

Hockey Zones

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

Are You Ready?



It happens every season. The Calgary midget hockey system is heavily scouted and young players are chasing the dream...the

dream of someday playing in the NHL. The road to the NHL travels through Junior A Hockey. The question brought forth – Are you ready?

Midget players age 16 and 17 years of age receive many invitations to attend rookie Junior A hockey camps held in April and May each year. Parents pay the clubs anywhere from \$100 to \$150 to allow their son the opportunity to showcase his skills. Many of the camps invite 100 to 120 prospects. Often this is a good revenue stream for the Junior A clubs. Parents and their son have many choices – it's not uncommon for players to attend upwards of 5 rookie camps. It's important for the player to be prepared for each camp (expect a gruelling schedule, play with intensity, look like you want it and do your best to control the nerves, fears and deal with the uncertainty of the situation). Realistically look at the opportunities available from each

team. It's better to attend 2 or 3 camps (quality) vs. 4 or 5 camps (quantity). If the player has a good showing, he may get invited back to participate in the late August main camp with upwards of 35 to 60 players which will include the returning Junior A veterans as well.

Players and their parents often chase the dream of playing Junior A hockey either Western Hockey League (Tier 1) or Alberta Junior Hockey League (Tier 2) at the early age of 16 or 17 years old by skipping a year or two of midget eligibility to get on the fast track of advancing one's hockey career. But a caution to parents and players who receive promises from scouts and coaches about being highly regarded and the opportunity to play on their Junior A team for the upcoming season. Many 16 year olds will go and tryout for a team. It will be for many their first time away from home. They may have limited interpersonal / social skills, and few life skills such as budgeting monies, purchasing personal items and making life decisions. Players may experience homesickness and the juggling of highly competitive hockey with education can seem overwhelming. The rookie

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**Look Inside for
More Great Sports Tips**

**Slow Down You're Doing Fine,
You Can't Be Everything
You Want to Be
Before Your Time**

~ Billy Joel

Tucker Hockey

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

Minor Hockey Group Programs Easter, Spring, Summer & Christmas Power Skating Player Development Checking Clinics	Elite Power Skating	Adult Recreational Group Programs (Ages 18 - 65+) Fall, Winter, Spring & Summer Power Skating Player Development
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Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Super Power Skating	Individual Adult Recreational Team Practice Sessions October - March Power Skating Player Development (Mens & Ladies)

Rex Tucker Director, B.Comm

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

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

Contact
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(403) 998-5035

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www.tuckerhockey.com

Tucker Hockey Identity

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

Experience the passion of Tucker Hockey!

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Are You Ready? (Cont'd from Cover)

players are hanging out with older and more mature young men (18 – 20 years old) and peer pressure may lead them down the path they won't normally follow. By moving away from home they are giving up familiar support groups such as family and high school friends. Promises are made to them about making the team, the player's individual role on the team, the amount of playing time and position played. Players are exposed to physical, mental and emotional stresses and strains unaccustomed to in their bantam or midget days in Calgary.

Yes, there's the odd player who is ready to play Junior A hockey at the early age of 16 years old. Chris Philips, of the Ottawa Senators played Junior A (Tier 2) hockey with the Fort McMurray Oil Barons at the ripe old age of 16, but he was living at home. The Alberta Junior Hockey League allows up to 2 roster spots per team. Alberta resident players can go play in the Manitoba, Saskatchewan or B.C. junior A hockey leagues after

they have exhausted their 3 year's of midget eligibility.

Several summers ago I taught a 16 year old midget player a few elite power skating sessions prior to him competing in one of the Western Hockey League (Tier 1) main August camps. The player was one of the last cuts from the camp. He returned to Calgary and tried out for Midget AAA in his city quadrant. He got cut! Then tried out for Midget AA hockey in his quadrant and again got cut! Finally, he ended up playing Midget Division 1 community hockey. At this level of hockey, he experienced lower quality training, coaching and competition and this hindered his development and the ability to advance his hockey career.

What happened? Well the player was so beat up physically, mentally and emotionally from tryouts, first the WHL, then Midget AAA, and later Midget AA. The player's self confidence and esteem regressed to an

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Next Issue Fall 2012 Features

- Kids Hockey Advancement Society Golf Tournament
- 2013 World Junior Tournament Schedule
- Calgary Flames 2012-2013 TV Schedule
- Meet the Instructor - Jeff Pickell
- Tucker Hockey Christmas Programs

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Spring/Summer 2012 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 -



A View from the Pressbox

Re – imagine the Flames!

In the Winter 2012 Hockey Zones edition I wrote the following:

How far will the Flames go this season? This writer believes the Calgary Flames are in a dogfight again to make the playoffs. As of January 1st, 2012 they were 3 points behind for the last playoff spot in the Western Conference. The margin between winning and losing can be a very fine line on any given night in today's NHL... When the Flames play a skating, up- tempo and puck pressure team game they can be competitive with any club in the league and future victories are possible. If the Flames do not make the playoffs which seems to be the case this season, will the general manager, Jay Feaster – keep tweaking the team, make some major trades, dismiss the coaching staff and /or blow up the team with a major rebuilding plan etc.? Feaster is a very cerebral and patient man but like many of the loyal Calgary Flames fans his patience may run out if the team fails to make the playoffs for the 3rd year in a row! Stay tuned! It will be an interesting second half of the season on and off the ice for Calgary in 2012!

It's now early April... the end of the season...after not making the playoffs for the third season in row, it's time for a little intellectual honesty... the Calgary Flames organization has some important questions to answer to re-imagine this franchise and bring back a winner to the city.

What is the main goal of the Flames organization?

Is just making the playoffs good enough or do they want to build a team capable of competing for the Stanley Cup? The 2011 – 2012 version of the Calgary Flames did not show the consistency required to make a serious run, even if they had made the playoffs.

Rebuild or just tweak?

Tweaking the team did not work. A major rebuild is now necessary. GM Jay Feaster finally has some salary cap room to play with (approximately \$15M+) and can finally start to mould the team of his choosing. Next season's salary

cap is estimated in the \$70M range but will depend on the CBA – the current one expires September 15th, 2012. In the past, ownership and management has over-valued some of the talent on the team and now is the time to make some progressive changes. Potential trade bait would include Iginla (if he's willing), Bouwmeester, Stajan (even if Calgary must pay part of his \$3.5M salary) and Karlsson.

Should Brent Sutter's contact be renewed?

He has had three years at the helm of the Flames. While he is a hard-working and very good hockey man, his style just did not get the job done. The Flames organization needs a fresh voice and look. A change behind bench is warranted. The Calgary fans deserve a more exciting brand of hockey. The Flames should let Sutter go... but will they? It's anyone's guess!

Does Jarome Iginla stay in Calgary?

He has been "Mr. Flame", the face of the franchise for so long. Has the time come to ask Jarome what he wants? It appears he still wants to win a Stanley Cup. However, there doesn't appear to be a chance for him to get his name on the Cup while wearing the Flaming C, and I don't think you will find any hockey fan in Calgary that would begrudge him that honour. He has been the heart and soul of this franchise as well as producing 500+ goals. It's his decision to make, much like Ray Bourque was given the opportunity by the Bruins towards the end of his career. It's best for both parties for him to agree to a trade to a team of his choice. Remember if he does play for the Flames next season, he will become an unrestricted free agent in 2013 – 2014!

What Free Agents do the Flames re-sign?

The Flames have restricted free agents Aliu, Backlund, Bryon, Comeau, and Jones. They should sign Aliu, Backlund, Bryon and Jones. Let Comeau and his \$ 2.5M salary go. The unrestricted free agents are Hannan, Jokinen, Kotsopolous, Moss, Sarich and Stempniak. They should re-sign Sarich

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Flames (Cont'd from 4)

(at a lower price from this season's salary of \$ 3.6M if not let him go). Resign Moss and Stempniak, and let Hannan, Jokinen, and Kotsopolous test the free agency market.

Who should stay on defence and who goes?

Jay Bouwmeester is making \$6.7M. He is a great skater and logs enormous minutes, but his offensive output does not justify his top end salary. Moving him would create much needed cap space and/or high value draft picks. Babchuk, Brodie, Butler, Giordano, and Smith are all effective defensemen at reasonable prices based on their value to the team. As mentioned, Sarich can be re-signed, but only at a better price in the \$2M range. The two up and comers, Brodie and Wilson are waiting in the wings to make bigger contributions in the show.

What to do with the goaltending situation?

Keep Kipper. He has, along with Jarome, been the face 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. Trade Karlsson and have Irving as the back-up, playing 20-25 games. A similar setup to what Vancouver did with its goaltending pair of Luongo and Schneider this season – 30 and 20 wins respectively.

Any help from the farm system?

In the system they only have Irving, Aliu, Baertschi, Bouma, Byron, Connelly, and Reinhart as legitimate NHL prospects. After that, roster improvements will have to definitely come through free agent signings or trades. For the past two seasons, the Flames have been one of the oldest and slowest teams in the NHL especially considering the speed

of today's game. They will often fall into the trap of letting the opposition dictate the pace of play in a game. This needs to change next season. The Flames only scored 202 goals this year. Only Columbus, LA, and Minnesota scored fewer goals. The Flames especially had problems catching up when they fell behind in games. The Flames went to extra time on 16 occasions, and were 3 – 9 in shootouts. They definitely need more offense!

In Conclusion:

The time has come for the Flames organization to do a major re-building, not a "reload" or "tweaking". The current team is not close to being a serious playoff team and potential Stanley Cup contender. The team must acquire some top end offensive skilled players, otherwise the losing pain will continue year after year. Players such as Bouwmeester and Iginla should be traded for draft picks, an offensive defensemen and or No: 1 centre. The Flames must also inject more youth into the team. Kids like Baertschi, Backlund, Brodie, Horak, Irving and Wilson, should be given more ice time and a more important role next season. There may be the odd short fall throughout a long season but their development must continue and grow at the NHL level. Let's be a little less conservative please! Yes indeed, Jay Feaster is still the man who can rebuild the current Flames roster and salary structure to get this team into the playoffs next season and be competitive. In his defence, one year isn't long enough to place his stamp on the team and the Salary cap restrictions certainly did not help his situation. The Flames ownership must let Jay "Re – imagine the Flames". New Jersey (15 points), Ottawa (18 points) Florida (19 points), and St. Louis (19 points) improvement respectively turned things around this season. There is no reason not to believe Calgary can't do it next season as well! Believe!

**Passion is the
genesis of
genius.**

~Tony Robbins

**The future
belongs to
those who
believe in
the beauty of
their dreams.**

~ Eleanor Roosevelt

**Can you
imagine what
I would do if
I could do all
I can?**

~ Sun Tzu



Tucker Hockey Initiatives

For the Betterment of the Game

The objective of this new section of Hockey Zones is to offer ways to improve our great game. We encourage readers to gather their own thoughts – to speak up and let their opinions be heard! Letters to the editors are welcomed at programs@tuckerhockey.com.

The second installment of Tucker Hockey Initiatives will focus on the following discussion topic.

Re-examining Body Checking in Minor Hockey

Recently, in a move designed to increase player safety, Hockey Calgary announced removing body checking from the Pee wee level starting this fall. However, there's a split down the middle on the issue of body checking in minor hockey. This decision is pending approval at the Annual General Meeting on June 23rd, 2012. After reading about the upcoming changes, I referred back to an article "To Check or Not to Check" that Tucker Hockey wrote in the Coach Rex's Corner section of a 2003 Hockey Talk newsletter. Here is a reprint of that article, perhaps a little ahead of its time! We would love to hear your opinion on this issue – read on.

To Check or Not to Check?

During the past year, there has been a great deal of discussion, debate and confusion about the potential implementation of body checking at the Atom hockey level. During last year's Canadian Hockey Annual Meeting the decision was made to permit provincial branches to introduce body checking at the Atom level if they so choose. At the grass roots level, the Calgary Minor Hockey Association was proactive on this subject (i.e. had meetings and discussions within

the City leagues and Community Associations) and the majority consensus was to implement body contact into the Atom Division. However, the Provincial Association (i.e. Hockey Alberta) decided at their Annual Meeting to delay the implementation of contact in Atom and review the issue again prior to the 2003 – 2004 season. As a result, the City of Calgary's Atom level did not have body contact this season.

What is the main purpose of checking? To embarrass or intimidate a player on the ice, to entertain fans with a great hit, to cause injury to one's opponent...no of course not! The main purpose behind checking is to gain control of the puck!!

The objective of the game of hockey is to control the puck, to make plays, to create scoring chances, to score more goals than the opposition, to win hockey games and to ultimately "enjoy" the greatest sport on earth. Often in the Canadian hockey system too many players and too many coaches forget there's a puck on the ice! Personally, I value a "good goal" over a "good hit" any day of the week!

When thinking of implementing checking at the Atom level, there are many issues / obstacles to consider such as:

- The age change this year...Atom players are now younger 9 & 10 rather than 10 & 11 years old....we may lose kids who do not want to hit from competitive minor hockey?
- The growth and development stage of players at this young age level...we need to avoid serious injuries and concussions...weight differences between players may vary anywhere upwards to 50 pounds ?

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**At the end of the day,
the goals are simple:
safety and security.**

~Jodi Reil

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Meet The Instructor Ronald Wong

*Editor's note:
Recently, I had a good chat with Ron Wong, Instructor for Tucker Hockey. Ron has been a valuable member of the Tucker Hockey team for the past 5*

years. He has helped teach power skating and hockey skills to various Adult and Minor groups. Here is a summary of our conversation.

Ron, tell us a bit about yourself and your family.

I am a native Calgarian, married for 22 years to my wife, Janice, and we have two teenagers: Tiana (15 years old) and Matthew (13 years old). I'm a mild mannered mechanical engineer by day for a natural gas pipeline company and an assistant power skating instructor, ringette coach, hockey coach by night.

What types of sports do you, your wife and your children participate in?

While growing up, I did not participate in very many sports other than what was required for Phys. Ed. When I met my wife, Janice, she was growing up in a tennis family, so naturally, my tennis skills improved as we dated. We've put our kids through tennis lessons so that we can play together as a family on the court. Janice is the runner in our family and has been running for about ten years (running a marathon at 40 years old and several half marathons since then). Tiana has been playing ringette for five years and Matthew has been playing hockey for two years.

What is your hockey background?

My hockey background did not start until just before I graduated from university in 1987 and I would best describe it as "uneducated". I did not grow up playing in minor hockey. I still remember my first ice time with a church youth group back then. I had borrowed different equipment

from different friends, substituted hockey shin pads with soccer shin pads, and I had no idea what I was getting myself into. I bought oversized Lange plastic molded hockey skates at Canadian Tire. My friend helped me purchase my first hockey stick (Titan TPM1020, \$25) at Ribtor Sporting Goods. I remember cutting the hockey stick to fit in the trunk of my car instead of cutting it to suit me (It so happens to be the right length; about an inch or so below the chin). Since then over the span of 25 years, I've been regularly playing recreational hockey.

How has hockey influenced your life?

That is a very good question and I'm realizing hockey has been a greater influence in my life than I perceived. Since that first ice time, I've been hooked on playing hockey and building hockey friendships. When my wife and I moved to Edmonton shortly after we married during the early 90's, it didn't take long to find new hockey friends. At that time, I had also bought a whole set of equipment for my wife to convince her to give it a try. She was a very good sport about it and had a great time. When we moved back to Calgary in 1995, we started our family, and as the kids grew up, there was no second thought to sign them up for skating lessons which developed an excellent foundation for them before they moved on to ringette and hockey. For a several winters, I would set up a backyard rink to give them more ice time, but I think I used it more than they did. Since the kids have been in ringette and hockey, I've been helping out as an assistant coach for both kids' teams. I enjoy being on the ice with the kids (and their team mates) as well as meeting people in the ringette and hockey community. In December 2010, my wife called upon those communities to vote for me to be one of three first skaters for the grand opening of three new ice rinks at the Athletic and Ice Complex at Canada Olympic Park. The voting was successful enough to allow me the privilege of skating and passing the puck around with elite hockey player and Olympic gold medalist, Hayley Wickenheiser. That experience was not possible if it weren't for the covert effort by my wife to secretly nominate me and rally votes.

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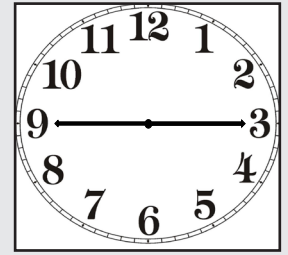
If you would thoroughly know anything, teach it to others.

~Tryon Edwards



Tucker Tips

3 & 9 Skating Skill



Skating is the most important hockey skill. World Class skaters such as Sidney Crosby of the Pittsburgh Penguins display many strong technical skating skills which are transferred into tactical game skating.

Such an example of an advanced skating skill is the 3 & 9. This skating maneuver has a player turn his or her heels together i.e. in a 3 & 9 positions. Think of a time clock - the toes are pointed towards the 3 & 9 position - heels are together. Players open up their hips and this skating position offers a 180 degree side ways perspective of the ice. This requires great flexibility, deep knee bend as well as strong balance and edge control.

This 3 & 9 skating skill helps players hone skating skills as well such as: v - starting; open up pivots which lead to agility / mobility skating. Drill progressions to help teach this skating skill are as follows:

1. Players can practice flexibility by alternating hip openings from a stationary position on the ice. Hip open to the left, hip open to the right and later open up both hips at the same time. Open up 90 degrees each way.
2. Next do open up pivots on the circle. Players pivot heel to heel - forward to backwards, backwards to forward, forward to backwards and backwards to forward going clockwise and later counterclockwise.
3. Now progress to doing the 3 & 9 skill around pylons. Players can practice this skating skill by skating around two pylons in a figure eight position. Going to the left - the player leads with the left toe and positions his or her skates heel to heel and going to the right leads with the right toe and positions his or her skates heel to heel. Posture is critical to performing the skill properly. It's very important to keep the head up and keep the butt down - a low centre of gravity sitting type position. After a player performs the drill well around two pylons, a player can practice going down the ice around 6 to 8 pylons positioned in a straight line - the player alternates from left to right and right to left side. Coach



Rex has fun with it and calls it the "Hawaii Five -O" drill - it's like surfing down the ice! Play the theme music in your head when you do the skill! Both drills can be advanced by having the player do the drill with a puck. For a player who is a left handed shooter going to the left the player leads with the puck and stick around the pylons whereas when leading with the right foot the left handed shooter drags the puck from behind around the pylon. It really helps players open up the hips 180 degrees or as far as possible.

Once the technical skills of the 3 & 9 have been mastered properly a player can practice the tactical skating skills of puck protection, keep away, evasive moves and generating scoring opportunities. Sidney Crosby utilizes the 3 & 9 skating skill exceptionally well in a game especially off the wall down low in the offensive zone - protecting the puck, playing keep away from the opposition, performing evasive moves to shake a checker and skate off the wall and open up in the 3&9 position to take a shot on goal. It can be a very dangerous and effective move.

As well, Jarome Iginla will often open up into the 3 & 9 position when stickhandle down the right side of the ice and over the opposition's blue line. This position offers him a 180 degree side view of the offensive zone vs. toe skate caps pointed to the opposition's end boards. Jarome being a right handed shooter can view the net zone, slot zone as well as any teammates breaking over the blue line - i.e. trailers. It provides him with more options to make a play in the offensive zone.

Next time you watch Sidney play or other elite hockey players look for the game within the game for specialized skating skills such as the 3&9 skating skill. To develop into an elite skater, players need to master a full curriculum of power skating skills without and with the puck. One of the specialized advanced skating skills is the 3 & 9 maneuver.



SUMMER 2013 CANADIAN/CZECH HOCKEY EXCHANGE

2 WEEK HOCKEY EXCHANGE PROGRAM:

- **EARLY JULY 2013**
- **SELECTION OF 20 ICE HOCKEY PLAYERS FROM WESTERN CANADA FOR ELITE HOCKEY TRAINING (YEAR OF BIRTH 1999 & 2000)**
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- **OPTION FOR PARENTS TO PARTICIPATE IN THE EUROPEAN CULTURAL EXCHANGE**



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Coach Tuff's Corner

Personal Growth and Development

Do you have what it takes to succeed? Can you learn what it takes to succeed? Do you believe that you can succeed?

There are questions that are important to all of us. They are especially important to those of us who are responsible for being: mentors, coaches, teachers, trainers, etc.

Therefore, this message is more appropriate for the older readers of Coach Rex's Newsletter. After years and years of coaching, teaching and counselling children and adults, I would love to share these thoughts with you.

It is my belief that there are a few key personal attributes that help each of us answer the questions above. In no particular order successful people are:

1. Reliable –
 - i. They are there all of the time
 - ii. They are always on time
 - iii. They do what they say they will do
 - iv. They are team players
2. Relationship Builders –
 - i. They are good communicators – especially good listeners
 - ii. They do not put anybody down
 - iii. They have a positive outlook
 - iv. They treat everyone with respect
 - v. They are approachable
 - vi. They can take direction from others
3. Honest and have integrity in all that they do.
4. Organized in both short-term goals and a long-term vision. They have these goals and the vision written down. They can also visualize the same.
5. Persistent – They never give up. Once they have made the decision to do something they will not let any setback (major or minor) deter them from achieving their desired result. Perseverance is a way of life.
6. Self-Motivated – When you have made the decision to do something there are so many other qualities that become obvious. You have a 'Whatever it takes' attitude. You are consistent, persistent and passionate about what you do. Above all else, your work ethic is something that is

admired by all.

Can we learn what it takes to succeed? We learn these valuable traits and skills from the day we are born.

From our parents:

- Do you allow you children to quit?
- Do you quit?
- Do you make excuses?
- Do you let your children make excuses?
- Etc.

From Peers:

- Who do you hang around with?
- Are they positive people or do they put others down?
- What skills are modeled by the people you choose to be friends with?

From Teachers, Coaches, Mentors:

- Sometimes children do not get to choose the above. If you are in this group, how do you help those you are responsible for grow into successful adults?

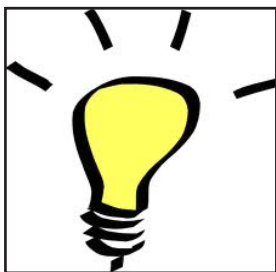
Do you believe that you can succeed? For most of us, if we are recognized positively for our efforts in developing any skill we will pursue that activity with greater gusto. Our belief that we can get better at the activity will grow and our attitude will follow suit, helping us develop all of the above listed attributes that are so important to being successful in anything.

Keep dreaming and believing.

Bob Tuff Bio:

- University of North Dakota Graduate & Hockey Team Captain
- Professional Hockey Player in Austria
- Assistant Coach University of North Dakota, Calgary Wranglers Junior A Tier 2, Calgary Canucks Junior A Tier 2
- Minor Hockey Coach Hockey School Instructor – for 35 Years
- Vice President & Director North West Calgary Athletic Association – responsible for professional coach development
- Manitoba Hockey Hall of Fame





Developing Hockey Sense

One of the most coveted traits for hockey players is hockey sense. When combined with hockey's fundamental skillset (skating, puck control, passing and receiving, shooting and checking), hockey sense is what separates the very best from the rest. Its essence lies in one's ability to anticipate offensive and defensive transitions while under game conditions (pace/pressure/support/competition/fitness/accountability/consequences) and make the best decisions available. An elite athlete, then, is one who can properly execute technical skills and demonstrate tactical thinking (hockey sense) with the head up, at speed, under pressure, even while fatigued, and ultimately perform in a consistent manner.

Athletes are not born with hockey sense; it is a learned skill – and fortunately everyone has the capacity to learn! Is hockey sense teachable? Yes! So how does one teach it? Read on... In the late 1980's, John McNeil coached a Midget AA team that had a stellar year. Halfway through the year, I watched three of his practices to see what wisdom I could glean. I was expecting to find 'the ultimate drill' but to my amazement, each shared the same routine: he did a 10-minute passing and shooting warm up, then he created two teams and played shinny for almost an hour! He operated the time clock (keeping score) and only provided feedback at the end of practice. The kids changed when tired and 'policed' the normal rules of the game themselves. For consequences, the losing team skated with pucks while the winners cheered them on.

To an outside observer, it looked like they were 'merely' playing shinny with little outside (adult) interference or teaching. I was disappointed because I expected the 'secret' to take the form of drills. "Weren't traditional start-and-stop or flow 'drills' the ultimate truth? Was he crazy?" I wondered if he ever really 'practiced' in the traditional sense. Years later, I came to recognize he was far ahead of the accepted coaching culture. I was too naïve to think there were 'better' ways to coach outside what I had experienced as a junior/university player and young coach moving through the ranks of the N.C.C.P. and Hockey Canada certification. John had indeed found 'The Grail': 'The Game was teaching The Game' and his kids sure had fun honing their skills

and hockey sense while practicing; reaping the benefits of improved performance... and winning!

In 1992, Colin Patterson (Gordon Jukes winner) taught me an activity with our Junior A team using a game-like sequence involving a series of line rushes (breakouts, attacks and regroup: 3 vs. 0, 3 vs. 1, 3 vs. 2). Twenty to thirty minutes each practice, Colin had two teams take turns competing against each other and kept score; holding the losing team accountable. An additional benefit to these decision training repetitions was the built-in (disguised) conditioning!

During my time with Team Canada's men's team in the mid-to-late 1990's, we had long stretches of practice without any games (four to six weeks), so we had to create game-like activities to keep our competitive edge. Tom Renney and Mike Johnston were masters at designing games that included measurable competition and consequences. In addition to competitive 1 vs. 1 and 2 vs. 2 situations in small space, we played a lot of tournament-style games cross-ice (3 vs. 3) and modified full-ice games (4 vs. 4 and 5 vs. 5). Around the same time, Erkka Westerlund (Finland) and Slava Lenar (Czech Republic) each did a one-year coaching exchange at Hockey Canada; resulting in two excellent applied coaching manuals emphasizing the principle of transition ("Transition: From Game to Practice" and "Transition: Defense to Offense"). See Hockey Canada's "Breakaway Store" website: <http://www2.hockeycanada.ca/breakaway/cbreakaway-p1.html>

cont'd p. 36

Dean Holden Bio:

- Former Junior A and University Coach
- N.C.C.P. Level 4 / Hockey Canada H.P. 2
- National Coaching Institute Diploma
- Masters of Education (Coaching)
- Chartered Professional Coach
- www.GetSportIQ.com
- *"The Game is the best teacher of the Game"*



KIDS HOCKEY



ADVANCEMENT SOCIETY

Providing Opportunities To Play

Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 5th Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Personally, I am committed as well as other dedicated team members to contribute the volunteer time and 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 September 12th, 2012**, 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 benefit 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.

Thanks in large part to continued loyalty from a tight community of donors, the Kids Hockey Advancement Society has continued to see strong fundraising dollars come in and with the addition of new partners last year, we've been able to maintain a high bar that we set for ourselves, even with an economy still struggling to recover.

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 \$1,700 was directly donated by adopting "Tuck" the Bear, a Hand Carved Wooden Bear that sits comfortably in KidSport Calgary's Corporate Office as their Mascot. He was introduced last year and will continue to be adopted out each year, raising funds along the way!!

The goal in 2012 is to once again provide funds to KidSport of Calgary, while also personally funding individual children at the grassroots level in the community as well. The Society has once again set a high standard that we are committed to achieving, thus ensuring more deserving kids get the chance to participate in organized hockey.

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 day of the event**

Please call **Christyne Kavanagh (403) 998-5035** - 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

5th Annual

Fundraising Golf Tournament

Wednesday, September 12th, 2012

Inglewood Golf Club

19 Gosling Way S.E.

*Register, Sponsor &
Pay online at
www.kids-hockey.ca*

ShotGun Start
Only 90 Spots Available!
Register Early to Avoid
Disappointment!

How You Can Help

- Participate with other hockey buddies
- golf enthusiasts.
~ Individual entry fee \$229 includes:
 - ★ Green Fees (18 Holes)
 - ★ Power Cart
 - ★ Driving range
 - ★ New York Striploin Buffet Dinner
- Be a Sponsor - Visit Our Website
- Donate Tournament & Live Auction Prizes

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



So ALL Kids Can Play!



Contact Christyne Kavanagh - Tournament Director (403) 998-5035 for more information.

KIDS HOCKEY



ADVANCEMENT SOCIETY

"Providing opportunities to play"

2012 Board of Directors

President: Rex Tucker

Vice-President: Jim Hepburn

Treasurer: Wayne Newby

Secretary: Michael White

Director At Large: Nick Radmanovich

We're proud to report that the Society has distributed the following amounts, since its inception in 2008:

2008 – Inaugural Golf Tournament:	\$10,000
2009 – 2nd Annual Golf Tournament:	\$12,000
2010 – Inaugural Poker Tournament:	\$8,700
2010 – 3rd Annual Golf Tournament:	\$15,500
2010 – Sponsored two Children's Hockey School Registrations:	\$1,800
2011 – 2nd Annual Poker Tournament:	\$11,220
2011 – Karlee Lewis Skate-A-Thon/Kids Cancer Care Foundation of Alberta:	\$1,000
2011 – 4th Annual Golf Tournament:	\$16,700
2012 - Oilympics Hockey Marathon for the Kids:	\$2,000
Total Donations to Date -	\$78,920



"Let Us Give You the Edge"

- Full line of HOCKEY & GOALIE SKATES from beginner to professional, includes our CUSTOM fitting process.
- Quality HOCKEY EQUIPMENT from shin guards to shoulder pads.
- Complete line of HOCKEY ACCESSORIES from team socks to helmets.
- Large selection of HOCKEY STICKS, including the latest one-piece composite sticks.
- Full line of GOALIE EQUIPMENT & ACCESSORIES.
- Our service includes equipment repairs, glove re-plating, blade alignments to blade changes.

Proudly fitting all your hockey needs for 40 years!

www.psscalgary.com



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3515 18th St SW
Phone: 403-243-3663

"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 Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1-On-1 Coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 75, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

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

Tucker Hockey Philosophy Why Power Skating?

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

Becoming a strong skater depends on a number of factors - the most important is skating technique. Other factors that enhance skating include leg strength, leg quickness, leg flexibility, balance and trunk stability.

TUCKER HOCKEY - 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 and approval by Tucker Hockey Head Instructors***

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

- 20 years+ Hockey Instruction Experience
- A Professional Power Skating Instructor since 1997
- Full Time Professional Hockey Coach since 2002
- NCCP Advanced Level 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German and Austrian players for 5 summers at Canadian Hockey Camp – Europe, based in the Czech Republic



Call 403-244-5037 Today!

Get in Shape and Have Fun!

**14th
Annual**

Tucker Hockey

Programs that Deliver Results

**Summer
2012**

ADULT

Recreational Programs

Level 101

This Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting plus scrimmage. Weighted more on the power skating side with the remaining 40% of the program devoted to hockey skills, it is ideally suited for the recreational hockey player wishing to enhance or tweak his or her skills.

Group 1: Southland Leisure Centre

Monday, August 13th to Friday, August 17th
8:30 to 9:45 PM

\$279 New Participants/\$259 Past Participants

Group 2: George Blundun Arena

Monday, August 20th to Friday, August 24th
8:30 to 9:45 PM

\$279 New Participants/\$259 Past Participants

Group 3: Norma Bush

Friday, September 14th to Sunday, September 16th
8:30 to 9:45 PM

\$149 New Participants / \$129 Past Participants

Level 201

This Technical Skills and Tactical Player Development Program builds on the Program 101 technical skills of skating, puck control, passing and shooting and introduces individual offensive and defensive tactics, group tactics plus scrimmage. It's ideally suited for the recreational hockey player wishing to improve on their technical skills as well as to learn to play the game better.

Group 1: Max Bell #2 Arena

Monday, August 27th to Friday August 31st
10:00 to 11:15 PM

\$279 New Participants/\$259 Past Participants

Group 2: Norma Bush

Friday, September 14th to Sunday, September 16th
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 or call **Tucker Hockey**
at **403-998-5035**

Rex Tucker
Head Power Skating Instructor

Improve Your Hockey and Skating Skills!

Introduction to Checking Tucker Hockey

14th
Annual

Programs that Deliver Results

Only 20
Spots

Summer Checking Programs

Group 1: Ages 10 - 13+

Tuesday, August 7th to Saturday, August 11th
6:00 to 7:15 PM Max Bell #2

Safety First

**SAFETY
FIRST!**

\$279 New Participants / \$259 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 2012



Tucker Hockey

Programs that Deliver Results



Elite

Power Skating/Conditioning Camp

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! ****

Rex Tucker
Head Power Skating
Instructor

Summer 2012

Group 1

Peewee Div 1 & 2

Bantam Div 1, AA & AAA

Tuesday, August 7th to Saturday, August 11th

Max Bell # 2

7:30 to 8:45 PM

\$299 New Participants / \$279 Past Participants



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

Register and Pay online at
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

**14th
Annual**

Tucker Hockey

Programs that Deliver Results

SUPER POWER SKATING

Hockey Skills Development:

Focusing on the technical skills of skating, puck control, passing, and shooting plus scrimmage.

Group 1: Ages 7-9

Monday, August 13th to Friday, August 17th
5:30 to 6:45 PM Southland Leisure Centre

Group 2: Ages 10-12+

Monday, August 13th to Friday, August 17th
7:00 to 8:15 PM Southland Leisure Centre

Group 3: Ages 7-9

Monday, August 20th to Friday, August 24th
5:30 to 6:45 PM George Blundun Arena

Group 4: Ages 10-12+

Monday, August 20th to Friday, August 24th
7:00 to 8:15 PM George Blundun Arena

Group 5: Ages 7-9

Monday, August 27th to Friday, August 31st
5:30 to 6:45 PM Max Bell #2 Arena

Group 6: Ages 10-12+

Monday, August 27th to Friday, August 31st
7:00 to 8:15 PM Max Bell #2 Arena

Shooting Clinic

Will cover the wrist shot, snap shot, slap shot, flip shot and back hand shot from both the stationary and moving situations, as well as one-timers and shooting under pressure.

Group 1: Ages 10-12+

Monday, August 27th to Friday, August 31st
8:30 to 9:45 PM Max Bell #2 Arena

\$279 New Participants / \$259 Past Participants

Register and Pay

online at

www.tuckerhockey.com or call

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



**Only 25
Spots!**

Testimonial

"Our son has shown a great improvement in his skating after taking the Tucker Hockey Power Skating sessions. The instructors all do a wonderful job, the kids work hard but are having so much fun they don't even notice. Our son is much more confident in his skating now which makes hockey more fun. Thank you Tucker Hockey!"

- Christy Campbell, Mother of Nixon

Exceptional Hockey Value!

A "World Class" Technical & Tactical Elite Power Skating Program

A Partnership of Tucker Hockey & Wally Kozak

Wally Kozak's coaching experience at all levels of hockey, including Olympic Hockey, offers added expertise and value to this new program level of power skating development. Wally's "tactical skating expertise" in the area of game situations and group tactics will augment Rex's specialized teaching in the area of technical power skating, to take players and their game to the next level. Working together their programs will enhance one another for the development of the "Complete Player".

Program Details

Rex Tucker - Technical Skating Head Instructor

Technical Components

Apply and improve skating skills to perform in game situations

- | | |
|---|---|
| • Extreme Forward & Backward Edge Control | • Backward Striding - Technique & Speed |
| • Foot Speed / Acceleration / Stopping | • Skating Agility & Mobility Drills |
| • Forward Striding - Technique & Speed | • Drill Progression - Without to With Pucks |
| • Forward & Backward Crossovers | |

Wally Kozak - Tactical Skating Head Instructor

Tactical Components

Game like tactical skating drills to test player's individual skills and hockey sense

Offensive tactical skating (allows players to make plays and create opportunities to score goals)

- Drive skating, evasive skating, puck protection, and deking
- 1 on 1, 2 on 1, 2 on 2 situations

Defensive tactical skating (allows players to learn when and how to pressure or contain)

- Playing 1 on 1 or odd man rushes



Skating with the Best!

Tucker Hockey Summer Group Program

Max Bell # 2 Arena

Tuesday, August 7th to Saturday, August, 12th

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

9:00 to 10:15 PM

\$299 Per Player

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

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

A Special Service to Minor Hockey Associations **Tucker Hockey**



Ways to Enhance Your Minor Hockey Programs, Coaching, and Player Skill Development.

1) Guest Instructors

We have been hired as Guest Instructors, working on individual team's scheduled practice times throughout the season, to operate customized power skating, checking and/or hockey skills development sessions.

3) Evaluations

Tucker Hockey has been contracted to assist Minor Hockey Associations with their September player evaluations. Minor Hockey Associations have retained Tucker Hockey mainly because we have no prior knowledge of the players we are evaluating, and therefore no pre-conceived notions about their abilities. Based on our hockey knowledge and experience, we enhance the player evaluation process with professionalism, fairness and integrity.

2) Customized Programs

Working with the Director of Hockey Development and/or Ice Allocation Co-ordinator to allocate extra ice sessions for individual teams or players who would like to experience additional professional power skating and hockey skills instruction over the course of their season.

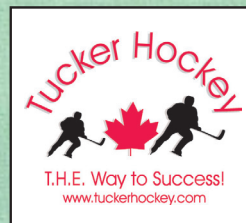
4) Power Skating Mentoring Clinics for Minor Hockey Coaches

Designed to introduce proper power skating techniques and equip coaches with additional knowledge and teaching tools to develop players into better skaters. These clinics will ultimately benefit the players as well as the coaches.

Rex Tucker Director, B.Comm

- 20 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!**



www.tuckerhockey.com

**14th
Annual**

Fall 2012

Enhanced

Tucker Hockey

Programs that Deliver Results

ADULT Recreational Programs

Level 101

This Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting. This program is weighted 60% on power skating with the remaining 40% of the program devoted to hockey skills. It is ideally suited for the recreational hockey player who wishes to improve his or her skills. (10 Sessions)

Group 1: Father David Bauer
Sundays, Oct. 14th to Dec. 23rd
No Session November 11th
9:45 to 11:00 PM

\$439 New Participants/\$399 Past Participants

Group 2: George Blundun
Wednesdays, Oct. 17th to Dec. 19th
7:00 to 8:00 AM

\$439 New Participants/\$399 Past Participants

Group 3: Stu Peppard
Wednesdays, Oct. 17th to Dec. 19th
12:15 to 1:15 PM

\$439 New Participants/\$399 Past Participants

Testimonial

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

- Michelle Copithorne, Hockey Player

**** Drop In Fee: \$50/Session ****

Level 201

This Technical Skills and Tactical Player Development Program builds on the skills taught in Program 101 plus will introduce individual offensive and defensive tactics as well as team tactics. This program is ideally suited for the recreational hockey player wishing to improve their technical skills as well as learning more about playing the game. (10 Sessions)

Group 1: Optimist
Mondays, Oct. 15th to Dec. 17th
7:00 to 8:00 AM

Group 2: Stu Peppard
Fridays, Oct. 19th to Dec. 21st
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

Level 301

This Technical Skills and Tactical Player Development Program builds and expands on the Program 201 of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. The core content of the Program 301 curriculum although similar to the Program 201 is suited for players who wish to be challenged with a greater emphasis on advanced skating agility skills and a higher paced conditioning program.

(10 Sessions)

Group 1: Henry Viney
Thursdays, Oct. 18th to Dec. 20th
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

Specialty Clinics

Shooting: Will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Stick Handling: Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Passing: Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

Controlled Scrimmage: Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

Group 1: Henry Viney
(8 Sessions)
Wednesdays, Oct. 31st to Dec. 19th
10:15 to 11:30 PM

Wednesdays; 10:15 to 11:30 PM

Shooting - October 31st

Stick Handling/Passing - November 7th

Shooting - November 14th

Controlled Scrimmage - November 21st

Stick Handling/Passing - November 28th

Shooting - December 5th

Stick Handling/Passing - December 12th

Controlled Scrimmage - December 19th

\$349 New Participants/\$319 Past Participants



Register and Pay online at
www.tuckerhockey.com or call
Tucker Hockey at 403-998-5035

Improve Your Hockey and Skating Skills!

Special Fall Offer For Minor Hockey Players!

**14th
Annual**

Tucker Hockey

Programs that Deliver Results

Enhanced

Super Power Skating

Super Power Skating and Hockey Skills Development

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

Group 1: Ages 7 - 9

Thursdays, October 18th to December 20th

6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 Past Participant

(Includes G.S.T.)

Group 1: Ages 10 - 13+

Fridays, October 19th to December 21st

6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 Past Participant

(Includes G.S.T.)

TOP 5 REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
- Excellent player to instructor ratio - 5 to 1

**Only 10
Spots!**



Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Testimonial

"The instruction was excellent. The coaches were very professional following a show do tell method of training. I enjoyed the fact that the instructors were patient with all the children and did not ever raise their voices. I encourage all young players I encounter to participate in the programs."

- Lawrence Rosen,
Minor Hockey Parent of Adam

Register Today - Programs Fill Fast!

YOUR DISTINGUISHED FAMILY HOCKEY & BIKE SHOP SINCE 1972

Calgary's Consumers' Choice Award Winner



- **Fit**
- **Service**
- **Selection**
- **Price**

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Strength Training for Adult Hockey Players: Part 2

Advanced Strengthening and Reprogramming

Welcome back to part two of our adult strength training guidelines. I hope you've all had a chance to explore the strength programming in part one (published in the Winter 2012 edition of Hockey Zones) and pull what you need from it; Beginners should have given the exercises a go and initiated these basic moves for improved body mechanics, while the experienced should have been able to utilize the tips and possibly inject a little new fuel into your current regime. Either way, you've learned and implemented an improvement into your hockey game—nice work!

Building directly upon our previous regime, our new plan is outlined below. Immediately you'll notice we're keeping two training days and alternating them each week (Monday-Program A, Wednesday-Program B

progress for yourself so take action! With that imbibe, push into high gear, past the controlled effort within our last program and allow your body to create more power and speed via these movements. In other words, learn each movement, perfect it and control the load within that perfect technique.

This type of program will show up prior to training camp or in a lesser form prior to playoffs as players need to be at their best. They will expect to notice more 'pop' on the ice and feel as though the initial hard strides of fore checking will be ultimately easier. I've even had players describe their first period as feeling like a warm-up for the next two! If that's not motivation to get training, then I don't know what is!

	Program A	Program B
1) Strength A (2 Sets of 4-6 reps)	<ul style="list-style-type: none"> • Barbell High Pull • Decline Bench Press 	<ul style="list-style-type: none"> • Dumbbell Push Press • Split Jumps
2) Strength B (2 Sets of 10-12 reps)	<ul style="list-style-type: none"> • Jump onto Box • Inverted Row 	<ul style="list-style-type: none"> • Sumo Deadlift • Chin-up (with knee-drive)
3) Strength C (2 Sets of max in 30 sec)	<ul style="list-style-type: none"> • Speed Squat to toes (max reps) • Speed Push-up (same) 	<ul style="list-style-type: none"> • Sled/Truck Push (max distance) • Sled Pull with Rope (same)

and Friday-Program A, then the opposite the following week). The sets are controlled at two per exercise as we're going for a quality of movement here and not a quantity, though Strength C is the exception. Our movements will also require some different movement planes too as we're not just pushing up/out and pulling in/down. This is paramount to your success—rotate your exercises and make sure your body gets a new stimulus to work with so it can prevent stagnation.

With this progression we're into what I like to refer to as the most productive and fun area of training. Each movement is more physically taxing than in the last program, which indefinitely creates a challenge for your training. This is your opportunity to make some real

Until next time, keep training with focus and fire!

**** Strength tip:** Stretch your hip flexors right before you skate! This will help pull the 'brakes' off of your strong glute and hamstring muscle. Start in a half-kneel position, tuck your 'tail' / hips under and move your whole body forward. Perform 2 sets of 30-60 seconds per side.

Jeff Mueller is the founder and director of Titan Health & Lifestyle here in Calgary. He has a decade of training experience with clients from grassroots hockey to pro / semi-pro. He can be reached at jeff@titanlife.ca, (403) 874-1818 or www.titanlife.ca



Are You Ready? (Cont'd from 3)

all time low! So parents, who decide to let their son tryout for a junior team away from home at the early age of 16 years old, should consider the pros and cons of such a major hockey career move. What is best for your son's overall growth and development? Is your son ready?

Here are a few pros and cons to consider when making such a big decision whether to stay in Calgary and play midget quadrant hockey versus going away from home to play Junior A hockey.

Pros of Staying and Playing in Calgary:

- Love and support of family
- Social network of friends and former teammates
- Local Schooling
- Play quadrant hockey in Calgary and be a first line player (lots of ice time, a leadership role and enhance self confidence) or go to Junior A team and potentially be a 4th line player or on the taxi squad. Note: In the Western Hockey League there's a 16 year old rule – the player must play a minimum of 42 games or he can't be on the roster.
- The Calgary midget system is vigorously scouted each season
- The experience of playing in the most prestigious Midget tournament in the world – the Macs Midget Tournament Dec 26 – Jan 1 in Calgary
- A player will get many Junior A offers if he's good enough, there's no rush to take the first one at such an early age

Cons of Going Away to Play:

- Not being mentally or emotionally mature enough to handle being away from home
- Temptations of a new social circle – booze, drugs, girls, and even unwanted predators
- Financial burden of attending the tryout camps – fees, hotels, meals and transportation
- No guaranteed investment in your success by the Junior A team – as of yet, just promises?
- Possibility of being traded – and therefore no choice or say in your hockey future
- The promises made by a coach or a general manager could change if they are fired and replaced by a new coaching regime or management team
- Junior A hockey is a faster and more physical game, with bigger and stronger players – injuries and concussions can be more common as a result

Yes, some players have made the jump from midget hockey to the AJHL (Tier 2) and even WHL (Tier 1) at the early age of 16 without any major problems. However, there are a fewer success stories and far more failures instead. Parents and their sons should be careful when chasing the dream to play hockey at a higher level. Is this a good fit at this point in their hockey career? Unless the player is a true blue chip / can't miss prospect, the idea of playing Junior A may not be the better option. Staying in Calgary to enhance one's player growth and development may very well be the better choice. It's important for the parents and their son to sit down, have a good heart to heart chat, weigh the pros and cons – consciously think things through and ask “maybe we should wait another year or two?” Self manage the situation and hockey futures and ask – “Are you ready?”



Initiatives (Cont'd from 6)

- The lack of continuity between the national, provincial and local minor hockey associations...obvious from the rulings / decisions of the past year?
- The lack of concrete facts and scientific research studies supporting or condemning the checking idea....there appears to be a great deal of uncertainty of who is right ?
- The lack of professional coaches within the minor hockey system who can properly teach body contact / checking to the players....many European countries such as Russia, and Germany have professional coaches... rather than parents.... who teach the fundamentals of the game ?
- The constant turnover of volunteer coaches each season within the hockey system... who often lack the background to teach checking properly... who often receive too many demands and too high expectations from parents...often its very unrealistic to expect a parent /coach, who has never coached before, to take a weekend coaching course and properly learn to teach what they know?

Personally, I believe the whole “checking philosophy” in our country needs to be re-examined and altered. From the initial stages of a young player’s development, our hockey system teaches the fundamentals of skating, passing, puck control and shooting. However, in the past we introduced checking at the Pee wee age level and now the debate is focused on the Atom age level.

Suggested Recommendation:

Why not implement “body contact” clinics at the Novice level, allow “body contact” at the Atom and Pee wee levels, implement “body checking” clinics at the Pee wee level, and allow “body checking” only at the Bantam age level?

In order for this checking approach to be implemented properly, the Canadian hockey system will have to adjust its current philosophy and approach....all levels of hockey (i.e. National , Provincial , and Local Associations) need to get on the same page, more in depth studies have to be conducted, better education and accountability from coaches, refs, officials and administrators are required, more professional coaching resources and tools must be available to assist volunteer coaches to learn and incorporate the proper checking progressions into their team’s practices.

The following outlines many of “key teaching points” and

“progressions” required to teach checking properly.

When teaching checking properly, a player must be introduced to and have functionally mastered the “basics of skating “. This includes: edge control, balance, stops & starts, turns & pivots and overall agility. Many minor hockey coaches cannot teach the most important skill in hockey i.e. skating.

There’s a basic “4 step progression” associated with teaching the art of body checking:

- I. Position / Angling – the ability to force an opponent to go in the direction a player wants his /her opponent to go. A player requires controlled skating and balance, feet apart, head up , stick on the ice, inside shoulder to his/ her opponent’s outside shoulder, the need to read the degree of puck control by the opponent (i.e. contain or pressure), defensive side positioning, check inside to outside, eyes on the defenders chest and angle the opponent to the boards.
- II. Stick Checking – the ability to angle and adjust the speed of approach to have inside shoulder to opponent’s outside shoulder, requires good timing...you need quick hands...practicing sweep, poke, stick press, stick lift and hook checks.
- III. Body Contact – a defensive tactic, to block the path of an attacker, to get in the way of an opponent, and good angling to steer the player to the boards...leading to “body contact / confidence”. It’s so important for a player to be confidence on his / her skates (i.e. good balance / strong on his /her skates) and execute body contact.

cont’d p. 30

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.

Initiatives (Cont'd from 29)

IV. Body Checking – the foundation is to “respect your opponent”, to read the play (i.e. good gap control), proper execution depends on skating ability, steering and the proper approach angle (i.e. read / react), good body positioning (i.e. elbow, arms, and stick down, wide skate base and knees are well bent).

There are several “Checking Never – Evers” which include:

1. Never cross check an opponent into the boards
2. Never push / trip an opponent into the boards
3. Never carry your stick up in the air
4. Never use the butt end of the stick
5. Never hit a player from behind (i.e. the reason for the stop patch on jerseys)
6. Always respect your opponent – (i.e. play safe - the golden rule)

Be aware of the “danger zone” (i.e. along the boards within 3 to 4 feet)....stay close to the boards...know where your opponents are....use your hands and arms as a cushion...keep your head up...turn your body so your shoulders hit first...don't turn your back to an opponent!

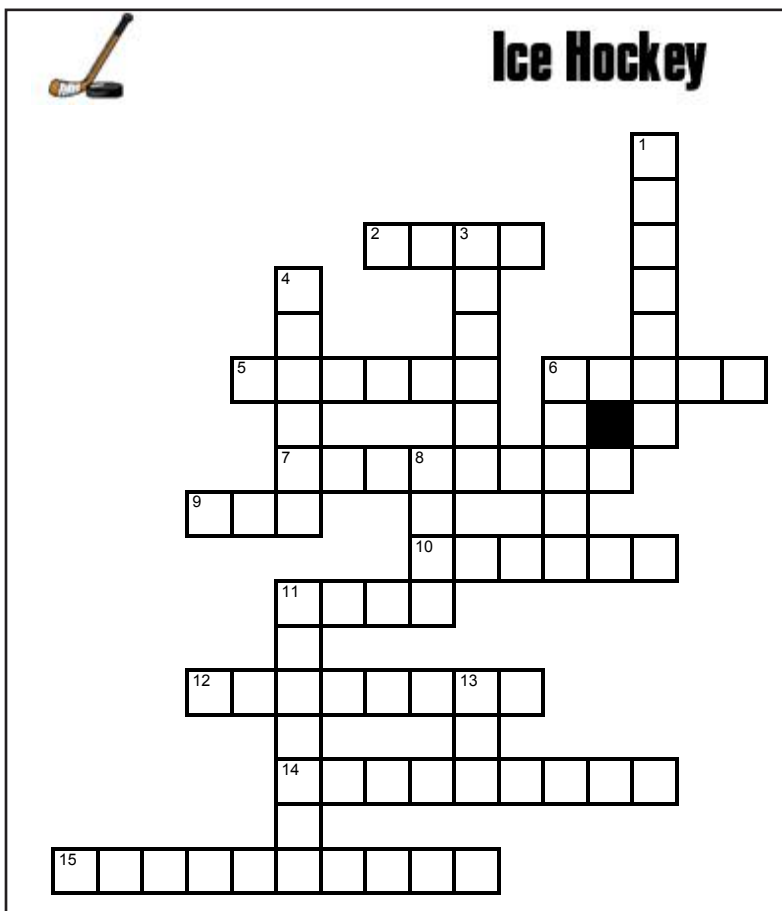
In conclusion, if at an early age (i.e. Novice level) players are taught a strong base of skating, position / angling, stick checking and body contact (i.e. get in the way of an opponent) their motor memory skills will be developed / improved and progressive steps will be made towards later years... when body checking is implemented at the proper level i.e. bantam!

Educated and concerned readers may express their comments regarding this article, or make inquiries about upcoming “Tucker Hockey” - Power Skating programs & / or Checking clinics at programs@tuckerhockey.com.

P.S. Play hard...play smart...play to win...play to have fun...but always play safe!

Yours in Hockey,
Coach Rex

Yes, we welcome your opinions and thoughts on the above discussion points, email us at programs@tuckerhockey.com. Share your Hockey Stories! Tell us what you think! The “best” letter submitted to the editor will receive a hockey prize!



Across

2. Move the puck from one player to another.
5. Something that protects a hockey player's head.
6. What hockey players carry in their hands.
7. A very hard shot.
9. Something that covers the ground in a hockey rink.
10. A position in hockey.
11. Place where hockey games are played.
12. A position in hockey.
14. A position in hockey.
15. Person who makes saves.

Down

1. The player who wears a C on his or her jersey.
3. What hockey players wear on their feet.
4. Area in front of the net.
6. Try to score.
8. Small black disc that is used instead of a ball.
11. The person who blows whistles and calls penalties.
13. What the goalie guards.

Tucker Hockey Customized Programs Group and One-on-One

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

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

Here’s the easy way to set things up.

- 1: Parents / groups / teams just need to determine times, dates, guaranteed budget and recruit a minimum 1 to 10 players
- 2: Tucker Hockey will find the ice, set – up a “ customized curriculum ” (based on parents / organizers direction / input) and provide professional instruction.
- 3: Type of Programs - customized curriculum will specialize in
 - a) power skating
 - b) hockey skills development
 - c) conditioning or
 - d) combo programs
- 4: Frequency of Programs - 1 session per week for 10 weeks
 2 sessions per week for 5 weeks
 5 sessions per week etc.
- 5: Time of Programs -
 - a) Week days before 4:00 pm (Non Prime Time)
 Only \$399 per player, includes 10 on ice sessions (based on 10 players)
 - b) Weekday after 4:00 pm and weekends (Prime Time)
 Only \$449 per player includes 10 on ice sessions (based on 10 players)

Note: All programs subject to ice and staff availability, price based on 10 to 1 player to instructor ratio.

A reduced rate if Tucker Hockey does not provide the ice.



Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

~ Frank Portman

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

~ Jamie Yu



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- Make New Friends
- Elite Teams for Bantam AAA and Midget AAA
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Girls Hockey Calgary 403-278-9223
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Girls Building Futures, One Goal at a Time.



The Merits of One-on-One Coaching

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

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

Top 10 - Advantages of 1 on 1 Coaching

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

Ron Wong (Cont'd from 7)

When and how did you initially get involved with Tucker Hockey?

My initial involvement with Tucker Hockey was as a participant. I first heard about Tucker Hockey from a friend who was also a participant back in 2001. I had been looking for power skating lessons for adults like me who had started hockey at an older age. At that time, it seemed the only power skating lessons available were for minor hockey age groups. Tucker Hockey was a great fit for my demographic. Rex was still tweaking his programs at that time and his youthful exuberance was doing us in. I remember my first session for

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 for more information as well.

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

the Level 1.0 adult program started with eight skaters and finished with five because the backs of the other three skaters had given out. Rex has steadily mellowed since then. From 2001 to 2006, I was a repeat participant in the Level 1.0 and Level 1.5 adult programs. I cannot emphasize enough about how extremely valuable the ice time was to develop proper technique, edge control, and other hockey skills which allowed me to enjoy playing hockey more than ever. In 2007, Rex asked me to help as an assistant instructor for a Level 1.0 program and that was truly an honour

cont'd p. 34

Ron Wong (Cont'd from 33)

especially when I donned the Tucker Hockey track suit. Never had I imagined that I would be doing that some day. Since then, my focus has been on the Level 1.0 (now Level 101) program for adults as a head / assistant instructor alongside Rex and his other instructors.

What, if anything, has instructing with Tucker Hockey taught you?

Instructing with Tucker Hockey has taught me the importance of communication, attention to detail, and believing that improvement can happen at any skill level and at any age. I want to thank the Tucker Hockey instructors and especially Rex for teaching me the many facets of on-ice instruction. I greatly appreciate Rex's mentorship and patience.

What is the most enjoyable part of instructing for you?

The most enjoyable part of instructing is being in an environment where everyone has the same objective and determination to become a better skater. I enjoy "paying it forward" to those in the Level 1.0 adult program who are discovering the Tucker Hockey program because I have been through the same program and I absolutely believe in it. I get tremendous satisfaction in finding the right instruction to help a participant with their skating, seeing immediate results, and seeing their reaction as well.

What challenges or difficulties have you experienced while being an on-ice instructor?

The challenge I've experienced as an on-ice instructor would be trying to remember all the key teaching points for the power skating program(s) because there is a lot of information to convey to the participants in a limited amount of time. Another challenge from me would be to manage the on-ice time to allow for water breaks as Rex has reminded me after that one time.

What advice would you like to offer hockey coaches, parents and players about the importance of skating, and why they should invest the time and money towards quality skating instruction?

Skating is the most important skill to have as a foundation or as a launching point into hockey or ringette. That is why it is important to learn this skill through proper instruction as early as possible. For most skating skills, every person has a strong side and a weak side. For example, strong at skating forwards and weak at skating backwards or strong at turning one direction and weak at turning the opposite direction. Proper skating instruction will strengthen a

skater's weaknesses and build confidence. Once the skating skill becomes a strong foundation, it will be one less thing to think about when developing hockey skills such as puck handling or shooting.

What other things interest you, outside of hockey?

I enjoy spending time with my wife and kids, travelling, and tennis when outside of hockey.

What does the future hold for Ron Wong?

Hopefully, continued hockey skills development for myself, continued coaching with my kids' hockey and ringette, and to continue as an on-ice instructor at Tucker Hockey.

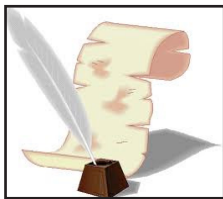
Thanks Rex!

Editor's note:

Thanks Ron for taking the time from your busy family and work schedule to complete a Tucker Hockey Instructor Profile. Having spent many hours on the ice with Coach Ron, the following personal traits come to mind. Ron is a very conscientious individual and gentle soul, who demonstrates great attention to details and relates extremely well to his on ice audience. Since Ron has participated numerous times in the Tucker Hockey Adult Programs over the past 10 years as a player, he is very knowledgeable about the Tucker hockey – on ice philosophy, curriculum, practice plans, drills and many of the teaching points. With his strong communication skills and empathetic ways, he excels teaching the lower skilled Adult participants! Over the past couple years I have enjoyed mentoring Ron to the role of a strong assistant instructor and now to a very competent head instructor for the Adult Level 101 Program. Ron, my friend, I have valued your contributions to Tucker Hockey...much appreciated! I look forward to many fun times on the ice in the years ahead!



Ron at COP with Olympic Heroes Christine Nesbitt, Elvis Stojko, and Hayley Wickenheiser.



Letter to the Editor

I recently read a news item about a referee throwing a coach and a parent out of a hockey game for verbally abusing him during a game. Two things stood out in the story: one, the referee was only 13 years and refereeing games for kids 11-12 years old; and two, the police actually had to be called to protect the young officials outside the arena.

Not knowing the details of what ensued during the game to raise the ire of the supposed adults, a line was absolutely crossed. The referee was totally correct in ejecting the offending parties and, hopefully, the league reprimanded both individuals.

Now, one could say that a 13-year-old referee shouldn't be in control of games one age group below his own. The possible reason for that is in the details of what happened in this case. Did other, older, officials refuse to work games within this division, or have they walked away from the game altogether? Boorish behaviour like this is as detrimental to the game as mindless violence. How can you play hockey without officials?

To this end, Hockey Calgary has instituted a program that requires parents registering their kids in their programs to enrol in Respect in Sport. It is an online course that should take approximately an hour to complete. There are 11 companion articles to go with this program, yes 11! How did we get to a point where we need to be educated on the difference between Abuse, Bullying, and Harassment in hockey? And how to properly report this behaviour?

To be fair, this type of behaviour towards officials is not exclusive to hockey. Minor soccer is another team sport having trouble recruiting and retaining officials due to verbally abusive parents and fans. In 2009, it was estimated that almost 2/3 of soccer officials working in Calgary Minor Soccer games quit. Things were so bad that "Field Marshals" had to be dispatched to the games to protect the referees, some as young as 12-years-old, from the foul mouthed and aggressive spectators. In Ontario, there were even reports of referees crying on the field during games, they were so intimidated by the bullying parents.

Softball Canada has even had issues with rowdy spectators

and developed a program called "Respect My Game" that includes a statement that is read to the spectators prior to the game starting.

Some minor sports leagues have instated "silent stands", forbidding shouting and cheering. In some cases, leagues have gone so far as to ban spectators from games due to their behaviour.

The next time you want to question the ability of a game official, just remember that this person is doing the best they can under very trying circumstances.

Bob Bayliss

Editor's Note:

Bob, thanks for your letter to the editor. You raise some very good points regarding the ongoing abuse of officials in sports. Hockey Calgary this past season displayed signs at the city arena entrances which addresses the respect issue. The signs stated "You can't cheer from the penalty box." "Everyone wins with respect." It's a great initiative and we need to see more education signs / materials indicating zero tolerance of abusive bad spectator behaviour towards officials in the future. Officials are dedicated individuals who are trying to do their very best! The questions are... "If it was your son or daughter... would you want your child subjected to abuse at the local arena? or if you were an official could you tolerate the abuse?"



Hockey Sense (Cont'd from 11)

During the late 1990's at U of C, Tim Bothwell designated the first practice of each week a 'Red vs. White' day; we kept score and the losing team bought the winners a Gatorade, or another fun outcome. The kids loved Mondays! During the Christmas break, Tim invited SAIT to come 'play' during our practice time. Each school took turns on the PP/PK (using the time clock and scoreboard). The coaches officiated and those days were hotly contested. It was a great way to elevate intensity/simulate game conditions (make decisions under pressure).

In 2007, Tom Molloy provided me with his coaching book, "Hockey Coaching ABC's", detailing a wealth of game-like situations incorporating anticipation/transition games. In my opinion, it is the 'Gold Standard' of applied coaching

manuals; specifically to replicate game-like transition situations. (www.hockeycoachingabcs.com). Tom's website also provides a free forum to ask questions and share ideas.

Experience has made me a firm believer in the value of 'playing the game' as the number one teaching tool to train hockey sense. The more one can play under game-like conditions, making decisions under pressure, the better prepared they will be to cope with the stresses of real competition.

Moving forward, I challenge all coaches to provide at least one competitive game/situation per practice; lasting at least ¼ of your total ice time... or more!

We're Hiring!

COOL JOB ALERT

Tucker Hockey, a growing and progressive hockey organization, is looking for an Advertising and Marketing Rep to promote our quality and professional year-round services, including Minor Teams, One-on-One coaching, Hockey Zones Newsletter ads, and Canadian / Czech Hockey Exchange.

Requirements & Skills

Outgoing personality, strong communication skills, excellent people and networking skills, sales and marketing experience, great team player, and must have own vehicle.

This position is offered on a part-time, commissions basis, with great incentives and flexible hours.

Please forward resumes to programs@tuckerhockey.com. Only qualified applicants will be contacted for an interview.

www.tuckerhockey.com

UNDER CONSTRUCTION



New Website Unveiled June 15, 2012!



Welcome to Tucker Hockey

We enjoy and preserve what we love
We love what we understand
We understand because we have been taught
The Tucker Hockey Way!



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 today!

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Now Hiring!

Tucker Hockey is hiring passionate instructors for year-round programs. Email detailed hockey resume to programs@tuckerhockey.com



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My point of view -



Where has all the creative hockey gone?

By Michael White

While watching a recent Saturday night broadcast of CBC Hockey Night in Canada, it occurred to me “Where has all the creative hockey gone?”

I watched closely... the intensity of the players was there, for the most part. “Come on boys...you’re on national TV!” I thought to myself. The work ethic was there when the teams battled on the ice. The goalies made some spectacular saves. The defensemen made their checks count. The forwards passed...centre...right wing...left wing... a shot on the net etc. The Tic Tac Toe all according to the schematic on the coach’s whiteboard. That got me thinking – where is all the creative hockey gone?

It seems to me, a relative neophyte to the hockey arena, that the game would be more exciting to the spectator if the players used their skating and puck handling skills to do some “dipsy doodling” in the words of legendary hockey commentator Howie Meeker (thanks for the quote Howie)

The present game, for the most part, consists of shooting the puck in, fighting for it in the corner, coming up with the puck, getting clear to get a shot and, finally, hopefully,

getting a goal and this is usually very boring. Teams are playing somewhat robotic hockey. Playing it safe, “For god sake don’t turnover the puck” is the coach’s rationale; keep the play towards the outside near the boards, battle along the boards. So many teams are playing not to lose instead of playing to win: playing for a tie in regulation time and hoping to accumulate another point in overtime or the shootout.

I guess I am a dreamer! But I dream of the good ole days of Wayne and Mario and the artistic players on ice who made hockey a game of creative playmaking. Not just skate, pass, shoot in, scramble for the puck and maybe, just maybe, score a goal...but unique and innovative plays which can lift a fan out of their seat and truly entertain the loyal fan who is watching the game, whether that be in person, at home, or at their local watering hole.

One of the greatest players who ever played the game, the Golden Jet Bobby Hull (for the younger generation Brett Hull’s father) often expressed the view when he played that he enjoyed entertaining the fans especially lifting them out of their seat! In his book “Hockey is my Game”, Hull expressed the following: “I don’t know how long I’ll continue playing professional hockey. It will depend on a lot of things, but I do know that as long as I am playing it will be under full power. I’ll stop when I can no longer give the club full value for the money they pay me, when I can no longer give the fans the kind of game they deserve.”

If more coaches and players in today’s game performed with greater creativity and integrity to give the fans a better show like hockey Hall of Famer Bobby Hull, hockey would indeed be a more exciting game to watch. Here’s hoping!



ON THE LIGHTER SIDE...



Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

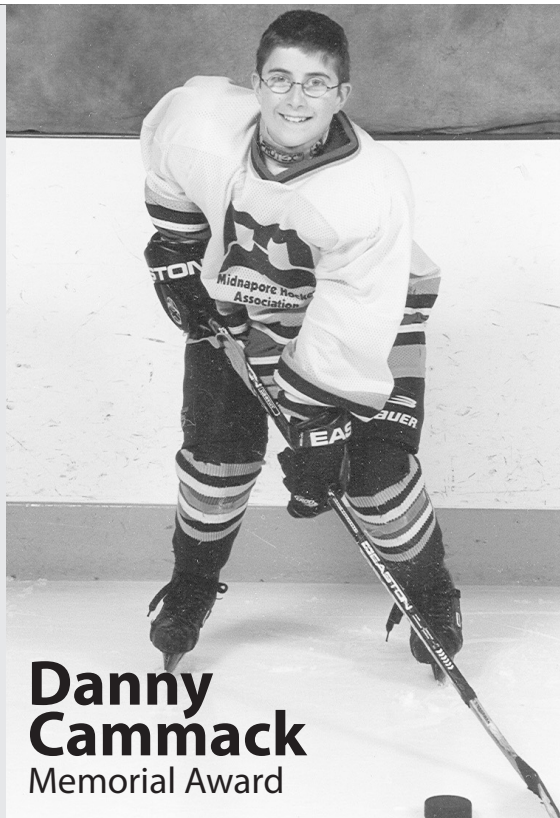
Since 2004, Tucker Hockey has offered over 60 free programs to various Minor and Adult Hockey Players. Giving back more than \$15,000.

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.

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 2011 - Hayden King

Fall 2011 - Bruce Marsden JR

Winter 2012 - Kohen Morrison

Spring/Summer 2012 - Aidan Bain

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

Why I Love Hockey!

My name is Aidan. I am almost nine years old. My favorite part of hockey is getting to hang out with my friends and score goals. I like to get up early and go skating. It will be lots of fun when I can body check. I hope to play in the NHL when I am a grown up. My favorite hockey team is the Montreal Canadians.

~Aidan Bain, age 8

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 2011 - Ken Berze

Spring/Summer 2011 - Mike McCarthy

Fall 2010 - Margo Demerse-Berg

Winter 2012 - Kim Faires

Spring/Summer 2012 - Dennis Melbourn

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

The One-on-One coaching from Rex Tucker my son received has helped his skating immensely. Rex worked on specific areas of need that helped take his game to the next level. More importantly his new abilities gave him confidence to take chances and push himself further.

- Marie Lachance, 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