. Louis Blues goalie Ty Conklin are the only NHL players to play 3 elite outdoor hockey games.
- Heated player benches from the NFL – old Buffalo Bills seats were used. However, no heaters were allowed between the pipes for the goalies.
- The NHL ice crew flooded the ice surface with a hose for fear the weight of the Zamboni might cause the ice to crack and crumble.

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**“We do not remember days; we remember moments.”**

**~Cesare Pavese**



# A View From the Pressbox

## Calgary Flames - Reflections

production in him.

*In the Winter 2011 Hockey Zones edition I wrote the following:*

*The Calgary Flames have been inconsistent; especially at home...It does not make the Saddledome a feared building to play in. The home record must improve if the team wishes to be a playoff contender... How far will the Flames go this season? This writer believes the Calgary Flames will be in a dogfight to make the playoffs...The team needs to play a stronger game from start to finish...They must also improve on their speciality team play particularly at home - this is critical...When the Flames play a skating, up tempo and puck pressure game they are very competitive and can be victorious on most nights, but this rarely happens. A consistent team effort will ensure a much needed winning streak.....*

**Now...after not making the playoffs for the second season in row, the Calgary Flames have some important questions to answer.....**

### **Should Jay Feaster become the new General Manager?**

Prior to Jay becoming the “Acting” Flames General Manager, life around the Saddledome under the Darryl Sutter regime appeared to be too serious and uptight. When Jay took over, he brought with him a fresh set of ideas and a new philosophy which consisted of a better cycle of communication between management, coaching staff and players. He hired Craig Conroy in a management role and this connection to the locker room gave Jay an in depth view of the Flames as a team as well as the players on an individual basis.

### **Does Jarome Iginla stay in Calgary?**

He is “Mr. Flame”, the face of the franchise. While he is one of very few players on the roster today with a trade market value, there doesn’t appear to be an upside to moving the captain of the team. At the age of 34, he is still one the top goal scorers in the league, 3rd in the league this season, and Jarome still has at least another 4 years of high level

### **How to stickhandle around the Salary cap?**

It is speculated that next season’s salary cap will expand to \$61M. The current Flames salary cap hit is \$56M. In order to create room under the cap, buying out a number of players and moving others is critical. It is important to create salary cap space to re-sign some of the Flames unrestricted free agents, as well as creating breathing space for potential trades, either in the off-season or at the trade deadline.

### **What Free Agents do the Flames re-sign?**

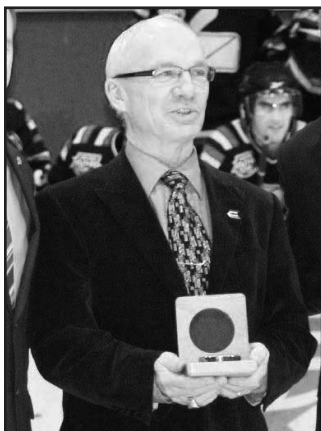
The Flames have two restricted free agents, Brendan Mikkelson and Ryan Stone. They should re-sign Stone and let Mikkelson explore free agency. The unrestricted free agents are Karlsson, Babchuk, Staios, Parady, Carson, Morrison, Tanguay, Glencross, and Modin. They should re-sign Babchuk, Karlsson, Parady, Carson, Tanguay, Glencross, and Morrison and let Modin and Staios test the free agent market.

### **Is it time to buy out contracts?**

Without a doubt, it’s just a question of how many and for how much. However, it will be a tough decision for the Flames ownership to sink monies on buyouts. It’s hard to say what the value / cost of that option will be in the end. It’s short term pain for long term gain. From a practical perspective the odds of trading Kotalik @ \$3,000,000, Hagman @ \$3,000,000 and / or Stajan @ \$3,500,000 are quite slim – what market value do they have - after this season’s poor performances. Getting them to agree over the spring and /or summer to play in Europe until their contracts expires, or ship them to the farm team in Abbotsford come September time are other salary cap clearing options. Whether to buyout or not this decision needs to be made prior to July 1st – timing is critical and there’s no room for mistakes.

### **Who should stay on defence and who goes?**

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## An Interview With Don Phelps

*Editor's Note: Recently, I sat down with Don at his McMahon Stadium office to chat about his retirement from the AJHL Calgary Canucks coaching position, other hockey matters, and his future plans. Here's a summary of our conversation.*

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

I have been married to my wife Rita for 42 years, and we have 3 children, son Daniel and twins Jeffery, and Jennifer. I will turn a young 65 in August. I worked as a plumber for 18 years, prior to being Assistant Manager at McMahon Stadium for the past 27 years.

### **What is your hockey background... from player to coach?**

As a player, I won the Alberta Junior Hockey League Provincial Championship in 1964-65 with the Calgary Buffaloes. After that, I played for 4 years with the Drumheller Miners Senior A team. I started my Junior A coaching career in 1973-74 with the Drumheller Falcons of the AJHL. I started coaching in 1971 and I have been coaching for nearly 40 years.

### **What are some of the highlights you have from coaching?**

Winning the Junior A National Championship in 1995, we beat so many good teams that year. It was an unexpected achievement. A memory that really stands out after we won the 1995 National Junior A Championship, was seeing two of the players sitting on the dressing room floor crying their eyes out. Such emotion! It showed how important it was to them to win a national championship – a highlight of their playing careers. On an individual note, working with athletes like Craig Adams was a highlight. Looking back, he was not the most talented player, but he displayed tremendous character.

You've coached some big names, such as Dany Heatley. An interview from February of 1999 quotes you as saying: "I think someday he'll play in the NHL. I know I'll be watching him on television." What are your thoughts on that?

Dany was the first on the ice and the last off. He always had fun while practicing. With his skills and work ethic, I just knew that he would play at the highest level.

### **What other NHL alumni have you had the opportunity to coach?**

Besides Dany and Craig, I also coached Ken Sutton, however during our 1987-88 Western Final Championship against Notre Dame; he struggled so I sat him out. Ironically, he was the only player from that team that eventually made it to the big show.

### **What's been most rewarding for you with regards to coaching?**

Over my coaching career, I have coached between 400 to 500 Junior A players. I tried to teach the players discipline and structure. When dealing with players 16 to 20 years of range, there's such a broad range of maturity. I believe that the players appreciated what was being done for them; it was rewarding keeping players who needed hockey more than we needed them.

### **You have been so successful coaching, why retire now?**

It's quite easy. It can get tiring at my age. It's important to recognize when to get out, to get out on your own terms before someone else tells you to get out. Over my 40 years of coaching, I've spent over 700,000 miles on bus rides; I will not miss that part of coaching.

### **At this point in your coaching career, what do you think will be your hockey legacy?**

I was proud to work with the Calgary Canucks Junior A organization and President Ken Bracko. The organization, over the years, treated everyone with respect – the opposition, the referees, etc. we have been a classy group, win or lose. We have instilled values and had some fun along the way. The true measure of a coach is when you are losing, not when you are winning.

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**"Who dares to teach must never cease to learn."**

**~ John Cotton Dana**





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"I attended a session with Bob and a group of Midget players tonight. It was a real pleasure to be able to see that there is a program out there that shares such valuable information. The information will help them in more ways than they can imagine. I would highly recommend this program to anyone out there striving for success. Keep up the good work Bob."

**-Kelly Hrudehy**

# **“Scoring is Easier When You Think - Shoot Smart Not Hard”**

## **Summary of Josh Andrews’ Thesis on “Scoring”**

**www.hockeygrowth.com**

**By Wally Kozak**

This thesis is based on a study of NHL scoring. The shift in paradigm from “shooting to score” to “smart shooting” will increase scoring.

Only 12% of goals in the 2006-2007 NHL season were scored from above the top of the circle and outside the dots. Shooting to score outside the dots and from the points are “hit and miss”. One important conclusion was that Point shots and shots from outside the dots must be smart shots. Those shots should facilitate a chance to score. Smart shooting is a new team tactic.

Smart shots are controlled and deliberate. Examples are using a screen, a teammate’s stick or the goalie’s pads and deliberate wide. A smart shot from outside the house maintains the attack providing the offensive players a better chance to score. Faking shots, quick passes (shot passes), and shots for good rebounds create a better chance to score. The age-old saying ... “get it on the net, get it through” are well proven in his thesis.

This thesis reinforces the effectiveness of passive Penalty Killing making sure that bodies are in the shooting lanes and sticks are in the passing lanes.

Scoring tactics that will contribute to scoring:

1. Focus on the play after a shot. That is when goals are usually scored.
2. Smart shots are better than hard shots.
3. “Hang out in the crease” is most effective and proven in the thesis.
4. Hard shots are not as effective as smart / soft shots from outside the house.
5. Make the Goalie “unready” by using deception. DO

something before you shoot. Use stick and head fakes, lateral moves, fake passes, fake shots, and use stationary or moving screens, Deception makes the goalie off balance and increases the chances of scoring.

6. Threading the needle and Hard shots from outside the dots often create turnovers.
7. The shooter must be “The Boss” and control the goaltender by their actions. Goalies react to the shooter. If a shooter telegraphs shooting the goalie is ready to make the save. Good scorers use deception, faking a shot, a pass or hesitating.
8. On direct attack players need to remember they are trying to beat the GOALIE not the DEFENSEMEN. Shoot through a screen.
9. In SHOOTOUTS make the goalie unready with fakes and lateral moves. This will keep them off balance, change angles and create major holes. Holding the puck out wide will freeze the goalie at that angle and force them to move even farther to stop a puck that is moved laterally quickly. Moving the puck fast and far laterally forces goalies to butterfly slide which generates momentum and a loss of position, opening up a lot of the net.

### **Wally Kozak Bio:**

Wally Kozak B.A. P.E., B. ED.

Teacher, Coach, Mentor: Over 20 years

International, University, Major Junior and Minor Hockey. High School Football, Wrestling and Track and Field.

Olympic Gold Medalist 2002.

Past Head Scout and manager of Player Development for Team Canada Women’s program.

Author of numerous articles used in Hockey certification programs.

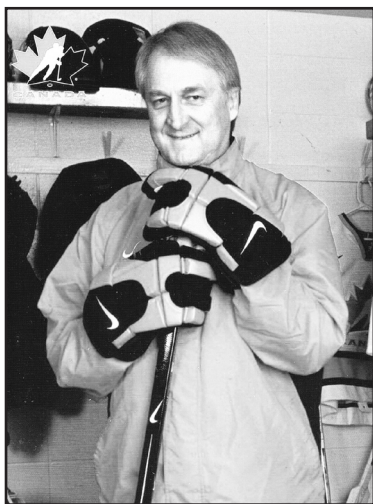
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**“A good teacher is like a candle - it consumes itself to light the way for others.”**

**~Author Unknown**





# Tucker Hockey Profile

## Meet the Instructor - Wally Kozak

**Editor's Note:**

*Recently, I sat down with Wally Kozak and we had a wonderful chat over lunch. I feel fortunate to have Wally working as a part of the Tucker Hockey team. Wally taught me my*

*first NCCP coaching course in 1991 and, as well, I attended his elite hockey conditioning camps as a player during the summer from 1991 to 1994. I believe Wally is one of the best technical coaches in the world. He has positively touched the lives of so many players and coaches over the decades with his passion and wealth of knowledge about the game of hockey. On October 10th, 2007, Wally Kozak, career coach and former head scout of the Canadian Women's National Hockey Teams programs, suffered a massive heart attack while on the ice coaching the Strathmore Rockies of the Western Women's Hockey League. Wally said that he had "cheated death and was very fortunate to be alive". Here is a summary of our conversation.*

**Wally, tell us a bit about yourself.**

I grew up in Wadena, a small town in Saskatchewan, population 1500. I developed my ethics and values there. I have been married to my wife, Carol, for 44 years, and we have 3 grown daughters and 1 grandchild. On December 22, I turned 65. I am semi-retired now, but busier than ever. I am involved in hockey, doing things I like and am passionate about. The key word is passion for the game. The love of the game, and good of the game. This is my focus for the remaining time I have here.

**How did you get started in the hockey world? Specifically, why did you choose hockey?**

The first time I stepped on the ice I was 5 years old. I always dreamed of playing in the NHL. My reason for going to the University of Saskatchewan at the early age of 17 was to play hockey. I played at the collegiate level for 4 years. Later, I had the good fortune of playing for Father David Bauer in 1968 with the Canadian National Team. My career job was a teacher and my passion was always to be involved in hockey, but I became involved in all sports as a player and

teacher as well over the years.

**What are some of your fondest hockey memories?**

The 2002 Salt Lake City Olympic experience, being on the bench, watching the girls receive their Gold Medals, and hearing the Canadian National Anthem being played. Also, experiencing hockey in Japan and taking students to the Russia during the communist days. My coaching motto is "To provide opportunities through education and sport to serve, do some good, to develop, to make people grow and improve and to bring out the best in them. I live by the motto "Lifelong learning". On a personal note, my fondest memories are the births of my daughters.

**What do you feel is your greatest hockey achievement?**

The most rewarding experience in coaching was my first year coaching high school football, 42 players tried out, 42 players played, and we had a season record of 0-7. However, we improved each game and steadily got better. On the hockey side, going to the Olympics in Japan in 1998 and Salt Lake in 2002 and being a part of such a great event. The Olympic rings mirror the philosophies of Father David Bauer, what sport is all about, true sports, the correct ideals. The Olympic Games give you perspective, not about business or winning gold medals, but participating and competing and doing your very best. It's the value of sport and the development of people that is the true measure of success.

**Back in October 2007, you suffered an almost fatal heart attack ( open heart surgery - quintuple bypass ), how has that experience changed your outlook on life?**

I am grateful and more appreciative of time and value it even more. How important it is and how very little time you have, you want it to be time well spent. Live more in the moment. Doctors said I would never work again, watch hockey, or even understand it. Guess they gave us the worst case scenario so probably there would be less disappointment with my potential recovery. I learned about what happened to me from my wife Carol and hockey friends while I rehabilitated. All I can remember was that I felt like I fainted on the ice, until I woke up from my coma weeks later.

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## Lessons in Life

- Your job won't take care of you when you're sick. Your friends and parents will. Stay in touch.
- Make peace with your past so it won't screw up the present.
- Don't compare your life to others. You have no idea what their journey is all about.
- It's never too late to have a happy childhood. But the second one is up to you and no one else.
- Over prepare, then go with the flow.
- No one is in charge of your happiness but you.
- Frame every so-called disaster with these words: "In five years, will this matter?"
- Don't take yourself too seriously. No one else does.
- Growing old beats the alternative - dying young.
- If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

"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)

## **TUCKER HOCKEY'S MISSION STATEMENT**

**Tucker Hockey has a special and unique love for the game of hockey. It is the mission of Tucker Hockey to share our passion for the sport. Through the Tucker Hockey Way, we provide opportunities for hockey players of all ages, backgrounds, and skill levels to grow their love of the game while improving their hockey skills.**

**We enjoy and preserve what we love.**

**We love what we understand.**

**We understand because we have been taught  
The Tucker Hockey Way!**



Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 4<sup>th</sup> Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Tucker Hockey is committed to contribute the volunteer time and the effort as required to ensure the continuing success of the Society.

We look forward with great anticipation to this year's tournament, scheduled for **Wednesday July 27<sup>th</sup>, 2011**, at the Inglewood Golf and Curling Club.

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 2010, the Society raised \$15,000 to help children acquire hockey gear and register for organized hockey through Kidsport of Calgary. An additional \$5,000 was raised which will directly sponsor deserving children through the Society's own program, which was launched in 2010.

The goal in 2011 is to once again provide funds to Kidsport of Calgary. The funds will create an opportunity for children to play hockey. The Kids Hockey Advancement Society will also expand its own program which sponsors deserving children directly. Thanks to a solid base of wonderful loyal sponsors since the Society's inception and the addition of amazing new sponsors that came on board in 2010, the Society experienced incredible growth over a short span of just three years! The Society's fund-raising efforts produced \$10,000 in 2008 and doubled to \$20,000 in 2010! We are confident that new records will be set again this year!

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 as a foursome. Bring your clients, friends, fellow workers and anyone that may be interested in providing the opportunity for deserving kids to participate in organized hockey.**
- **Being one of our valued sponsors – such as a Day Sponsor, a Cart Sponsor, a Hole Sponsor, 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** / Tournament Director if you have any questions regarding this year's golf tournament or if you require additional information.

Please get involved and feel good about giving back!

Rex Tucker  
President, Tucker Hockey

# Kids Hockey Advancement Society Presents their Fourth 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)**

■ Wednesday, July 27, 2011

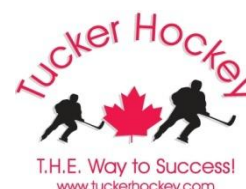
■ Inglewood Golf Club

■ 19 Gosling Way S.E.



## How You Can Help

- Participate with other hockey buddies /golf enthusiasts
- Individual entry fee \$229.00
- Green Fees and Power Cart Included
- Live Auction
- Sirloin Steak and Buffet Dinner
- Be a Sponsor - see website



Contact Nick Radmanovich – Tournament Director at (403) 829 -2993 or [nradman@shaw.ca](mailto:nradman@shaw.ca) for more information.



# ***TUCKER HOCKEY - TOP 10***

## **WHY EXPERIENCE TUCKER HOCKEY?**

### **BECAUSE YOU WANT TO...**

1. LEARN MORE ABOUT THE GAME OF HOCKEY
2. IMPROVE YOUR SKATING AND HOCKEY SKILLS
3. IMPROVE YOUR FITNESS LEVEL
4. HAVE FUN ON THE ICE
5. FEEL A SENSE OF ACCOMPLISHMENT
6. IMPROVE YOUR SELF-ESTEEM
7. REDUCE YOUR STRESS LEVEL
8. MAKE NEW HOCKEY FRIENDSHIPS
9. GAIN A STEP UP ON YOUR HOCKEY PLAYING BUDDIES
10. DISCOVER THE “**PRICELESS**” BENEFITS OF PARTICIPATING IN ONE OF OUR YEAR – ROUND HOCKEY PROGRAMS



## **TUCKER HOCKEY GUARANTEE\*\***

If you honestly believe we have not improved your skating, hockey skills and knowledge of the game, after completing your “**first**” Tucker Hockey Program...

### **We will guarantee the following:**

A free 1 year membership to any and all Tucker Hockey Programs of your choice.

**\*\* For first time participants only - subject to review & approval by Tucker Hockey Head Instructors**

# Tucker Hockey Tips

## Technical Skating vs. Tactical Skating

Skating is the most important skill of ice hockey. It is the foundation on which all other skills can be built upon. 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 affecting better game performance. What is the difference between "Technical skating" and "Tactical skating"?

Technical skating refers to biomechanical principles applied to maximize all skating skills required in ice hockey. It is the fundamentals of skating. Players need to skate in a proper hockey stance with good knee bend, balance and edge control. Technical skating consists of forward and backward: balance, edge control, starting, stopping, striding, tight turns, crossovers, pivots and progressions to agility and mobility skating. The fundamentals of all aspects of forwards, backwards and all direction skating requires specific technical practice to achieve mastery. The teaching of technical skating over the last 40 years can be categorized to power skating. Power skating programs vary often from a figure skating base, to a hockey specific curriculum to just a conditioning component or combinations of all three. It is often deliberate practice. When taught properly, the on ice instructor demos the skating skill, explaining the key teaching points, the players then try the skill and corrections are made to their skating technique. This deliberate teaching offers players better technique through proper repetition of skating drills. The drills involve thinking as well as skating. The instructor is reinforcing good skating techniques and attempting to get rid of bad skating habits. The objective is to make each player a better all round skater, smoother, and more efficient skater. Technical skating is the foundation of playing the game. Players require a strong technical base of skating, otherwise they do not have the tools to play the game, keep up to the play and be involved in the play.

Tactical skating is the ability to skate in all game situations offensively and defensively, with and without a puck. The time spent on deliberate practice and professional skating instruction will provide the core to play in various game situations. Offensively this may mean drive skating, breakaway skating or evasive skating. Keeping the puck means protecting and handling the puck. Defensively it will help players to check and angle properly using stick checks and body checks as the game requires. Players with

a technical skating foundation have the ability to be in control in game situations. They will create and control time and space on the ice. With a better technical base, tactical skating will improve. Players will be more comfortable on the ice. They will be able to play more instinctively without thinking. With improved skating ability the game becomes more automatic. Players from the ages of 5 to 10 need to learn how to skate properly without and with the puck. Players who have learned to skate properly will be able to develop the ability to think the game as they begin to play competitively. Hockey Sense can be best developed between the ages of 11 and 15 years of age. As technical skating is mastered; tactical skating skills with and without the puck will transfer to success in 1 on 1 and 2 on 1 or 2 and 3 on 2 or 3 situations. The foundation to 5 on 5 team play; systems are the individual skills of skating and puck control. The development pyramid below will illustrate the importance of investing the right amount of time at various age levels. Skating is the most important technical skill in the foundation of development. When looking at the mix of technical and tactical skating training, a novice skater 90% technical and 10% tactical, a bantam AA skater - 60% technical and 40% tactical and a professional hockey player - 20% technical, and 80% tactical respectively. While many players including professionals spend time and money on technical improvement in the off season it would be wise for parents and players to ensure that skating is properly learned and practiced as they play the game of hockey as well.

Editor's Note: Coach Rex wishes to acknowledge Wally Kozak's for his insight and contributions to this article regarding the tactical component of skating. Thanks Wally for your valuable expertise.



# 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 Hockey - Midget
WHL	Minor Hockey Coaches' Clinics
Junior A	Minor Teams
Junior B	Minor Hockey Association Projects
Midget AAA	Customized Minor Hockey Programs (Arranged with Hockey Parents)
Midget AA	
Midget AA (Girls)	
Midget A	
Bantam AAA	
Bantam AA	
Minor Hockey -	<b>Adult Recreational</b>
Community	Ladies Teams
Midget	Men's Teams
Bantam	Male
Bantam Girls	Female
Pee wee	Father and Son
Pee wee Girls	Mother and Daughter
Atom	Grandfather and Grandson
Novice	Husband and Wife
Tyke	

## 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.



# 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!

**13<sup>th</sup>  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

**Summer  
2011**

## 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: Max Bell #2

Monday, August 8<sup>th</sup> to Friday, August 12<sup>th</sup>

Arena Change: August 9<sup>th</sup> at Norma Bush 9:30 to 10:45 PM

9:00 to 10:15 PM

\$279 New Participants/\$249 Past Participants

##### Group 2: Rose Kohn

Monday, August 22<sup>nd</sup> to Friday, August 26<sup>th</sup>

8:30 to 9:45 PM

\$279 New Participants/\$249 Past Participants

##### Group 3: Norma Bush

Friday, September 16<sup>th</sup> to Sunday, September 18<sup>th</sup>

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: Rose Kohn/George Blundun

Monday, August 15<sup>th</sup> to Friday August 19<sup>th</sup>

August 15<sup>th</sup>: 8:45 to 10:00 PM - George Blundun

August 16<sup>th</sup>: 8:15 to 9:30 PM - Rose Kohn

August 17<sup>th</sup>: 8:45 to 10:00 PM - George Blundun

August 18<sup>th</sup> & 19<sup>th</sup>: 8:15 to 9:30 PM - Rose Kohn

\$279 New Participants/\$249 Past Participants

##### Group 2: Optimist

Monday, August 29<sup>th</sup> to Friday, September 2<sup>nd</sup>

8:30 to 9:45 PM

\$279 New Participants/\$249 Past Participants

##### Group 3: Norma Bush

Friday, September 16<sup>th</sup> to Sunday, September 18<sup>th</sup>

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



## Improve Your Hockey and Skating Skills!

# Introduction to Checking

13<sup>th</sup>  
Annual

## Tucker Hockey

Programs that Deliver Results

# Summer Checking Programs

### Group 1: Ages 10-13+

Tuesday, August 2<sup>nd</sup> to Friday, August 5<sup>th</sup>  
6:00 to 7:15 PM Optimist

### Group 2: Ages 10-13+

Tuesday, August 2<sup>nd</sup> to Friday, August 5<sup>th</sup>  
7:30 to 8:45 PM Optimist

**\$229 New Participants / \$209 Past Participants**  
(Includes G.S.T. & Practice Jersey)

## 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 how to 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



## 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

13th  
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 the next 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

**\$279**  
New Participants

**\$259**  
Past Participants

## **Group 1**

**Atom Div 1 & 2**

**Peewee Div 1 & 2**

**August 8th to 12th**

**Max Bell #2**

**6:00 to 7:15 PM**

## **Group 2**

**Bantam Div 1, AA & AAA**

**Midget Div 1, A & AA**

**August 8th to 12th**

**Max Bell #2**

**7:30 to 8:45 PM**

## **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**

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



# Special Summer Offer For Minor Hockey Players



## Tucker Hockey Programs that Deliver Results

# SUPER POWER SKATING

### Group 1: Ages 7-10

Monday, August 15<sup>th</sup> to Friday, August 19<sup>th</sup>  
5:15 to 6:30 PM Rose Kohn

### Group 2: Ages 9-12+

Monday, August 15<sup>th</sup> to Friday, August 19<sup>th</sup>  
6:45 to 8:00 PM Rose Kohn

### Group 3: Ages 7-10

Monday, August 22<sup>nd</sup> to Friday, August 26<sup>th</sup>  
5:30 to 6:45 PM Rose Kohn

### Group 4: Ages 9-12+

Monday, August 22<sup>nd</sup> to Friday, August 26<sup>th</sup>  
7:00 to 8:15 PM Rose Kohn

### Group 5: Ages 7-10

Monday, August 29<sup>th</sup> to Friday, September 2<sup>nd</sup>  
5:30 to 6:45 PM Optimist

### Group 6: Ages 9-12+

Monday, August 29<sup>th</sup> to Friday, September 2<sup>nd</sup>  
7:00 to 8:15 PM Optimist



**\$249 New Participants / \$229 Past Participants**

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

# Exceptional Hockey Value!

# Get in Shape and Have Fun!

**13th  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

**Fall  
2011**

## 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. 16th to Dec. 18th  
9:45 to 11:00 PM

**Group 2: George Blundun**  
Wednesdays, Oct. 19th to Dec. 21st  
7:00 to 8:00 AM

**Group 3: Stu Peppard**  
Wednesdays, Oct. 19th to Dec. 21st  
12:00 to 1:00 PM

**Group 4: Optimist**  
Tuesdays, Oct. 18th to Dec. 20th  
10:15 to 11:30 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. 17th to Dec. 19th  
7:00 to 8:00 AM

**Group 2: Stu Peppard**  
Fridays, Oct. 14th to Dec. 16th  
12:00 to 1:00 PM

**Group 3: Henry Viney**  
Wednesdays, Oct. 19th to Dec. 21st  
10:15 to 11:30 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. 20th to Dec. 22nd  
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

## Rex Tucker

Head Power  
Skating Instructor

### 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  
**www.tuckerhockey.com**  
or call  
**Tucker Hockey at**  
**403-998-5035**



## 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 techniques 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.

# Call 403-244-5037 Today!



**Special Fall Offer For Minor Hockey Players!**

**13th  
Annual**

**Tucker Hockey**  
Programs that Deliver Results

# **Super Power Skating**

## **Super Power Skating and Hockey Skills Development**

Power Skating/Hockey Skills Development program which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage  
(10 Sessions)

**Only 15  
Spots!**

**Group 1: Ages 9 to 13+**

Fridays, October 14th to December 16th

6:45 to 7:45 AM Rose Kohn

\$369/pp

(Includes G.S.T. and Practice Jersey)



### **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
- Excellent player to instructor ratio - 5 to 1

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

or call

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

#### **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 Cotton, Minor Hockey Parent

**Register Today - Programs Fill Fast!**

# Calgary Outdoor Hockey (Cont'd from p. 3)

sweeper in the winter that pulls a 250 gallon water tank to flood the ice. Outdoor hockey is a great way to keep teenagers away from the malls and off the streets. On weekdays there's lots of 4 – 5 year olds using the rink". There are no outdoor rink user fees but Don encourages people who use the community rink to buy a community membership... to help out the community financially. Don said "We also have an annual skills competition with a radar gun to measure participants skating speed and their shot. We also have a windup party at the end of the outdoor season for all the volunteers and spouses who are involved."

Glendale / Glendale Meadows Community and Elboya Heights Community are two examples of many in the City of Calgary where rinks were built as "a labor of love" by dedicated volunteers but have turned into a great cause for facilitating a broad range of recreational activities for all ages in the community. The outdoor rink can provide a great sense of community in the winter times!

The many outdoor rink facilities in Calgary are always looking for volunteers to help out throughout the season. Check out the website [http://www.calgaryarea.com/calgary\\_](http://www.calgaryarea.com/calgary_)

[rinks\\_arenas.htm](#) if you wish to learn more or volunteer your services to a local outdoor arena. I'm sure you will develop new friendships and create many fond memories from participating in hockey - outdoors!

**Editor's Note:** Thanks again Don and Leo for taking the time from your busy schedules to share your thoughts and experiences about Hockey from an Outdoor Rink Perspective.



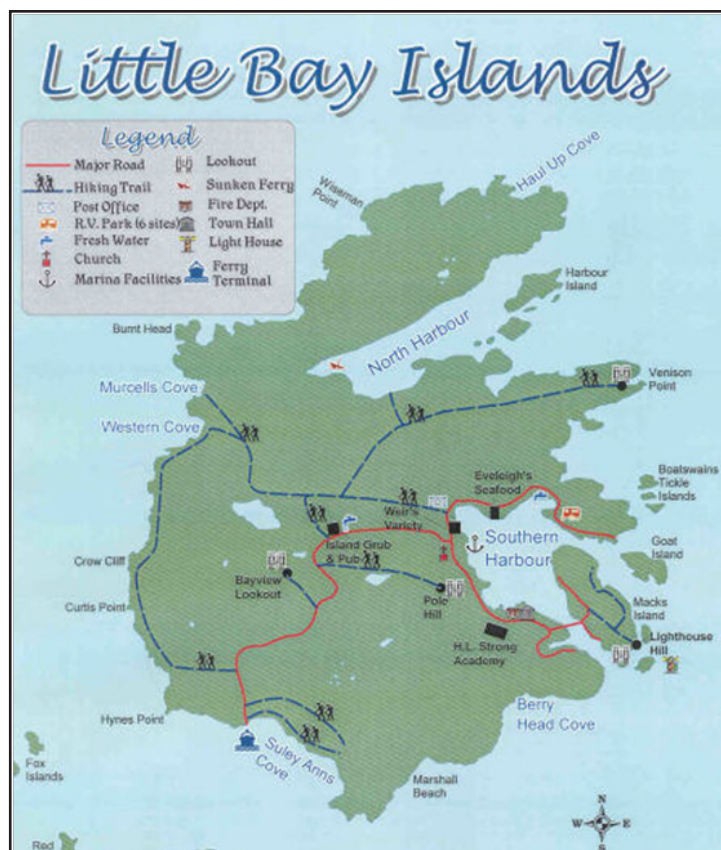
Stanley Park/Elboya Park Shinny Hockey

## Coach Rex's Story (Cont'd from 4)

very weary. However, I felt such a great sense of peace from doing something all day that I loved! Although dead tired in the evening, I couldn't wait to go back next day and play.

Later in the season, during December and January, we played on the natural salt water harbor when the ice grew to be a foot thick. At times the temperatures would rise and we would have a rain storm. I would ask my Dad if the temperatures would drop – praying that they would dip so the fresh rain water on the harbors surface would freeze over. My Dad would check the weather glass on our kitchen wall and when he said it would drop I went to bed with great anticipation for a great day of skating the next day. The occasional winter rain would visit for just a few hours until the temperature plummeted again and the storm blew through. What was left in the wake of Mother Nature's Zamboni was my "rink of dreams"; pure glare ice for a couple of thousand feet in any direction to skate on, and or play shinny. Waking up in the morning and looking out my bedroom window at 6 or 7 am and seeing a beautiful glare of ice was such a wonderful feeling – it warmed my heart! Since our house was only

cont'd p. 29



My hometown of Little Bay Island  
Located off the North East coast of Newfoundland



# MAY HOCKEY SALE

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**SAVE \$160 ON GRAF SKATES**

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# Don Phelps Interview (Cont'd from 7)

## **How have the requirements to be a successful coach changed over the last few decades?**

The pressure to win has definitely increased. It's now winning at all costs. I see coaches sacrificing their values, they forget what's important, so that they can get to the next level, or so the Board doesn't fire them. Also, managing the parents is a much more difficult job.

## **What are the key qualities required to develop into a great coach?**

Honesty, with yourself and players. I feel that it is important to be candid with your players.

Preparation, you have to be well prepared for every practice and game. The players know if you're not. Enthusiasm, you need to love what you're doing and set the right example.

## **Are there any words of wisdom you'd like to pass onto up and coming coaches?**

Learn from the players, communicate to the players. Each player is different with a unique personality. It's important to understand the psychology of the player and the make up of the player. When you're struggling is when you have to coach. That's when you find out what you're all about. When you're winning, everyone is a nice guy, even the media. But when you're struggling, it's a measure of what kind of person you are.

## **What kinds of unique entertainment activities have you experienced while working at McMahon?**

The biggest ones over the years have been the 1988 Winter Olympics, CFL Grey Cup games, Calgary Stampeder games, Motocross, and mostly recently, in February, The NHL Heritage Classic hockey game. During a typical day-of-event at McMahon Stadium's 35, 650 seat facility, I oversee 270 staff, which includes security, ushers, parking, and vendors.

Yes, the NHL held its Heritage Classic outdoor game at McMahon Stadium, what were the challenges incurred to host an event of this magnitude?

The NHL paid a rental fee to use our facility and they covered all of the expenses related to setting up the venue and taking it down. Their objective was to leave the facility in the same condition as when they arrived. Really, it was a smooth process. It was not the NHL's first rodeo. The NHL people were really good and quite easy to deal with. They did the physical setup of the rink. Our biggest challenges

were removing the snow from the stands and turning a summer venue into a winterized facility to accommodate concession and press box requirements. Due to the drainage requirements of the football field, most people don't know this but the 55 yard line is 18 inches higher than the end zone; it was a challenge to lay the outdoor hockey surface.

## **What plans do you have after coaching?**

Over my 40 year coaching career, I have missed many social events being away from my wife. I have 3 children, and now grandkids, so I definitely look forward to spending more time with them. I love running. I have been marathon training over the last 5 years. I have done one marathon each of the last 5 years. I qualified for the Boston Marathon and will run it on April 18th. Also, I love flowers and hanging out in my garden. On the hockey side, I plan to do some coach mentoring for Minor Hockey Associations in the areas of practice planning, bench management, and how to handle the parents.

*Editor's Note: Don Phelps and Wally Kozak, two hockey icons in the Calgary community, operated Chinook Hockey Conditioning Camps which I attended in North East Calgary during the early 1990's. Don has coached over 1,500 regular season games throughout his Calgary Canucks career and leads all Alberta Junior Hockey League coaches in Games Coached and Wins. He is one of only three coaches to win a Junior A Championship as both a player and a coach. Coach Phelps has been committed to the AJHL athletes of the past four decades. Win, lose or draw, it was always about the development of the players whether they were potential NHL material or just young men looking to add to their life's skills and enhance their chances of landing full rides on U.S. College scholarships. Congratulations Don on an outstanding Junior coaching career and best wishes on your future endeavors! Good luck at the Boston Marathon!*





## **Calling All Girls!**

### **Come See What You Are Missing**

Did you know that there are 500 girls registered with Girls Hockey Calgary? Don't miss your opportunity to play exciting, fun and competitive hockey specifically for girls.

#### **Benefits of playing Girls Hockey are:**

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*Girls Building Futures, One Goal at a Time.*



# Coach Rex' Story (cont'd from 25)

30 feet from the ocean, it offered a big playground in our backyard. Often I played on the harbor ice in the morning 30 minutes before going to school, 30 minutes during lunchtime, an hour or so after school / before dark, have supper, do my homework and later skate at night.

On occasion the daily temperature during a freeze dropped to the -10 to -20C degree range and also factor in a little wind chill as well it was quite cold! Undeterred, we bundled up as best we could and braved the elements. However, after skating and maybe playing hockey for an hour or so many of my friends would pack it in. Often I stayed longer - out on the ice by myself. Not able to handle the elements any longer, I was forced to come in out of the cold, take my skates off and thaw out...with my feet near the warmth of the kitchen woodstove oven. I felt extreme pain when my forehead, cheeks, ears and toes began to thaw out. Tears flowed down my cheeks. After thawing out, believe it or not I still wanted to play again! I would say to my concerned parents, I'm going outside again. My parents thought I was nuts and probably maybe I was.... but I just loved to play.....the pleasure I received from skating and playing was worth the severe pain forthcoming.

Throughout the winter months the weather conditions would make our playing schedule very irregular, often going days, weeks or a month without an opportunity to play. Often the weather conditions were semi kind and our lovely skating surface would only be covered in snow. My friends and I would gather up a few shovels, plywood sheets and diligently remove the snow and create a good size playing surface for ourselves on the harbor. We placed a couple boots down at each end of the ice to create goals, throw sticks in a pile and pick teams and enthusiastically play...often challenged to find our puck when it traveled into the snow banks.

Whenever there was a sheet of ice I was often the first person on and usually the last one off. Sometimes I was the only skater on the ice – feeling a great sense of solitude and peace. Growing up materially, we were relatively poor but

we didn't really know we were poor because we were so rich and blessed in other ways. Looking back I feel fortunate to have such a care free childhood - to play, develop my skills, have fun, with no pressure from coaches or parents, just pure love and passion for playing shinny hockey. It was a simpler time in society and offered a playful childhood to grow a true love and passion for the game of hockey. Today, especially in the urban areas, fewer kids enjoy the freedom and outdoor pleasures of playing hockey on a frozen pond. For Coach Rex, it's one of my experiences in life which I have treasured – an opportunity to play outdoor hockey!



## **Editor's Note:**

*During the Heritage Classic weekend, several NHL players expressed their fond childhood outdoor hockey playing memories as well. Here's what they had to say...*

*Jarome Iginla, future Hockey Hall of Famer: "I loved the outdoor rink...my first time ever skating was outside. My aunt actually took me with her boyfriend the first time. Before I went*

*to my tryouts or anything...I was literally terrible. Hanging onto the boards... falling all over. They weren't my own skates, so that was probably part of it. The next year I got talked into playing."*

*Adam Pardy, fellow Newfoundlander and Calgary Flames defenseman: "We didn't have an outdoor rink....just lots of ponds. My uncle made a rink in his backyard for us... Sometimes you didn't even eat, you'd forget to. You did that all day."*

*Dana Murzyn, Calgary Flames '89 Stanley Cup Champion: "I remember crying in the car a number of times on the way home, your feet didn't hurt much when they were frozen, but boy, they hurt when they started to thaw out. You'd get the pins and needles. I think every Canadian has that story if they played on an outdoor rink".*

**"If you carry your childhood with you, you never become older."**

**~Tom Stoppard**



# The Merits of One-on-One Coaching

## Coaching Innovation

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!

## 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

### 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

# Heritage Classic (Cont'd from p. 5)



- 53 feet – the length of the world's largest mobile rink refrigeration unit, specially built for the NHL to maintain outdoor rinks.
- Fans had to drink their beer fairly quickly otherwise it froze in the cans!
- The 50/50 jackpot was \$76,307.50 for the Heritage Classic.
- 10,000 fans watched the Alumni game - Canadiens 5 Flames 3 on Saturday.
- Calgary Hitmen vs. Regina Pats WHL game set a junior attendance record - 20,888.
- There would be no Winter Classic in the U.S.A without the loyal support of NBC TV.
- Average TV viewers for the past 4 Winter Classics Games in the U.S.A. 4 – 5 million per game.
- Largest crowd for an outdoor hockey game set on December 11th, 2010 at Michigan Stadium - NCAA game, Michigan Wolverines vs. Mich. State Spartans – 113,411.

## Notable Quotes on the Weekend Event:

- Gary Bettman, NHL Commissioner said “There’s no shortage of interest in having an outdoor game.” “Obviously, we were extraordinarily pleased with the experience”. “Our sponsor activation and the investment in this were higher than any Winter Classic has done. From a fan standpoint and all our media platforms, player experience and from our business partners, this was a terrific, terrific event for us”.
- Lanny McDonald, Hall of Famer said “I think the best time of all will be dressing and riding the bus together over to McMahon stadium, and the trash talking that’ll be going on. It’ll be good.”
- Gary Roberts, Calgary Flames ’89 Stanley Cup Champion said “I played 20 years in the NHL and I won one Stanley Cup, this was a special group of guys and it’s great to be back with them for a couple days”.
- After the Canadiens outdoor practice – Scott Gomez, said “You bet I’m the tougher than anyone” with a laugh...”And I’m Latin and Mexican too – the cold is supposed to go against me. It’s the Alaskan pride, and I’m probably the toughest guy out there”.

- Calgary Flames Alex Tanguay said “It’s definitely not Game 7 of the Stanley Cup finals, but this is a game after my career I’m going to cherish and remember. For us players, we get a chance to play regularly in front of 20,000 but it’s not every day you get to do it in front of a big stadium like that. And for the fans to brave the weather and stay out there for three periods....yesterday we were skating around and we were cold. And those fans, they were out there for three periods sitting in their seats. That’s pretty remarkable. I’m glad that I experienced it.”
- WHL Commissioner, Ron Robison stated “It couldn’t have gone any better from our standpoint. It was ideal conditions for the players to play in, weather wise. And of course, it was the largest crowd ever to watch a junior game in this country. We were in a position to piggyback on the Heritage Classic weekend, and it gave us a wonderful opportunity to be a part of it and display our product. Ideally, we’d like to be part of the NHL’s Heritage Classic and their plans moving forward”.
- Ken King, Calgary Flames President said “ I walked through the stands on both sides, one in the sun and one in the shade and everyone was high - fiving and having a ball!” “The outcome warmed people up a little bit!”
- Tourism Calgary said hosting the Heritage Classic drew both dollars and recognition to the city. President and CEO Randy Williams, stated “There was lots of economy driven over the last few days”, noting many restaurants, hotels and retailers were bustling with business.
- Calgary Flames Head Coach Brent Sutter “I think just the experience of it all. The anticipation leading up to the stuff that you go through before you even get there to skate. Then the practicing and the whole surroundings...as a coach, you’re so focused on the game day – for me it was when you saw the guys come into the rink for the game, and seeing how focused they were. You knew things were going to be OK.”

cont’d p. 38





# An Interview With Wally Kozak (Cont'd from p. 10)

**What do you do now that's different than before the heart attack?**

I have a better understanding of life and more of a global philosophy on religious teachings. I was always a religious man, I grew up as a Catholic, and so I believe in God. I believe more in a higher power. I feel my mind is different. I feel my hockey mind is working better than ever, I see the game more broadly, I notice things in greater detail. Since my attack, I had more time to think, not do. With my personality I feel I'm more sensitive, I'm less structured and conditioned to a schedule. I treasure the opportunity to share information and ideas with others. I truly enjoy working with people rather than working for someone.

**What was the most frustrating obstacle you had to overcome in your rehabilitation?**

I had to complete an enormous amount of neurological rehab. Had to learn to read and write again, tell time, recognize coins etc. At the hospital, I recognized hockey people before I recognized my own family. I recognized Hayley Wickenheiser, not my wife, Carol, said to me. "You were determined to recover" Hayley has said, "You survived because you are so stubborn." I really had no fear of dying; it was the quality of my beliefs, the willpower of my mind. They did 15 defibrillations on me and lowered my body's core temperature to preserve the vital organs until it was safe to take me out of sedation into a conscious state. The doctors gave me only a 2% chance of living, so my recovery is quite remarkable. The hospital's staff is not just doing a job, but they are caregivers. They are passionate about what they do; it's truly a big part of my healing process. When I was in the hospital I was unconscious, I heard people around me and I was angry, I wanted to get out of my unconsciousness. I was aware, but I couldn't respond. After waking up and realizing that I was in the hospital, my main focus was to get out of there.

**What message would you like to offer to others who've survived a heart attack?**

Be thankful to get your second chance, and to serve a purpose. Keep busy, be useful, do good, and rediscover your passion. Keep perspective on life and stay active in your passion. Find out what you really want to do with your time.

**What are you doing currently?**

I am promoting Sprung Instant Structures, which are sanctioned by Hockey Canada. We are connecting /

networking with communities, conveying the quality of the facilities. We are also helping those communities that may be looking for financial assistance. Promoting CNJ Lighting, it's a new technology, induction lighting. It provides energy savings and a longer useful bulb life. I am mentoring and providing leadership presentations to sports associations. I'm also working on a number of hockey projects with Hockey Alberta, Allan Andrews Hockey in PEI, and Tucker Hockey here in Calgary.

**What is your relationship with Tucker Hockey, and specifically with Rex Tucker?**

It's almost like working with your son. I saw Rex learning about hockey many years ago. I have seen him mature, be motivated, and now doing well with his hockey business, working with a receptive audience who are keen to learn. We share a common passion and a common purpose. We do things for the same reasons; I wanted to be a part of a process making a difference in the game.

**At this point in your coaching career, what do you think will be your hockey legacy?**

"The good of the game". Personal development of kids in hockey; mentoring coaches and leaders of teams and sports associations, and promoting being in sports for the right reasons. Do it right, be your best. There are many things that you just can't control. The influence you have on coaches and players you work with will make a difference. Be a good role model! During the 1980's and early 1990's in Calgary, I was fortunate to work with the three Hockey wise men of Alberta: Clare Drake, Dave King, and George Kingston. They were great role models and peers who were leaders in hockey development. I wish to revitalize many of the fundamental principles they introduced and taught such as

cont'd p. 33



*Wally Awarded the Gordon Juckes Award in 2009*



# An Interview With Wally Kozak (Cont'd from p. 32)

drill purpose, drill progressions, innovations and key teaching points. In summary, educating and mentoring coaches about the game of hockey would be my greatest influence.

**You often talk about “paying it forward” and “the good of the game”; can you expand on these terms?**

Often today, coaches do not want to share information, share their secrets. In real learning there are no secrets. On YouTube, I have a “Pay it Forward” setup. The philosophy is to create video links and share ideas and, drills to help improve the game for everyone. Pay it Forward is network of people who want to improve themselves and their players by sharing their knowledge. It includes people who are leaders in their communities who truly serve “The good of the game”. They appreciate the importance of development and the purpose of sport. It’s about the right perspective, teaching life skills beyond sports, being a good team player, and dealing with adversity etc. This is why we coach.

**What do you mean by “making a difference” in our great game?**

Sharing coaching concepts, sharing hockey knowledge with others, making a difference in personal development, doing some good, not just putting in time, being a positive influence, having a purpose in working with others. The benefits will show up down the road in terms of life skills.

**What are the key qualities required to develop into a great coach?**

Definitely passion, a dedication to honing one’s craft/knowledge, a commitment to the cause and/or purpose, continuous lifelong learning, you have to keep getting better. Be open-minded, flexible, and adapt to different situations. It’s about the “art” of coaching – delivering the “right stuff, the right amount at the right time”. This takes time patience and passion.

**How important is continuous learning for a coach?**

It’s of paramount importance. As soon as you think you know it all, you’re in trouble. We all “don’t know what we don’t know” This can be a roadblock for coaches. There are four stages of learning; unconscious incompetence, conscious incompetence, conscious competence, and unconscious competence. Self - Awareness of where you are in the learning curve is critical to future growth and development and being open minded to learning from others. We must all get to stage 2 “Conscious incompetence” where we

recognize we all can learn and need help.

**Are there any words of wisdom you’d like to pass onto hockey parents, players, coaches and volunteers/administrators?**

Keep things in perspective: Know why you are coaching, administrating, parenting or playing? What do you want out of it? Focus on the values of the sport and not the outcome i.e. the final score. Live by the values that the sport teaches – respect, teamwork, learning, and improving, to be the best that you can be. The outcomes will take care of themselves when you focus on the process of development while enjoying the journey. That way you always have an opportunity to win.

cont’d p. 34

## Ice Questions

How many goals will be scored tonight  
across this dark and frozen land,  
at outdoor rinks, at arenas,  
in every village, in every city?

(How many since the beginning of this poem?)

After each one, the frenzy will stop,  
players will glide toward teammates, arms  
upraised,  
opponents will turn away, shoulders hunched,  
sticks across thighs,  
be caught up in it  
understand the context.

Who’s keeping score  
and who has the luxury of losing track,  
shouting, “Next goal wins”  
when sensibility has whispered  
that the game must come to an end?

Who will have been captured on video highlights  
and who will just scrape the ice clean  
and begin again?

Keith Worthington, from Poet on a Cargo Plane  
Facebook Group: Language Art Studio  
Email: [kworthington16@hotmail.com](mailto:kworthington16@hotmail.com)

# An Interview With Wally Kozak (Cont'd from p. 33)

What's does the future hold for Wally Kozak?

*many years to come! "*

I care more about everything. I value everything I do. I am more thankful and appreciative. What was, what is, what shall be. I live more in the moment. Ego is not in the now. I have been told by others that I always had a sense of sharing, no ego, I brought my knowledge to help grow the game. I've always felt that Women's hockey was just as important as Men's hockey. Women's hockey like minor hockey is about the "sport" of hockey and not the business of hockey. Too often professional hockey has a negative influence. Hopefully we can help to keep the game in the right perspective. With my remaining time here, I wish to share my knowledge with others for "the good of the game".

## **Editor's Note:**

*Over the many decades, Wally has been an inspiration to so many people in Calgary, throughout Alberta, and across Canada, and many hockey communities around the world. In Elton John's song "The Circle of Life", he sings that "You should never take more than you give... in the circle of life". In my circle of life with Wally Kozak, I personally have firsthand experience, like many others, that he has given much more than he has taken. I speak for so many people, who know him and who are thankful that he survived this near tragic event when I say: "Wally you are more than ever an inspiration as you continue to make a significant difference in our great game. I hope you continue to share your passion for hockey with us for*

## **Summary of Hockey of Qualifications:**

- High School Coach – Football, Wrestling, and Track & Field
- Calgary Chinook Hockey School and Conditioning Camps
- National Coaching Certification Program - Level 5, Highest Level in Canada
- National Coaching Certification Program - Coach Course Conductor
- Presenter at Numerous Coaching Conferences and Seminars
- Author of numerous articles used in hockey certification programs
- Hockey Alberta – Past Instructor
- International, University, Major Junior, and Minor Hockey coach
- Coached in various countries including: Sweden, Czech Republic, Japan and USSR
- Silver Medal -1998 Nagano, Japan Olympic Games
- Gold Medal - 2002 Salt Lake City, USA Olympic Games
- Hockey Canada – Past head scout and manager of player development for Team Canada Women's Program
- Awarded the Gordon Jukes Award (2009) - contribution to the development of amateur hockey in Canada at the national level
- Coach Leadership and Mentorship Consultant

## **True Leadership Treasure** **Victor Antonio G.**

I went on search to be a leader,  
Searching high and low above the meter,

I spoke with authority that I remember,  
All would follow, all but one member,

"Why should I trust you?" the one did ask,  
"What have you done to achieve the task?"

I thought long and hard of what I did wrong,  
Then I rolled up my sleeves and worked right along,

Shoulder to shoulder we got things done,  
We worked side by side, all were one,

A mate of mine stumbled, I stooped to assist,  
My hand he did grab, a smile did persist,

One was lost, didn't know what to do,  
I showed him how, the ropes, something new

I praised them one and all for their work,  
All were unique, but I encouraged each quirk,

When the task was done, one did shout  
"You're a great leader!" they all turned about,

"Without you there to support our plight,  
Lost would we be with no end in sight",

I learned that day that I lead best,  
When I get off my butt and help the rest,

To lead by example is the true treasure,  
The secret of leadership, in one simple measure.

# Kids Hockey Advancement Society Poker Tournament

The 2nd Annual Texas Hold 'Em Poker Tournament for the Kids Hockey Advancement Society in support of KidSport™ was held on March 18, 2011 at the Stampede Casino.

The event was co-emceed by television and radio personalities Derek Bidwell and Camilla Di Giuseppe. Each poker table hosted a local celebrity, who all signed and gave away their team jerseys to a lucky player at their table. During this fun evening, over 100 players competed for the top tournament prize of \$2500. Congratulations to tournament winner, Sheldon Ram as well as second and third place finishers,

Michael Mogan and Reg Hampton.

This year, in addition to SeisWare International Inc., the tournament had three additional major sponsors. Thanks to DIRT Environmental Solutions, Element Integrated Workplace Solutions, and Signature Seismic, we raised over \$11,000 for KidSport.

Thank you to everyone who attended, volunteered and sponsored. A very special thanks to tournament organizer - Murray Brack. We hope to see you again next year!



## Kids Hockey Advancement Society 2011 Board of Directors

President: Rex Tucker, Vice President: Nick Radmanovich, Treasurer: Wayne Newby, Secretary: Michael White  
Director at Large: Lyle Hanna

*Since inception in 2008, the Society has distributed to-date a total of \$60,000.*

## Kids Hockey Advancement Society - Giving Back



Please accept this "Hope Star" with our heartfelt thanks.

*Love*

*Ron, Jennifer, Ryley & Karlee Lewis*

As a token of our appreciation we are presenting "Hope Stars" to people who have provided support to us. The gold ribbon represents childhood cancer and the green and orange represent leukemia.



On February 27, 2011 the Shaw Meadows Novice 5 Lightning Bolts hockey team participated in a Skate-a-Thon to raise awareness and funds for both the Lewis family, who's 4 year-old Karlee is courageously battling cancer, and the Kids Cancer Care Foundation of Alberta.

Karlee's prognosis is good, she's in remission, but she still has a 2 year battle left to fight.

The Kids Hockey Advancement Society is proud to be a supporter of such a worthy cause, generously donating \$1,000 to the Skate-a-Thon.

To read about Karlee's journey, visit her blog at: <http://karlees-leukemia-journey.blogspot.com/>



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**"The Road to Success is Always Under Construction."**

**~ Lily Tomlin**

## Calgary Flames (Cont'd from 6)

Jay Bouwmeester is making \$6.7M. He is a great skater and logs enormous minutes, but his offensive output does not justify his salary. Moving him would create much needed cap space and/or high value draft picks. Giordano, Regehr, Sarich, Babchuk, Pardy, Carson, and are all effective defensemen at reasonable prices. The two prospects, Brodie and Erixon, are waiting in the wings to make the step up to the big show.

### What to do with the goaltending situation?

Keep Kipper. Along with Jarome, both are the faces of the franchise. He is still in his prime and he showed that down the stretch with some incredible performances. However reduce his workload to 55 – 60 games next season.

### Any help from the farm system?

The Flames have only one pick in the first 100 selections come draft day. In the system they only have Backlund, Bouma, Nemisz, Brodie, Erixon, and Irving. After that, roster improvements will have to come through free agent signings or trades. The Flames now are one of the oldest and

slowest teams in the NHL considering the speed of today's game. They often fall into the trap of letting the opposition dictate the pace of play. This needs to change next season.

### In Conclusion:

The Flames don't need to "blow it all up and start over". The salary cap restrictions limit what they can do for the time being. Freeing up space under the cap should be a top priority so management can resign their own free agents, especially Tanguay and Glencross respectively. Players such as Kotalik, Hagman, and Stajan should be jettisoned for salary cap relief and Bouwmeester could be traded for draft picks or another solid defenseman. The Flames should also inject more youth into the team. Kids like TJ Brodie should be given an opportunity to play and develop at the NHL level and Michael Backlund should also be given more ice time and a more important role next season. Yes indeed, Jay Feaster is the man who can tinker and tweak with the current Flames roster and salary structure to get this team into the playoffs next season.





# World Class to Average Joe?

**By Michael Smith**

I've spent more time at the gym, weight room and track than most people will in an entire lifetime. While I can fully appreciate people's dedication and desire to go to the gym, my appetite for pumping iron and pounding

on a treadmill is negligible so I still don't have a strong desire to head back even after being away from it for well over a decade.

I was looking for other ways to stay fit. In the summer I bike, windsurf, golf a bit; in the winter I ski; but I was looking for other ways to burn some calories, stay fit, have some camaraderie with teammates, a few laughs and the occasional well earned beer.

Hockey it is! I've been back on the ice for a season now after 35 years off and I'm really enjoying being back on skates. I play on a men's league team regularly and even a couple tournaments. I can honestly (and proudly) say I'm just an average Joe, as my bar for athletic judgment is pretty high, but I love it.

I consider myself a good athlete (I competed at 3 Olympic Games in Decathlon) but high level skating is a very complex and unique athletic skill. I now know it is still possible to re-learn this skill when you're over 40 if you employ the correct approach - consistent and correct practice.

I took a hockey course with Tucker Hockey this winter and can truly say I improved as the year progressed. Throughout my athletic career I was fortunate to work with many world-class coaches and Rex himself has many of the attributes of those great coaches – passion, patience, individual focus (even in a larger group), structured, organized and professional.

My event of decathlon required dedicated training to perform at your very best. Many repetitions of short distances on the track were a necessity to maintain and improve your overall fitness to survive a grueling 2 day competition. From a workout, training and fitness perspective, a hockey game reminds me of a good track workout – a short, intense activity with a limited rest period – interval-like training. The fun added benefit of a hockey game is that you might have a chance to score a goal!

For whatever reason you choose to get on the ice I encourage you to look for a good coach such as Rex to help you improve your game and thus, enjoy it more. I am of the belief that we are always capable of learning more in all aspects of our lives – this is a fun way to test that theory.

**Editor's Note:**

*Thanks Michael for your kind words and for sharing your thoughts and insights about re-learning the sport of hockey from the perspective of a former world class athlete. Folks, decathletes are often regarded as the finest all – around athletes in the world. Michael's unique athletic abilities acquired from countless hours of decathlon training provided him with a strong foundation of athleticism and coach ability which was quite apparent throughout the Adult program. Yes, high level skating is a very challenging athletic skill. Michael, it was a pleasure to coach you and see those dormant skating and hockey skills progress from session to session. Good luck with your hockey! Remember keep bending your knees!*

## Michael Smith Bio Summary:

- Born September 16, 1967, from Kenora, Ontario
- Represented Canada at the Commonwealth Games – (1986, 1990, 1994 & 1998)
- Gold medalist at the Commonwealth Games – (1990 & 1994)
- Silver medalist at the World Track and Field Championships – (1991)
- Represented Canada at the Summer Olympic Games – (1988, 1992 & 1996)
- The first North American to win the Gotzis International Decathlon – (1991 & 1996)
- Holds the Canadian Record in the decathlon - 8,626 points set at Gotzis, Austria (1996)
- Holds the world's best performance for the 3 combined throwing events in decathlon - (shot put, discus, and javelin).
- The sum of his overall personal bests in the individual disciplines of decathlon totals 9,362 points (the second best ever after American - Dan O'Brien).
- Michael resides in Calgary with his wife Angela. He is a private client wealth manager at Stifel Nicolaus / Thomas Weisel Partners and also works for CBC as a color commentator for track and field events.

# Heritage Classic (Cont'd from p. 31)

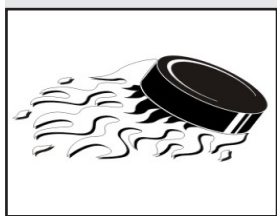
## Future of Outdoor Games:

The Heritage Classic was a major success in Calgary - from the engagement of the fans, to the level of corporate sponsorship, and level of media interest and coverage, to the player's experiences, and the enthusiasm and commitment from the NHL club teams were second to none. NHL Commissioner, Gary Bettman said "Some of our preliminary research we've seen ....says our fans want more of these. They don't care how many as long as they get one. Obviously you can't do an unlimited number and we don't want to dilute it. We thought it was important to go to a second game this year and have one in Canada." Finally, it seems every Canadian NHL team except Ottawa (due to being hosts for a future all - star game) have

inquired about the possibility of hosting a future outdoor game. In Canada we are crazy for the game. It doesn't matter where it's played - it will be a guaranteed sellout. The NHL, who is looking to raise the profile of hockey in North America, especially in the U.S.A., will embrace the Winter and Heritage Classic marketing opportunities. Outdoor hockey is here to stay!

## Editor's Note:

*Special thanks to Nicole Buckley and Schuyler Baehman of NHL media and public relations departments for accommodating Tucker Hockey's media request.*



## Leadership

**By Michael White**

Leadership of a team, whether it be a hockey team, a football team or even a sales team, the one thing that sets leaders apart is their attitude. Leaders believe they get the best from their team by giving their best.

Attitude is of paramount importance for a leader. A leader must be willing to serve. He, or she, must be willing to give a hand to their teammates so that everyone has the opportunity to get better.

To give their best a leader must be willing to grow. When Wayne Gretzky became an Oiler, and later on team captain, the team naturally followed him because of his exceptional talent, skills and work ethic. Wayne was always working on his skills. He showed his teammates that he was personally willing to pay the price to excel at his craft. He accomplished his personal goals by pushing himself outside of his comfort zone. This attitude trickled down to his teammates and enhanced his team's success.

The best team captains live and breathe their passion and core values. The best leaders get the best from their players and team by motivating them; by creating a game atmosphere of winning, by nurturing all of the players' skills, and helping them work on their deficiencies. Every pore exudes what

they believe to be the truth. Yes, your left winger may be a gifted goal scorer but is there something they can do to become a more defensive player when the other team has the puck. Leaders know that everyone wants to develop to be better. They view all players as an asset and strive to make an investment in making them better.

From a coaching perspective, a good coach is always educating their players. Coaches will make it fun for players to learn new skills and to cultivate a better knowledge of their sport. As well, the coach must also be willing to grow personally in order to help the team thrive. Continuous lifelong learning is essential. Every coach comes by their skill or technique from a personal experience, relating these experiences can be a valuable teaching tool as well. Why do you always wear a helmet coach? The players need to hear the story of why you are the way you are. The loyalty developed from authentic relationships gives a leader currency when times are tough and team chemistry is critical.

Finally, leadership is gained by listening not always talking. All good teachers know everyone can learn something from someone else. Leaders listen to gain knowledge but also allow others on the team to challenge the facts, to test assumptions and to invest in each other to be better teammates.

Better students - better players - better people.

## Tucker Hockey Awards

*"Giving Back to the Calgary Hockey Community"*

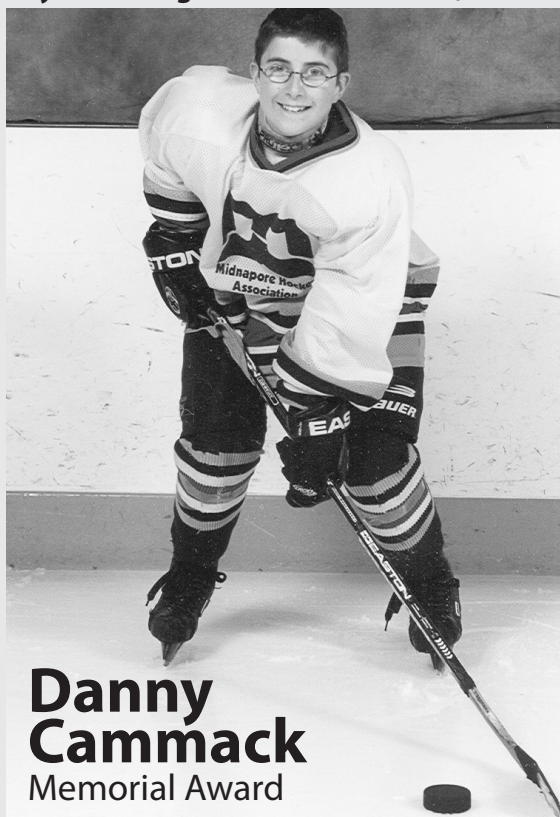
Since 2004, Tucker Hockey has offered over 60 free programs to various Minor and Adult Hockey Players. Giving back more than \$15,000.

### 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 2010 - Adam Rosen

Fall 2010 - Brittany Ragan

Winter 2010 - Cade McNeil-Roberts

Spring/Summer 2011 - Hayden King

Thank you everyone who entered -

with the high calibre of entries it was difficult to select just one winner!

### Why I Love Hockey!

I'm in love with hockey!

When I was 5, my dad won a contest for me to go to a hockey school... it was Bobby Orr's. As I took to the ice, I knew that I was hooked!

The next week my dad took me to a Flames game. When the Flames won, I decided to ask my dad a question: "Can I play hockey?" He said yes.

The first game that I played, I scored... the feeling was great.

Playing it, watching it, reading about it, talking about it, living it! That's why I love hockey.

~ Hayden King

## 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 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

Winter 2010 - Len Moriarity

Spring/Summer 2010 - Roger McPherson

Fall 2010 - Arend Terae

Winter 2011 - Ken Berze

Spring/Summer 2011 - Mike McCarthy



# 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 it quietly and without fanfare."

**- Tom Renney, Head 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, Past 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**