

Hockey Zones

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



Creativity on Ice

A Key to Success in Hockey, and in Life

By Martin N. Walker

Creativity is one of the keys to success in hockey, or any competitive sport, as it often is in life. The ability to size up a situation while it evolves, then find a way to make a successful play, often when there seems to be no hope of it – that's when the crowd lets out a collective 'ooh' and the opposition looks flat footed.

Wayne Gretzky may not have been the biggest guy, the fastest skater, or the hardest shooter, but his creativity set him apart, and made him fun to watch. He was full of surprises. Nobody knew what he was going to do, but they knew that whatever it was, it would be dangerous.

Athletic creativity springs from the same place in human beings as the inspiration for great works of music and art, architecture and engineering, literature and science, and also our sense of humour. Those great works at the apex of human achievement, symbols of the best we've achieved, are very different from a moment in a hockey game. But the root of creativity is the same for both, and that's where I want to draw the comparisons.

Each hockey player has his or her own physical attributes, skills, strength and conditioning, atti-

tude, desire to win, determination, hockey knowledge and experience. Take two players who are identical in all those areas, and what will be the difference between them? The more creative player will be aware of a wider range of options, able to think of possibilities that his or her opposition hasn't thought of, and may have difficulty responding to or defending against.

In his book Civilization, Kenneth Clark talks about confidence and optimism as essential to the periods in history when we produced to our greatest works of art. Those ingredients are essential in hockey, too. Players are unlikely to take risks and try new things if they aren't confident and optimistic. It's our job as parents and coaches to provide an environment that fosters confidence and optimism, from the beginning.

It all begins with players having ideas and trying them out. It's not easy, especially when the kids are young, to resist leaning over the boards and telling them what to do. But that's the coach making the decision for the player.

It's important for players to be free to make mistakes and assess them and learn without being overly self-critical. We have to instil behavioural

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Look Inside for Olympic Hockey Schedules!

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"The only things that are going to change you from where you are today to where you are going to be five years from now are the people you meet and the books you read"

–Lou Holtz "The Fighting Spirit"

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Adult Hockey Philosophy

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

Minor Hockey Philosophy

"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 was important in the life of a child."

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On-Ice Instructors Rex Tucker
..... Lyle Hanna
..... Ern Rideout
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Managing Editor Rex Tucker
Advertising Sales Karen Adler
Contributing Writers Lyle Hanna
..... Morris Lukowich
..... Martin N. Walker
..... Rex Tucker
..... Michael White

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Advertising Enquiries: Karen at
programs@tuckerhockey.com
Send ads with "Tucker Hockey Ad" in
subject line to nicole@ableprint.ca.

Mailing Address

P.O. Box 82113, 1400 - 12th Ave. S.W.,
Calgary, AB T3C 0N0

Ph: 998-5035 Fax: 244.5037

E-mail: programs@tuckerhockey.com
www.tuckerhockey.com



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Editor
Rex Tucker

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Alanna Dunwald

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Creativity on the Ice (cont'd.)

boundaries – like no checking from behind – and ensure those limits are not crossed, but other than that, players need guidelines and a framework within which to play, not a set of dictates and restrictions. As in life, so in hockey – the most successful players act flexibly, given the requirements of the situation, rather than bureaucratically, given some set of rules for play.

How many times do we hear someone say, "You should never pass in front of your own net." The fact is, a defensive zone cross-ice pass that results in an offensive rush is a good thing, and an intercepted pass is not. The key is decision-making and execution. A young player who is repeatedly told never to pass in front of his own net is unlikely to break the habit until years later, and by then it will take him some time to do it.

We tend to forget that these kids are learning to read, when to ride their bikes across busy roadways, and they're teaching themselves to navigate computers and interactive games. When to make a cross-ice pass is not so complicated. Younger or older, let's give them credit for the brains with which they've been gifted.

When to make a pass in front of the net can be taught to a player with a rudimentary understanding of the game. Of course, the youngster needs to learn

when to apply that knowledge on the ice, and that means trying the play, finding out when it works and doesn't. Inevitably there will be times when it doesn't. How a coach handles those situations is a real test.

Suppose the coach has told the team when it's a good time to make that pass, and when it's dangerous. A player tries the pass. If the pass works, there's no problem, a little praise, may be a comment about the pass not being picked off. When the pass is intercepted, it's more difficult. The exact response depends on what works best for the particular player. But the objective is still to have the player try it again, but to have it work next time, and the coach needs to remain positive.

That's when a player's young, but what about older players, bantams, juniors, even adults? We all like to be praised. We don't enjoy being told we screwed up. We do want to get it right the next time. As a player's level of hockey advances, so does the complexity of the decision-making. Does the player always get it right? Of course not. But once it's done, the best anyone can do is learn from it, maybe have a laugh.

When a mistake is made on the ice, who knows it better than anyone else? Almost always the player, and he or she

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Next Issue:
Spring/Summer 2006

Features

- Letters/Prize Winner
- People at the Rink – Hockey from a Trainer's Perspective
- Why Kids Play Spring Hockey?
- Coaching and Instructing Hockey – Different Roles
- Insights into Off Ice Training

Welcome to Hockey Zones

The official newsletter of Tucker Hockey.

The Winter 2006 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!"

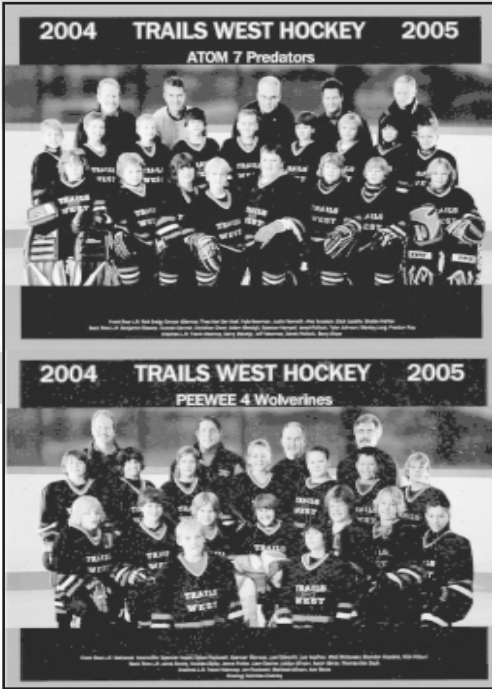
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Hockey from a Manager's Perspective

Trevor Wannop Background:
Husband to Janet
Family Man to 3 Sons

Connor, Age 10, Atom Div3
Spencer, Age 12, Bantam Div4
Justin, Age 7, Novice Div5



Editor's note: Trevor Wannop is a true example of the dedicated Canadian hockey parent. Trevor

ensures his sons, Spencer, Connor and Justin are active and always having fun in the game of hockey. His sons are truly fortunate to have a Dad, who is so interested in their sporting activities. Trevor manages hockey in the Winter as well as baseball in the Summer!

By Rex Tucker

I first met Trevor Wannop in January 2002. We had good conversation about setting up a customized 7:00 to 8:00 am morning hockey program for a group of minor hockey players which included his son, Spencer. The longer I talked to Trevor about the project, the more I admired his apparent organization skills, dedication and passion for the game of hockey.

Recently, I sat down with Trevor over a cup of coffee and talked about his involvement in the game of hockey. I asked Trevor why he decided to become a team manager. He said, "While sitting back and being a cheer leader, I saw an excellent manager in action and another team where the coach tried to do it all. I realized how important the manager's job is to the success of the team and decided to try it myself". For the last four years, Trevor has managed his son's teams at the Novice, Atom, Pee wee, and now Bantam levels within the Trails West Minor Hockey Association.

"A good manager ensures the team has a good time... has fun!" says Trevor. "It's all about relationship building (between the kids and parents), the many social events and attending fun tournaments." "The head coach runs the on ice activities and the manager runs the off ice activities." Trevor's objective throughout the season is for the coach to not have to address any off ice problems. "Everything is taken care of" states Trevor. "The coach can focus on the kids on the ice!"

Trevor indicated that a manager's duties are not complex, just plentiful. It involves organizing social events, ice bookings, exhibition games, tournaments and fundraising. "A manager requires skills such as people skills, public speaking ability, to be organized, to be patient, a good tolerance level, some selling skills... be able to convince people to be on your side, motivate people as well to do their share. Apathy won't cut it" emphasized Trevor.

Trevor outlined to me some of the manager's duties. "Collecting jersey deposits, making sure all contact information is gathered and shared, meeting with parents to agree on team goals and objectives, getting the fundraising started with a 'parent cash call' from \$50 to \$200 and setting up a bank account e.g. Trails West Hockey Team" are the first order of business." Trevor said. "We laminate pocket size cards – two per family for Mom and Dad with kids jersey number, kids name and parents names... to ensure everyone gets to know the others".

"A manager's duties also include obtaining travel permits, sending score sheets to Minor Hockey Association of Calgary, rosters must be correct before being filed, booking accommodations for out of town tournaments... there must be some additional form of entertainment for the kids, that's why he always looks for hotels with water slides. Trevor books accommodations in his name, "if there's problem at hotel... hotel to call me, the manager first" states Trevor. This year he booked games against small town teams south of Calgary and fit a guided tour at Head Smashed in Buffalo Jump between games.

Trevor indicated "It's very important... as soon as possible when the team is picked to have a kick off party. Get the kids and parents together. Have name tags on the kids and name tags on the parents (with their kids name too) so as to get to know each other... kids and parents. Throughout the season, we have various team events and functions such as a draw to get a practice with the Hitmen, Safeway Adopt a Team program, and the hardest working kid brings his Dad to a Flames game etc" said Trevor.

"Manager can't have a fear of public speaking, and dealing with the public to have a good fit" states Trevor. It is impor-

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A good manager ensures the team has a good time... has fun!

Manager's Perspective (cont'd.)

tant to communicate well with parents. Trevor informed that "the parent's meeting is a time to discuss philosophy, arrange support staff, establish team rules such as who is allowed in the locker room... Pee wee and up no parents are allowed in the dressing room. Fundraising includes 50/50 tickets, puck toss at home games, Grey Cup game squares, delivering flyers, bottle drives, wire raffles, and casino nights with the associations etc".

Trevor talked about the early part of the hockey season. "During October, its just practice ice, it's a challenge to set up exhibition games." During the pre-season, Trevor uses his past contacts to organize up to ten exhibition games. He tries to find the same level of play "If it's a blow out, it's no fun for either team" recommends Trevor. "Many teams try to arrange reciprocal games but he finds it is easier if each team concentrates on filling all their own full ice times and provides their name to all the other teams so they can do the same. That way everyone gets as many games as possible with as many teams as possible." Trevor prefers playing tournaments with different teams than they play in the regular season. He has a large network of contacts to accomplish this with teams all over the province.

Over the years, Trevor has learned "You can't manage by consensus, manage by telling rather than asking... tell everyone involved on the team, for example, there's an exhibition game Wednesday 8:00 pm – not would you be interested" he said. "He tries his best to get the kids lots of games but also realizes that there is more to each family's life than hockey, so he strives to manage the schedule so that there are never more than three days in a row of hockey for each team... otherwise there's an issue!" stresses Trevor .

Trevor expanded on some basic team rules and guidelines. "Depending on the level of team if its low... objectives are fun and teach. If its high, teach fundamentals, pursue more winning and more pleasure. Always about fun first and foremost – no yelling at the kids, teach and help them improve" suggests Trevor.

"Try not to coach from the stands, – leave that to the real coaches, if a parent has a beef – talk to the manager first, no freaking out on the coach!" stresses Trevor.

Trevor recommends "Getting the kids to the rink on time, ten minutes prior to the start of a game. The coaches need to talk strategy – some even lock the change room door! ...kids are not late, it's the parents who are late. Practice is very important – the kids chronically miss practices, it gets cured quickly if learn that they may sit the first period next game. "Equal ice time for players ...for goalies they play the whole game or rotate and split the game. Hockey is a team sports says Trevor "Its clear its not about punishment, it's players learning together – team players can't do their own thing on the team, kids accept discipline if it is set as team norm – if a player acts up in practice... sits in the box for a while then off the ice if his behavior doesn't improve".

Trevor doesn't like spending funds on team apparel. He says "I would rather spend the monies on tournaments or exhibition games – we often receive T-shirts at tournaments any ways". Trevor doesn't often sit with his wife during games. He keeps on moving around working the crowd and leading the cheers. Whenever his team scores, you will hear him yell "who are we !" and the rest of the parent (and players) yell out the team name in response.

He really dislikes it when parents abuse the referees and makes that clear to the parents. "Parents need to understand that it is never the referee that wins or loses the game, it's the kids job to do that – don't take it out on the officials when the kids have a bad outing." An important role of a manager is a liaison between coach and parents in the stands. He attends the before and after game, Trevor the manager makes comments at the pre game talk and post game coach/team talks. This way he informs the parents in the stands of pre game strategy and brings the parent input and "the view from above" from the stands into the change room after the game. Trevor will talk to the oppo-

sition as well on a regular basis "Goodwill with the opposition is important too" states Trevor.

Trevor said "We have many general meetings through out the season to tell everyone what's coming up, to get everyone on the same page. Communication is so important within the team – coaches, manager, parents and players."

Trevor also will arrange activities and social events when the team is out of town, will find and book ice for team competitions, obtain extra team practice ice throughout the season, and performs bank reconciliation throughout the season... we ensure there's enough monies to cover team activities then we stop fundraising" says Trevor.

"We always have a wrap up party at the end of the season...any monies left over are returned – divided among parents, i.e. \$50 each" said Trevor.

It's important to avoid burnout over the course of the season" said Trevor. "I usually get the team into three tournaments per season – pre Christmas, mid season (February) and end of season (late March/early April)."

There's always a few minuses to any role or position. Luckily these are usually small things – his pet peeves are League Chairpersons that would rather have a snail mail actual score sheets than scanned and emailed sheets or the now – rare cases where people do not have email. – "I guess it's the little things that take up extra time that I dislike", he says. Occasionally, a hockey event encounters a hiccup that results in a ton of phone calls and this really stresses the family.

It's a unique experience for Wannop, who often manages to get all three sons into the same tournament or hockey event, this way Mom and Dad don't have to go to separate towns to different son's tournaments. "When you bring three teams into a small... it pumps up the local economy as well" said Trevor.

During the 2003 – 2004 hockey season,

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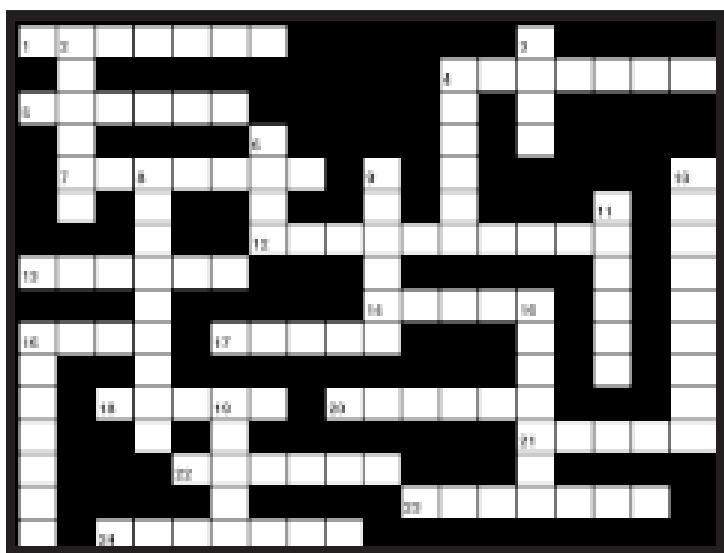
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7 PIT C 1987
12 NYI C 1988
13 WASH RW 1988
14 BOS RW 1988
15 VAN RW 1988
17 TOR RW 1988
18 NYI RW 1988
20 PHI RW 1988
21 WASH RW 1988
22 CAL RW 1988
23 CHI C 1988
24 WASH RW 1988

Down

2 CAL RW 1988
3 PHI RW 1988
4 QUE RW 1988
6 STL RW 1988
8 BOS RW 1988
9 LA C 1987
10 DET RW 1988
11 PHI RW 1988
15 DET C 1988
16 MIN RW 1988
19 MIN LW 1987

Ten Steps to a Longer Life

No Smoking • Balanced Diet • Regular Exercise
Moderate Drinking • Regular Checkups • Enough Sleep (8 hours)
Moderate Exposure to Sunshine • Good Safety Habits
Supportive Family & Good Friends • Positive Outlook on Life

"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)

Salute to Minor Hockey Week

Editor's Note: Hundreds of thousands of young Canadians will participate in Minor Hockey Week from January 6th to January 15th, 2006. It's a great celebration of minor hockey in our country.

It's a prime example of the hockey and team spirit displayed by thousands of parents, relatives, coaches, managers, on and off ice officials and administrators, who freely volunteer countless hours of their time and work together to ensure the kids have a great experience. Hats off to your hockey and team spirit!

Let us sustain good team spirit on and off the ice – whether we win or lose. Remember Relax – its only a game!

Good luck teams – enjoy this great week of hockey in Canada!

Michael White expresses what team spirit is all about. Thanks Michael for your inspiring words.

Team Spirit By Michael White

The whole is greater than the sum of all the parts.

No one person on the team is more important than the other.

We all have our roles that we play.

It's about team spirit!

When all the players have PMA – positive mental attitude – the results will reward the whole team.

When the best skater or stick handler can show the other players who may need help with a particular skill the whole team can grow stronger.

The result will be each player on the team will get into a more cohesive unit on the ice whether they play offense or defense.
It's about team spirit!

Drive and determination from each player will help better the teams' performance

When a player feels he is giving his best to the team and he or she is being challenged the whole team is a winner.

We can all learn from one another – each person has their strengths and weaknesses.

It's about team spirit!

We strive for excellence.

We reach for our goals as they in the Olympics – Altius, Fortius, Citius – higher, stronger, faster

We gain from each other.

All for one and one for all!

It's about team spirit!

Static & Dynamic Stretching

Coach Lyle's Tip Sheet

Warm Up

Neutral Zone Overload at 60% or Less Speed
Coaches – Passive Stick Checking

Stretches

Quads, Hamstrings, Gluteals, Hip Flexors,
Adductors, Abductors, Lower Back, Core Muscles

1. Frog Position – spread knees, push seat over heels
2. Lateral Leg Raises
3. Full leg swing – forward, toes up, backward, toes out (90°)
4. Half Squats
5. One knee up (upper leg parallel to the ice, knee bent), rapid 'kick outs' (foot to straight leg)
6. Knee Up (as in #5) - point knee forward, rotate

knee out to side, hold, return.

7. Upper trunk twists – side to side, feet wide
8. Hands together, end of stick; bend over, hands between legs, raise arms and stick over head, toe of stick towards ice

Note: #1 Static Only, #2-8 Static or Dynamic

Dynamic Stretches Only

Note: Use Flat-8 on whole ice: Speed down alley (middle); do stretches coming back along the walls (alternate)

Note: Combine #2-8 (Above) with these skating drills

1. Cut 2-foot "Cs" simultaneously (hourglasses)
2. Cut large "Cs" with inside and outside edges
3. Same as 1., 2. above using Backward Skating
4. Slow slo-motion skate: holding each extension.
5. Knee touch on back leg – use same side hand on stick and reach (maximum) forward). Alternate stick side when alternate knee touches ice.
6. Backward outside edge, C-cuts with exaggerated high foot swing with opposite leg.
7. Skate forward, stick horizontal – hold 2 hands – kick end of stick with skate, alternating feet
8. Finishing Dash – end to end dash with stick held horizontal at eye level (elbows slightly bent) – skate straight line – upper body no move, motion, dipping, swaying.



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Coach Lyle

Lateral Crossovers

This article is another in a series designed to help hockey players enhance their skating and hockey skills. What we are putting into your hockey bag of new skills this month is the valuable basic skill of Lateral Crossovers. Lateral crossovers, so often trivialized or misunderstood, is a fundamental building block to help you skate better, the potential to be a better hockey player and to enjoy the sport that much more as you progress using correct technique.

Before listing some important roles for the use of lateral crossovers, let us first define it. Lateral crossovers are the skating skills by which you move sideways (laterally) to the left or the right, in a straight line using only your legs and feet while your upper body stays squared to the front. A most important point is to begin with the correct stance.

Begin with a hockey version of the Athletic Ready Stance common to all sports. Keeping in mind that “balance” is a prime key to executing any action in any sport; it is the movement from a position of optimal balance, executing the action and returning to a new but similar in balance position.

For a refresher, we will sketch the Hockey Ready Stance which is often referred to as assuming the “three point stance”; your two feet near parallel, hip width apart, inside edges biting into the ice, knees bent, weight evenly on each skate, upper body leaning slightly forward, both hands on the stick and in front of the body, and the stick blade on the ice, forming the third point; a tripod effect.

Note that the body is leaning slightly forward because the anticipation is that you are likely going to skate forward and you just shifted your centre of gravity to help propel you forward. Aside from that key point for forward skating,

you are also in an optimal position to jump into a fast start in any direction.

The Hockey Defenseman’s Ready Stance. Backward skating and its start, including lateral crossovers, is different from the above. First key is that we want to shift our center of gravity towards the rear and is also a neutral position for moving laterally. To do this, we move our upper body (the torso) to a vertical position, add slightly more knee bend to help push your butt straight down towards your ankles. This is the deep, sturdy sit position base from which we have to operate. As you progress in hockey, this erect, strange feeling sit position is referred to as “sitting high in the saddle”.

Add to the foregoing, a change in your stick control. You now grip it at the knob end with one hand. Keys here are to keep your upper arm parallel to your upper body, a slight (approximately 45 degrees) bend at the elbow, with the blade on the ice, the toe pointed straight ahead and in line with your arm and hand holding the stick. The other free hand is bent at the elbow, with the forearm angled slightly towards the imaginary center line in front of your body. This is referred to as the defenseman’s start/ready position.

Before we get into the correct technique to execute lateral crossovers, let us make a quick list of some of the very important uses that you use this skill for playing and training.

- Defensive and Offensive Tactics.
- Basic requirement for correctly using crossover strides in forward and backward skating.
- Basic to transition from lateral movement to backward or forward skating.
- Very important basic maneuver for

Cont. page 19

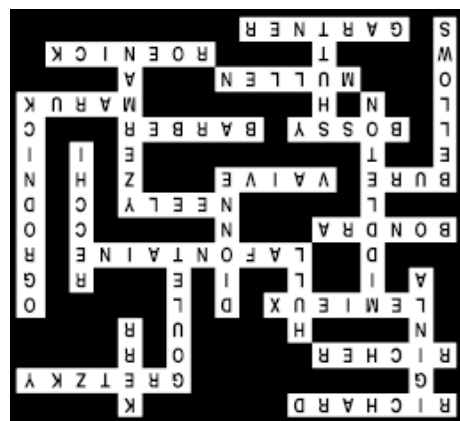


Tucker Hockey Philosophy Why Power Skating?

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 the other aspects of the game.

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

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A Coaching Creed

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

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

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

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

Make sport challenging and fun.

Skills and techniques need not be learned painfully

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

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

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

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

Source: Hockey Canada

Creativity on the Ice (cont'd.)

won't be happy about it. There are exceptions, when a player doesn't realize they've made a mistake, perhaps because of the complexity of the play involved, maybe the level of the game is higher than the player is used to, or the error happened early in the shift and the player forgot about it. There is an age factor, too. The youngest players understanding of the game is small enough that they don't know a mistake has been made. What the player needs in those situations is not criticism, but help so that he or she can understand what happened. And there's always the value in pointing out what the player did right. This is true at any age. It also pays to remember that the player is trying very hard to do the right thing.

The development of creativity and the tolerance, even the encouragement of mistakes, is an area that often gets overlooked because of the focus on skill development, systems that put structure in the game, and the emphasis on winning that permeates the "Competitive" Minor Hockey structure.

Dave King, former coach of the Calgary Flames, has been quoted about the many challenges within today's minor hockey system. He says that many coaches aren't coaching to win, but rather, not to lose! Such coaches emphasize systems, that limit the way play develops on-ice, and they train their players to play within the parameters of those systems, rather than build a team of skilled players who play together in a flexible and dynamic manner, a team that responds with fluidity and poise as play evolves.

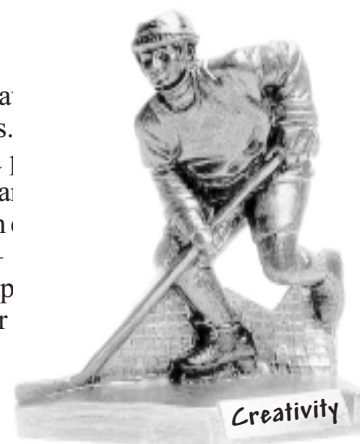
A system is a way of organizing play on-ice – the assignment of forward, defence,

and a goalie, is perhaps the simplest hockey system. Everything else – face off alignment, man or zone defence, one or two man forecheck, is an elaboration from that starting point. For competitive hockey development, players need to be taught the appropriate level of systems, and they need to work at decision-making for system failure. It's also important for players to understand the systems their opposition may be using. It is rewarding of when the team responds to a system failure, their own or their opponents. It can be as simple as a skate catching a rut during a penalty kill. The player falls, and there goes the box. Do the other players have the flexibility to respond?

Some players like to know their role, and strictly play their position. Other players always do what seems right to them at the moment, regardless of what the rest of the team is doing. Most players are somewhere in between, but tend one way or the other. Players in the middle can be encouraged to expand in both directions; players at the extremes can be encouraged to add another dimension to their game.

The player decides what he's going to do on the ice; all the coach can do is present options, try to open the player's eyes, focus on adding tools to the player's toolbox, and new ways to use what's already in it, with the emphasis on growing the player's game. The player can take in the advice, or not. If a player sees that he – or she – will strengthen their game by expanding it, and he's confident he can expand it, then he'll expend the effort to get there. Expanding takes creativity and courage. The player is moving into an unfamiliar area, where he or

she will have new ideas. To force a change – as happens often in hockey – is a good practice. Rather keep up the encouragement, and wait until the time is right – when the player decides he or she wants to take the initiative – with the coach's support.



When a player expands his game, the whole team is strengthened. There are more options for all the players. When gifted players like Iginla and Sakic play on the penalty kill, they read the play, anticipate it, break it up, and often create shorthanded chances for their own team – they make it very difficult for their opponents to score. When Regehr added offensive moves to his game, he became able to contribute to the Flames offense, joining his partner Jordan Leopold in making plays from the point.

Of course, for any creative play to work, the player needs the skills to execute it, as well support from the rest of the team. A player may reach a point where he doesn't have the skill to execute an idea he has on ice, and doesn't have the capability to expand his game. The player may have reached a plateau in his or her development. When that happens, we have to be most careful. At any level, Kenneth Clark said, "I believe in courtesy, the ritual by which we avoid hurting other people's feelings by satisfying our own egos." Courtesy is another element in an environment that fosters creativity, confidence and optimism, the type of environment in which we can all thrive.

By the way, creativity begins when we're little kids, playing. But that's another article.

Editor's Note: Life is a continuous learning process – whether a hockey player, a parent or a coach – no matter what your age. It's important to keep the creativity in the game of hockey, but more importantly to keep it in the game of life!



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(Ten Sessions)*

Winter Group 1 – Father David Bauer Sundays 10:00 - 11:15 pm

January 15th to March 26th
(inclusive except for February 19th)
\$299 New Participants/\$269 Past Participants

Winter Group 2 – Stu Peppard Wednesdays Noon - 1:00 pm

January 18th to March 22nd (inclusive)
\$249 New Participants/\$199 Past Participants

Winter Group 3 – George Blundun Wednesdays 7:00 - 8:00 am

January 18th to March 22nd (inclusive)
\$249 New Participants/\$199 Past Participants

Spring Group 1 – Southland Leisure Centre Saturdays 11:00 am - 12:15 pm

April 15th to June 24th (inclusive except May 20th)
\$299 New Participants/\$279 Past Participants

Spring Group 2 – Crowchild Twin Arenas Wednesdays Evenings

April 19th to April 26th 9:15 - 10:30 pm
May 3rd to June 21st, 8:45 - 10:00 pm
(inclusive)
\$299 New Participants/\$279 Past Participants

Spring Group 3 – Father David Bauer/Norma Bush Fridays Noon - 1:00 pm

April 14th to June 23rd (inclusive except for May 19th)
\$299 New Participants/\$279 Past Participants

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*For players who have participated in and
feel comfortable with the Tucker Hockey
Level 1 technical skills program.*

*The Level 2 Program includes advanced
technical skills, individual tactics – offensive and
defensive, team tactics – breakouts, regroupings
and defensive zone coverage and
conditioning drills plus scrimmage. (Ten Sessions)*

Winter Group 1 – Henry Viney Thursdays

Noon - 1:00 pm

January 19th to March 23rd (inclusive)
\$249 New Participants/\$199 Past Participants

Winter Group 2 – Ernie Starr Saturdays

10:15 - 11:30 pm

January 28th to March 25th (inclusive)
\$299 New Participants/\$269 Past Participants

Spring Group 1 – Crowchild Twin Arenas Thursday Evenings

April 20th, 27th, 10:15 - 11:30 pm
May 4th - June 22nd, 9:45 - 11:00 pm
(inclusive)
\$299 New Participants/\$279 Past Participants

Spring Group 2 – Father David Bauer/Norma Bush Mondays

9:15 - 10:30 pm

April 17th to June 26th
(inclusive except for May 22nd)
\$299 New Participants/\$279 Past Participants

Tucker Hockey 2006

Winter, Easter & Spring Minor Programs

Winter Power Skating & Hockey Skills Development

Ten Sessions

Group 1: Ages 9-11 +
General Bledun
Thursdays 6:00 - 8:00 am
 January 19th to March 23rd
 (inclusive)
 \$210 per player (based on 10 players)

Group 2: Ages 9-11 +
General Bledun
Fridays 7:00 - 8:00 am
 January 20th to March 24th
 (inclusive)
 \$210 per player (based on 10 players)

Group 3: Ages 9-11 +
Southland Leisure Centre
Mondays 4:30 - 5:30 pm
 January 16th to March 27th
 (inclusive except for February 20th)
 \$290 per player (based on 10 players)

Group 4: Ages 7-10 +
Stu Peppard
Fridays, 3:00 - 4:00 pm
 January 20th to March 24th
 (inclusive)
 \$290 per player (based on 10 players)

Super Power Skating Spring Break Programs

Group 1: Ages 7-10

Monday, March 27th – 3:45 - 5:00 pm
 Southland Leisure Centre

Tuesday, March 28th – 3:45 - 5:00 pm
 Southland Leisure Centre

Wednesday, March 29th – 3:45 - 5:00 pm
 Southland Leisure Centre

Thursday, March 30th – 3:45 - 5:00 pm
 Southland Leisure Centre



Group 2: Ages 9 - 12 +

Monday, March 27th – 5:15 - 6:30 pm
 Southland Leisure Centre

Tuesday, March 28th – 5:15 - 6:30 pm
 Southland Leisure Centre

Wednesday, March 29th – 5:15 - 6:30 pm
 Southland Leisure Centre

Thursday, March 30th – 5:15 - 6:30 pm
 Southland Leisure Centre

Spring 2006 Super Power Skating

Group 1: Ages 7-10
Westside Rec Centre
Monday, April 3rd to
Thursday, April 6th
6:00 - 7:15 pm
 \$169 per player

Group 2: Ages 9-13 +
Westside Rec Centre
Monday, April 3rd to
Thursday, April 6th
7:30 - 8:45 pm
 \$169 per player

Group 3: Ages 7-10
South Fish Creek
Thursday, April 13th to
Sunday, April 16th
7:00 - 8:15 pm
 \$169 per player

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Tucker Hockey 2006

Summer, Fall & Christmas

Minor Programs

Summer 2006 Power Skating

Group 1: Ages 7-10
Henry Viney/Stu Hendry
Monday, August 21st to
Friday, August 25th
5:30 - 6:45 pm
\$199 per player

Group 2: Ages 9-13+
Henry Viney/Stu Hendry
Monday, August 21st to
Friday, August 25th
7:00 - 8:15 pm
\$199 per player

Group 3: Ages 7-10
Henry Viney/Stu Hendry
Monday, August 28th to
Friday, September 1st
5:00 - 6:15 pm
\$199 per player

Group 4: Ages 9-13+
Henry Viney/Stu Hendry
Monday, August 28th to
Friday, September 1st
6:30 - 7:45 pm
\$199 per player

Group 5: Ages 7-10
South Fish Creek
Tuesday, August 29th to
Friday, September 1st
4:15 - 5:30 pm
\$169 per player

Fall Power Skating & Hockey Skills Development

Ten Sessions

Group 1: Ages 9-12+
George Blundun
Thursdays 7:00 - 8:00 am
October 5th to December 14th
(inclusive except November 11th)
\$210 per player (based on 10 players)

Group 2: Ages 9-12+
George Blundun
Fridays 7:00 - 8:00 am
October 6th to December 15th
(inclusive except November 10th)
\$210 per player (based on 10 players)

Group 3: Ages 9-12+
Southland Leisure Centre
Mondays 4:30 - 5:30 pm
October 16th to December 18th
(inclusive)
\$290 per player (based on 10 players)

Group 4: Ages 7-10
Stu Peppard
Fridays, 3:00 - 4:00 pm
October 6th to December 16th
(inclusive except November 11th)
\$290 per player (based on 10 players)

Super Power Skating Christmas Programs

Group 1: Ages 7-10

Wednesday, December 27th – 5:45 - 7:00 pm
Southland Leisure Centre

Thursday, December 28th – 5:15 - 6:30 pm
Norma Bush

Friday, December 29th – 5:15 - 6:30 pm
Southland Leisure Centre

Saturday, December 30th – 5:30 - 6:45 pm
Village Square



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Christmas Gift**

Group 2: Ages 9 - 12+

Wednesday, December 27th – 7:15 - 8:30 pm
Southland Leisure Centre

Thursday, December 28th – 6:45 - 8:00 pm
Norma Bush

Friday, December 29th – 6:45 - 8:00 pm
Southland Leisure Centre

Saturday, December 30th – 7:00 - 8:15 pm
Village Square

Christmas Super Power Skating

Just \$169 per player!
Includes GST, Practice Jersey
& Five Hours On-Ice
A Full Power Skating Curriculum

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2006 Summer & Fall

Adult Recreational Programs

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Beginner/Intermediate Players

Power Skating/Player Development Programs which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage

Summer Group 1 – Henry Viney/Stu Hendry
Monday, August 14th to Friday, August 18th
8:00 - 9:30 pm

\$225 New Participants/\$199 Past Participants

Fall Group 1 – Father David Bauer
Sundays 10:00 - 11:15 pm

October 15th to December 17th (inclusive)
\$299 New Participants/\$279 Past Participants

Fall Group 2 – Stu Peppard
Wednesdays Noon - 1:00 pm
October 18th to December 20th (inclusive)
\$249 New Participants/\$199 Past Participants

Fall Group 3 – George Blundun
Wednesdays 7:00 - 8:00 am
October 18th to December 20th (inclusive)
\$249 New Participants/\$199 Past Participants

Level 2

Intermediate/Advanced Players

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 technical skills program.

The Level 2 Program includes advanced technical skills, individual tactics – offensive and defensive, team tactics – breakouts, regroups and defensive zone coverage and conditioning drills plus scrimmage.

Summer Group 1 – Henry Viney/Stu Hendry
Monday, August 21st to Friday, August 25th
8:00 - 9:30 pm

\$225 New Participants/\$199 Past Participants

Summer Group 2 – Henry Viney/Stu Hendry
Monday, August 28th to Friday, September 1st
8:00 - 9:30 pm

\$225 New Participants/\$199 Past Participants

Group 3 – Father Bauer/Norma Bush
Friday, September 22nd to Sunday, September 24th
7:30 - 9:00 pm

\$129 New Participants/\$99 Past Participants

Arena Locations

Crowchild Twin Arenas – 185 Scenic Acres Drive NW
Father David Bauer – 2424 University Drive NW
Henry Viney Arena – 814 - 13th Avenue NE
Stew Hendry – 814 - 13th Avenue NE
Stu Peppard Arena – 5300 19th Street SW
Southland Leisure Centre – 2000 Southland Drive SW
George Blundun – 5020 26th Avenue SW
Village Square – 2623 56th Street NE
Norma Bush – 2424 University Drive NW
Ernie Starr – 4808 14th Street SE

Fall Group 1 – Henry Viney
Thursdays Noon - 1:00 pm

October 5th to December 14th
(inclusive except for November 16th)
\$249 New Participants/\$199 Past Participants

Fall Group 2 – Ernie Starr
Saturdays 10:15 - 11:30 pm
October 14th to December 16th (inclusive)
\$299 New Participants/\$279 Past Participants

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It's "No Sweat"

gear! Besides cleaning and sanitizing traditional sports gear NO SWEAT can clean "hard to clean" items as well. A repair luggage company is also a regular client who get luggage/backpacks cleaned. One guy was so pleased with the service after cleaning his hockey gear. He had basement items cleaned too – sleeping bags, boots included... Yes, his wife liked it too!" After last Spring's flood damage, Todd took care of cleaning moldy sports equipment damaged in the various basements throughout the city.

Editor's note: After working in the corporate world for over 20 years, primarily in I.T., Todd Kurio decided a career change was in order. He aspired to be more independent and be involved in a business related to hockey and other sports. He found the perfect fit – hockey, people and a service, which is definitely needed – NO SWEAT – sports equipment cleaning.

By Rex Tucker

While researching hockey related opportunities on the web one day, Todd discovered the sports equipment cleaning business. He foresaw it as a good service and decided to check it out a little more closely. Todd did his homework and talked to people in the industry. The more he educated himself on the business, the more he could see it becoming not a secondary business but a main business for himself.

Todd felt this type of business provided a perfect fit to network with hockey people year-round. Todd plays a lot of recreational hockey year – round, as well he has a daughter, who is very active in girls' hockey. As a result, Todd has always been hanging out at the rink. He saw a perfect combination of hockey, sports, people and providing a great service, which is badly needed in the community.

After doing his market research, Todd was now well aware of the need for an equipment cleaning service and the prospects for strong business growth. With an increased passion and independence to be an entrepreneur, and a desire to experience a different lifestyle, at this stage of his life, Todd started his own business.

Since being in business, Todd's customer base includes a strong hockey clientele as well as other sports such as lacrosse, ball hockey, football, ringette, skiing, snowboarding, and soccer. Todd's client list includes individuals both male and female, wives and girlfriends – getting the spouse's gear cleaned, clubs, teams and associations. Todd says, "The business is 50/50, female and male clients. Girlfriends and wives motivate many males, who want their guy to clean up his

Todd remembers on one occasion a lady saying over the phone "I don't want to touch the stuff! I may get the smell on my hands! Can you pick the bag up and clean my husband's gear? Please!"

During his many years of playing recreational hockey, Todd recalls times when sitting on the players' bench, in the dressing room, and players skating by on the ice... the air reeking of a bad odor. Todd often being teary eyed because of the gross smell especially when sitting on the bench next to a smelly teammate! I am sure you the reader has experienced the same at one time or another at the rink? Yes! I know I have!

Besides the stink, it's a health issue too! Rashes and infections are becoming a major concern. Todd did talk to one parent whose son's friend had an amputation due to an infection from his equipment. Very sad but true.

Besides disinfecting the equipment, it preserves the equipment too. Why spend more money on new equipment? "If we take care of your gear it will last longer" says Todd, "It increases the life of the gear... especially goalie gear which falls in the \$4,000 to \$5,000 purchase price range – it's very expensive".

Todd indicated that much of his business is repeat customers and referrals from satisfied customers. "Your equipment stinks, and you try to treat it yourself but you won't get the long term benefits of a professional cleaning service" says Todd.

"The process of cleaning sports gear involves more than putting the gear in the machine with a little detergent. There's lots to it", says Todd. When people visit the shop they can view the machine and the process of cleaning the equipment. To understand more about the cleaning process and read up on many interesting, shocking, and enlightening articles on athletes, who have experienced bad health due to unsanitary gear, check out Todd's website, www.nosweatesporta.ca.

Cont. page 21

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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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Coach Lyle – Lateral Crossovers cont.

One Foot Stops with a quick, big jump into accelerating in a direction 180-degrees to what you were travelling.

- Balance Drills. Note that learning the correct way to skate backward and laterally are in themselves a “balance skating drill” of a poignantly different nature than when skating forward. Note: maintaining body position while skating backwards or laterally, with balance while moving the feet and legs correctly (read: do your skating from the hips on down) primarily requires very good core muscle development, not withstanding the importance of all the leg and butt muscles.
- Agility Drills. Coaches can throw lateral crossovers into a complex agility skating pattern to step up that extra degree of difficulty, when it is time for you to push a little more for excellence.
- Quickness Drills. To do lateral crossovers in triple quick time is a wake up call for your feet to get quicker and trains your body to help with your speed. Very important: Speed in skating is largely limited by the genes that you were born with, despite strength building and skating miles-and-miles. The only way to get the maximum speed out of your body, is to improve and perfect your skating technique.
- Conditioning Drills. Tactics 1-thru-7 above, need a lot of work by you if you are to improve. You lose if you get tired too soon. Your Coach can tell you how much more fun the game is when your high technique level has the support of a high level of conditioning.

Key Points and Key Concepts for Learning and Teaching

Lateral Crossovers

- Player assumes the Hockey Defenseman’s Ready Stance.
- To move laterally to your left: lift your right skate, keeping the toes pointed forward, up and over your left foot and placing it parallel on the other side of your left foot, at least hip width apart and parallel to the left skate.
- Very Important Key: lead with the

knee and use a HIGH KNEE ACTION... at the top of the lift over, your upper leg, from hip to knee, should be parallel to the ice. You will find this of additional importance as you progress to more lateral speed, fast, explosive starts in changes of direction, explosive crossover starts from a one foot stop, learning and doing forward and backward skating crossovers, transitions from forward-to-backward and backward-to-forward, among other agility and speed maneuvers.

- Remember: skate from your hips on down (notwithstanding aids from the upper body, not so relevant to our discussion at this time) and remember the importance of training your core muscles as we continue. I remind you of this now because as you do a single or multiple lateral crossover, your legs do the work and your upper body “goes along for the ride”. That is to say, maintain your upper body posture (erect) and the deep sit (good knee bend).
- Also a reminder, to keep the upper body square to the direction you are facing.
- For high speed lateral movements, take long, fast crossover steps and feel like you are throwing your body sideways, feel like you are throwing your hip in that direction. Note that the objective when you are keeping your shoulders and hips square to the front, they as a unit perpendicular to the ice (a “wall”, same as in your two foot glide turns at less than all out speed).

For skaters that are young or older rookies, who are learning to skate backwards, remember the body posture is much the same as for lateral crossover so what I am about to say applies for both. There is a fear in “throwing” your body backwards to the erect, upright position of the back, viz., the upper torso. If you are not strong on your skates otherwise, there is fear to overcome, like all things new. Your Coaches or Tucker Hockey has specific drills to teach you to get to a comfort zone.

Good Luck,
Coach Lyle

Manager (cont’d.)

Trevor took his teams a total of thirteen times to a Calgary Flames or Hitmen game and one Rough Neck’s game as well! Just another example of his dedication and commitment to his teams!

During the Winter season...when Mother nature cooperates. Trevor manages the Signal Hill outdoor rink between November and March. Trevor says “It’s a opportunity for the kids that do not play minor hockey to get out and play and for his teams to get some outdoor ice time too.

Trevor’s proudest moments as a manager happened last season when both his teams – Atom and Peewee (pics page 4) – won the city championships.

For the foreseeable future, Trevor will carry on managing teams to midget/junior levels, as a parent he is an advocate for the kids but realistic on goals and expectations. “Because of my management experience over the years, I now help train other managers over the season to do it right” he said.

Teams often give a gift to the manager at the end of the hockey season to show appreciation. It’s a nice gesture. However, Trevor sums things up nicely on why he manages season after season.

“Hearing parents say it’s the best hockey year they ever had...kids remembering how good a time they had playing, remembering the variety of tournaments, the out of town games and other off ice activities – it’s a great deal of fun for everyone... great to see the kids have fun and get as much hockey as they can. It teaches life skills including team work... we win and lose as a team – that’s what it’s all about for me and why I do it each season” states Trevor with a very satisfied smile!

Editor’s Note: Reading this article about Trevor Wannop, hockey from a manager’s perspective, may benefit current team managers as well as encourage other parents to get more involved with their kid’s teams. It can be a very rewarding and enjoyable experience. Thanks, Trevor for sharing your thoughts and expertise!



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No Sweat (cont'd.)

Here's a little information on the cleaning process. The process was invented in Kelowna, BC. Todd's machine is a sixth generation machine. The first machine came on the market eight years ago was manually operated. Now, the latest machine is computerized. Todd can

control the temperature, speed and duration of the wash. A full cleaning and drying process takes 12 to 14 hours; it is usually 24 to 48 hour turn around time on the equipment. "Football equipment, helmets and skates need to be prepared prior to placement in the machine." High maintenance items include the goalie trapper. It's the most difficult piece of equipment to clean," says Todd.

Todd recently moved his business to a brand new location at #21B 8720 Macleod Trail SE, located in the Macleod Trail Co-op Shopping Center. Besides dropping equipment off at the shop, Todd has several drop off zones – including Pro Skate stores, Play It Again in West Hills, and Sports Traders. Todd provides other services besides cleaning sports equipment including skate sharpening, hockey supplies and misc. sports attire.

To clean a standard set of player hockey gear, the price is approximately \$45.95. If you would like more information or rates for groups/teams give Todd a call at 204-1401.

Special promotion for all readers – 20% off a standard cleaning or a free skate sharpening.

Editor's Note: If your gear stinks! Don't be embarrassed by someone (may be your spouse, teammate or even a stranger) complaining about the awful stink of your sports gear! Check out the #1 Sports Hygiene Service in Calgary today!



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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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Bantam AAA & AA • Community – Novice to Midget
Initiation • Adult Recreational • Male & Female
Father & Son • Mother & Daughter
Grandfather & Grandson • Husband & Wife

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- Guaranteed to improve skating skills.
- Guaranteed to improve goal scoring skills.
- Learn the "Secrets of Scoring" more goals.

Register Today! Spaces fill up quickly!

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

REX TUCKER
Power Skating Instructor



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MORRIS LUKOWICH (LUKE)
Maximum Scoring Instructor

Spring Break Program

Group 1: Ages 11 - 12

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

Group 2: Ages 13+

Tuesday, March 28th	9:45 - 11:15 am	Stew Hendry Arena
Wednesday, March 29th	9:45 - 11:15 am	Henry Viney Arena
Thursday, March 30th	9:45 - 11:15 am	Stew Hendry Arena
Friday, March 31st	10:00 - 11:30 am	Henry Viney Arena

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

Program price \$189 (includes GST)

Summer Program

Group 1: Ages 13 - 14

Monday, August 7th to Friday, August 11th (inclusive)
11:30 am - 1:00 pm — Crowchild Twin Arenas

Group 2: Ages 15+

Monday, August 7th to Friday, August 11th (inclusive)
1:30 - 3:00 pm — Crowchild Twin Arenas

Group 3: Ages 13 - 14

Monday, August 14th to Friday, August 18th (inclusive)
11:30 am - 1:00 pm — Crowchild Twin Arenas

Group 4: Ages 15+

Monday, August 14th to Friday, August 18th (inclusive)
1:30 - 3:00 pm — Crowchild Twin Arenas

Program price \$199 (includes GST)

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



The Merits of One-on-One Coaching

Throughout the year, there are many group hockey development programs to choose from: power skating, hockey skills, checking, three-on-three and conditioning, etc. However, if a player is serious about reaching his or her short and long term hockey goals, they must consider one-on-one coaching

Advantages

There are many advantages of private/specialized one-on-one sessions, including.

- More personable – players receive closer attention
- Proper assessment of a player's skills
- Customized on-ice programs to suit needs and abilities
- More hands on approach/input from parents/players
- More effective way to bridge the skill gap and speed up the improvement

- process every time a player skates
- Times and dates determined by parents/players – better suited to a busy schedule (before and after school)
 - Enhance hockey skills as well as life skills, self confidence and self esteem
 - Qualified and experienced instruction to help achieve short and long term hockey goals

Benefits Outweigh Costs

Concerns often addressed are:

- Programs are more expensive than group programs but the benefits outweigh the costs if a player/parent are serious about hockey advancement
- Can't afford 1 on 1? Get together 2 or 3 players of similar skill, age and desire from a club, team or neighborhood to help share the costs.
- Participants experience guaranteed

improvements and enjoyment – love of the game!

Tucker Hockey Provides Proven One on One Coaching

Please call Rex Tucker at 244-5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures. Visit our website at www.tuckerhockey.com for more information.

Here are two rising stars who have experienced Tucker Hockey one-on-one coaching and taken their game to a higher level:



Mark Bomersback
 Alltime leading Scorer in AJHL
 3rd Year Player
 Ferris State University
 Future NHL Prospect

"I thought Tucker Hockey really benefited my overall hockey skills and especially skating skills. As a player, you may not realize you are doing anything wrong or you just think your doing everything right. However, it wasn't until I did about a dozen one-on-one coaching sessions with Rex Tucker, one of the best power skating instructors out there, that I learned about my potential to improve.

I had Rex tweak my skating skills and I have to say I improved dramatically. I learned a lot of little things to get an extra step on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now that I have had Rex Tucker's personal instruction.

There is no such thing as a perfect skater, but there are great skaters. I now feel that a player's skating skills will always have room for improvement... no matter what level you play. I plan to continue to hone my skating skills to make it to the next level... the NHL! Thanks for the help Remy!"

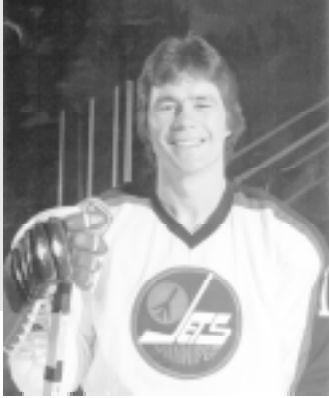


'Mac' McIntosh
 2005/06 Mount Royal Cougars
 Female Hockey Team

"Thanks for all your help with her in the one-on-one sessions and allowing her to assistant-coach with your hockey camps this past August. Your coaching has made a huge improvement in her skating, puck control and most of all... her confidence.

Thanks again for all your coaching help with her this year! It has made the difference."

-Roger, Jessica's Father



**By former NHL & WHA Player/
Goal Scoring Mentor Morris
Lukowich (Luke)**

“One Timer” Shooting Brett Hull Style

“One Timer Shooting” is a great goal scoring skill to learn. Former NHLer Brett Hull perfected the skill.

In my years in the NHL, “One Timer Shooting” was a “scoring weapon” that assisted me in getting into the NHL and to beat goaltenders and light up the red light behind them. Brett Hull was one of the very best one timer shooters that I have ever seen. Brett had not only the strength for a great one timer shot, but he also had incredible “mechanics” which produce a consistently powerful one timer shot.

Key Points to Having a Great One Timer Shot

Preperation of the Stick

Most one timer shots that get “bungled” are because the player attempts to “wind up and slap down” while the puck is coming at him. Typically, there is not enough time to “wind up and slap down” and still make good contact (good wood) with the puck.

I have my players either have the stick either pre-cocked (Loaded One Timer) or on the ice with no wind up (The Wall One Timer).

If the stick is precocked (already pulled back) then the player only has to perform the downward slapshot movement and will contact the puck more consistently.

If the stick is on the ice, with no wind up, then the player must execute the correct mechanics to produce enough

power to have an effective and powerful one timer shot. The key is the positioning of the lower elbow, which will result in producing a powerful one timer shot.

Lower Elbow Position

Think of a powerful golf swing. The powerful one timer shot is similar to this. The position of the lower elbow must be kept inside, nearly on the hip. This allows for the whole body to be compact and all the joints used powerfully upon releasing the shot. Also, this allows the hips to rotate and generate power on the shot, with the player’s chest facing the net after shooting the puck. So, very important, keep the elbow in tight on your side in order to have a powerful shot.

If the elbow is away from the side, the player will use only his shoulders and arms and will eliminate his hips in the shot. This causes many “flubbed” one timer shots.

Skate Position

For the “Loaded” One Timer and the “Wall” One timer the skates are facing the direction that the puck is coming from. The makes for a well prepared stance that allows the weight to be transferred from the back skate to the front skate as the player unwinds the slapshot release, and allows the body to rotate at the hips as the shot is taken.

For the “T” One timer the front skate is already facing the net and the body is already slightly open towards

the goalie. This allows the player to continue skating towards the goal as the “T” one timer shot is taken.

Aim

Very important is where the player “aims” the one timer shot. Most importantly is that the player hits the net with his shot, even if he hits the goalie with the shot. Yet many times we see players hit the end boards with the shot/puck instead of the net and scoring what really looked like a wide open net goal.

The puck has a certain force (momentum) as it is being passed across to the shooter and if the shooter “aims” the puck into the open 1/4 part of the net he will often miss the net as the puck continues its momentum.

The key point here is to “aim” the one timer shot, both mentally and physically, back towards the 1/4 of the net from which the puck is coming, instead of the 1/4 of the net that looks open.

This way the puck will hit the center of the net or the 1/4 part of the net that is open. The most important thing is to hit the net or hit the goalie and score on the rebound.



Luke's Bio

Morris Lukowich (Luke) is a former NHL & WHA Goal Scorer who played with the Houston Aeros, Winnipeg Jets, Boston Bruins and L.A. Kings. Luke scored more than 300 Goals during 11 years in the National Hockey League and World Hockey Association between 1976 and 1987. Morris (Luke) currently coaches the “Maximum Goal Scoring System”. If you have suggestions or comments you can reach him at 660-3006 or luke212@shaw.ca.



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Forward Striding

In today's game of hockey, especially at the NHL level, speed is everything. The definition of speed is power times quickness. Power (from the quads / thighs) times quickness (movement of the feet) equals speed. It's important to have lightning quick starts and to get from "A" to "B" on the ice as quickly and efficiently as possible especially when chasing for loose pucks!

Forward skating is the basis for almost all skill development in hockey. Start, stride (i.e. full extension), glide, recovery, and proper arm swing are the basic components of forward skating. If these basic components are the same for every skater, why can't everyone skate like Scott Niedermayer?

The problem is learning and properly applying these components of forward skating. Technically all strides are basically the same, however, the difference is really the length of the glide i.e. how long a player spends gliding before the next skate takes to the ice. Many players move their feet with rapid speed but forget to apply effective force. While a player needs rapid leg movement to gain speed, he or she must learn to use the skate blade edges, their legs and body weight properly and forcefully.

The following analysis of forward skating will describe many of the teaching points as well as several of the on ice drills which Tucker Hockey incorporates into its power skating instruction.

The start - a player's first two strides is a pushing back motion, knees over the ankles over the toes, greater knee bend, forward lean of the trunk (requires strong abs), lead with the chest, and head is up. A good drill to practice proper starting is the "v - start stick switch".

The stride (i.e. full extension) - a player's next three to four strides require a greater push on the inside edges with a full extension of the hip, knee, ankle, and toe locked. It results in wider / longer strides i.e. full extension..... now a lateral thrust to the side,.... returning the skate blade to the ice quickly i.e. quick feet,.... stride/push edge to glide edgei.e. "stride and glide". If there is good power exhibited, a player will hear his / her skates cutting the ice i.e. push legs hard resulting in full speed within three or four strides and using ankle flex i.e. the ankle is turned in more to maximize leg extension. Often players substitute bending too much from the waist not the knees.... always bend the knees! When teaching power skating, I see too many beginner players attempt to skate like they walk....its so important to bend the knees!

All great skaters in the NHL have tremendous knee bend. Its important to keep the skate edge in contact with the ice as long as possible and finishing each stride by pushing from the hip through the knee to the ankle. A good drill to practice striding is the " striding with two hands on the stick".

The glide - the glide part of skating is often very short. A player is gliding not pushing and recovering with the opposite skate i.e. bringing the drive leg back under the body. During the glide portion, the skate blade of the support leg is mainly on the flat of the blade. A good drill to practice gliding is the " one legged glide".

The recovery - a good recovery consists of bringing the drive leg back under the body close to the glide leg, the next leg performs a long stride and transfers/shifts body weight onto the new glide leg...smooth / flowing motion, and the thigh muscles should feel strain of each push. Recovery requires a circular motionskate low to the ice passing under the center of gravity and shoulders perpendicular. A good drill to practice proper recovery is the " tap the glide skate with the returning drive skate".

The arm swing - players should not pitch fork the stick or pass arms across the mid point of their body, rather the left arm back / left leg forward, right arm forward / right leg back motion should be used. If a player is skating too close behind he or she may get an elbow in the face... trade marks of Mr. Elbow i.e. Gordie Howe and Mark Messier's games respectively. A player should keep one hand on the stick i.e. top hand on the stick shaft when skating without the puck and understandable place two hands on the stick when receiving a pass or when stick handling or taking a shot. A good drill to practice arm swing is the "railroad drill".

Food for Thought : Frank Mahovlich and Paul Coffey, great skaters of the past and Scott Niedermayer, a great skater today have all played the game with such ease and grace because they displayed great forward skating technique. It often appeared these superstars were not skating very hard but they deceptively moved quite fast and in the process conserved a great deal of energy i.e. striding and gliding.

When a player is not a good skater, he or she is constantly focused on trying to keep up with the play. **When a player is a great skater, he or she does not have to think about their skating while playing the game. As a result, the elite hockey players can channel their thoughts and energy into excelling at other parts of the game i.e. making great plays on the ice!**

NHL Players at the 2006 Olympic Winter Games

As in 1997/98 and 2001/02, the NHL's 2005/06 regular season will be interrupted in order to allow the League's players to represent their countries at the Olympic Winter Games in Turin, Italy.

Twelve teams, divided into two groups of six, will play for Olympic Gold. Each team will play the five opponents in its group from February 15th to 21st. Canada, Czech Republic, Finland, Germany, Switzerland and Italy will compete in Group A, while Group B will consist of Sweden, Slovakia, USA, Russia, Latvia and Kazakhstan.

The top four teams from each group will advance to the quarter finals where the two groups crossover: A1 vs B4, A2 vs. B3, B2 vs. A3 and B1 vs. A4.

Single-game playoffs will then determine the winner of the quarter finals (February 22nd), the semifinals (February 24th), the bronze medal game (February 25th) and the gold medal game (February 26th).

2006 Women's Olympic Hockey Schedule

Start times listed in Mountain Time

Preliminary Round (Round Robin)

February 11th

Finland vs. Germany	5:00 am
Sweden vs. Russia	7:30 am
USA vs. Switzerland	10:00 am
Canada vs. Italy	12:30 pm

February 12th

Russia vs. Canada	8:30 am
Germany vs. USA	11:00 am

February 13th

Sweden vs. Italy	7:00 am
Finland vs. Switzerland	9:30 am

February 14th

Italy vs. Russia	5:00 am
Canada vs. Sweden	7:30 am
Switzerland vs. Germany	10:00 am
USA vs. Finland	12:30 pm

Playoff Round (single elimination)

February 17th

Classification Game A3 vs. B4	5:00 am
Semifinal A1 vs. B2	9:00 am
Classification Game B3 vs. A4	10:30 am
Semifinal B1 vs. A2	1:00 pm

February 20th

7th Place Game	5:00 am
Bronze Medal Game	8:30 am
5th Place Game	9:00 am
Gold Medal Game	12:30 pm

2006 Men's Olympic Hockey Schedule

Start times listed in Mountain Time

Preliminary Round (Round Robin)

February 15th

Kazakhstan vs. Sweden	3:30 am
Italy vs. Canada	5:00 am
Switzerland vs. Finland	7:30 am
Germany vs. Czech Republic	9:00 am
Russia vs. Slovakia	noon
Latvia vs. USA	1:00 pm

February 16th

Finland vs. Italy	4:00 am
Czech Republic vs. Switzerland	5:00 am
Sweden vs. Russia	8:00 am
Slovakia vs. Latvia	9:00 am
Canada vs. Germany	noon
USA vs. Kazakhstan	1:00 pm

February 18th

Kazakhstan vs. Russia	3:30 am
Italy vs. Germany	5:00 am
Canada vs. Switzerland	7:30 am
Sweden vs. Latvia	9:00 am
Russia vs. USA	noon
Czech Republic vs. Finland	1:00 pm

February 19th

Germany vs. Switzerland	4:00 am
Russia vs. Latvia	5:00 am
Slovakia vs. Kazakhstan	8:00 am
USA vs. Sweden	9:00 am
Czech Republic vs. Italy	noon
Finland vs. Canada	1:00 pm

February 21st

Latvia vs. Kazakhstan	3:30 am
Switzerland vs. Italy	4:30 am
Canada vs. Czech Republic	7:30 am
Finland vs. Germany	8:30 am
Sweden vs. Slovakia	noon
USA vs. Russia	12:30 pm

Playoff Round (single elimination)

February 22nd

Quarterfinals A1 vs. B4	8:30 am
Quarterfinals A2 vs. B3	9:30 am
Quarterfinals B2 vs. A3	12:30 pm
Quarterfinals B1 vs. A4	1:30 pm

February 24th

Semifinals	8:30 am
Semifinals	1:00 pm

February 25th

Bronze Medal Game	12:30 pm
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February 26th

Gold Medal Game	6:00 am
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Cumulative Medal Standings

Quick Reference

Men's Olympic Hockey 1924 - 2002

	Gold	Silver	Bronze	Total	Last Medal
USSR/Russia*	8	2	2	12	Bronze02
Canada	6	4	2	12	Gold 02
USA	2	6	1	9	Silver 02
Czechoslovakia/Czech Republic	1	4	3	8	Gold 98
Sweden	1	2	4	7	Gold 94
Great Britain	1	0	1	2	Gold 36
Finland	0	1	2	3	Bronze 98
West Germany	0	0	2	2	Bronze 76
Switzerland	0	0	2	2	Bronze 48

Women's Olympic Hockey, 1998-2002

Canada	1	1	0	2	Gold 02
USA	1	1	0	2	Silver 02
Sweden	0	0	1	1	Bronze 02
Finland	0	0	1	1	Bronze 98

You Could Win!

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 a Tucker Hockey Spring Break/Easter Super Power Skating Program.

Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Christmas 2005 Zach Urban • Winter 2005 Alexander Bearinger

Spring 2005 Darren Martin • Summer 2005 Carson Elliott

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



I Love Hockey!

The reason I love hockey more than anything else is because all the great friends I make. I was in the hospital for six weeks with a bone infection. All I could think about is getting back on the ice.

I've played many sports which I've been good at. Even winning gold and silver medals at the Provincials for swimming. Nothing though is like playing hockey with your friends and dreaming about one day being in the NHL. This is all I ever think about.

I'm very lucky that I can play hockey and travel all over meeting a lot of great people.

Zach Urban

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Award Recipients

Winter 2004 – Jeff Okamura
Spring 2004 – Wilfred Budduke
Summer 2004 – Ronald Wong
Fall 2004 – Homer Two Young Men
Winter 2005 – Angelito Ponce
Spring 2005 – Roger McIntosh
Summer 2005 – Neil Fleming
Fall 2005 – Wayne Newby
Winter 2006 – Paul Zorgrager

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