



Volume 4 No. 1
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Winter 2007

For the LOVE of the GAME!

Hockey Zones

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



Critical Years of Hockey Development Ages 7 to 12

Editor's Note: There are many different schools of thought on hockey development. For a player, the timeframe between the years seven and 12 are very important, especially if a player aspires to become an elite hockey player. Lyle Hanna, Buddy Gale and Coach Rex decided to explore this area of the game. During the process, we had varied opinions and many colorful conversations. After much thought and discussions, we agreed on the following ten components which are very significant for proper hockey development. I trust you will enjoy the read... opinions to the editor are truly welcomed!

A fun positive learning environment

- Fun for players, parents and coaches
- Creates an environment that allows the development of the player's self-esteem
- Coaches and instructors are able to teach correct technique

Friendships and Social

- Early exposure to the game with their friends and family in a positive and enjoyable environment
- Buddies like to play with buddies – good camaraderie

Athleticism

- Inherited and dormant
- Individual players show athletic development occurring at different stages in their life. This is why the 7 to 12 year old stage is so critical. It is setting the base for later development.

Positive Initiation

- Learn to skate correctly and acquires the right taste for the sport of hockey

Acquires a Love of the Game

- Starts with fun and the challenge of improving which becomes a love of the game. A player has a burning desire to go to the local rink to practice and to play and to get better each and every day.

Personality Traits of the Player

- Dedication – persistence – discipline – determination
- Level headed emotions – team player – pays attention to coaches and other players to

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**Look Inside for
More Great Sports Tips**

**“What lies behind us and what lies
before us are tiny matters
compared to what lies within us”**

–Ralph Waldorf Emerson

Tucker Hockey

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

Minor Hockey Group Programs <small>Spring, Summer, On/Off-ice & Indoor</small> Power Skating Player Development Checking Clinics	SUPER power Skating	Adult Recreational Group Programs (Ages 18 - 65+) <small>Fall, Winter, Spring & Summer</small> Power Skating Player Development
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Rex Tucker Director, B. Comm

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

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

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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.

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Tucker Hockey

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Executive Assistant Karen Adler
Hockey Consultant Lyle Hanna
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Hockey Assistant (Summer) Frank Portman

On-Ice Instructors

Head Instructors Rex Tucker
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Hockey Zones Newsletter

Managing Editor Rex Tucker
Advertising Sales Accounts Karen Adler
Contributing Writers Lyle Hanna
Morris Lukowich Martin N. Walker
Steve Matthews Michael White
Michael Gartner Nick Portman
Steve Moncion Rex Tucker

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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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Critical Years (cont'd. from cover)

improve.

- Empathic to lesser skilled players on the team.
- Realizes good is never good enough and that you need dedication to be the best.

Healthy Family Support

- It plays a very important part in a player's development but many players have succeeded in a very negative environment. In fact, hockey can be an escape for some players, who live in a negative home environment.
- Parents should offer good encouragement but sincere encouragement – not too high and flattering and not too low and negative.
- Listen to their child's wants and needs to avoid burnout – too many games etc., and to offer proper guidance and support.
- Avoid too much pressure to play and to perform.
- Keep the fun in the sport!

Good Coaching/Instruction

- Teach learn to skate, scrimmage and have fun
- Teach proper technique especially balanced skating
- Teach basic hockey skills/fundamentals of the game
- Teach fair play, and doing a player's

best

- Teach how to play the game – positional play / strategies
- Foster creativity in players – to enhance development and stretch their game / potential
- Teach not only hockey skills but life skills as well

Proper Equipment

- It makes a difference in a player's development and performance. It's hard for parents to keep up, even for parents, who know about equipment because of growth spurts and more than one child playing in the family.
- Equipment issues include proper fitting of skates, proper stick length, proper helmet fit and hockey pants not too short – equipment fitted for safety first.

Luck and Fate

- It has forever played a role in sports. It is sometimes called the unseen hand. For example, when the puck hits the post or crossbar and goes out. One quarter of an inch and it would go in. It occurs every game. Time after time deflections – bounces – missed pucks.
- Near misses and near goals, being in the right place and at the right time in a game and in life has defined many a hockey success /failure and ultimately hockey careers.



Next Issue:

Spring 2007

Features

- Letters to the Editor/Prize Winner Announcement
- Hockey – The Short Game
- Buddy Gale – A Unique Hockey Person
- Flames Draftees – Where Are They Now?
- Why Balanced Skating?
- Insights into Off Ice Training

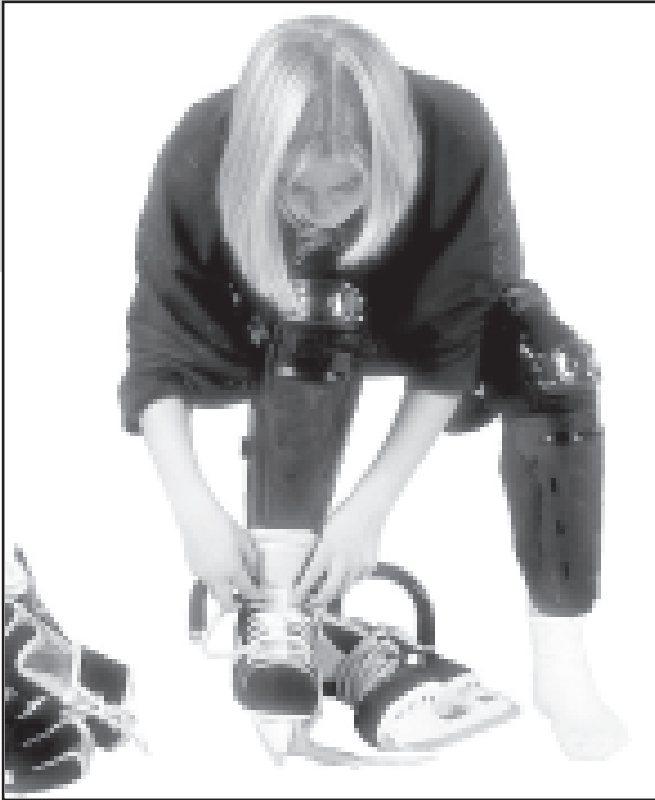
Welcome to Hockey Zones

The official newsletter of Tucker Hockey.

The Winter 2007 issue consists of fresh hockey education and teaching articles, an expression of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grass roots rink level", features upcoming Tucker Hockey Adult and Minor hockey programs, and provides hockey quotes, stories, and prize contests. In summary, it will create good hockey... "Food for Thought!"

Enjoy your hockey—the World's greatest sport! – and I hope you enjoy our
Tucker Hockey Newsletter!

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Minor Hockey In Calgary

the hockey program in the community in which I live. My experiences working in the community and with minor hockey have covered the whole range from rewarding to frustrating. I have not regretted the experiences as it has been a chance for me, to meet some wonderful people enjoying a wonderful game and participating in family activities together.

However, each year, I see the bar raised as communities strive to win "Minor Hockey Week" or the city championships. Volunteers are requested to do more, whether it is coaching clinics, fundraising, fight city traffic or balance already tight family schedules with early morning or late night ice times. Somewhere along the line the fun can get pushed to the side as volunteer fatigue sets in. The end result is people going to the rec hockey side or even dropping out of hockey to get rid of the stress associated with minor hockey in Calgary.

By Steve Matthews
Past President Glenlake Minor Hockey Association

The state of minor hockey in the City ranges as widely as the volunteer groups that run them. All groups have the best of intentions but, just as the players we watch on the ice, the execution is not always the same. Some communities are well stocked with hard working folks that can see the greater good. Other communities struggle each year to throw a good program together that falls to a few very overworked and under appreciated individuals. Regardless, the above mentioned people persevere for love of the game and love of their children. These are just volunteer positions after all but I am amazed at the tireless dedication and fine job done by these people. The gift of their personal time by volunteers is priceless.

I decided to write this article to help people understand the immense undertaking required to run a community hockey program.

My background comes from being a volunteer assistant coach and head coach for over 15 years, co-coordinator for an age group, vice-president, president, past president, casino co-coordinator, social co-coordinator and program director for

Currently there needs to be one regular volunteer for every two players at the community level to lighten the load and make things run smoothly. By regular volunteer I am including the following: president, VP, treasurer, registrar, secretary, fund raising co-ordinators (Bingos, Casinos etc), communications coordinator, volunteer coordinator, ice coordinator, evaluation committee chair and evaluation committee, equipment coordinator, hockey development coordinator, coordinators for the different age categories, referee coordinator, webmasters for the web sites, events director, the always needed directors-at-large, coaches, assistant coaches, team safety people, managers, off-ice officials, tournament organizers and team social conveners. I am sure the list can be added to with people who look after sweaters, organize car pooling and the dozens of other little tasks that make the season a success.

It takes a special person to take the helm of a Calgary Community Hockey Association. You need the hide of a rhinoceros to get past the criticism and negative feedback, and a very strong core of right minded people on the board who can park their agendas and get the job done. These people at the helm get tremendous experience that would bode well

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**"Try not to be a person of success,
but rather a person of value."**

-Albert Einstein

Minor Hockey cont. from 4

in any organization. To get the hard work and dedication, on a volunteer basis, requires a common goal: love of the game of hockey and love of the children. This is the common bond among hockey volunteers. Many complain about the long hours and hard work but all it takes is a nice pass or a great save by their child to put the smile back on the face of a weary volunteer.

Time and again the people with the least amount of time take on the heaviest tasks so that no one is disappointed. Burnout is to be expected no matter how dynamic and energetic a person might be. It seems that many of the best volunteers hang on that one year too long trying to hand off to the right person only to find they stayed past the fun.

Turnover is to be expected at these volunteer positions as players and families come and go. Turnover should be encouraged on a regular basis so that wholesale changes do not occur over a one or two year period. Board members should give a two year commitment with the complete handoff done after the fall months so that several months of overlap can occur to get the new person comfortable.

The hockey season for a minor hockey association starts in the spring as the board winds down the year in March to prepare for the upcoming season. The big questions : Who is staying on? Who is leaving? need to be asked before the season ends so that the search for replacements can begin. Monthly meetings occur until May or June in order to wrap up and get ready for next year. To ease the load in the fall the bulk of hockey registration should be done as early as possible to help lay out the mad months of September and October.

It is unfortunate that minor hockey gets such an early start at the same time school is starting. The casual summer routine is thrown to the wind during the first three to four weeks of September and early October. Instead of easing into hockey with some conditioning and skills sessions we jump right into the most stressful and contentious part of the

season: evaluations. Kids and parents come to the ice with sweaty palms and knots in their stomachs. Evaluations cause the most turmoil in an association and the board is lucky to weather this storm without some hard feelings and casualties. I remember several late night calls from distraught parents during late September as we as volunteers had somehow destroyed a child's hockey career. Thank goodness everything has a way of settling down (maybe not for everyone!) and by mid November all teams are into the seeding round. A word of advice – let everyone enjoy Christmas and let people take a breather (except you keeners).

January starts with ESSO Minor Hockey Week – it's an emotional roller coaster that tests the teamwork of both fans and players. Before long the season is finished and the playoffs begin. Another emotional test of how well the group has done during the year. Then it's all over.

Some communities measure their success by the number of banners won by the end of the year. I measured it by the number of kids returning and more important the ones that never came back. Why didn't they come back?

Everyone needs to be eased into minor hockey as it can be very intimidating :the commitment, the irregular schedules, the cost, all can be hard on new families to the sport. It brings me to the final comment about how organized do we really need to be? At the younger age levels do we really need "AAA" Initiation or could we survive with house league hockey through Initiation, Novice and the lower levels of Atom and PeeWee whereby players could get more skills focus in a 3 on 3 environment using half ice with practices at the same time each week and games on Saturday mornings. Have we gone too far?

The next time you see a community member helping to make the local hockey program work, take time to say thanks and to give words of encouragement. Their gift of time is, as the commercials say, "Priceless".



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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Forward Two Foot Stop

By Rex Tucker

Learning to stop properly is imperative in the game of hockey. The ability to make sudden stops is as important as making quick starts. During a game a player may be required to shift from offensive to defensive positioning. This skill will often depend on a player's ability to perform immediately some form of stopping action. For example, stopping skills are specifically used when players are killing a penalty in their own zone.

From a safety standpoint, stopping is one of the first skating skills that should be taught and mastered by young hockey players. So many beginners have difficulty stopping because they have trouble controlling their skate edges. To ensure quick and controlled stops during a game, players require strong balancing and edge control skills.

There are many ways to stop on a pair of skates which include the following: Forward two foot snowplow stops, forward one foot snowplow stops, forward T-stops, forward two foot stops, forward one foot stops, backward two foot snowplow stops and backward one foot snowplow stops.

The forward two foot hockey stop is the most common stop used in a hockey game. It is the most efficient and effective of the hockey stops because if done correctly a player is very stable and well – balanced on his or her skates.

Players need to stop on a dime and with confidence both to their right and left sides so they are always facing the play. A common problem with many players is that they favor their strong side most of the time and will turn their backs to the action. For example, the majority of left handed shooters will stop more confidently to their left/stick side. A good power skating program will teach balanced skating. Players will discover their strong and weak sides and will have the opportunity to bridge their skill gap.

The forward two foot hockey stop involves turning sideways to the line of travel. Here are the key teaching points required to perform a proper two foot stop to the left.

- When skating forward, a player will focus his or her eyes

in the direction he or she wishes to travel/turn. The player will turn their head, shoulders, chest, hips and knees and feet sharply to the left. It's important not to drop the shoulders while stopping.

- To stop properly, a player needs to lift/unbend their knees so as to release their weight. This will get the player off his or her skate edges – to glide on the flats of the blades for a split second as they turn sideways. Otherwise, the player will perform a two foot tight turn on their blades not a two foot stop.
- Once the player releases their weight and turns in a 90 degree change of direction, he or she will bend their knees deeply. This bending of the knees will reapply the player's weight downward towards the ice.
- In the hockey stop, a player must stay low – bending of the knees so they act as shock absorbers as the stop begins. This allows a player to maintain their weight over the balls of their feet. The player's weight will be on the outside edge of the inside skate and the inside edge of the outside skate cutting the ice. The greater the knee bend and the downward pressure, the quicker the stop. If a player's skate chatters as the stop occurs, it means the player's weight is too much on the heel of the skate!
- Weight will be applied equally on both skates with the feet shoulder width apart or slightly wider in the hockey stance position. The head is up with two hands on the stick. The player is now in a very stable and balanced position and ready to change direction and stay in the play.

When young or beginner hockey players lack good balance and edge control common stopping problems occur such as: stopping on the outside edge of the outside skate and falling over – sometimes face first, dragging the inside edge of the inside skate and/or chattering of the inside blade or chattering of both blades due to improper weight distribution.

Often during the course of a minor hockey season, coaches will line their players up on the goal line and have them skate the lines. It's treated mostly as a conditioning drill with very little attention given to proper starting, striding and stopping technique. As a result, players will cheat on the drill and stop only on one side most of the time – their strong side!

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“The more you learn, the more
you realize you don't know”

-Anonymous



Managing Development

A Personal View

By Martin N Walker

When to push, to support, to encourage, to back off, to insist – the parents' dilemma.

A seventeen year old goalie works out six days a week, goalie-specific drills and dry land training. He (or she) loves hockey and is trying to take it to the next level. This is the ideal: an emerging young adult who is enthusiastic about his or her pursuits and works hard at them. This young person will ride through life's setbacks and accomplishments, and achieve some measure of fulfillment. The young goalie's objective, his reason for the intense workout schedule: he wants to be selected from among several competing goaltenders for a AA team – or he wants to be in peak form for a scouting evaluation at a pro camp!

At the other end of the spectrum there's the seven-year-old goalie whose parents have hired a personal trainer to teach only exercises that are goalie specific. This is not the ideal.

What to do? Expose children to all manner of activities, whole variety of human endeavour, including sports and games, notice which ones they enjoy, encourage them to participate. Swimming, running, gymnastics, these are the exercises that form the basis for lifelong health and a springboard to athleticism, important whatever the child's eventual career and personal pursuits. Some time during early youth, a child's interests will become apparent. At that point they need encouragement.

Suppose your six year old wants to play hockey – he's seen a game on TV, watched his grandfather/mother/father/brother/sister play, or his friend plays – and you take him to skating lessons. He is so desperate to skate, but learning hurts his feet so much that he's crying every time he comes off the ice. What do you do? Try to fix the skates, and, if he still

wants to skate, then take him back for more even if it still hurts (as long as it is not damaging the feet). The signal is the child wants it, and that signal is apparent (or not) even at that early age.

The six year old plays hockey for a couple of years, loves playing, but isn't particularly competitive. By the age of nine, it seems that he just doesn't have his father's (or mother's) competitive fire in his belly. This is where the trouble begins. If the child isn't interested in taking her or his game to a higher level, then forcing the child is not the answer.

The key has to be keeping the self-motivated seventeen year old in mind, for hockey or any other type of endeavour.

There is a difficult challenge that sets in during the years from about ten to sixteen, could be earlier, or could even be later. When a child has picked out an activity he wishes to pursue in a general sense, and wants to achieve a higher level of performance in a specific skill area, he needs to learn that effort will lead to improvement. The loop begins with the desire. The young person works to learn the skill, then actually carries it out in a performance setting. The child finds reward in the performance, but also in the knowledge that he had a wish and achieved it through his own effort.

In hockey, the loop could be applied in any of a thousand skills, from the two-footed glide of a beginning skater to skating the swizzle backwards on one foot, down the length of the rink, while passing the puck back and forth with a player who follows behind.

The trick is to teach the child the loop. The challenge can be especially difficult if the child is gifted in an area, and achieves success without much effort, manages to get it right after a couple of tries, so never has to bother to work. We've all seen examples of the gifted child, in music, in school, in athletics, who loves their activity but over the years takes their gift nowhere. These young people often find it more difficult to learn the loop than do others with a little less natural talent.

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"Give yourself a little freedom to develop into something or someone you'd actually like to be"
-Donald J. Trump

Managing Development (cont'd. from 8)

How do you teach the loop? All you have to do is make the effort part of family routine, and that means, during those years, making it part of your own personal routine, so that's it's built into the child's clock as something that will be done. I don't think this means standing over the child with a stopwatch, you can be relaxed. It could be as simple as a trip to the outdoor rink of Saturday mornings, or on Tuesday and Thursday evenings, a fun event that is, more than anything else, a good time.

First you need the signal from the child that they want to be able to do something. You put the activity necessary to learn the skill into a routine. Work at it, and the skill will be learned, maybe overnight, maybe over weeks and months. But once you have that first round of feedback where the child sees that the practice or workout or homework has led to the pleasure that comes from achieving that higher level of performance, you're on the track. The only other thing you need to do is make sure the young person has the help he or she needs, and that's not always easy – you may not have the ability yourself, you may not be able to afford it, or it may simply not be available to you. Fortunately, with hockey in Calgary, those obstacles can be overcome.

If your child is aware of the feedback loop, and loves hockey and wants to take it as far as he or she can, then your child will let you know. That's when you offer them extra tools – hockey camps, conditioning, elective physical training courses in high school, and so on.

It is important to remember that this is your child's wish – don't take it over. Encouragement, support, sometimes even firmness on those odd days when the youngster just doesn't feel like it – this is the role of the parent. The self-motivated seventeen year old doesn't get that way because his parents always tell him what to do.

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The Importance of Balanced Skating

To me there are no side issues with balanced skating. My definition is putting the game into the leg away from your stick leg which reverts to and doing every drill that makes sense to teach the weak leg and the related moves in the upper body.

I think it's the one part of player development that has been almost totally overlooked.

Rex, I think that as an instructor, through years of working with upgrading skaters, that you have arrived at the same conclusion.

The next move is exposing the concept and finding shortcut ways to teach it. Because hockey has been so successful without any of this it's like a foreign concept in the game. More so when you realize that proven power skating should be doing the same thing... teaching balanced skating.

So now you not only have to sell the concept and words "balanced skating", you also have to have some very clear explanations of what you're doing that is different.

My thoughts are all with drills that are done on the short side. Every power move such as speed is a benefit of the short ice balance drill.

As it is now, all I see is hockey players and teams.. most of them promote only the power side of players which is the forehand. This is basically because the weak side has been left out of practices and games. As a result, they don't see

and don't care because there are other ways to win.

With the new NHL, the weak side of player development is the only ace left in the deck.

It is now and always has been weight shift and the ability to do the moves on the weak leg that are left out which add up to a very long list.

Rex, your promotion tools are Hockey Zones, word of mouth and the fact that you are very nearly the first through the door with Balanced Skating as your headline.

I think you need a definite program you can leave for coaches to work on.

Genetics, parents, and critics will always be there. But they play no part in what you're doing because it's so totally new!

*Buddy Gale
Cowboy Poet*

Editor's Note: Thanks for your kind words Buddy, but more importantly your message on balanced skating. I totally agree with you... so many players/teams do not practice their weak sides (i.e. turns, crossovers, starting, stopping, and pivoting). When players are pressured in a game they will most often gravitate to their strong side. All coaches, instructors, and players need to pay more attention to balanced skating. It will take a player's skating game to another level!)



*"The mind that opens to a new idea
never comes back to its original size."*

-Albert Einstein



Two Foot Stop

cont. from 7

Being able to stop correctly on either side is so important for effective and balanced skating. During a game a player will often stop suddenly to prevent or reduce physical contact with an opponent, to quickly change direction so as to properly follow/stay in the play and to change direction and deceive/skate off an opponent.

The short game of hockey requires a great deal of stopping and starting. Rather than making big turns, which takes too much time and can take a player out of the play, especially while defending, try mastering the art of stopping. It will make you a more complete and effective hockey player!



Hockey Humour

If You Can't Laugh at Yourself, Who CAN You Laugh at?

Two boys are playing hockey on a frozen pond in Red Deer, Alberta, when one of the boys is suddenly attacked by a crazed Rottweiler.

Thinking quickly, the other boy takes his hockey stick, shoves it under the dog's collar, twists it, and breaks the dog's neck, saving his friend.

A reporter is strolling by, sees the incident, and rushes over to interview the boy. "Young Flames Fan Saves Friend From Vicious Animal" he starts writing in his book.

"But I'm not a Flames Fan" the little hero replies. "Sorry, but as we are in Alberta, I just assumed you were" says the reporter and he

starts writing again.

"Oilers Fan Rescues Friend From Horrific Attack" he writes in his notebook.

"I'm not an Oilers fan either" the little boy says

"Oh, I assumed that everyone in Alberta was either for the Flames or the Oilers. What team do you root for?" the reporter asks.

"I am a Maple Leafs fan" the boy replies.

The reporter starts a new page in his notebook and writes: "Little Bastard from Ontario Kills Beloved Family Pet"



They Care That Much For Your Child's Safety

Referees – A True Resource

**By the Shaw Meadows
Minor Hockey Executive Board**

When playing minor hockey safety is the number one priority, Shaw Meadows and Mindapore Minor Hockey Associations both strive to provide up to date information and policies to the parents and young players. Sadly, one main ingredient to this is being lost and in constant fluctuation because many parents, coaches and even players forget, that it's just a game.

What I am referring to are the Referees and Linesmen. At the onset to every season, each of the associations combined will on average have 80 young people willing to become referees and linesmen. Although to monitor each of the games at the South Fishcreek arena, this is not enough, but they manage to make it work. By Christmas, many of these young referees leave, for their variety of reasons including pay and hours.

What is most staggering is the significant loss of referees and linesmen due to harassment. Both associations and I am sure the many associations across the city suffer this same problem, the loss of half of their refs and linesmen due to harassment, by coaches, parents and even the players themselves.

Let's look at what happens when you don't have these officials present at the games. Firstly, if there are no officials, then your child goes home without a game. Why because safety is the number one priority, and someone needs to be on that ice who is trained, to ensure the safety of the child, to ensure that the tripping, hooking, roughing calls get made. So, that

6:00 am alarm on Saturday morning, rushing to get to Tim Horton's and hurried work to get the young player dressed, was done all in vain. You curse at this because at the onset of the season you may have paid \$800, aside from much of the fundraising efforts to support the team, just so your future NHL star player can play.

Maybe there was a game, and the intensity was high because it was such a close game, but so many calls were missed, or why wasn't a the whistle blown when the player was injured and down on the ice? Maybe a goal was missed, or waived off that would have decided the game. Worst still, what about when that player was hurt and down on the ice, why wasn't there immediate attention? When these calls get missed then parents, coaches and players alike are frustrated. They want justification, they want better calls made.

But everyone has neglected to notice that on the ice are one referee, or one referee and one linesmen. Why is that? Because through the season up to this point that young official – yes young as the average age of these referees are under 16 – has decided they have had enough. They love the game, so much that they have paid almost \$100 for that striped jersey they wear, without any reimbursement. They have paid money for the proper training. Not to mention other associated costs they have incurred, only to make \$20 to \$25 to monitor one game. Because it's Saturday, they might be lucky and get two games today.

The next time you think the ref made a bad call or didn't make a call at all, maybe we should just be happy he thought enough of the game, enough of your child's safety, knowing that sometime through the season he will eventually make enough money to make up for the expenses he's incurred.

He or she cares that much about you and your child, why can't we show some care and concern for him/her in turn?

"The first and best victory
is to conquer self"

-Plato

"If you lose, don't
lose the lesson"

-Dahli Lama



Tucker
Hockey

Tucker Hockey

Customized Programs

Group and One on One

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

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

Here’s the easy way to set things up.

1. Parents/groups/teams just need to determine times, dates, guaranteed budget and recruit a minimum of 10 players
2. Tucker Hockey will find the ice, set up a “customized curriculum” (based on parents/organizers direction/input) and provide professional instruction.
3. Type of Programs – customized curriculum will specialize in power skating, hockey skills development, conditioning or combo programs
4. Frequency of Programs
 - 1 session per week for 10 weeks
 - 2 sessions per week for 5 weeks
 - 5 sessions per week etc.
5. Time of Programs
 - Weekdays before 4:00 pm
Only \$249 per player
Includes 10 on ice sessions
(based on 10 players)
 - Weekdays after 4:00 pm and weekends
Only \$299 per player
Includes 10 on ice sessions
(based on 10 players)

Note: All programs subject to ice and staff availability, price based on 10 to 1 player to instructor ratio. A reduced price if Tucker Hockey does not provide the ice.



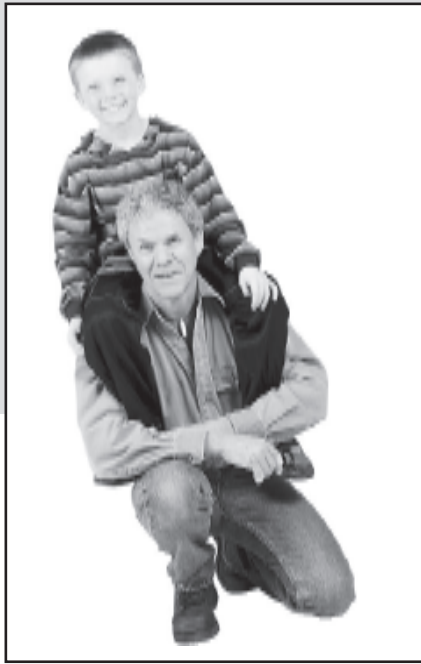
Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

Frank Portman



The Role of the Parent

Parent Behaviour Critical to Hockey Success

By Michael White

What is the role of the parent in the game of minor hockey? Does the parent enrich the life of his or her child and /or other children in the game?

On opening night of the LA Dodgers baseball season at Dodger stadium, Russ Martin Sr., a jazz musician, played his saxophone for the national anthem. This moment culminated his son's arrival into the big leagues. Russ Martin Jr., had become a rookie major league baseball player. As a catcher, Russ Sr. had successfully instilled into his son that determination was required to reach the pinnacle of major league sports. As well, his son had understood that character would eventually lead and steady his "baseball dream" voyage. Russ Jr. remembered that it was not necessarily always the destination, but the journey along the way that truly counted in the

big picture of life.

Parents play a very important role in the life of any minor hockey player. Moms and Dads get up early in the morning with their child, help them with their equipment, often talking to the child on the drive to the rink about things like fair play, good sportsmanship, maintaining a positive attitude, persevering, doing their very best, and last but not least having fun. Yes, fun! They are kids!

Parents loyally stay and watch their kids play, cheer them on, and offer moral support as well as helpful suggestions for better play. Keeping in mind that ultimately the dedicated volunteer coach has the final authority and say over his or her players. Anything that can be said positively to show that the parent is 100 per cent behind his or her child can only help to build greater confidence and improved self esteem – both on and off the ice.

As parents, we are called to be sideline cheerleaders with words of encouragement. One can never start young enough with good verbal support. As the child grows up and graduates

into adulthood, there will always be more than enough people around to say "no" in today's world. "You can't do this" or "this is not the right way to do that"!

But each of us is a unique and gifted individual with our own learning styles, aptitudes and specialized skill sets. We should be happy and rejoice in being different from one another. Be flexible in your way of thinking, think outside the box, and achievement can be within your reach if you really want it!

The role of the parent cannot be overstated in the sports arena. Wayne Gretzky and Tiger Woods are both sterling examples of athletes, who aspired and became incredibly successful. Why? Because they were blessed with parents, who were outstanding role models along their son's journey. Yes, Russ Martin Jr. too!

Good parenting can sure make a big difference in the life and success of any aspiring athlete? When players are asked "who was the biggest influence on your hockey career?" countless professional hockey players will say, first and foremost... "I wish to thank my Mom and Dad!"



Your Skates Are Your Most Important Piece of Hockey Equipment!

*The right fit and sharpening will
improve your performance on the ice!*

For Professional and Expert Skate Sharpening
check out Chris, Rick and the expert staff at
Professional Skate in Marda Loop.

"Find the environment
where you thrive.
We would probably
never have heard of
Tiger Wood if there
were no Golf Courses."

-Robert T. Kiyosaki



SPRING AAA HOCKEY

**FAIR PLAY
FAST PACED
DISCIPLINED
COMPETITION FOCUS**

TOURNAMENT TRAVEL TEAMS

Season runs April to June

- Minor Novice Mixed
- Major Novice Mixed
- Atom to Bantam Boys
- PeeWee to Midget Girls

- TEAM DEVELOPMENT
- SKILL DEVELOPMENT
- MULTI-YEAR FOCUS
- 2YR COACH ROTATIONS
- STRONG TRADITION



DUVERNAY OIL (DOV) ADVANCED HOCKEY SKILLS

Wanted:

Advanced young players
with a desire to build
stronger skills.

We offer:

Professional Coaches
High Performance Program
9 Sessions April to June

Levels:

Tyke/Initiation (Mixed B/G)
Novice (Mixed B/G)
Boys Born 1983 - 2000
Girls Born 1982 - 1995

Registration:

February 2007

From the predecessor Clubs of 1982 to present day 2007 SASHA, the non-profit SELECTS association continues to offer AAA hockey to boys and girls through its first class Volunteers and Non-Parent Coaches. For more information visit our website at:

WWW.SELECTHOCKEY.COM

Managing Development (cont'd. from 9)

A young person may love hockey, be interested in learning the skills and using them in game situations, and yet not be interested in elite hockey. He may just love learning the skills and using them. That's the player's choice.

On the other hand, there are the youngsters who wish to make hockey part of their career. There are many ways people can make a living at hockey without playing in the NHL. There are many levels of professional hockey, some of which don't pay too badly. There are all the support and ancillary jobs associated with the sport – trainers, coaches, agents, journalists, lawyers, insurance people, equipment designers and manufacturers, retailers,

zamboni drivers and all the operations people who make rink hockey possible.

The statement that a child has almost no chance of making the NHL is an entirely irrelevant statement. Is superstar or bust a function of Hollywood? 99.999% of us are not superstars – what are we supposed to do, give up on life?

The relevant statement is that if a child loves hockey (or anything else in this life), then he or she should be encouraged to pursue it.

Set a child out on life's adventure doing something he or she loves to do, and who knows where it will lead?

**"Sometimes the heart sees what
is invisible to the eye"**

-H. Jackson Brown Jr.

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



World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1 on 1 coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 72, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

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

Now Hiring

Tucker Hockey
is Hiring Experienced, Passionate
Instructors for Spring and Summer
Email detailed hockey resume to
programs@tuckerhockey.com

Summer Season Programs

**Tucker
Hockey**

ELITE

**Monday
to Friday**

POWER SKATING/CONDITIONING CAMP

PROGRAM OF EXCELLENCE

This program is for players who are serious about taking their skating to another level

A Power Skating Curriculum Consisting of:

*Extreme Forward and Backward Edge Control
Foot Speed/Acceleration/Quickness
Forward Striding – Technique & Speed
Backward Striding – Technique & Speed
Skating Agility & Mobility Drills
Drill Progressions Without – To – With Pucks*

All this for only \$259 per player!

*Price includes 6.25 hours of Elite Power Skating Training, a Tucker Hockey Practice Jersey and GST!
(Only 20 Spots Available Per Group!)*

Elite Power Skating Testimonial

"...As a player, you may not realize you are doing anything wrong, or you just think you are doing everything right. However, it wasn't until Rex Tucker, one of the best power skating instructors out there, tweaked my skating skills that I learned about my potential to improve. I have to say I improved dramatically. I learned a lot of little things to get a step up on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now... There is no such thing as a perfect skater, but there are great skaters. I now feel that a player's skating skills will always have room for improvement... no matter what level of play. I plan to continue to hone my skating skills to make it to the next level... the NHL. Thanks for your help Remy!"

*-Mark Bomersback
4th Year Ferris State University
Future NHL Prospect*

Register online at

www.tuckerhockey.com

or call Tucker Hockey 998-5035

**Register Today!
This Popular Program
Will Sell Out Quickly!**

August 6th to 10th

George Blundun Arena

Group 1 - 9:15 - 10:30 am

*PeeWee Div 1 & 2 and Bantam
Div 1 & AA (Ages 11-14)*

Group 2 - 10:45 - noon

*Midget Div 1 & A and Midget
AA & AAA (Ages 15-17+)*

Group 3 - 6:00 - 7:15 pm

*PeeWee Div 1 & 2 and Bantam
Div 1 & AA (Ages 11-14)*

Group 4 - 7:30 - 8:45 pm

*Midget Div 1 & A and Midget
AA & AAA (Ages 15-17+)*

August 13th to 17th

Henry Viney/Stew Hendry

Group 5 - 5:30 - 6:45 pm

PeeWee Div 1 & 2 (Ages 11-12)

Group 6 - 7:00-8:15 pm

Bantam Div 1 & AA (Ages 13-14)

Group 7 - 8:30-9:45 pm

*Midget Div 1 & A and Midget
Div AA & AAA (Ages 15-17+)*

Why Elite Power Skating?
Skating is the most important hockey skill
It's a new game. The new standard of play and
rules will emphasize more offence in our game.
Stretch your game – keep up, and excel!



S.A.M. – Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!

Get in Shape and Have Fun!

**9th
Annual**

Spring 2007!

TUCKER HOCKEY

Programs that Deliver Results

ADULT RECREATIONAL PROGRAMS

Level 1- Beginner/ Intermediate

Power Skating/Player Development Programs which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage (10 sessions)

Group 1: Norma Bush

Saturdays, 11:00 am-12:15 pm

April 14th to June 23rd (Inclusive except May 19th)

\$329 New Participants/\$299 Past Participants

Group 2: Westside Rec Centre

Wednesdays, 6:45-7:45 am

May 2nd to June 20th (8 sessions)

\$259 New Participants/\$229 Past Participants

Group 3: Crowchild Twin Arenas

Wednesdays, April 18th - 25th, 9:15-10:30 pm

Wednesdays, May 2nd - June 20th, 8:45-10:00 pm

\$329 New Participants/\$299 Past Participants

NEW!

Level 1.5 Intermediate

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

Group 1: Norma Bush

Mondays

9:15-10:30 pm

April 16th to June 25th

(Inclusive except May 21st)

\$329 New Participants/\$299 Past Participants

Level 2 Intermediate/Advanced

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

Includes advanced technical skills, individual tactics – offensive and defensive, team tactics – breakouts, regroupings and defensive zone coverage and conditioning drills plus scrimmage (10 sessions).

Group 1: Crowchild Twin Arenas

Thursdays, April 19th to 26th

10:15-11:30 pm

Thursdays, May 3rd to June 21st

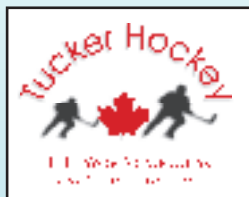
9:45-11:00 pm

\$329 New Participants/\$299 Past Participants

Register Early! Spaces Fill Quickly!

TOP 5 REASONS TO ATTEND:

- Fitness and Fun
- Improve Skating and Hockey Skills
- Pass on new drills/teach points to your kids
- Reduce your stress/reward yourself
- Step all over your hockey buddies!



REX TUCKER

Head Instructor

Buddy Referral Program: Recruit 4 or more new participants and receive a free program!

**Register Early
Spaces Fill
Quickly**

**Only 20 Spots
Available!
per group**

Register online at www.tuckerhockey.com

or call Tucker Hockey 998-5035

Improve Your Hockey and Skating Skills!



Special Easter Offer for Minor Hockey Players

Skating with the BEST!

TUCKER HOCKEY

Programs that Deliver Results

Only 25 Spots!

SUPER POWER SKATING

Hockey Skills and Development

Power Skating/Player Development programs which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage (10 sessions)

Group 1: Ages 7-10

Sunday, April 1st - Wednesday, April 4th
9:00 - 10:15 am George Blundun \$199/pp

Group 2: Ages 9-12+

Sunday, April 1st - Wednesday, April 4th
10:30 - 11:45 am George Blundun \$199/pp

Group 3: Ages 7-10

Monday, April 2nd - Thursday, April 5
6:00 - 7:15 pm Westside Rec Centre \$199/pp

Group 4: Ages 9-12+

Monday, April 2nd - Thursday, April 5
7:30 - 8:45 pm Westside Rec Centre \$199/pp

Group 5: Ages 7-10

Thursday, April 12th - Sunday April 15th
6:00 - 7:15 pm George Blundun \$199/pp

Group 6: Ages 9-12+

Thursday, April 12th - Sunday April 15th
7:30 - 8:45 pm George Blundun \$199/pp

Special Spring Offer for Minor Hockey Players

Spring Super Power Skating

Group 1: Ages 9-12+
Wednesdays, April 18th to June 20th
7:00 - 8:00 am
Norma Bush \$299/pp

Spring Super Power Skating

Group 2: Ages 9-12+
Saturdays, April 21st to June 30th
9:30 - 10:30 am (except May 19th)
Southland Leisure Centre #299/pp

Only 25 Spots!



REX TUCKER

Head Power
Skating Instructor

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

Guaranteed to
Improve Your
Skating Skills

Programs
Which Deliver
Results

Exceptional
Hockey
Value!



Special Summer Offer for Minor Hockey Players

Skating with the BEST!

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Henry Viney • Stew Hendry • South Fish Creek

Group 1: Ages 7-10

Monday, August 20th to Friday, August 24th
5:30 - 6:45 pm Henry Viney/Stew Hendry \$229/pp

Group 2: Ages 9-12+

Monday, August 20th to Friday, August 24th
7:00 - 8:15 pm Henry Viney/Stew Hendry \$229/pp

Group 3: Ages 7-10

Monday, August 27th to Friday, August 31st
5:00-6:15 pm Henry Viney/Stew Hendry \$229/pp

Group 4: Ages 9-12+

Monday, August 27th to Friday, August 31st
6:30-7:45 pm Henry Viney/Stew Hendry \$229/pp

Group 5: Ages 7-10

Monday, August 27th to Friday, August 31st
4:15 - 5:30 pm South Fish Creek \$229/pp

**Only 25 Spots
Available!
Per Group**

TOP 5 REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
- Tucker Hockey Practice Jersey

Register Early – Spaces Fill Quickly!

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



REX TUCKER

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Skating Instructor

Register online at

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or call

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**Guaranteed to
Improve Your
Skating Skills**

**Programs
Which Deliver
Results**

**Exceptional
Hockey
Value!**

Why Super Power Skating?

Skating is the most
important hockey skill

It's a new game. The new standard of play and
rules will emphasize more offence in our game.

Stretch your game – keep up, and excel!

Let's keep the "Fun" in skating too!

Get in Shape and Have Fun!



TUCKER HOCKEY

Programs that Deliver Results

ADULT RECREATIONAL PROGRAMS

Level 1- Beginner/Intermediate
Power Skating/Player Development Programs which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage

Summer Group 1: Henry Viney/Stew Hendry
Monday, August 13th to Friday, August 17th
8:30 - 10:00 pm
\$259 New Participants/\$229 Past Participants

Summer Group 2: Henry Viney/Stew Hendry
Monday, August 27th to Friday, August 31st
8:30 - 10:00 pm
\$259 New Participants/\$229 Past Participants

Summer Group 3: Father Bauer/Norma Bush
Friday, September 21st to Sunday, September 23rd
8:30 - 9:45 pm
\$129 New Participants/\$99 Past Participants

Level 1.5 Intermediate

This program will focus on the technical skills of skating, passing, puck control and shooting as well as individual tactics and team tactics plus scrimmage for players who want to improve on their technical skills as well as learn to play the game.

Summer Group 1: Henry Viney/Stew Hendry
Monday, August 20th to Friday, August 24th
8:30 - 10:00 pm
\$259 New Participants/\$229 Past Participants

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Friday, September 21st to Sunday, September 23rd
7:00 - 8:15 pm
\$129 New Participants/\$99 Past Participants

TOP 5 REASONS TO ATTEND:

- Fitness and Fun
- Improve Skating and Hockey Skills
- Pass on new drills/teach points to your kids
- Reduce your stress/reward yourself
- Step all over your hockey buddies!



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Quickly**

**Only 25 Spots
Available!
per group**

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

Improve Your Hockey and Skating Skills!



View from the Flames Press Box

The Game Within the Game

Flames Stand Up to Detroit Red Wings

The Game within the Game is an indepth analysis that goes beyond being a fan. For this issue, Rex chose to feature the Calgary Flames and the Detroit Red Wings. The Flames and the Red Wings play a game that shares quite a few characteristics with "Chess". Traditionally, the Red Wings play a strong game centred around puck possession, and at the other end of the spectrum the Flames play a defensive game extremely well without the puck. Join Rex and take a close look at the real game!

By Rex Tucker

On Friday, November 17th I had the pleasure to attend the Calgary Flames game against the Detroit Red Wings. Here are a few observations, thoughts and facts about this great game from the press box.

The Game within the Game

- Detroit is a very good passing and puck possession team, probably the best in the league.
- Detroit dominated Calgary in the face off circle winning 57 per cent of the face offs. Good puck possession teams start with winning the most face offs.
- However, Detroit generated very few scoring chances off the rush. They played a low energy road game.
- Detroit head coach, Mike Babcock matched his four time Norris Trophy award winning defenseman, Nick Lidstrom against arguably the best power forward in the game, Jarome Iginla. Lots of great 1 on 1 battles through the night. Give the nod to Jarome.
- At the start of the season, Flames head coach, Jim Playfair had Robin Regehr paired with Dion Phaneuf but the on ice chemistry just wasn't there. With Dion paired again with Roman Hamrlik and Regehr back with Rhett Warrener, the Flames defensive corp looked a lot more stable. Regehr and Warrener looked especially effective on the penalty kill.
- Passer Alex Tanguay is slowly adjusting to a new system with the Flames and of course not playing with future Hall of Famer, Joe Sakic. He is definitely stepping up his game.
- Flames defenseman, Andrew Ference possesses a great forward stride – the best skating defenseman on the Calgary team.
- Jarome Iginla's line controlled the play in the Detroit defensive zone. However, they only scored once – on the power play.

- The Flames power play was very effective scoring three of their four goals on the Power Play. They were three for five on the power play.
- Mikka Kiprusoff, arguably the best goalie in the NHL, had a very strong game. He was named the first start of the game. He stopped 29 of 30 shots and played square to the puck all game. Kipper looked in his prime while Hasek, once the cream of the NHL goalie fraternity, looked past his prime. He stopped 21 of 25 shots.
- Even the pros make mistakes, past Team Canada Olympian and World Cup of Hockey player, Kris Draper made a pass with his head down to no one at the point. Yes, even veteran world class players make mistakes in the game when under pressure.
- Center, Byron Richie played only 10:18 minutes from 15 shifts. He was the top Flames face off man with a 57 percent win percentage. He appears to be a player who is under utilized and appears to have some potential. Hope coach Playfair gives him more ice time!
- Chris Chelios, Detroit's veteran rearguard and the eldest player in the league at 44, played 23 shifts and 18:41 minutes. Not bad for an old guy.
- Of the ten penalty infractions called in the game seven of the ten were for hooking/holding (lazy penalties). Players are slowly getting adjusted to the new game... some more than others!
- Fellow Newfoundlander, Dan Cleary scored the lone Detroit goal. It appears that Coach Babcock believes in him. Cleary played over 17 minutes as well as being a regular on the Detroit power play. This journeyman player looks like he is set for a break out year!
- The Saddledome had a sellout crowd of 19,289. Flames fans went home quite happy. The Flames defeated the Red Wings 4 to 1.

Special thanks to Sean Kelso, Media Relations and Peter Hanlon, VP of Communications for accommodating Tucker Hockey's media press pass requests.

"Once you make a decision,
the universe conspires to
make it happen"

-Ralph Waldorf Emerson

"Once my thoughts and attitude
changed, my actions changed,
and so did my results."

-Robert T. Kiyosaki

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Coach Lyle

Backward Skating

Key Points

Ready Stance

To get into the proper ready stance to start backward skating is very critical to learning and developing the correct technique for backward skating and all its variations.

- Start from a standing position and work your way into the proper ready stance following these key points. A few concentrated repetitions will have you doing it as easy as tightening your skate laces.
- Stand straight up feet hip width apart, toes pointed straight ahead.
- Arms hanging down at your sides, holding your stick with one hand, the blade on the ice directly in front of your arm. That arm must be bent at the elbow slightly (+/- 45 degrees).
- This bent arm with the stick sets up a surprise poke check without throwing you off balance.
- Keeping your back erect (perpendicular to the ice), bend your knees to where you get into a deep sit position, a quick check is with very little head movement, look down to see if your knees hide your toes. (Very important)
- To visualize this important concept properly, think of pushing your tail bone straight down toward your ankles. This will set the weight of your upper body (torso) over your skates.
- A deep sit position with feet hip width apart, knees well bent, gives you stability as well as keeping your agility.
- A good visualization of correct form is to picture your self "sitting tall in the saddle", riding a horse at Spruce Meadows, with your back straight, head up looking comfortable and alert, knees bent and flexing as you travel along, and hands free doing what they have to do.
- Knee bend determines how big of a stride you can take. A backward stride using C-cuts is from the push, arcing out and back to gliding either a parallel with the other skate. This applies to the two-foot C-cuts (cutting hour glass figures) or alternating one-foot glides. (Important)
- Long strides contribute to overall speed, smoothness of effort and other options.

Tips: In the beginning, practice backward skating in a straight line, keeping your spine lined up with some marker on the boards, etc. Back and torso erect is key. Maximize your spine – use the natural position of the spine.

Cont. page 34

Voice

"We want to hear your voice!"

TELL US WHAT YOU THINK!

- Share your Opinions and Thoughts about the Game!
- Share your Hockey Stories!
- Share your Ideas for Future Articles

Articles from New
Contributing Writers
are Appreciated.

New Advertisers
Welcomed!

programs@tuckerhockey.com



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.

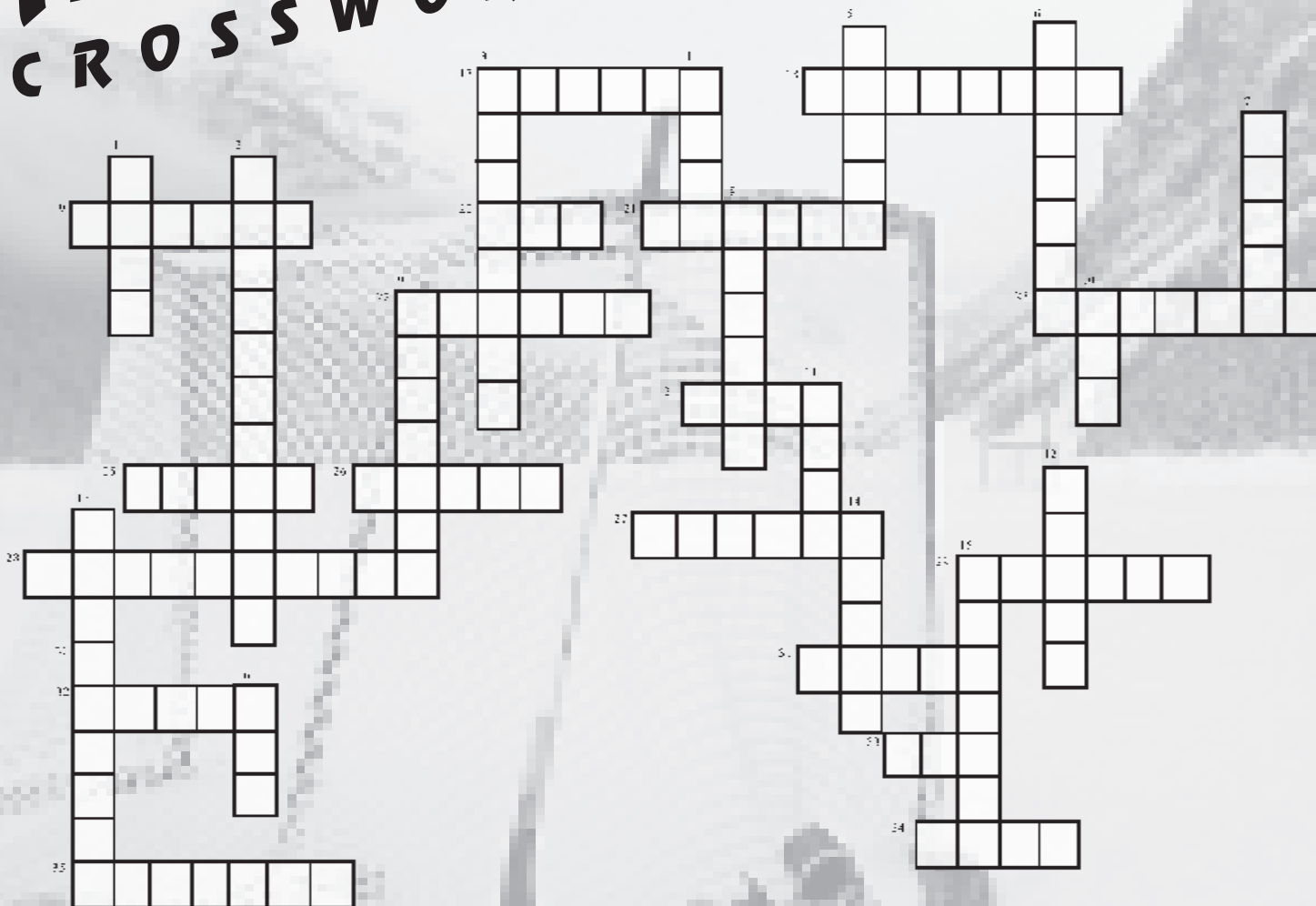
Coaching involves training by responsible people who are flexible and willing to continually learn and develop.

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

HOCKEY CROSSWORD

Test your Hockey Knowledge



Down

1. Curve on bottom of skate
2. Fill your water bottle to avoid _____
3. Why are figure skaters better backward skaters than hockey players?
4. Foundation of Skating _____ & 15. _____
5. For a tighter fit, use _____ laces
6. Where the puck drops
7. Definition of Speed: _____ X 13. _____
8. Groove in skate blade
9. The foundation of hockey
11. Most important for hockey is a _____ of the game
12. Calgary's Premier Hockey Newsletter: Hockey _____
14. Size of a puck _____ inches by 10. _____
16. Weight of a puck _____ oz

Across

17. Checking starts at this level
18. Good Sportsmanship
19. Best sport in the world
21. Never check from _____
22. Informal unorganized hockey game
23. Most significant part of skating is the _____ stride
24. Proper stick handling: _____ the wrists and _____ the puck
25. How many hockey arenas are there in Calgary?
26. Do this to watch yourself play
27. Everyone on the ice should wear one of these
28. Traditional way taught to catch a pass (note: not the best way)
29. Quadrant Hockey starts at this level
30. Backwards Skating: Make this letter on the Ice
31. Properly sharpened blades have edges that are _____ with each other
32. Two most important things to do when you skate: bend your _____ and keep your 34. _____ up.
33. Always play Safe and _____ Hockey
35. Do this to avoid injury

Solution:





Point of View

Hockey from a Rec League Coaching Perspective Minor Hockey Week

By Nick Portman

Players in the Minor Hockey Association of Calgary's Recreational Hockey League vote, year after year, to keep Minor Hockey Week (MHW). It took me some time to understand why players in Rec Hockey, where the win/loss record doesn't matter and isn't even posted, are adamant that their league should have Minor Hockey Week. At first, there seemed to me to be an inconsistency between the Rec League's emphasis, which is definitely not on the outcome of a game, and MHW, a competitive event in which every game counts (particularly after the second), a competition that concludes with one champion.

Why do the players want it? They'll give you a variety of answers. I think the most important reason, the one that is most consistent, is that MHW puts an extra charge into mid-season games.

I'll try to give you a flavour of Minor Hockey Week in the Rec League.

The players get themselves pumped for MHW – they're at the rink early, dressed well in advance of the buzzer, ready and eager to step on the ice. The week is a special event for them, and they have fun with it. Every year, whether their team makes it to the final or not, the players take home special memories from MHW, and this is similar to players in community hockey. When MHW is over, Rec League players seem ready to return to regular league play.

As in community hockey, some teams in the Rec League are more serious than others, and of course there is variability among the competitiveness of individual players and coaches. To compare Rec League to other hockey streams, I have to make generalizations, to which there will obviously be exceptions. I do think, however, that people in the Rec League, players and parents, are much less serious about winning Minor Hockey week, and much less frustrated when their team, like every other team but one, inevitably loses. In the Rec League, sure the players want to win, but they're less likely to get bent out of shape if they don't.

Perhaps the most obvious difference between Rec League and community hockey is the range of skill levels on a team. In community and elite hockey the evaluation process is used in an attempt to ensure that players of similar skill levels are grouped together, into teams and divisions. There's not much variability within any given team, unless it's from a very small community association. In the Rec League, it is common for a player who's just left Midget AAA to be placed on the same team as a first year skater.

This has many implications, not least of which is the adjustment for the highly skilled player – he or she needs to learn a different kind of team focus. Hotshot players who don't play a team game don't last in the league – they change their ways, or after a season or two, they leave. Most elite players in the Rec League adjust their game to make sure they involve all the other players, the weaker and the stronger, in the game – a real leadership skill. In my experience, this characteristic, once learned, is not forgotten during MHW, despite the increased degree of competitiveness. The less skilled players still have their decisions to make, e.g. whether to shoot or pass, and the same goes for all the players. Recriminations among the players on the bench are rare or nonexistent.

Most coaches in the Rec League are very aware of the variability of skill levels on their team. However, even during a competitive event, there are no favourites – every player on the team is the go-to player, to be sent out onto the ice in a critical situation. When the goalie has been pulled in an effort to score a tying goal, the player who goes out is the player at the gate, so long as she or he hasn't already gone this season. If a player has already been out, he or she steps aside for the next skater.

In the Rec League, coaches roll their lines. The players on the ice for the power play or the penalty kill are the next five at the gate. A weak power play could be out against a strong penalty kill, just by chance. I suspect short-handed goals are much more common in our league – or at least they would be, except that there seem to be a lot fewer penalties.

There are no practices in the Rec League (except for the optional practices held in the youngest division). Tactics,

Cont. page 32

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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

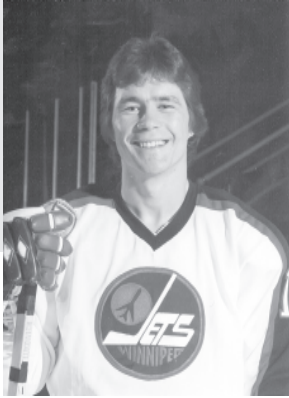
Transition plays and passing

- 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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Cycling the Puck

A Dynamic Offence Goal Scoring Strategy

By Morris Lukowich (Luke)

With the resurgence of goal scoring that is happening in hockey today, how does a Coach maximize "cycling" as an offensive weapon that creates scoring chances, yet an offensive strategy that does not sacrifice defensive coverage?

Following is a "cycling strategy" that is based on having all of the five players on the ice on the "same page" thus creating an offensive strategic chemistry between the five players that will create more and better scoring opportunities and which will not sacrifice defensive coverage, but will improve it.

The strategic chemistry between the five players is based on and "triggered" by which way F1 shoots, whether he is left or right handed and whether he is coming out of the corner on his forehand or on his backhand. (Note: F1 is the first forward with the puck that is coming out of the corner, skating away from the net and up the boards towards the faceoff circle hashmarks near the boards).

Triggers One and Two

Two different basic strategies/plans will be used depending on whether F1 is coming out of the corner on his

"forehand" (Trigger 1) or on his "backhand" (Trigger 2).

Trigger 1 – F1 Coming out of Corner on his Forehand

Note: This is the play that Iginla set up and which Gelinas scored on against Vancouver and Detroit to win both playoff series for the Flames in their Stanley Cup run.

As F1 goes to the corner to get the puck on his forehand (the forehand is F1's weakside to "drive skate" the puck out of the corner but is his strongside to shoot or pass the puck from the hashmarks/boards) and skate towards the outside hash marks, it is important that F2 and F3 stay in the scoring area in front of the net and that neither one of them move towards the corner in anticipation of the puck being cycled by F1.

F2 needs to be directly in front of the goalie and in between the goalie and F1 so that the goalie is screened. F2 needs to be prepared to deflect any type of forehand shot or forehand pass that F1 makes from the hashmarks/boards area. F2 also needs to be prepared to score on any rebound.

F3 can be in a shooting position near the inside hashmarks on the "strongside puckside" in anticipation of a short pass from F1 or shot from F1. This position is normally in between the defensive DMan

and the strongside defensive winger and allows F3 to get away a great shot, especially one-timer shots. F3 is also prepared to move in front looking for any rebound that is generated by the forehand shot taken by F1.

F4 is the strongside Point Man and needs to stay on the boards or skate down towards F1 to set a "pick play".

F5 is the weakside Point Man and this is a great time for him to attack the "backside" of the weakside defensive winger coverage and look for a pass through the slot area from F1 and score on a "backdoor" play.

Note: The simple mistake made by players F2 and F3 is that they go down below the goal line into the corner assuming a cycle pass and are a mile away from the front of the net when F1 throws the puck at the net. (This is where most goals are scored, not in the corner)

Trigger 2 - F1 Coming out of Corner on his Backhand

As F1 goes to the corner to get the puck on his backhand (the backhand is F1's strongside to "drive skate" the puck out of the corner and to the net but is his weakside to shoot or pass the puck from the hashmarks/boards). If F1 cannot successfully "drive skate" the seam between the defensive coverage then he must cycle the puck back to the corner.

Note: The key here is for F1 to remain near the boards and not rotate to the middle after he cycles the puck. He is now in an ideal position to set an "inside pick and roll" for F2 who is coming out of the corner with the puck that F1 had just cycled.

F2 must be prepared to anticipate a cycle pass from F1 (especially if he is not able to "drive skate" past the defender) and to go to the corner to retrieve the cycle pass from F1 and to "drive skate" the puck out of the corner away from the net and up the boards and to look for the "inside pick and roll" play that is being set up by F1.



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.



Urban Wisdom A Great Little Story

By Michael Gartner

My father never drove a car. Well, that's not quite right. I should say I never saw him drive a car. He quit driving in 1927, when he was 25 years old, and the last car he drove was a 1926 Whippet.

"In those days," he told me when he was in his 90s, "to drive a car you had to do things with your hands, and do things with your feet, and look every which way, and I decided you could walk through life and enjoy it or drive through life and miss it."

So my brother and I grew up in a household without a car. The neighbors all had cars – the Kollingses next door had a green 1941 Dodge, the VanLanings across the street a gray 1936 Plymouth, the Hopsons two doors down a black 1941 Ford – but we had none.

My father, a newspaperman in Des Moines, would take the streetcar to work and, often as not, walk the three miles home. If he took the streetcar home, my mother and brother and I would walk the three blocks to the streetcar stop, meet him and walk home together.

My brother, David, was born in 1935, and I was born in 1938, and sometimes, at dinner, we'd ask how come all the neighbors had cars but we had none. "No one in the family drives," my mother would explain, and that was that. But, sometimes, my father would say, "But as soon as one of you boys turns 16, we'll get one."

It was as if he wasn't sure which one of us would turn 16 first. But, sure enough, my brother turned 16 before I did, so in 1951 my parents bought a used 1950 Chevrolet from a friend who ran the parts department at a Chevy dealership downtown. It was a four-door, white model, stick shift, fender skirts, loaded with everything, and, since my parents didn't drive, it more or less became my brother's car.

Having a car but not being able to drive didn't bother my father, but it didn't make sense to my mother. So in 1952, when she was 43 years old, she asked a friend to teach her to drive. She learned in a nearby cemetery, the place where

I learned to drive the following year and where, a generation later, I took my two sons to practice driving. The cemetery probably was my father's idea. "Who can your mother hurt in the cemetery?"

For the next 45 years or so, until she was 90, my mother was the driver in the family. Neither she nor my father had any sense of direction, but he loaded up on maps – though they seldom left the city limits – and appointed himself navigator. It seemed to work. Still, they both continued to walk a lot. My mother was a devout Catholic, and my father an equally devout agnostic, an arrangement that didn't seem to bother either of them through their 75 years of marriage. (Yes, 75 years, and they were deeply in love the entire time.)

He retired when he was 70, and nearly every morning for the next 20 years or so, he would walk with her the mile to St. Augustin's Church. She would walk down and sit in the front pew, and he would wait in the back until he saw which of the parish's two priests was on duty that morning. If it was the head priest, my father then would go out and take a two mile walk, meeting my mother at the end of the service and walking her home. If it was the assistant priest, he'd take just a one mile walk and then head back to the church. He called the priests "Father Fast" and "Father Slow."

After he retired, my father almost always accompanied my mother whenever she drove anywhere, even if he had no reason to go along. If she were going to the beauty parlor, he'd sit in the car and read, or go take a stroll or, if it was summer, have her keep the engine running so he could listen to the Cubs game on the radio. (In the evening, then, when I'd stop by, he'd explain: "The Cubs lost again. The millionaire on second base made a bad throw to the millionaire on first base, so the multimillionaire on third base scored.") If she were going to the grocery store, he would go along to carry the bags out – and to make sure she loaded up on ice cream.

As I said, he was always the navigator, and once, when he was 95 and she was 88 and still driving, he said to me, "Do you want to know the secret of a long life?" "I guess so," I said, knowing it probably would be something bizarre.

"No left turns," he said.

"What?" I asked.

"No left turns," he repeated. "Several years ago, your mother and I read an article that said most accidents that old people are in happen when they turn left in front of oncoming traffic.

Cont. page 31



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
4th 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



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Desire

Success is focusing
the full power
of all you are on
what you have
a burning desire
to achieve.

-Author Unknown

Attitude

The currents that
define our dreams and
shape our lives
flow from the
attitudes we nurture
every day

-Author Unknown

Persevere

On the road
to success you can
be sure of one thing...
there is never
a crowd on
the extra mile.

-Author Unknown

Character

In matters of style,
swim with
the current...
in matters
of principle,
stand like a rock.

-Author Unknown

A Great Little Story Cont. from 28

As you get older, your eyesight worsens, and you can lose your depth perception, it said. So your mother and I decided never again to make a left turn."

"What?" I said again.

"No left turns," he said. "Think about it. Three rights are the same as a left, and that's a lot safer. So we always make three rights."

"You're kidding!" I said, and I turned to my mother for support.

"No," she said, "your father is right. We make three rights. It works." But then she added: "Except when your father loses count." I was driving at the time, and I almost drove off the road as I started laughing. "Loses count?" I asked. "Yes," my father admitted, "that sometimes happens. But it's not a problem. You just make seven rights, and you're okay again."

I couldn't resist. "Do you ever go for 11?" I asked. "No," he said. "If we miss it at seven, we just come home and call it a bad day. Besides, nothing in life is so important it can't be put off another day or another week."

My mother was never in an accident, but one evening she handed me her car keys and said she had decided to quit driving. That was in 1999, when she was 90. She lived four more years, until 2003. My father died the next year, at 102.

They both died in the bungalow they had moved into in 1937 and bought a few years later for \$3,000. (Sixty years later, my brother and I paid \$8,000 to have a shower put in the tiny bathroom – the house had never had one. My father would have died then and there if he knew the shower cost nearly three times what he paid for the house.)

He continued to walk daily – he had me get him a treadmill when he was 101 because he was afraid he'd fall on the icy sidewalks but wanted to keep exercising – and he was of sound mind and sound body until the moment he died.

One September afternoon in 2004, he and my son went with me when I had to give a talk in a neighboring town, and it was clear to all three of us that he was wearing out, though we had the usual wide-ranging conversation about politics and newspapers and things in the news. A few weeks earlier, he had told my son, "You know, Mike, the first hundred years are a lot easier than the second hundred."

At one point in our drive that Saturday, he said, "You know, I'm probably not going to live much longer." "You're probably right," I said.

"Why would you say that?" He countered, somewhat irritated.

"Because you're 102 years old," I said.

"Yes," he said, "you're right."

He stayed in bed all the next day. That night, I suggested to my son and daughter that we sit up with him through the night. He appreciated it, he said, though at one point, apparently seeing us look gloomy, he said "I would like to make an announcement. No one in this room is dead yet."

An hour or so later, he spoke his last words "I want you to know," he said, clearly and lucidly, "that I am in no pain. I am very comfortable. And I have had as happy a life as anyone on this earth could ever have."

A short time later, he died.

I miss him a lot, and I think about him a lot. I've wondered now and then how it was that my family and I were so lucky that he lived so long. I can't figure out if it was because he walked through life.

Or because he quit taking left turns.

**"Being Stubborn
is a big part of
being a winner"**

-Donald J. Trump

Cycling the Puck

Cont. from 27

F3 is prepared to rotate from the slot area down towards the goalie and set up a position in front of the goalie or off to the “back door” side.

F4 again is on the boards and does not look at moving down to set a “pick play” for F2 coming out of the corner.

F5 is the weakside Point Man and again looks at attacking the backside of the weakside defensive winger coverage and F5 looks for a “backdoor” scoring possibility.

Defensive Coverage

These cycling strategies do not hinder defensive coverage as there are always three players that are in strong D position.

This is a very technical and precise offensive strategy that can be utilized successfully by the players as they become aware of exactly how the strategies are structured and played out.

Rec League Cont. from 25

positioning, and set plays are rare; sometimes teammates may set up a play. Players talk to each other about what’s going on in the game, and develop their own reactions, and that tends to be the biggest component of tactical shifts during a game. A coach may send a player to shadow someone on the other team, or tell his players to exploit a particular weakness that has become apparent, but for the most part the players just get out there and play. So there are very few – if any – special adjustments for MHW.

The team is two or three players short, on average, each game – a coach is only certain of a player’s attendance if he or she is there. MHW is different – the lineup is always full – absences only occur for serious illness.

Hockey games are the players’ priority during MHW, taking precedence, in many cases, over everything else, sometimes to their parents’ chagrin. I’ve heard parents express surprise that MHW is so important to their child. Even players who appear little more than indifferent about regular season games insist their parents drive them to the rink early, and there’s no way they would miss a MHW game, no matter what – all this in a league that is just for

fun.

When the League started, there were eight teams in my son’s division, and we got to know the other teams pretty well. This year, with sixteen teams, we play every team twice – each game is an adventure. With so much variability in skill levels, and players often absent, the team you play against one game be very different from the team you meet next time – MHW will be full of surprises.

The excitement in a Rec League game – like in any other hockey game – comes from the one-on-ones races, deking, board battles, fine passing plays, great shots and amazing saves. The lack of body checking in the Rec League increases the skill level and the speed of the game. A Rec League game between two well-matched teams is fast, usually high scoring, and very exciting. Spectators used to watching higher division community hockey, even AA and AAA, are often surprised at the skill level they see in the Rec League. The excitement will be turned up a notch during MHW.

All this contributes to making Minor Hockey Week in the Rec League fast paced, competitive, and, above everything else, fun.

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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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!



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Coach Lyle ***cont. from 23***

Example: do not kink your neck to keep your head up; do not kink your neck to keep your head down. Keep your head in a natural position and on a swivel (turning side to side in the same plane), move your eyes to see up or down.

- C-cuts pushing off – from standing with skates parallel, turn your toe(s) close to 90-degrees and push with the front of the blade(s) [note singular or plural if doing one- or two-foot C-cuts].
- The force from your legs travels from your hips through the leg and foot to the ice through the balls of your feet and pushes off with the inside edge of your blade.
- Skating backwards will require you to keep your head on a swivel to know where everyone is on the ice, especially traffic immediately behind you. Safety first; Safety is no accident.

Words of Wisdom

"The mission is the most important part of the business. It is the spirit of the business. It is the heart of the business. Without spirit and heart most entrepreneurs will not make it simply because the road ahead is a hard one."

-Robert T. Kiyosaki

"We all have defining moments. It is in these moments that we find our true characters. We become heroes or cowards; truth tellers or liars; we go forward or we go backward"

-Robert T. Kiyosaki

"Risk: To conquer without risk is to triumph without glory"

-Anonymous

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 Super Power Skating Program.



Danny Cammack Memorial Award

Congratulations to Scholarship Recipients

Summer 2006 James Faul • Spring 2006 John Bevans • Christmas 2005 Zach Urban • Winter 2005 Alexander Bearinger • Spring 2005 Darren Martin • Summer 2005 Carson Elliott • Christmas 2006 Tyson Bobrel (Age 10, Trailswest Atom Div. 1 Blue Thunder)

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

Why I Love Hockey!

Hello my name is Tyson Bobrel.

I really love hockey because it is a really fun sport to play because you get to score goals for your team and get assists and you can be a Captain and an assistant Captain. I also really like it because you have tryouts and it is really fun to see what team you make. I also like hockey because it is just a really fun sport to play and that is why I like hockey.

The end.

**Tyson Bobrel
10 years old**

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 Zorgdrager
Spring 2006 – John Bradley
Summer 2006 – Tracy Tomassetti
Fall 2006 – Volker Braun
Winter 2007 – Dennis Melborn

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