

Hockey Zones

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



Thoughts from Coach Lyle

Safety is No Accident

By Lyle Hanna

What Parent-Coach in Minor (Community) Hockey has not had that panic moment when, with his/her heart stuck in their throat, had to react to the following scenario?

Your player goes down! S/he does not get up! Play is whistled down and the referee takes one look at the downed athlete and signals to your bench for immediate attention and it is likely medically related.

In a microsecond before you react, at least the following fleeting thoughts, fuelled by a fresh charge of adrenaline, attack your reasonably composed demeanor: “I wish I had taken / renewed my St. John’s First Aid Ticket!”; “I wish I had a certified trainer on the bench to deal with this!”; “Did our manager arrange for one of our registered team officials to be certified under the Hockey Canada Safety Program and if so, is s/he here today?”

You are jerked back to current reality by the eyes of your extended family, the players on your bench. They are looking to you to do something. Even your assistant coaches, also well-

meaning parents who have had little or no emergency first aid training, in trying to mask that gut-numbing lightning stroke of fear of the unknown, glance your way, but avert eye contact by looking back to the still warrior on the ice.

Your own doubts and fears are put aside as you react and hit the ice running because, “You’re the coach!” Number One must do something! Like it or not, your responsibility now is to take charge!

As you do a slippery footed gallop across the ice or at least an over-speed moonwalk shuffle, I know some of the thoughts going through your mind. Firstly, I hope, is that you are getting yourself to calm down. Secondly, get your thoughts to focus ahead of arrival, on exactly the procedure that you will follow to properly assess the nature and extent of the injury without making the problem more complicated. Like it or not, you realize that this is the start of what the medical community calls “triage”. Already you feel a bit more professional! A bit more confident! Calm under fire! Maybe a bit more of a professional coach!

As in most cases, this scenario is a replay of an injury from a player in an unbalanced or otherwise awkward position when in collision with the boards,

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“In skating over thin ice, our safety is our speed!”

—Ralph Waldo Emerson

“No one is useless in this world who lightens the burdens of another”

—Charles Dickens

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NHL Lockout!

I am truly passionate about the game of hockey at all levels, and have definite thoughts about our lack of professional NHL Hockey this year.

The root of the problem evolves around the basic trait of human greed. At the core of the problem human greed has lead to a lack of trust among players and owners... which has lead to a lack of communications... which has lead to a lack of negotiations... which has lead to no deal – no collective bargaining agreement has been signed to date and this in turn has lead to an uncertain and potentially bleak NHL future.

First and foremost the NHL is big business with annual revenues in excess of \$2 billion U.S each year. Everyone wants a bigger share of the financial pie. Yes, money is said to be the root of all evil and this is a prime example. The love of the game has become love of the almighty dollar. Greed has adversely affected the stakeholders of the game. Do they still care about the game? Do they want what is best for the game and ultimately do they have the right intentions in mind for the fans – the paying customer?

The complicated issues of a salary cap, a fixed link between league revenue and player salaries, significant revenue shar-

ing, payroll/luxury taxes, salary rollbacks and unrestricted free agency are the core issues addressed in the media over the past few months.

The NHLPA believes the NHL owners are making more money than they report in the media. NHL owners are saying player salaries have gotten out of hand. In 1993/94, league revenue was .71 billion U.S. and player costs of .41 billion U.S represented 57.7 per cent of revenues. In 2003/04, league revenue was 2.1 billion U.S. and player costs of 1.58 billion U.S. represented 75.2 per cent of revenues. This is quite an increase in player costs if the numbers are correct. Any business trying to grow and prosper cannot economically operate if salaries are 75 per cent of revenues. In the business world, even top blue chip companies can not operate in this manner.

Salaries have gotten out of hand because teams are so competitive to win they spend money they don't have. Without proper budgeting their spending is often out of control. Owners and general managers are claiming they need a salary cap because they can't manage their own finances. Each team's budget and market are different – teams are not on an equal playing field. Some owners are

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Features:

- Letters/Winner Announcement
- People at the Rink: Hockey from a Referee's Perspective
- Female Player Profile
- Yoko Uchigasaki: Japanese Recruits
- Rising Star Profile
- Skating "Knee Bend"
- When is too much Hockey TOO much?

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2005 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!"

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Lockout (cont'd.)

writing off their NHL operating losses against other business entity revenue. On the player union side, player agents are shopping players around to the highest taker.

With the lack of fiscal responsibility by many of the NHL owners and general managers and player agents attempting to get the best market value for their clients overall, player salaries have sky rocketed! Paying \$2 million U.S per season to a fifth defense man on the depth chart, who plays at best eight minutes per game doesn't make economic sense! In the real business world, you don't see a company paying an office clerk \$200,000 per year – at best they offer \$30,000. Salaries are not guaranteed. A worker has to perform well day in and day out to remain on the payroll. It's the realities of the real business world.

Most NHL franchises have exhausted all their revenue streams and ticket prices are climbing so high that it is practically impossible for the average working class family to afford good tickets to a game.

The game appears to have three major problems:

- at best it's a regional game in the States – not even close to being a National Sport;
- there is no major U.S. television contract and
- many games are often boring / lacking scoring

The entertainment value is just not there – especially during the long regular season schedule!

Since the lockout started the Calgary Flames Hockey Club have lost 30 staff and most of the remaining office staff are now working a three day week. Many bar owners, industry related people and the fans, who buy the tickets and ultimately make the owners and players rich, are suffering dearly.

A recent poll stated that 50 percent of all fans don't care if the NHL returns this season. If a season doesn't start soon

the long term effects could be dramatic... increased fan apathy, many empty seats, and maybe a few lost franchises.

It's like a bad marriage between the NHL and NHLPA. Due to the nature of the business, they are in a partnership and must work together for the long-term welfare and betterment of the game. But power, money, greed and egos appear to be getting in the way!

How do we solve the issues? I have thought about this issue a lot over the past few months.

- Bring in a third party labor mediator to

Happiness is not a matter of good fortune or worldly possessions. It's a mental attitude. It comes from appreciating what we have, instead of being miserable about what we don't have. It's so simple – yet so hard for the human mind to comprehend.

work with Gary Bettman and Bob Goodenow? (A marriage counselor of sorts)

- If the existing partnership cannot be saved, get rid of the these two U.S. lawyers and bring in two good Canadian hockey people of the caliber or type of a Brian Burke or Ken Dryden etc., who truly understand and care about the future welfare of our great game.
- Maybe a good rally / fan protest / demonstration in the 30 NHL cities and other major centers across the continent would send a clear message – bring our hockey back! Without the loyal fan support NHL hockey will die! Maybe the suits in the ivory towers will take notice when the people who truly care about the game have finally spoken!
- Maybe we need to arrange an excursion trip to the Tsunami region in Asia for leaders of the game. We could take all the top NHL and NHLPA brass to let them see first hand the devastation, and help them understand what difficult times and sacrifices are really all about.

Recently, I watched the story of one Canadian volunteer on television who cut his vacation short to help with the overseas relief efforts. He said "It is

shocking beyond all belief!" After a trip out of the luxury world of Professional Sports, the major players / decision-makers in this labor dispute may have an attitude adjustment and greedy mindsets may change? Maybe they would apply less greed and more common sense to ensure the greatest game on earth prospers for many decades to come. Yes, just an idealistic thought!

In late September, I spoke with a Calgary Flames player about the lockout. He said he was embarrassed over the lockout, ashamed of what's happened!

If he had things his way he would play – but he has little say in the matter. It's controlled by the NHLPA stewardship.

I am confident to a player that if a vote was conducted privately the majority of NHL players would vote to play with a salary cap but it's the union leaders

who are being stubborn. 99 per cent of our players grew up with the love of the game... but now it has been replaced with the love of money. How much money is enough? The players are a product of their environments.

Yes, the players are gifted athletes – only a very small percentage of the population can do what they do for a living, and, yes, playing careers are often short but it's the owners who are taking the business and financial risk in operating a hockey franchise.

It is very difficult to feel sorry for players who have been living a very charmed life. I recently heard someone in the media state that one NHL player spends \$400 per month on dog food! Another player is concerned about making mortgage payments on three residential properties! And a third player has made sacrifices over the past year going from 4.5 million a year salary to a mere 2.5 million... yes, that's a salary reduction of 40 per cent. It's hard to get by on only 2.5 million per year! We, of the working class, can relate to that indeed!

But that is a major problem, the aver-

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Lockout (cont'd.)

age fan can not relate – it's a different world for us! Yes, it's a sacrifice to make only 2.5 million per year. A family man who made \$50,000 and who received a salary reduction to \$30,000 would experience a 40 per cent wage reduction as well... that's a sacrifice... that's a big hurt to his family!

For the average working class guy raising a family, paying a mortgage and other bills – and trying to get ahead – its very difficult to relate to those involved in professional sports, who live a charmed financial life. However, it's the fans who make the players and the owners rich. We seem to love the game more than the major stake holders of the game... sad but true from this writers point of view!.

Tomorrow, (Wednesday January 19th), Trevor Linden, NHLPA President, and Ted Saskin, will meet with Harley Hotchkiss, Chairman of the NHL Board of Governors and Bill Daly to make one final attempt to continue talks, find some common ground and ultimately get a deal done. It looks like Bob Goodenow and Gary Bettman are tired of banging heads and getting nowhere. They are taking a step back. Maybe there will be a change

in the mental attitude of being miserable and a realization if we create a strong partnership everyone – owners, players, player agents, team management and even the fans will be the winners!

Hockey is the greatness game on earth, I trust it will not be destroyed by greed! Fans let's try to keep the faith! Patience is a virtue!

*Yours in Hockey,
Rex Tucker*

NHL / NHLPA FACTS

Average NHL player salary
1.83 million U.S. per season

There are approximately
730 players in the NHL

Average NHL franchise value
\$164.2 million U.S.

#1 Valued franchise
Detroit Red Wings
worth \$266 million U.S.

Average Calgary Flames ticket
price in 2004 was \$37 U.S.
(31 per cent increase from 2000)

Safety is No Accident (cont'd.)

another player, the ice, a goal post, or a fresh rut in the ice.

Nonetheless, no matter the circumstance, the coach or very often, the parent-coach has the problem and is running a quick replay through his mind, driven by self-questioning as: "How bad is it going to be?"; "How did it happen?"; "What was the point of initial impact?"; "Was s/he able to cushion the impact with use of arms, stick, hands, whatever?"; "Did s/he take that initial impact with an extended point of the body such as a straight arm, elbow, shoulder, head, knee, foot, or tailbone?" Any one of these could project more extensive injury than from first impressions taken initially from a distance. Anticipate the more severe and work back from there.

However, we have reached that point in our scenario where you, Coach, have reached the downed player and have

seen no motion. You kneel down beside the stricken athlete pretty sure – or are you? – of doing the right thing. There is still a little bit of that "lump in your throat" because you have not relaxed yourself that much! We still have a possible very serious situation here. Instinctively, you call the player's name. Then suddenly, the youngster pops his/her eyes open and says, "Hi, Coach! That was fun!"

This story was based upon many real life situations so the writer proclaims. We acknowledge the strong possibility that our readers know of many more similar scenarios that we have not heard about. Our next issue of *Hockey Zones* will take another common sense look at Safety in Hockey, hoping to entertain as well as to educate.



Coaching the Coach

"Renneyisms"

Sometimes the best way to improve as a coach is to listen and learn from the experience of others. Tom Renney, Head Coach New York Rangers has been quoted many times sharing his advice as a professional coach.

Heart and Soul

"Coaching has to be in your heart and soul. And you'll find out quickly if it is"

-Tom Renney

Rules for Success

"The #1 Rule for a successful coach – never stop seeking advice"

-Tom Renney

Value of a Mentor

"[As a coach] you have to be driven to make a difference in someone's life. When I connect with mentors I realize they're driven by coaching."

-Tom Renney

Continuing Education

"If you're not a sponge, you won't coach for long. You have to be educated. Find a mentor and seek them out. You can't rest on your laurels – it doesn't matter what level you're coaching at"

-Tom Renney

Take stock of your abilities as a coach with the Coaching module on page 10



Hockey from a Rink Attendant's Perspective

Earle Grasley

Written by Jeff Harris, Researched by Rex Tucker

Earle Grasley loves hockey. This is not a unique sentiment for many Canadians, but Grasley has taken it to a higher level.

Like many Canadians Grasley played the game from a young age and when his career ended he grabbed the coach's reins. Still wanting to be more involved in hockey Grasley decided to make hockey his career, and became a rink attendant.

"I was a truck driver at the time, and I was talking with a buddy trying to figure out what to do with my life," Grasley said. "We looked through the SAIT calendar and found the school's Recreational Facility Management program, and decided it was all about sports. So I decided that it would be the perfect career for me."

Grasley was born in France in 1958, because his father was stationed in Grostenquin while serving in the Royal Canadian Air Force. The Grasleys returned to Canada when Earle was two-years old as his father was transferred to the Royal Canadian Air Force base in Cold Lake, Alberta.

His hockey career started in the Cold Lake minor hockey system and continued in Calgary when the Grasley's moved in 1972. Grasley enjoyed a successful career in hockey culminating with playing for the Senior AA Hardy Cup.

Grasley became an active member of the coaching fraternity in 1984, and has been coaching hockey for 15 of the last 20 years. Grasley has an impressive coaching resume he has coached 10 years at the Junior B level, two years Junior C, two years Midget AA, one year Bantam AA, and one year of Bantam B.

He sees coaching as a way to be involved in the game, and

for him to also do something for hockey.

"I like dealing with kids and giving back to the game of hockey," Grasley said.

Grasley graduated from Sait in 1981, and has been plying his trade as an arena attendant ever since. There are many aspects to the job that Grasley enjoys but a few things in particular. "I enjoy interacting with hockey people, and I like to give (the customers) the best possible ice surface. It's still a challenge for me," Grasley said.

"It's important to wait until the Zamboni door is closed before coming onto the ice. Most artificial ice requires an extra two or three minutes to freeze. The quality of the ice is adversely affected if the water does not get a chance to freeze."

Choosing a career that has such a large focus on public service has been a pleasure for Grasley for the most part. "I have encountered a mix of many good hockey people, but unfortunately the odd bad apple as well."

From a rink attendant's perspective, Grasley, shares a few of the daily issues and concerns related to the game of hockey. The belief that the Zamboni is able to transform

the sheet of ice into a scratch free surface in 15 minutes is a myth. The responsibility to help maintain a nice and safe sheet of ice (no gigantic grooves) falls on the coach's shoulders as much as it does on the rink attendants. "When players are doing stops and starts or doing laps around the rink (the coaches) need to move the nets or pylons at maximum every two laps," Grasley said. "Otherwise the next group pays for it with lousy ice." "Safety (because of grooved ice) can also be an issue."

Coaches also have to be aware of when their team's ice time is finished. By having their pucks collected and the team ready to exit the ice when the buzzer sounds allows the rink attendant the time to flood the ice properly. This would help ensure a better sheet of ice for everyone.

Coaches also should ensure that their players do not jump on the ice as soon as the Zamboni has pulled off. "It is impor-

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Rink Attendant's Perspective (cont'd.)

tant to wait until the Zamboni door is closed before coming onto the ice,” Grasley said, “Most artificial ice requires an extra two to three minutes to freeze. The quality of the ice is adversely affected if the water does not get a chance to freeze. Extra snow builds up and ruts become a big problem.”

Safety is a very large concern at arenas, and not only for the players but for everyone. “Fan safety is of paramount importance,” Grasley said. “With flying pucks the netting around the (ice surface) provides a pretty safe environment.”

One safety problem that does exist is that some parents allow their children to run around the facility like it was their backyard; by playing hockey in the hallways, running around disturbing other patrons, making a mess, and in a few extreme cases damaging the facility. “The rink is not a daycare centre, and some parents believe it is like a free babysitting opportunity,” Grasley said. Parents should treat an arena like any other public place. Their children should always be in view and should respect the facility.

Some hockey fans also suffer from movie theatre mentality when they arrive at a rink. After enjoying a snack from the concession it is not uncommon to have people drop their garbage on the floor for someone else to clean up. At a theatre or the Saddledome a crew of people may be employed to clean the area, but at a rink it is most likely one person (at the high end two) to clean up after everyone. “Most people help out by using the garbage cans,” Grasley said. “Treat the rink like it’s your country club. Pick up after yourself.”

Arenas need to be respected, because they hold a place of high regard in our

society. Players and fans also need to be aware of the fact that chewing tobacco, alcohol, and sunflower seeds are not permitted in most Calgary arenas.

Players play a role in the upkeep of the arena as they have access to both the dressing rooms and the players’ boxes. Players shooting pucks in the dressing room are not allowed, and Grasley has had a few instances where toilets were damaged or destroyed from pucks. Also the cleanliness of the rooms after a team is done can leave a lot to be desired. “In many small dressing rooms, players often turn over the garbage cans to sit on without emptying them. It’s a pain and a mess for the rink attendants,” Grasley said.

Theft can also be a large problem in arenas, because the thieves can enter the arena and check the ice time board to see how long a patron is going to be away from his or her car or valuables. Dressing room theft is a problem at some arenas when teams do not lock their door, and sometimes even having a locked door doesn’t matter. “Thieves have been bold enough, in the past, to steal dressing room keys right off the players’ bench,” Grasley said, “and then go search the rooms while the game is being played.” Thieves have gotten away with jewelry, wallets, and even vehicles. Automobiles are easily found in parking lots these days due to the push button car keys.

A rink attendant’s job is not just relegated to cleaning and customer service. These individuals also have to be

jack-of-all-trades, as they are responsible for all minor (and sometimes major) repairs. Carpentry, painting, electrical work, plumbing, mechanical work and plethora of other things occupy the majority of their workday.

The most important job an arena attendant has is the maintaining of the ice. Most every arena has compressor system (“the plant”) that maintains the ice temperature. This compressor system has to be checked, at minimum, four times a day by the arena attendant. The arena attendant is also responsible for a few minor upkeep jobs with the compressor.

Of course the compressor system plays apart in proper ice maintenance. The attendant plays the other part. “If we turn down the plant temperature too low the ice will crack,” Grasley said. “There are lines that run underneath the ice and flooring that are filled with brine. The compressor moves the brine through the lines, and the brine solution controls the temperature by removing heat from the ice.

“The arena attendant uses a hand edger and a power edger (It’s like a lawn mower for ice.) to cut down the ice build up along the boards.” The removal of the ice by the boards is important as it is the only way to try and maintain a flat sheet of ice. If preventative ice maintenance is not done on a bi-daily basis the ice will start to form a bowl shape, and this can lead to major ice problems.

At most rinks the ice is usually removed once a year, and then must be put back in. A process that is a little more daunting than one would think. “The plant is turned on, and we wait for the floor to get a layer of frost on it,” Grasley explains. “Once

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“The rink is not a daycare centre, and some parents believe it is like a free babysitting opportunity,”

“Thieves have been bold enough, in the past, to steal dressing room keys right off the player’s bench”

the floor achieves freezing temperatures we apply coats of water until we achieve a quarter of an inch of ice. “At this point we use a paint machine that allows us to spray a white paint and water mixture onto the ice. The paint then has to be sealed into the ice with a fine mist of water. This process is carried out three times to make the ice white. The ice then has to have a few more hose floods applied so the white paint is then buried under ice.

“It is now time to put down the lines. This is the most important part of the ice making process, because all measurements must be correct. The lines are made of crape paper that comes in rolls. The paper is applied by slowly rolling it out beside a guide (usually yarn that has been nailed into the boards) and tacking the lines down with your fingers. Once the lines are down, water is applied using a paint roller to seal the line onto the ice. Goal creases and logos are usually painted onto the ice by the attendant.

“It is now time to build up the ice by doing hose floods. At some rinks the boards need to be packed with snow so that the water does not leak underneath the boards. The leaking under the boards would make it very difficult to build up your ice. “Once the ice is at the desired thickness you bring the Zamboni out and begin hot water floods. The use of hot water makes the ice less chippy, because the hot water bonds to the ice and does not leave air bubbles in the ice. After 10 to 15 machine floods your ice is ready.”

Spending almost his entire life in a hockey rink has given Grasley an interesting perspective on most facets of the world of hockey. Grasley would like to see the creativity increase in minor hockey. “Let the kids be more creative, less structure,” Grasley said, “Let the kids go with the puck and dangle through the whole team. There is very little hockey, outside of practices, where kids can play and experiment with the puck. Many parents have unrealistic expectations and goals for their kids, and at the Tyke level let the kids handle the puck more. Don’t have structured practices. Let them play 3-on-3 with a three rink set up in a cross ice format.”

Grasley still plays hockey a couple of times a week with friends, and believes that adult hockey should be about having fun. “Some of the guys (in adult recreation hockey leagues) take the game far too seriously. Play and have fun with it,” Grasley said.

Being a Flames fan and former season ticket holder has left Grasley as frustrated as many fans are with the current state of the NHL and professional hockey players. “It’s the greatest game on earth,” Grasley said. “Last year’s Flames playoff run was unbelievable. The whole city went crazy! After being a season ticket holder for 13 years I feel that it is no longer affordable for most families. I’ve been an avid fan, coach, player and rink attendant for many years and I don’t really care if they come-back at all with the current attitudes they have towards earning this type of money. The major players and stakeholders in the game need to respect the game more and one another more. We need more good people in the game who truly care about it.”

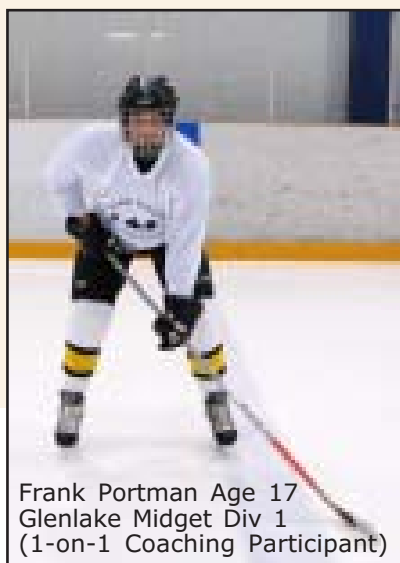
If people caring is what the game truly needs then it is important to get more individuals like Earle Grasley involved.

Arena Facts and Tips

- Zamboni air quality emissions test are done monthly.
- Calgary Centennial Arenas operates the city’s only electrically run Zamboni. All other arenas Zambonis run on natural gas or propane.
- Zamboni is a brand name like Ford.
- The Saddledome and City of Calgary arenas use Olympia ice resurfacers.
- Every rink has a first aid kit.
- Most rink attendants have first aid certificates. Most people call 911 on their cell phones if there is an emergency.
- Rink attendants find an average of 50-100 pucks off the ice per month.
- Ice/snow off of the ice surface is very dirty. Always place it in a bag before using it to aid with cuts, bruises or swelling
- The ice is not as hard during the summer and early fall months. Players do not need their skates as sharp during this time period.
- Most showers are timed to regulate water consumption.
- NHL ice thickness varies between seven eighths of an inch to an inch.
- Rinks have either a concrete floor or a sand floor.
- Local Calgary rinks carry roughly an inch and a half of ice on concrete surface floors.
- Most floors are concrete. This is more useful during the summer months for lacrosse, in-line hockey, concerts and barbecues.
- Sand floors are for hockey only. These floors also require more ice.
- Dehumidifiers help rid the arena of humidity during the summer months. Without these machines everything starts to sweat including the rafters. The sweat from the rafters will drip on the ice causing huge nubs and ugly stains.
- How does a Zamboni work? The rectangular box, called a conditioner, which is lowered onto the ice at the back end of the Zamboni contains a very large and extremely sharp blade that shaves the surface of the ice. The snow that results from the shaving is moved to the middle of the conditioner by an auger that runs the length of the conditioner. The auger then pushes the snow to a vertical auger that lifts the snow up and then fires it into the front end of the Zamboni. Before coming onto the ice the Zamboni is filled with very hot water. This water is then released onto the ice through a water pipe that is attached to the back of the conditioner. Also attached to the conditioner is a gigantic towel (called the rag). The rag helps evenly distribute the water over the area the conditioner covers.
- Cold water is used to build up low areas on the ice.
- The ice is rarely scraped, because it is just as easy to do a flood.

Pursuing Coaching Excellence

The Art and Science of Coaching – Qualities of an Outstanding Coach



Frank Portman Age 17
Glenlake Midget Div 1
(1-on-1 Coaching Participant)

Rating Scale

- 10 Excellent
- 9-8 Very Good
- 7-5 Good
- 5 Average
- 4-3 Fair
- 2-1 Poor

As a career instructor, I can identify four key areas where a coach must excel. These are ability to lead, ability to teach, ability to organize and ability to be innovative. I have broken these down into a 33 point worksheet for you to use to evaluate your coach, or to use in self-evaluation. Coaching is an art that is constantly evolving as we continue on the road to self-improvement. By an ongoing process of honestly taking stock of our abilities we can identify positive opportunities for growth and development.

Key Areas: Leader (L), Teacher (T), Organizer (O), Innovator (I)

- | | | |
|--|--|---|
| 1. Knowledge of the Sport
(technical, individual & team tactics, team systems) _____ (T) | 11. Evaluation of Athletes Abilities / Their Roles on Team _____ (O) | 23. Sense of Humour
(Keeping fun in the game) _____ (I) |
| 2. Effectively Run Practices
(purpose, challenging, enjoyable) _____ (O) | 12. Sets High Standards (demanding but fair) _____ (T) | 24. Effectively Scouts Opposition _____ (O) |
| 3. Organizing, Planning and Goal Setting Skills _____ (O) | 13. Ability to Recruit and Build a Program _____ (O) | 25. Ability to Work the Player Bench _____ (I) |
| 4. Effective Use of Personnel
(players and support staff) _____ (O) | 14. Effective Use of Team / Player Statistics _____ (O) | 26. Ability to Make Adjustments in a Game _____ (I) |
| 5. Good Communicator / Leadership Skills
(individual and group) _____ (L) | 15. Good Discipline _____ (T) | 27. Dealing with Adversity
(Injuries, losing streaks) _____ (L) |
| 6. Strong Motivator
(individual and team) _____ (L) | 16. Ability to Relate, Understand & Handle the Athletes _____ (T) | 28. Respect for Officials and Opposition _____ (L) |
| 7. Team Building / Chemistry Skills _____ (L) | 17. Demonstrates a Sincere Interest to Help Maximize Players Potential _____ (T) | 29. Good Media / Public Relations Skills _____ (L) |
| 8. Personal Traits
(dedication, preparation and enthusiasm) _____ (L) | 18. Knowledge of the Rules _____ (T) | 30. Effective Use of Role & Affiliate Players _____ (O) |
| 9. Ability to Teach Hockey & Life Skills _____ (T) | 19. Knowledge of How the Body Works _____ (T) | 31. Pre Game Strategies / Game Plan _____ (L) |
| 10. Knowledge of Physical Conditioning, Conditioning, Mental Training, & Sport Psychology Techniques _____ (T) | 20. Good Role Model for the Players _____ (L) | 32. Actively Monitors Team Performance Throughout the Season
(e.g. 4 game segment analysis) _____ (O) |
| | 21. Knowledge of Diet / Nutrition _____ (T) | 33. Always Attempting to Improve as a Coach
(i.e. NCCP, seminars, observing other coaches, etc.) _____ (I) |
| | 22. Knowledge of Athlete's Growth & Development Principles _____ (T) | |

Coach Rex Says "A Good Coach always looks for ways to improve their skills!"

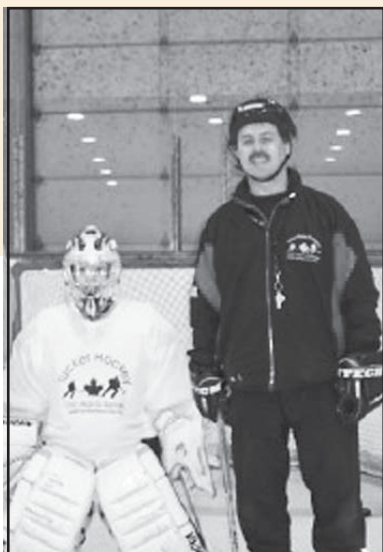
How did you measure up? Add up your answers from each section and see!

Leader _____ / 90
(Questions 5, 6, 7, 8, 20, 27, 28, 29, 31)

Teacher _____ / 110
(Questions 1, 9, 10, 12, 15, 16, 17, 18, 19, 21, 22)

Organizer _____ / 90
(Questions 2, 3, 4, 11, 13, 14, 24, 30, 32)

Innovator _____ / 40
(Questions 23, 25, 26, 33)



A Rising Star in Profile

Niall McGregor
Goalie

Editor's Note: During the 2004 hockey season, I had the pleasure of instructing Niall during one of my Tucker Hockey minor power skating programs. Niall's Dad, Dave McGregor, felt it was good for his son to work on his skating and playing out with the other kids even though Niall plays goal. Yes, the goalie should be the best skater on the team! Niall is a very coachable young player. He has a very positive and upbeat disposition and truly loves the game of hockey. Last December while enjoying a Dairy Queen treat we talked a little hockey!

Niall McGregor's Background

Age 10

Son to Dave and Laura McGregor
Brother to older Sister,
Hayley who plays Ringette
Favorite Sport – Hockey
Goalie – Southland Atom 1

Niall, why do you like to play goal?

I don't skate as much and I like to stop the puck... its fun too!

What has been your favorite hockey moment?

Winning the cities last season as part of the Ridgewood Atom 2 team.

Dave, what do you enjoy from watching Niall play hockey?

It's the little things he has learned, he may have worked on for six months and finally does it well.....its not just the wins!

When did Niall start playing hockey?

At the age of 4

Dave, you have played goal ..did you influence Niall with his choice of playing in the nets too?

No, from day one... Niall wanted to be a goalie. He's wanted instruction to be a better goalie, often I may explain why and how to do something but it's the goalie coaches who tweak, fine tune things... I try to give him the best equipment and hockey opportunities... now he's acquired a great butterfly style. Being a goalie for over 34 years I have learned more from watching him develop

than all my years of playing myself.

What are your hobbies ?

Play station, reading, trampoline, skate boarding, gym and art (favorite school subject)

What is your favorite NHL team?

Toronto Maple Leafs

Who are your biggest supporter's?

My Dad and Mom

Dave, what is your take on the goalie profession?

The goalie position is specialized now... to be successful you need to find the right coach... who fits best. However, its important to develop the basic skills first. Due to limited minor hockey instruction during the season, I spend twice as much on goalie instruction... its probably four times more expensive than being a skater i.e. the cost of equipment... you must be willing to spend some money!

Dave, why participate in Tucker Hockey power skating programs?

To date we have enrolled in four Tucker Hockey programs... its to improve on

Niall's skating, balance, edge control and movement as a goalie... to enhance his love of the game and to reach his goal of playing "AAA" hockey in the future.

Dave, any special hockey tournaments planned for 2005?

We are participating in the Colorado Springs, Colorado International tournament in February during the Family / President's Day weekend.

Final Comments from the McGregor's:

Dave, when is too much hockey too much?

It's important to read the signs... listen to your child... do what he wants to do... find ways to motivate him... it's still just a game... you want him to do well but you have to realize not all who play the game will become superstars.

Niall, who is your favorite goalie?

In the NHL – Ed Belfour... not in the NHL – my dad! (Niall said with a smile)

Editors' Note: Niall ...you're cool and poised on and off the ice... you will go far...good luck with your hockey!

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!



Tucker Hockey Adult Schedules

Power Skating/Player Development

Focus on Technical Skills,
Skating, Passing, Puck Control
and Shooting

Winter 2005

Adult Power Skating/ Player Development

Saturday Afternoons

12:30 - 1:45 pm
January 22nd - March 26th
Mount Pleasant Arena
\$299 new participants
\$269 past participants

Sunday Evenings

10:00 - 11:15 pm
January 16th - March 20th*
Father David Bauer
\$299 new participants
\$269 past participants
*With the exceptions of:
Sunday, February 27th
10:30 - 11:45 pm (same location)
and Sundays March 6th & 13th
10:45 - midnight at Shouldice Arena

Wednesday Afternoon

Lunch Programs
January 19th to March 23rd
noon - 1:00 pm
Stu Peppard Arena
\$249 new participants
\$199 past participants

Spring 2005

Adult Power Skating/ Player Development

Monday Evenings

9:00 - 10:15 pm
April 11th to June 20th*
Father David Bauer
Tentative
\$299 new participants
\$269 past participants
*No Classes May 23rd - Holiday Weekend

Friday Afternoon

Lunch Programs
noon - 1:00 pm
April 15th to June 24th*
Father David Bauer
\$249 new participants
\$199 past participants
*No Classes May 20th - Holiday Weekend

Saturday Afternoons

11:00 am - 12:15 pm
April 16th to June 25th*
Southland Leisure Centre
\$299 new participants
\$269 past participants
*No Classes May 21st - Holiday Weekend

Wednesday Evenings

9:15 - 10:30 pm
April 20th & April 27th
8:45 - 10:00 pm
May 4th - June 22nd
Crowchild Twin Arenas
\$299 new participants
\$269 past participants

Spring 2005

Advanced Program

Thursday Evenings

10:30 - 11:45 pm
Thursday, April 21st
10:15 - 11:30 pm
Thursday, April 28th
9:45 - 11:00 pm
May 5th - June 23rd
Crowchild Twin Arenas
\$299 new participants
\$269 past participants
*No Classes May 23rd - Holiday Weekend

Summer 2005

Advanced Program

Monday, August 22nd to

Friday, August 26th

8:15 - 9:45 pm
Henry Viney Arena

\$225 new participants
\$199 past participants

Monday, August 29th to

Friday, September 2nd

8:00 - 9:30 pm
Henry Viney Arena

\$225 new participants
\$199 past participants

Advanced Program

Focus on
Technical Skills,
Individual Tactics –
Offensive & Defensive,
Conditioning Drills,
Team Tactics –
Break-outs, Regroups
and Defensive Zone
Coverage

Tucker World of Ice

The Spectrum of
in Tucker Hockey
and Hockey Skills
programs have
following categories

Collegiate
Junior
Midget A
Bantam A
Community – N
Initiation
Adult Rec
Male &
Father
Mother &
Grandfather
Husband

Arena Locations

Crowchild Twin Arenas – T
Father David Bauer – 24
Henry Viney Arena – 1
Mount Pleasant Arena –
Shouldice Arena – 1
Stew Hendry – 814
Stu Peppard Arena –
Southland Leisure Centre –
Westside Arena – 17th A

Now Hiring

Tucker Hockey
Hiring Passion
For Spring and Summer

Email detailed h
programs@tuckerhockey.com

All Adult Program Prices Include

GST

Quality and Professional Instruction

Improvement in skating skills with
unique/innovative hockey specific skating drills

Positive/fun environment

Tucker Hockey Minor Schedules

Hockey Instruction

past participants
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AA & AA
AA & AA
ovice to Midget
ation
creational
Female
& Son
Daughter
& Grandson
d & Wife

Locations

85 Scenic Acres Drive NW
424 University Drive NW
314 - 13th Avenue NE
610 - 23rd Avenue NW
515 Home Road NW
- 13th Avenue NE
5300 19th Street SW
2000 Southland Drive SW
venue & 69th Street SW

Hiring

ockey is
ate Instructors
ummer Programs
ockey resume to
kerhockey.com

Spring Break 2005 Minor Super Power Skating Programs

Group 1: Ages 7 - 10

Monday, March 28th 3:15 - 4:30 pm Ed Whalen Arena
Tuesday, March 29th 3:45 - 5:00 pm Joseph Krycka Arena
Wednesday, March 30th 3:45 - 5:00 pm Joseph Krycka Arena
Thursday, March 31st 3:45 - 5:00 pm Ed Whalen Arena
Southland Leisure Centre

Group 2: Ages 9 - 13

Monday, March 28th 4:45 - 6:00 pm Ed Whalen Arena
Tuesday, March 29th 5:15 - 6:30 pm Joseph Krycka Arena
Wednesday, March 30th 5:15 - 6:00 pm Joseph Krycka Arena
Thursday, March 31st 5:15 - 6:30 pm Ed Whalen Arena
Southland Leisure Centre

Group 3: Ages 7 - 10

Monday April 4th - Thursday April 7th (inclusive)
6:00 - 7:15 pm at South Fish Creek

Group 4: Ages 9 - 13

Monday April 4th - Thursday April 7th (inclusive)
7:30 - 8:45 pm at South Fish Creek

Group 5: Ages 9 - 13

Monday April 14th - Thursday April 17th (inclusive)
7:00 - 8:15 pm at South Fish Creek

Group 6: Ages 7 - 10

Monday April 11th - Thursday April 14th (inclusive)
4:30 - 5:45 at Westside Arena

Group 7: Ages 7 - 10

Friday, April 15th 4:30 - 5:45 pm Westside Arena
Saturday, April 16th 4:30 - 5:45 pm Westside Arena
Sunday, April 17th noon - 1:15 pm Westside Arena
Monday, April 18th 4:30 - 5:45 pm Westside Arena
Westside Arena

Group 8: Ages 9 - 13

Tuesday, April 19th to Friday, April 22nd (inclusive)
4:30 - 5:45 pm at Westside Arena

All programs are \$169 (includes GST)

Minor Super Power Skating Programs

Price includes Practice Jersey, Certificate of Achievement and Ice Time with Two Professional Instructors

Summer 2005 Minor Super Power Skating Programs

Group 1: Ages 7 - 10

Monday August 22nd - Friday, August 26th (inclusive)
6:45 - 8:00 pm at Henry Viney Arena
\$199 (includes GST)

Group 2: Ages 9 - 13

Monday August 29th - Friday, September 2nd (inclusive)
6:30 - 7:45 pm at Henry Viney Arena
\$199 (includes GST)

Group 3: Ages 7 - 10

Tuesday, August 30th to Friday, September 2nd (inclusive)
4:15 - 5:30 pm at South Fish Creek
\$169 (includes GST)



Swiss International
Sports & Education Centre
www.SIEC.com



Swiss Hockey Players (Ages 12 to 15) International Hockey Exchange & Development Camp July 21st to 29th Calgary, Alberta

SISEC & Tucker Hockey will be jointly operating a unique development camp for Swiss hockey players.

We are looking for the following:

- Select summer teams to participate in various exhibition games against the Swiss
- Families interested in setting up billets for the Swiss players.

Interested parties are invited to call 998-5035.

"Let's create some great hockey memories!"



Josh Crawford
"All Tuckered Out"

The Youngest Tucker Hockey Participant

Josh Crawford - Age 6

Editor's Note: During the Summer of 2004, I worked with Josh, age 5 at the time, on a learn to skate project. Generally, I provide skating instruction for ages 7 and above, who have some basic skating skills. However, since I had played hockey with Josh's dad, Mark, I agreed to do a few private lessons.

At this early age, I felt it was of paramount importance to install confidence and the love of the game. Josh was quite tentative at the start but his confidence grew so did his skating skills! Here is Josh's views on skating and hockey from a 6 year's old perspective with a little help from his Dad, Mark.

Josh Crawford Quick Facts

Age 6

Parents Mark & Desiree Crawford

Younger brother, Matthew

Favorite Sport - Hockey

What do you like about skating?

It's fast... I like to glide on my skates. His Dad added "Josh likes being competitive... to skate faster than his friends."

What do you like about hockey?

I like skating... handling the puck, I like to play back

What is your favorite team?

The Calgary Flames

Who is your favorite player?

Kipper (the Flames Goalie).

What are your hobbies?

Reading, watching Cartoons, playing Game Boy, Yu-Gi-Oh card game, and Sponge Bob Square Pants!

What are your future hockey plans?

Looking forward to watching my Dad play hockey (Mark broke his ankle while playing recreational hockey last year) and Mark added "participating in the City of Calgary recreational program

- Introduction to Hockey for Parent and Son this Winter".

What did you like about the Tucker Hockey skating instruction...your favorite drills?

It was fun...getting "Tuckered out", ...puck soccer game, getting pulled down the ice while holding on to two sticks and the tag drill.

What do you want Santa Claus to bring you this Christmas?

A Mouse Trap game... Air Hockey game and a new Calgary Flames jersey

Editor's Final Comments:

I felt Josh received the "right start to skating" ...it's important to instill confidence and the love of the game at such an early age ...for a child to

want to go to the rink...good luck Josh with your Intro to Hockey this Winter ...keep having fun on the ice !

P.S. From a coaching perspective, I learned more about patience and the required ability to adapt to a child's attention span and interest. Often, I reflected back on my own child hood memories of learning to skate and was introduced/enlightened from this skating project to the Sponge Bob Square Pants character world of a 5 year old !

The fondest memory from this coaching experience was seeing Josh at the end of a session go into the dressing room, sit on the bench, and tell is Dad with a smile on his face. "I'm all Tuckered out!"

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

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

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



The Eldest Tucker Hockey Participant – So Far

Don Gibbons - Age 64

Editor's Note: Don Gibbons has been attending Tucker Hockey Adult Power Skating and Player Development programs quite frequently over the past 4 years. He is a positive role model and inspiration to anyone wishing to participate in the game of hockey and maintain their fitness level year round.

Don Gibbons Background Age 64

**Long Time Husband to Beth Ann
Family Man with 4 Daughters
and 2 Grandchildren
Founder and owner of
Annapolis Consulting Group
– Specializing in rate regulation
for gas and electrical utilities**

Don Gibbons grew up on a farm, near Barrie, Ontario. While being raised on a farm, Don played a little pond hockey as a child. When graduating to the adult world, Don found himself involved in demanding jobs as well as busy raising a family and introducing his children to alpine skiing. As a result, there was very little time to play the game he loved as a child. Until things started to slow down and he obtained medical repairs on a chronic shoulder dislocation problem,

Don placed his love for the game of hockey on the back burner content to be a spectator. His favorite memory as a fan was the 1972 Canada – Russia Summit series and Paul Henderson's winning goal. (Note: The Leafs winning the 1964 Stanley Cup with Bobby Baun playing on a broken leg and then again in 1967 with the old pharts ranks right up there with the 1972 Russia series for me. Of course, the Flames accomplishments in 2004 will take on more significance over time. Sutter appears to be a great judge of people and hockey talent.)

In 2000, at the young age of 60, Don decided to experience organized hockey

for the first time. Don joined the Hockey North America Recreational League in Calgary. Don always felt hockey was the best game to watch and play.

While being a part of the Hockey North American team, Don experienced and enjoyed the camaraderie of the dressing room and his interest in the game grew with each skate. After only a few skates though, it was reinforced to him that you need a great deal of skill to play the game well. The toughest part was playing hockey with and against players with far more skill.

After getting a good taste of organized hockey, Don desired to improve on his skating and hockey skills so he enrolled in the Tucker Hockey adult recreational program.

Why do you continue to participate in Tucker Hockey adult programs?

Don said "It's a very positive learning environment, the coaches are not drill sergeants (said with a grin), it's a go at your own pace... It's you and the drill... you're not competing against anyone else... there's lots of positive encouragement... I have definitely improved on my skating, shooting, puck control... I'm still trying to master those backward cross-overs... going both ways!"

Being a skier, Don found similarities between the two sports...use of the edges, stopping and turning.

A few knee injuries over the years have slowed Don down but certainly not his

attitude. Don says "Age is a state of mind... you stay young hanging around young people."

I asked Don over the years what area of his game has improved the most. "I'm a better skater, shoot better, have a better understanding of the game after playing the game than before, understand positional play more especially now when watching an NHL game."

What are the toughest parts of the game to learn? Don said "Being a forward... the most challenging part is developing backward skating skills... developing the hands for stick handling... the toughest part is anticipating where to be on the ice... anticipating the play". Don joked, "Nothing comes instinctively with no past experience!"

Don's hobbies include travel, reading, cross-country and down hill skiing.

Future Hockey Plans

From the playing side, Don will be checking out the over 60 and over 70 recreational leagues in the city.

From a fan's perspective, The Red Mile experience... especially after game 7 of the Vancouver / Calgary series was a special hockey memory.

Don, like all loyal Flames fans would love to see the Flames players back on the ice again in the very near future! You're not alone Don... you're not alone!

Can Goal Scoring be as Simple as ABC?

Yes! It Can!

with the
**ABCs Maximum
Goal Scoring System**



With
**Morris
Lukowich!**

*Score with
the BEST!*

**Team Systems
Team Scoring Tactics
Individual Scoring Tactics
Individual Technical &
Skill Development**

We will maximize goal scoring skills and improve team chemistry for a complete goal scoring system that increases the number & quality of scoring chances for the player & the team.

We teach with goal scoring skills and strategies:

Empower players with a "Plan to Success"

Generate more scoring opportunities

"Finish" plays around the net and score more goals

Create a "team goal scoring chemistry" that produces a distinct advantage over the defensive coverage.

Increase your Hockey Playing Skills and Goal Scoring
Practice & Play Smarter • Enjoy & Have Fun
Hockey's a Great Game!

Specific Areas Covered

Individual Scoring Tactics

- "1 on 1" drive skating attack to the defender's weak side
- "5 Options" attack through the neutral zone into the offensive zone
 - drive skating
 - turn backs
 - delay to the boards, deceptive "tuck and go" move
 - "stop up" delay
 - Gretzky middle cut
- Breakaway shooting and/or deking strategies
- Demonstrating the Goalie's weakest areas

Individual Technical & Skill Development

- Receiving passes with a "firm" stick, and to avoid "cushion/cradle" of the pass
- Shooting in stride of either leg
- Shooting back against the "flow or the grain"
- One time shooting
- Deflections in front of net
- Deflections as player approaches the net
- Wrap around plays at the net
- Puck protection and longer puck possession

Team Scoring Tactics

- Cycling the puck back into the corner when under defensive pressure
- Various options available from Corner Cycling
- Setting a "pick and roll" play during the Corner Cycling
- Setting a "pick and roll" during the offensive neutral zone attacks
- Shorthanded goal scoring attacks and strategies
- Powerplay goal scoring attack and strategies
- End of the Game "Goaltender Pulled" scoring strategies

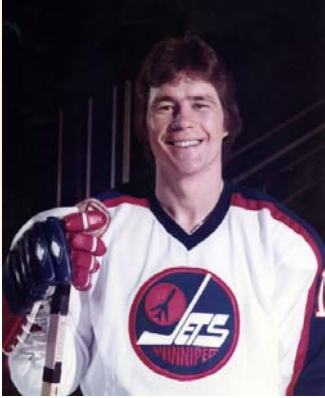
Transition plays and passing

- How to take the most advantage of offensive zone turnovers
- How to take the most advantage of neutral zone turnovers
- The optimum strategy for the wingers in transitioning from the defensive zone

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Is there a Better Way to Maximize Scoring?

By former NHL & WHA Goal Scorer
Morris Lukowich (Luke)

Today's article focuses on the positioning and play of the Wingers in their own defensive end, when in a pressured offensive breakout. (Usually originating from an opposing "dump in" or turnover. Many "3 on 2's" and "2 on 1's" are a result of how the Winger plays the "direct pass" or "rung pass" from his own D-Man. As a plus, there is a two fold reward in the strategy discussed below, as the focus is not only on increasing scoring opportunities that originate in our own end but preventing scoring opportunities from happening in our own end.

Far too often I see the Winger defensively covering the outside area (the boards) in our end, not keeping inside position between the D-man and the net. Defensive coverage nearly always comes before offensive positioning, thus the Winger should start from an inside position, say along the face-off dots. The Winger always has time to go to the boards to play the puck defensively, but if he is on the boards and the puck "pops" into the middle of the scoring area the Winger is often too late to cover the opposing forward or D-Man.

In my Maximum Goal Scoring System, the Wingers are taught to play the following:

- **Strong Side (puck side) and Weak Side Defensively:** the Wingers maintain an inside position against the D-Man, always keeping themselves between the defenceman and the net.
- **Strong Side Defensively:** the Winger maintains a higher inside position when on the strong side, perhaps 10 feet from the defenceman, facing the puck, yet looking back and forth (head on a swivel) so that he knows where both the puck and the D-Man are at all times. The Winger has to be ready to keep his inside position against the D-Man should the D-Man attack the net.
- **Weak Side Defensively:** the Winger maintains a lower position, closer to the net, between the "inside hashmark" and the top of the circle. Again, he must face the puck, yet looking back and forth (head on a swivel) so that he knows where the puck and the defenceman are at all times. The Winger has to be ready to keep his inside position against the D-Man should the D-Man attack the net.

In watching many Minor Hockey games I am somewhat perplexed by the positioning and play of the Wingers in their own zone in response to when the Winger's Team gets the puck and begins to look at breaking out or getting out of our zone against pressure.

Passing & Receiving Points

Coach Luke's Tip Sheet

- **Passer 1 — puck carrier — has options "go" or "pass and go". Which choice will best help the team's chances to score?**
- **Receiver 1 — (along with three other "potential receivers") is making "options for the passer".**
- **Receiver 1 — be in an open/safe passing lane or going to a safe zone eg. behind the opposing defensemen.**
- **Receiver 1 — is in position for a safe pass and can advance the play. He wants the puck. He gets the attention of Passer 1 by one or more of the following:**
 - a) bangs his stick;
 - b) calls passer's name or colour code or number code;
 - c) if breaking to opening, maybe yells, "Up! Up!";
 - d) gives target — stick blade on ice.
- **Passer 1 and Receiver 1 must have eye contact to confirm what each other's intents are.**
- **Receiver 1 — anticipates pass, therefore stays or accelerates to high speed.**

- **Passer 1 makes the pass either in a direct line — "tape-to tape" or indirectly; eg. off the boards.**
- **The pass must be flat and swift. Other situations on occasion will dictate other types of passes.**
- **Depending upon the age, strength and skill of the players, the Receiver will have to react differently to a fast, "heavy" shot (arbitrarily Bantam and above) or "softer" passes (arbitrarily below Pee Wee Division 2). Smaller players are taught to cradle the puck by rolling the wrists as they stickhandle back and forth and receive passes. Stronger players, receiving fast, heavy passes must "put pressure on the stick", keep blade straight up and down and at right angles to the pass. Anything else is a deflection.**



Maximizing Scoring (cont'd.)

This is the point that I am interested in focusing on. What does the Winger do and where does he move to when we get the puck in our own end and start to move out of our own end under pressure?

Too often when the Winger's Team is under pressure in his own end, that the Winger moves down to the hashmarks and the boards to receive a pass from his own D-man or Center iceman. There are a number of reasons why this does not work:

- If the pass is missed by the Winger, the puck goes directly to the Point Man, (the Winger's Man to cover) the Point Man has a free lane and shot at the net.
- If the pass is received by the Winger, he has very few "safe" options. His only pass is to his Centerman, and if that pass is missed, the opposition gets a turn over in a very dangerous scoring area.
- The Winger is stationary, not moving and with his back to the pinching D-Man, and if the pass is received by the Winger, the Winger has a long way to carry the puck in order to get it out and over the blue line. It is perhaps the toughest 25 feet of puck carrying that a Winger will go through.
- If the opposing D-Man pinches down on the Winger, the D-Man has 30 feet of momentum to "hammer" the Winger with. Also, because the Winger is focused on receiving the pass he usually does not see the D-Man coming and BOOM!
- The Winger has to focus on the pass and has no idea if that opposing D-Man is pinching down or not.
- Sometimes the Winger will attempt to clear the puck out of the zone and the puck goes directly to the Point Man, his man to cover, and the Point Man gets a free shot at the net.

Following is a far more effective and safer position and play for the Winger. The Winger wants to keep an inside position, in line with the face-off dots, stay away from the boards and stay between the ringette line and the blueline.

Following are the reasons why this does work and is more effective:

- The Winger is moving and has his own momentum.
- The Winger can see the pass, whether a direct pass or a "rung" pass around the boards, and the pinching D-Man at the same time.
- There is less distance in getting the puck out and over the blueline, 6 to 10 feet, instead of 30 feet.
- The Winger can simply bodycheck the pinching D-Man and allow the puck to get out over the blueline.
- Many "2 on 1's" (the Centerman and far Winger) are a result of keeping the Winger higher, moving and taking the body on the pinching D-Man.
- If the puck is "rung" hard around the boards, there are many ways that the Winger can "chip" or "deflect" the puck past the pinching D-Man, usually with a resulting "2 on 2" or "2 on 1".
- There are less turnovers of the puck in the Wingers own end.

Tiger Williams and I were teammates in Los Angeles in 1986/87. Tiger is a real believer in keeping the Wingers high in our own end. He was one of the best players I have ever seen in getting the puck out of our

own end, past the pinching D-Man, and into the neutral zone. I loved the watch the opposing D-Man pinch in against Tiger. Tiger skated from an inside position towards the boards and towards the pinching D-Man. Usually the D-Man would go flying and the puck would get out over the blueline. You never saw Tiger back by the "hashmarks", because it just didn't work.

When "under pressure" in your own end, I believe that the "hashmarks" and the boards is the last place that the Winger wants to be. Allow the Winger to move from an inside position to the boards and between the ringette line and the blueline.



Luke's Bio

Morris Lukowich (Luke) is a former NHL & WHA Goal Scorer that played with the Houston Aeros, Winnipeg Jets, Boston Bruins and L.A. Kings. Luke Scored more than 300 Goals during 11 years in the National Hockey League and World Hockey Association between the years 1976 to 1987. Morris (Luke) currently coaches the "Maximum Goal Scoring System" to individual players, small groups and teams in Calgary and across Alberta.

If you have any inquiries, suggestions or comments you can reach Luke at 660-3006 or luke212@shaw.ca.

A Coaching Creed

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

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

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

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

Make sport challenging and fun.

Skills and techniques need not be learned painfully

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

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

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

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

Source: Hockey Canada

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Don't Quit

When things go wrong as they sometimes will,
when the road you're trudging seems all uphill,
When the funds are low, and the debts are high,
and you want to smile but you have to sigh,
when care is pressing you down a bit...
rest if you must – but don't you quit.

Success is failure turned inside out,
the silver test of the clouds of doubt,
And you never can tell how close you are,
it may be near when it seems afar,
so stick to the fight when you're hardest hit...
it's when things go wrong,
that you mustn't quit.



FEEDBACK

Tucker Hockey welcomes your comments on any articles published in *Hockey Zones*: send your email to programs@tuckerhockey.com.

The most interesting and noteworthy letters will be considered for "Letter of the Month" and will be published in the next issue of *Hockey Zones* and will receive a Tucker Hockey prize.

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Proper Stick Length

Having too long a stick can adversely affect a player's skating performance and puck control skills and ultimately slow a player's overall hockey development.

As a general rule, the length of a hockey stick should be from the ice - to between the sternum/above the armpits and below the chin of the player. However, after many years of teaching power skating to player's ages 5 to 60 plus, I have discovered that this rule is often ignored. Ignorance is bliss... not! Rather poor performance is the norm.

It truly amazes me how many sticks being used are too long! At the start of each minor hockey season, the coach should inspect and correct to ensure a player is using a proper stick length.

When a player's stick is too long, he or she will bend from the waist not the knees and it will reduce the effectiveness of the forward stride. A shorter stick forces a player to bend his or her knees... all the great skaters have tremendous knee bend when they are skating.

Proper knee bend occurs when the knee is over the ankle over the toe. This forces the butt to be lower to the ice. It causes a player to have a longer skating stride i.e. full extension.

A proper stick length allows a player to have better puck control skills as well. A player will dribble the puck from side to side with less difficulty. When trying to perform this movement, if the elbow of the top arm has difficulty crossing in front of the body or only the tip of the stick is on the ice, the stick is definitely too long. A good test is for a player to perform a tight turn on the forehand side with the puck. Is the elbow of the inside arm getting in the way? Is only part of the blade on the ice? Is the player losing control of the puck?

The choice of the right hockey stick depends upon the player's strength and height. For younger players, junior sticks

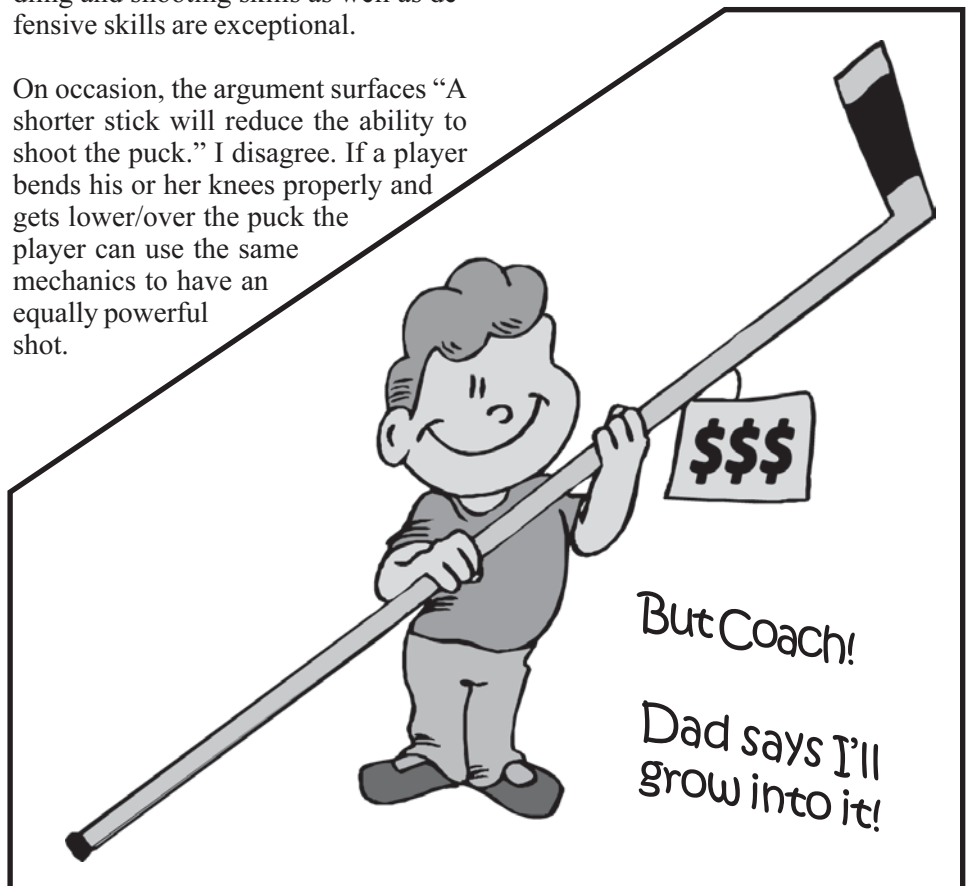
with smaller shafts and blades for easier handling are available at all major hockey supply stores. Often parents spend so much money on a hockey stick; they are reluctant to cut it down especially the \$200 plus graphite models. This is a poor decision and will slow the development of the player and reduce his or her on ice success.

On occasion, parents or players will say "What about the poke check?" If a player plays as a defenseman, a longer stick may be preferred but think about the percentage of time performing a poke check in a game vs. skating and handling the puck. For example, New Jersey Devil's defenseman Brian Rafalski is a worldclass player using a short stick. Rafalski's skating, puck handling and shooting skills as well as defensive skills are exceptional.

On occasion, the argument surfaces "A shorter stick will reduce the ability to shoot the puck." I disagree. If a player bends his or her knees properly and gets lower/over the puck the player can use the same mechanics to have an equally powerful shot.

When players are jumping to a higher/faster level of play example division or league, a player will find if they cut off a half inch/inch off their stick, it will improve their skating and improve their adjustment to the faster pace of the game. If a player is accustomed to a longer stick, it's a fair adjustment to use a shorter stick. I recommend gradually cutting off a half inch to an inch over each practice or game. A player may find he or she will cut upwards of three inches off their stick!

After adjusting to a shorter stick, a player will have improved skating and puck handling skills. As well, their overall hockey development - as a result of using a proper stick length (i.e. below the chin) - will be enhanced!





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Spring Break Program

Group 1: Ages 11 - 12

Monday, March 28th	8:30 - 10:00 am	Stew Hendry Arena
Tuesday, March 29th	8:00 - 9:30 am	Stew Hendry Arena
Wednesday, March 30th	8:30 - 10:00 am	Henry Viney Arena
Thursday, March 31st	8:15 - 9:45 am	Henry Viney Arena

Group 2: Ages 13+

Monday, March 28th	10:15 - 11:45 am	Stew Hendry Arena
Tuesday, March 29th	9:45 - 11:15 am	Stew Hendry Arena
Wednesday, March 30th	10:15 - 11:14 am	Henry Viney Arena
Thursday, March 31st	9:45 - 11:15 am	Stew Hendry Arena

Stew Hendry/Henvry Viney is located at 814 - 13th Avenue NE

Program price \$189 (includes GST)

Summer Program

Group 1: Ages 13 - 14

Monday, August 8th to Friday, August 12th (inclusive)
11:30 am - 1:00 pm – Crowchild Twin Arenas

Group 2: Ages 15+

Monday, August 8th to Friday, August 12th (inclusive)
1:30 - 3:00 pm – Crowchild Twin Arenas

Group 3: Ages 13 - 14

Monday, August 15th to Friday, August 19th (inclusive)
11:30 am - 1:00 pm – Crowchild Twin Arenas

Group 4: Ages 15+

Monday, August 15th to Friday, August 19th (inclusive)
1:30 - 3:00 pm – Crowchild Twin Arenas

Program price \$199 (includes GST)

Register online at www.tuckerhockey.com or call 998-5035

Call for Applications

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

To enter, show us your passion! Write a 100-200 word essay on why you love playing the game of hockey. Send your submission along with your name and phone number to programs@tuckerhockey.com. The winning entry will receive a scholarship to The Tucker Spring Break Super Power Skating Program.

Good luck!

Danny Cammack Memorial Award

**Congratulations to Christmas 2004
Scholarship Recipient
Alexander Bearinger**

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

Hockey

Hockey is the #1 winter game in the world. It is a fun, fast paced team game. This is my first year playing hockey and I love it. I prepared myself for the season by going to hockey camp and power skating. Hockey improves your skating ability. I got motivated to play hockey because of my hockey hero, Shean Donovan, from the Calgary Flames. Shean Donovan motivated me to play by scoring goals, playing as a teammate and he is a fast skater. I love to score and skate and the whole concept of the game is fun. I also get a lot of exercise from playing. Hockey is also a great Canadian game. Those are all reasons why I love to play hockey.

-Alexander Bearinger, Age 11

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

Danny Cammack had many of the passions of a typical 13 year old but none was greater than the one he had for hockey. What Danny lacked in size, he more than made up for with smooth powerful strides, soft hands and an uncanny puck sense.

As much as he loved the game, he loved the camaraderie that came with being a member of a hockey team. Perhaps this is why he was such a good team player. Dan loved to win but it was not the "be all and end all". He always kept things in perspective. Doing his best and having fun on the ice was what Danny was all about!

Adult Hockey Bradley Mersereau Memorial Award

This quarterly award is named the "Brad Memorial". It is in memory of Bradley Mersereau, who was an avid participant in Tucker Hockey Adult Programs. Brad never represented himself as a great skater, or, for that matter, a good hockey player. He just loved getting out and being active. He always found a healthy balance between family, work and the enjoyment of hockey. He was a "true friend" and "hockey enthusiast".

Award Recipients

Winter 2004 – Jeff Okamura

Spring 2004 – Wilfred Budduke

Summer 2004 – Ronald Wong

Fall 2004 – Homer Two Young Men

Winter 2005 – Angelito Ponce

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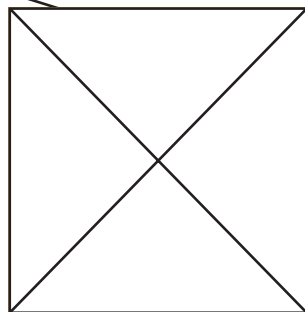
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