



Volume 5 No. 1  
Issue #12  
Winter 2008

For the LOVE of the GAME!

# Hockey Zones

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



## Celebrating 10 Years of Tucker Hockey!

The start of the 2008 calendar year marks a milestone in the history of Tucker Hockey. We are celebrating 10 years of on ice instruction. We have instructed players from semi – pro down to tyke and from ages 5 up to 73 years of age with a broad level of hockey skills and background as well as personal goals.

We have operated minor hockey group programs, adult hockey group programs, 1 on 1 coaching, customized programs, and worked with minor hockey teams and associations and adult recreational teams.

The core of our programs is power skating. However, we have taught other technical skills such as passing, puck control, shooting and checking as well as individual and team tactics and elite power skating and conditioning programs.

Hard to believe nearly a decade as passed! Reflecting back over this period, we have fond memories of various people, places and events from the Tucker Hockey journey.

Here's a summary of some of the lighter moments from the diary of Coach Rex. I trust you may find some of these stories amusing!

The idea for Tucker Hockey was hatched in the Summer of 1997. I was honing my craft as a power skating instructor at a hockey camp in the Czech Republic. I had seen a business card for a hockey school and wondered, "Why can't I do that myself for a living?" "For the next few years, I diligently did my research; start up costs, market analysis, and core on ice curriculums. Finding a niche in a Calgary hockey school saturated market was the challenge and the key to future success.

The first program, in the Fall of 1999, was with a group of Adult Recreational hockey players. After some hiccups with settling the first session start date, we finally recruited our first class of six players. From there, the rest is history!

From 1999 to the Summer of 2002, Tucker Hockey was basically a part-time enterprise. We grew our

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### Look Inside for More Great Sports Tips

**“Destiny is not a matter of chance,  
it is a matter of choice,  
it is not a thing to be waited for,  
it is a thing to be achieved”**

**–William Jennings Bryan**

# Tucker Hockey

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

<b>Minor Hockey Group Programs</b> Spring, Summer, Christmas & Easter  Power Skating Player Development Checking Clinics	<b>SUPER Power Skating</b>	<b>Adult Recreational Group Programs (Ages 18 - 65+)</b> Fall, Winter, Spring & Summer  Power Skating Player Development
<b>"1 on 1" Coaching</b> Year Round  Custom Made Programs Ages 5 to 20		<b>Minor Hockey Association Projects</b> September - March  Conditioning Camps Custom Made Skill Development Programs Player Evaluations
<b>Individual Minor Hockey Team Sessions</b> October - March  Power Skating Player Development Checking	<b>ELITE Power Skating</b>	<b>Individual Adult Recreational Hockey Team Sessions</b> October - March  Power Skating Player Development (Mens and Ladies)

## 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."*

Contact  
**Tucker Hockey**  
**998-5035**

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

## Tucker Hockey Identity

Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game.

The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.

Experience the passion of Tucker Hockey today!

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

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Quality Publications  
1994-2008

Hockey Zones is published for  
Tucker Hockey Enterprises Ltd. by  
Flexys Systems Publishing Ltd.

sales@flexys.ab.ca  
www.flexys.ab.ca

Issues: Fall, Winter,  
Spring/Summer

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**Printing**  
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**271-4101**

## **10 Years (cont'd. from cover)**

niche into more sessions, and more programs with more players, both minor and adult.

In the Summer of 2002, the brave decision was made to go full-time with Tucker Hockey. A true leap of faith moment indeed! With a business plan and \$2,000 in my bank account, I ambitiously set out to build Tucker Hockey into a full time operation.

This coincided with my last trip to coach hockey in the Czech Republic, and my first lesson in "expect the unexpected" when operating my hockey business. While returning from my European trip, my ticket from Munich, Germany was mistakenly changed from reserve to standby. I had to get back to Calgary on time, as my first full-time Minor Hockey Program was scheduled for the next day! I sweated bricks for a couple hours but finally got on the plane and arrived back in Calgary on schedule.

On one of my earlier minor power skating programs I had a child approach me and say "Coach Rex, I have a problem with my hockey equipment". After some investigation, we discovered that in her haste to get her son on the ice, the boy's mother had inadvertently crossed the Velcro straps of the shoulder pads across her son's chest, creating a mini straight-jacket! No wonder the young lad felt uncomfortable!

On another occasion, we had a child's hockey pants fall down around his ankles during a skating drill, leaving him in his long johns at centre-ice! It was an embarrassing moment!

During one of our Saturday afternoon adult sessions, we had a lady demonstrate her amazing flexibility during the pre-skate static stretches. While sitting on the ice to stretch our hamstrings, with the skates wide apart, she was able to touch her chin on the ice. After showing up her male-dominated group, she informed us, with a smirk, that she was a former gymnast. It hurt to watch her stretch!

There was the first time skater that, in his enthusiasm to get on the ice, forgot to remove his skate guards and went skidding across the ice on his butt, spread eagled with arms and legs flailing. He had to embarrassingly crawl back to the bench to discover what had caused his tumble. As instructors, we looked away with a smirk trying to ignore the situation so as to not cause the beginner any further embarrassment.

No one said that the coaching profession doesn't have its hazards. While teaching a peewee team at Lake Bonavista, and conducting a skating drill, I had a child fall and slide into me from behind. The

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**Next Issue:**  
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## **Features**

- Letters to the Editor/Prize Winner Announcements
- Overcoming Obstacles – Health
- Missing the Cut – What's Next?
- Kid's Hockey Advancement Society
- Tucker Hockey Promo DVD
- Power Play Quarterback

## *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!

–Past Issues Available at [www.tuckerhockey.com](http://www.tuckerhockey.com)–





## Checking... Crossing the Line?

By Ern Rideout

Recently, the NHL has seen an increase in the number of body checks that have left players with potentially serious injuries.

The most distressing type has been hitting from behind near the boards. This drives the opponent either head first into the boards or the impact is absorbed in the triangle between the shoulder and the head. If the player is lucky, a slight whiplash injury will be the result, or perhaps a concussion that will keep him/her out of action until symptom free. (If any of you have ever suffered a concussion, you know that “lucky” is hardly how you would describe yourself afterwards).

The potential for serious, even life-threatening injury is incredible. The vertebrae in the neck can be compromised – pinching, tearing, or even severing the spinal cord. This can result in paralysis or even death.

Hockey Canada attempted to address this problem with a program to encourage players to think before they hit an opponent from behind. Today, minor hockey players in Canada sport small stop signs on the back of their jerseys to give opponents a visual cue to think before continuing with a hit from behind. While the incidence of hitting from behind seems to have decreased in minor hockey, it is still a problem at the professional level. As we all know, people tend to emulate their idols, and if it’s okay for a professional player to do it...

There have been comments in the press that the hit from behind is used by coaches, and players, as a tactic to draw penalties against opponents. This involves the player along the boards turning his back to the defender just prior to a hit. This practice is hardly “taking one for the team”. The player puts him/herself in a dangerous position possibly risking their physical well being, not to mention their life. In this example, how can the defender possibly know that he is about to hit someone from behind, when they are facing him until the last

possible second? On most occasions, no penalty results as the referee recognizes the attempt to draw a penalty with the action of the puck carrier. So, the end result is a player laying crumpled along the boards with a potentially career-ending injury... for nothing.

The other type of check that has caused some serious injuries is the open ice body check where the checker leaves his/her feet. In most cases, the resulting penalty is called charging, although elbowing is also called.

Take two players of approximately the same height, say six feet tall. On a textbook body check, they will meet shoulder to shoulder. But, if one leaves his feet, the shoulder is now level with the head of the opponent. This is another example of how concessions in hockey are increasing. Players are bigger, stronger, and faster, and their equipment is much different with the use of new technologies and materials. This sometimes leads to very violent collisions, which result in “highlight reel” contact.

Perhaps this is the goal of the defending player – to make a name for himself. Take the case of the rookie player trying to impress his teammates, or coach, by running around throwing questionable body checks without respect for his opponents. He is not concerned about the welfare of his opponent, he is worried about his ability to make the team and gain ice time for himself. But the fact remains that the purpose of allowing checking in hockey is to separate the opponent from the puck to gain possession of the puck for himself – not to separate the opponent!

As with the justice system, the existence of a penalty, or sentence, is not meant to punish, but rather discourage the unwanted behaviour. In European hockey (IIHF), a hit from behind automatically comes with a misconduct penalty, in addition to a minor or major penalty (referee’s discretion). Perhaps increasing the potential penalty times is a way to discourage dangerous behaviours on the ice. Not only is the offending player removed from the game for a longer period of time, but the team is also penalized by having less than their full complement of players.

There may be other factors that have encouraged the increase of such on-ice conduct. The first, surprisingly, may be in our own desire to protect ourselves and our kids. Over the years, we’ve attempted to reduce injuries to hockey players. We’ve reacted to some of the horrifying injuries in profes-

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## Quality Instruction: On-Ice Demonstrations

*Editor's Note: During the hockey year, there are many hockey schools and programs, which teach, power skating and hockey skills development. However, the quality of the instruction varies greatly depending on which program is chosen. In the Spring/Summer 2006 issue of Hockey Zones, Coach Rex's corner discussed quality of hockey instruction. This past article can be found on our web-site at [www.tuckerhockey.com/newsletters](http://www.tuckerhockey.com/newsletters).*

Hockey instruction is the art and science of teaching hockey skills – technical and tactical. It is a “specialized component” within the coaching profession. Here’s a closer look at the aspect of on – ice demonstrations component of instruction.

Hockey players learn a skill in different ways.

- Very few players can hear a description and execute the skill. They do not see the skill but mentally understand the concept and can perform it immediately.
- A few players can hear and see a skill and then execute it properly.
- There are players who hear, see and require piece by piece skill progression to execute a skill.
- There are players who hear, see and require physical moulding / shaping by an instructor so as to execute the skill.

The majority of players fall into the last two types.

A picture is worth a thousand words. The foundation of the skill development is a good on ice demonstration. This is especially true for the hockey technical skills such as skating, passing, puck control, shooting and checking.

When an instructor, properly demonstrates a drill such as a skating skill, a player sees first hand the right way to do the

skill. The instructor must do a slow demo or several slow demos stressing the proper technique, breaking down the skill and explain the key and correct teaching points within the drill. Often I will gather the players in a group on one knee and I will demo the drill several times in front of them. Also, I will ask if there are any questions regarding the skill prior to the players trying the skill.

Secondly, the players must be given opportunities to perform enough repetitions to attempt, improve on and master the skill. However, no matter how many repetitions a player performs if the technique is poor / incorrect, the player will not improve the skill.

**“Good demonstrations,  
proper teaching  
points, repetitions,  
correction of errors  
and positive  
reinforcement  
produce results.”**

Thirdly, tweaking is imperative so as to enhance performance. The instructors need to give good and accurate feed back to each skater depending on the ability. This feedback may involve reinforcing the proper teaching points, build on or expend or again demonstrate the skill again in front of the player to mould a player’s technique so the player can than duplicate what has been shown.

Fourthly, players like to receive praise and positive reinforcement. Give good encouragement and positive reinforcement!

Finally, the on ice curriculum needs to be presented with a “building block” approach. Start with drills, which provide confidence and than advance to drills, which challenge and stretch the players. First emphasize technique and then speed. For power skating drills, players can do the drills without pucks first and later progress to doing the drill with pucks.

Good demonstrations, proper teaching points, repetitions, correction of errors and positive reinforcement produces results.

**“I am careful not to confuse excellence with perfection.  
Excellence I can reach for. Perfection is God’s business”**

- Michael J. Fox



## **The Game Within the Game**

**By Rex Tucker**

The snap shot is the most common NHL shot!

On Tuesday, November 20<sup>th</sup>, 2007 I had the pleasure of watching the game between Northwest Division rivals the Avalanche and the Flames. The Flames defeated the Avalanche 4 to 1. There was not an over abundance of shooting or scoring chances. It was a very tightly played game. Throughout the contest, I decided to focus on the shooting aspect of the game. I observed that the snap shot was the most common shot in the game.

However, before talking about my game observations, I wish to mention a few pointers about the snap shot itself. Within the minor hockey system, the wrist shot is taught first and praised as the best shot in hockey. It's a surprise shot, mainly because of its quick release and accuracy. However, at the very elite level, the NHL, the snap shot is becoming the shot of choice by the Pros. Due to the speed of the game and limited time and space; players shoot the puck in stride most often with the snap shot.

There are three different variations or forms of the snap shot.

- A player draws his stick back from the puck but below the knees. The player looks at the target, then at the puck immediately before impact, and follows through pointing the stick towards the target. The grip tightens and the player snaps and locks his or her lower wrist wrists at the moment of impact. Most of the power from the shot comes from the lower hand.
- A player does a toe drag, cradles the puck and with a quick snap of his or her wrist will project the puck towards the target.
- A player leans on his stick without drawing the puck back. The player torques his stick by leaning with his lower hand and pulling back with his top hand.

For example, a player can shoot off the back skate (left skate) for a left handed shooter or the front skate (right skate) for a left handed shooter. There is no right or wrong way. I personally prefer the back skate because I feel more stable on the back skate and my release is more natural. With the front skate, I have to transfer my weight and I am more off

balance plus the release feels slower for me. Mark Messier comes to mind as one of the first players to shoot off the back skate. Jarome Iginla is a right handed shooter and he has a great snap shot. Jarome shoots off his back skate i.e. right skate. Joe Sakic is a left handed shooter and he has a very effective shot shooting off his front (right skate). Ilya Kovachuck has probably the best snap shot in the NHL when skating in stride. The key is to keep the feet moving, keep the puck on the forehand side (strong position) and shoot in stride to surprise the goalie.

Here is a breakdown of the shots taken in the game

	<b>Shots on the Net</b>	<b>Blocked Shots</b>	<b>Missed Shots</b>	<b>Shots at the Net</b>
Flames	15	8	9	32
Avalanche	21	8	10	39

<b>Shot Types</b>	<b>Flames</b>	<b>Avalanche</b>	<b>Total</b>
Wrist Shot – Stationary	—	3	3
Wrist Shot – In Stride	1	4	5
Slap Shot – Stationary	—	2	2
Slap Shot – In Stride	4	2	6
Backhand – Stationary	—	—	0
Backhand – In Stride	1	2	3
Snap Shot – Stationary	3	2	5
Snap Shot – In Stride	6	4	10
Total Shots	15	21	36
Total Snap Shots	9	6	15
Snap Shot Percentage	.60	.29	.42

This is not a scientific study but rather an observation of how I feel the game is evolving. Shooting in stride with a quick release is the most common shot today in the NHL. Also, becoming more popular are the one timer shots due to the increase in team's power play changes. Developing a good snap shot requires good technique and countless hours of shooting pucks. It was said that Brett Hull shot 200 pucks every practice to hone and keep his shooting skills sharp. For minor hockey players, the best progression is to develop a good wrist shot and then elevate your game as you become older, bigger and stronger to incorporate a good snap shot in the shooting tool box.

Next time you watch an NHL game what do you observe to be the most common type of shots?

*Special Thanks to Bernie Hargrave, Communications Assistant and Peter Hanlon, VP of Communications for accommodating Tucker Hockey's media press pass requests.*



## Perspectives on a Goal

By Nick Portman

A young player takes a pass close to the offensive blueline. The defenceman in front of him is backing up. The forward is in full stride – soon he's approaching the top of the face-off circle. The defenceman slows to close the gap and the forward, a right hander, veers right, stick extended to protect the puck. The goalie moves in his crease, following the play. The forward shoots, in a hurry, with only a vague idea where the puck's going. The defenseman lunges, but he's too late, the puck is past him, skimming low along the ice. Even though the puck isn't moving fast, the goalie is moving the wrong way across the crease, and the shot is to his stick side, low. He can't halt his momentum in time to get back. The puck dings the inside of the far post and caroms into the net.

After the goal, the first emotion the forward felt was relief. He celebrated anyway, but he knew that whatever the goal had looked like to everyone else, it was the result of a desperate play. This time he'd had none of that feeling he often had when he knew he would score: he'd be in scoring position, and know exactly the move he was going to make, know how he would release the puck, know he had the goalie beat and the puck was going into the net. At those times, the world slowed down; everything seemed to move in slow motion. This goal hadn't been like that at all. This goal was just the lucky result of a last ditch effort.

When he crossed the blueline, he had no idea what he was going to do; several possibilities crossed his mind, but he didn't lock on any of them. By the time he was two strides into the zone, any thought of a fancy play had left him. He was reduced to just wanting to get a decent shot off – that much he'd felt he had to do. In reaction to the defenceman's move, he veered to the right, leaning as far away from the D-man as he could, to protect the puck. But he leaned too far, and felt himself beginning to go off balance. He took the shot because he couldn't regain his balance without letting the

defenceman get at the puck. He saw the puck bounce into the net, and rather than let himself wipe-out, he went down on one knee and pumped the air in celebration. He hoped that he had sufficiently disguised his fall.

The defenceman knew he'd covered his man perfectly, forced him to take a shot the goalie could see, one the goalie should have stopped. He knew he had done his job, but he skated by the goalie anyway and tapped his pad with his stick. 'Nothing you could have done about that one. A perfect shot.' 'I should have had it.'

'Low, off the far post like that? Don't worry about it.'

But the goalie was worrying about it – the coach was always on his case about angles. Even though the coach had never played in net, he acted like he knew all about it. The netminder thought that goal would be the final straw – this game would be his last start of the season. He shook his head at himself. He had known, for at least a couple of seasons, that forwards are coached to get the goalie moving one way, then shoot back to where the goalie's coming from. He remembered that he had known that was what the forward would do, and yet he had moved too soon anyway. He blamed himself. When the scoring forwards came off, the assistant coach at the offensive gate patted each of them on the back. He could see they were happy, remembered himself the joy he had experienced in such moments. He let them jabber on to each other while he turned back to watch the on-ice play.

When the goal was scored, the head coach of the scorer's team had been attending to an injured player. He heard the cheers and looked up, saw the celebration. He tested the injury once more, to make sure it wasn't serious, then told the injured player to try to walk it off. Only then did he stand and ask the players on the bench what had happened. When the scorer and his linemates were back on the bench, he took time to congratulate each of them.

The assistant coach at the scoring team's defensive gate sent his son and his son's partner onto the ice, telling them, 'Get another one.' This particular coach was caught up in his belief that his son was the hero of the team – he thinks his son

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"Experience is the name everyone gives to their mistakes

- Oscar Wilde



# Hockey Word Jumble

*Can you find all the words listed below?  
Find and circle all of the Hockey words that are hidden in the puzzle.  
The remaining letters spell out a Rodney Dangerfield Quotation!*

ARENA  
ASSIST  
BLUE LINE  
BOARDING  
BOARDS  
BODY CHECK  
BREAKAWAY  
CENTER  
CHARGING  
CONTACT  
CREASE  
DEFENSEMEN  
DEKE  
EJECTION

ELBOWING  
ENFORCER  
FACE MASK  
FACE -OFF  
FOREWARD  
FOUL  
GAME  
GLOVES  
GOALPOST  
GOALTENDER  
HAT TRICK  
HELMET  
HOLDING  
HOOKING

ICE RINK  
ICING  
JERSEY  
KNEEING  
LEAGUE  
LINE CHANGE  
LINESMAN  
MISCONDUCT  
NHL  
OFFENSE  
OFFICIALS  
OFFSIDE  
OVERTIME  
PASS

PENALTIES  
PENALTY BOX  
PERIOD  
PLAYER  
POINT  
POKE CHECK  
POWER PLAY  
PUCK  
RED LINE  
REFEREE  
ROUGHING  
SAVE  
SCORE  
SKATES

SLAPSHOT  
SLASHING  
SLOT  
SPEARING  
STANLEY CUP  
SUSPENSION  
TIME-OUT  
TRIPPING  
WHISTLE  
WINGS  
WRIST SHOT  
ZAMBONI  
ZONES

R E Y A L P I T S O P L A O G F O R E W A R D T  
W E N O I S N E P S U S N G N I P P I R T T E I  
P E R I O D E F E N S E M E N G L O V E S M T M  
E V A S L O V E R T I M E C G N I W O B L E R E  
O F F S I D E R O C S G S K O T O A F E A E E O  
J I G H S R E S T U L N H E C N N T H K I S C U  
A E H E E E L R E D O I O S N E T I O C C N R T  
R T R F H A T J E N T H O A D O H A O U I E O N  
E R E S P F E A F O K G K E N R Z C C P F F F H  
N R S S E C A F K C I U I R G G A W E T F F N L  
A A H B T Y O C I S H O N C O E R O X K O O E E  
P O M I R E S R E I E R G A I I K O B L O T A L  
T S O S C E T T G M S N L L S N B E O I S P C T  
G N L A E T A N A E A T I T E Y G I D N P I H S  
N N F A A N I K I N E S S L T A C D Y E E N A I  
C A I H S D I T A N L H K L E E G A C C A O R H  
E S H D R H L L D W O E A F R U S U H H R B G W  
N O G A L A I E C T A N Y I O S L G E A I M I K  
T E O N N O R N Y G E Y N C I U A B C N N A N A  
E B M E I E H B G P R K O S U M L K K G G Z G E  
R O P P O W E R P L A Y T U E P T K N E E I N G



# Letters to the Editor

## Therma Blades – Not So Hot

I, like many players, like to think of myself as a “cool gadget guy” when it comes to hockey; always wanting to try the latest and greatest technology to give me the competitive edge on the ice. For this reason, I jumped at the opportunity to test drive the new Therma Blades - a revolutionary technology introducing heated skate blades to reduce resistance, improving speed, acceleration and reducing skater fatigue. I wanted to share some of my experiences and adventures using this latest hockey innovation to your readers.

Therma Blades are a major breakthrough in skating technology claiming to have an immediate and powerful impact on the game of hockey. The blades are heated by a small battery and microprocessor stored in the skate's blade holder maintaining consistent heat across the skate blade while on the ice. The manufacturer claims that the warm blade increases the thickness of water between the blade and the ice surface, dramatically reducing gliding friction and starting resistance for skaters. This reduced friction allows players to increase their skating performance using less energy. Early tests indicate numerous physiological and performance benefits.

Some benefits identified by the manufacturer include:

- Starting friction reduced by 65% to 75%;
- Sliding friction lowered by 50% to 55%;
- Vibration reduced by about 50%.

In surveys of players who used the heated blades during product testing over the summer:

- 85% of players said the Therma Blades were significantly smoother to skate on than conventional blades;
- 68% said they skated farther with less effort;
- 61% said they accelerated more quickly;
- 63% said they felt less fatigue while playing.

My personal experience, however, was not consistent with the reported survey results.

When I first stepped on the ice with my new blades, I was nervous and apprehensive; not sure what to expect. It took me several minutes before I had the confidence to try any sharp turns, pivots or quick stops. By the end of the first game, I felt I had my “hockey legs” back and felt comfortable manoeuvring across the ice.

I immediately noticed the new blades were significantly heavier. I don't know if the added weight actually did slow me down or if the affect was purely psychological. I didn't feel that I was skating more smoothly as was the reported benefit but I did feel that I glided easier and with less effort. I can't honestly say if I experienced an improvement with acceleration. Although, I had hoped that my team mates would comment on my new speed. Instead all they noticed and commented on was the cool lights radiating from my

blades. The disco look was really not one I was going for.

Another interesting observation was that the blade heating did not adjust when I was resting on the bench between shifts. As my blades were parked on the mat, they were still on, melting the rubber to the bottom of my blades! Had I not been cautious, the first few times rushing back into the game could have been much more comical; my skates felt like there was tape fastened to the bottom. I soon learnt that I had to quickly wipe off my blades before jumping into the play to avoid a face plant on the ice. I found this a bit of an annoyance and a distraction.

On another occasion, one of my blades turned off in the middle of a game because of a dead battery. Until I discovered what the problem was, I was skating with one blade hot, and the other cold. Needless to say, gliding was very awkward. Perhaps a little paranoid, I found afterwards, I was constantly distracted always checking if the pilot lights were on.

My on-ice adventures and excitement was coupled with frustration as I considered the maintenance required for these skates. The technology used to keep the blades warm on the ice requires a battery to be recharged after each use. I have become so accustomed to simply throwing my hockey gear

*Cont. page 29*

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# Knowing Your Strengths and Weaknesses

By Michael White

When commenting on Atlanta Falcons Quarterback Michael Vicks dog fighting case, Hall of Fame Baseball Player Hank Aaron said the following to the media:

“You can be as good as you want to be but if you associate yourself with bad apples you’re eventually going to go bad yourself.”

To be successful, a strong leader, whether in sports, business or any other endeavor in life must know his or her own strengths and weaknesses. A good leader will assess his or her skill set and surround themselves with good people. People who bring additional expertise or specialized skills to the organization or team.

The game of hockey is continuously evolving, such was the case with the introduction of the salary cap system in 2005. Each season the game changes and the major stakeholders, whether owners, managers, coaches or players in the game must adjust /adapt to be successful. Each organization needs a strong team effort on and off the ice to excel.

The Calgary Flames management team is a prime example of a team on the right track. After being head coach and general manager in 2005 – 2006, Darryl Sutter realized for the betterment of the team, he should relinquish his coaching duties. Under the new salary cap system the job of excelling in both roles had become too demanding.

He hired Associate Coach, Jim Playfair

to be head coach of the Flames for the 2006 – 2007 season. However, after the completion of last season, it was up for debate whether Playfair was the right person for the head coaching job.

Darryl Sutter sat back and assessed the situation. He felt a stronger personality with a proven track record as an NHL head coach was needed. He shocked the hockey world in June 2007 by announcing the hiring of Mike Keenan as the Flames new head coach. Jim Playfair was asked to remain a major part of the coaching staff for the betterment of the team. This action speaks volumes about the character of the man! Both Sutter and Keenan agreed to keep on the previous coaching staff of Jim Playfair, Rich Preston, Wayne Fleming, Rob Cookson and David Marcoux. The coaching staff had worked very well together and knew the strengths and weaknesses of the Flames players. This would be a tremendous help to any new head coach.

Coach Keenan uses a lot of one on one opportunities to let his players know what he is thinking and what he expects from his players on a regular and consistent basis. Some players have excelled like Jarome Iginla, who is in the top 5 in goals and points and Dion Phaneuf, who is a top 5 defenseman for ice time – averaging over 26 minutes per game.

Others, such as Mikka Kiprusoff and Alex Tanguay, have struggled to perform well for Iron Mike on a regular basis this season.

After assessing the goaltending situation, the Flames management and

coaching staff felt Kiprusoff could use some backup help and a little more competitiveness at this position. The Flames decided to sign Curtis Joseph. Curtis is riding high after his outstanding play for Team Canada at this year’s Spengler Cup in Davos, Switzerland.

Joseph came into the NHL with St. Louis in 1990 and is currently one win away from tying legendary Terry Sawchuk for fourth place on the all time goalie win list. Mike Keenan’s relationship with Curtis appeared to be a little chilly from past days in St. Louis but Iron Mike has thawed in his approach to help strengthen the Calgary team’s playoff chances. There is a suggestion that this version of Coach Keenan is a kinder, gentler “Iron Mike”.

*Cont. page 29*

“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)

“Leaders need to be optimists.  
Their vision is beyond the present.”

- Rudi Giuliani



## 10 Years (cont'd. from 3)

end result was a concussion. This led to us to ensure that all of our on ice instructors wear helmets. Not just myself, my instructors have also had concussions and cuts that have needed medical attention, from five to 36 stitches.

Scheduling has always been a challenge with the limited supply of city ice. Early on, we had scheduled a ten week session, not realizing that Super Bowl Sunday fell on one of the scheduled evenings. The result was a session consisting of two instructors and one student. Talk about instructor to student ratio!

Dealing with kids of all ages on a day to day basis, always provides interesting interactions. I was introduced to one child as "Mr. Tucker" by his mom. I said "No, please call me Rex or Coach Rex". When I made the correction, I thought we were good to go. The next day, my young student said to me first when we stepped on the ice together "What are we doing today Mr. Rex?" At least, he got the Rex part right! It was cute!

We always end our last session of the ten session adult recreational programs with the players having the added challenge of shooting on the goalies. Well, for this one session, one of our selected goaltenders arrived at the rink and started getting dressed to play when he suddenly realized that he hadn't brought his goalie pads! A "sparkling" moment for sure! His excuse, "Well, sometimes I play out"!

Speaking of goaltenders, we had one poor guy come out to an early session and we gave him a rough time. In the warm up, the instructors and I accidentally hit him in the head, the groin, and dinged his catching hand, plus we shattered his water bottle when we missed him. As if that wasn't enough, he broke his wrist playing tennis a week later. We're not taking any credit for that!

Over the last ten years, we have seen students of all calibers. On one occasion, an adult player showed up with brand new skates, but he had forgotten to get them sharpened! It undoubtedly affected his balance and edge control for that first skate!

In the early years, I would book the ice

first and then try to create a hockey program. One Christmas holiday season, I had booked ice, but was unable to get enough students to run a program. Rather than just eat the cost of the ice and leave it empty, I organized a game of shinny with some friends to cover the cost of the ice. While scrimmaging, I was struck in the forehead by a deflected puck. The resulting cut required a trip to Foothills Hospital for repairs, and 15 stitches. While waiting, I discussed the idea of having pizza delivered with one of my fellow instructors, – it was a long stay in the waiting room, and we hadn't eaten all day. It kept the hospital staff in stitches themselves. You have to see the humor in everything, I guess!

Minor Hockey sessions are always challenging and provide a broad mix of kids. During a drill at one session, we had one bulky child, who was six years old but looked like he was ten scream at another smaller child when he wanted possession of the puck. We're not sure if it was the shouting, or size intimidation, but the smaller child broke down into a crying fit, to the point he could hardly breathe. It took considerable encouragement to get him back on the ice. Kids will be kids! Personality plus at times!

Players aren't always the only ones forgetting things. After a session at a North West arena, I was having a conversation with the general manager that continued for some time. I left the arena and drove home that afternoon around 4:00 pm. The next day, I drove to my next session at a South West arena for a noon hour program. I opened up the trunk of my car at 11:30 am and my heart skipped a few beats! No hockey gear! Where was it? Then I realized I had left my equipment behind the day before at the North West arena! I had to drive all the way up Crowchild Trail to retrieve my equipment, thankfully stored by the arena staff, and hurry back to lead the session. I was only ten minutes late, on the ice at 12:10 pm and luckily no speeding tickets! A lesson to be learned for sure! Preparation... preparation!

One of the drills we do with Minor Hockey players is the Gorilla Drill. The

purpose is to encourage proper knee bend while skating. We add the gorilla sounds to make it enjoyable and fun for the kids. In one session, when I asked the kids for a good gorilla sound, their atom coach chimed in and did the best Gorilla sounds I had ever heard! I cracked up laughing and said "That was good, almost like we rehearsed it!" It was the start of a great time with the kids and coaches on their practice ice time.

I remember chatting with a minor hockey power skating group last Spring at Southland Leisure Centre. It was 9:30 am on a Saturday morning. One of the kids seemed half asleep and he projected a look of not wanting to be there. I asked him, why the lack of enthusiasm. He said "My Dad made me come to the rink". My reply was "It could be worse, your Dad could be getting you to take out the garbage, mold the lawn, or shovel snow!" The kids reply, "Well, my Dad plays me for doing that!" Guess not everyone as the same love for the game!

We always try to have fun with the kids. One thing we do is use a sponge puck to get a rise out of the kids in the dressing room. I often say "Have you seen my Jarome Iginla autographed puck?" On one occasion, I had tossed the puck to a kid and he was just like a deer in the headlights. He just watched the puck as it came towards him, and it bounced off his forehead. Although surprised, he was very happy and relived that it was not a real puck! Even his Dad had a good chuckle over that one... we laughed together for quite a while!

Then there was the time I did a session with an Adult Recreational League group. One of the players was having trouble controlling the puck in the warm up drill. After checking his stick, I discovered that instead of stripping off the old tape, he had been taping over it, creating a thick, spongy stick blade. This made it impossible to feel the puck on his stick blade, much less control it. There must have been a couple of rolls of tape on his stick!

Over the years we've tried to take on some special projects. We once

*cont. page 25*





## 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](http://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  
AHL Iowa Stars,  
Dallas Stars  
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



Coach Lyle

# The Short Game

## Winning the One on One Battles

By Lyle Hanna

Coach says, "We have to win the "1:1" battles for the puck, to give ourselves a chance to win the game. We have to own the boards...that loose puck on the boards or anywhere else on the ice, has to be ours. We have to be first there, get possession first and either scoot with it or pass it out to an open teammate nearby and from there take it to the net."

That might be a sample of your Coach's mantra before and during a game. He knows that the odds of us winning is greatly affected by us "winning the battles of the boards"; jumping on loose pucks and moving it up to their net; winning faceoffs; when they have the puck, separating their puck carrier from the puck with good body positioning on the forecheck, i.e., effective in open ice but especially easy along the boards to get your body between the opponent and the blade of his stick, then fishing the puck off his stick for possession. For those younger than Pee Wee, viz., No Body Checking, in open ice, think of skating through the puck carrier's "Triangle" (that's his stick, the ice and his body) and using the blade of your stick on the ice, to contact the blade of his stick to get the puck free, and since your body is in front of his, you should "beat him to the puck".

Along the boards, we do this: whether we are a back checking Forward (dF1) or a back skating Defenseman (dD1), we want to keep between the puck carrier to the outside (between you and the boards). F1 will do it by skating very slightly ahead (call it a "half-step" ahead), keeping your stick on the ice, in the passing lane. To get into this position, you want to come at an angle, causing him to steer away from you, getting closer to the boards. This runs him out of ice to maneuver around you and may "cough up" the puck and it is your's now. If not, when you get near enough, poke the puck off his stick. Since you are a half-step or possibly by now a full stride ahead, you can beat him to the puck, especially if you skate in a line that puts your body between him and the puck.

Or if you (dF1) have angled the puck carrier to go along the boards or has stopped to hold the puck there, and you have that half-step on him separate him from control of the puck this way: (a) slap his stick blade with yours, that will hold or "freeze the puck" on the boards; use your hip his hands/upper part of stick, to push ("freeze") his hands against the boards. Keep that inside leg and hip against the boards and his hands. Use your stick blade to poke the puck out. Since your body is in front of his, you should easily beat him to the puck or one of your teammates (maybe dF1 or a linemate) could get control of it and start a play in the other direction. There, you have won that battle on the boards.

Let's analyze what you (F1) needed to get that job done: be a good skater; be strong in the legs and upper body to make and maintain that "hip-on-hands" pin; strong on the stick (hands and arms) to dig out the puck from between his stick and the boards. You have also used angling to run him out of space and time.

If it is a 1:1 between the (dD1) and puck carrier, he is also controlling the puck carrier by running him out of time and space. D uses his stick on the inside (between the F1 and mid ice)...this helps discourage a pass and also assists in making the puck carrier tend to angle closer to the boards, thus reducing his space and counter options.

In the above, the D-Team has controlled the puck carrier with angling, shutting off his options and out manned him. What about the puck carrier "F1"? He could have used some help from his "F2" and made it a 2-on-1 rush.

Or, to escape and make a pass or accelerate to open ice (ikely toward the middle lane). How does he escape...another need to be a very good skater with strength for the occasion and level. Before he got himself squeezed out of space by the boards on one side and a defensive, back checking forward on the other, a quick, high speed 180-degree turn could possibly get him out of there, free up his space and time to make a play.

*Cont. page 37*

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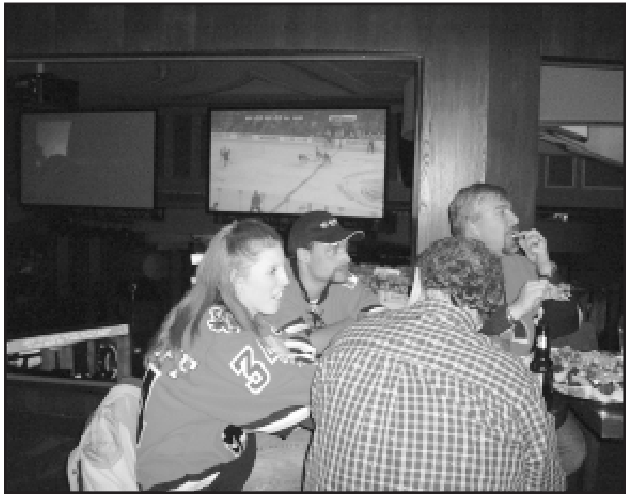
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## Tucker Hockey Teams Up With Flames Central

# Customer Appreciation Night



On Friday, January 11th, 2008 Tucker Hockey celebrated our valued customers. Tucker Hockey celebrated 10 years of providing quality hockey instructional programs for hockey players of all ages and levels.

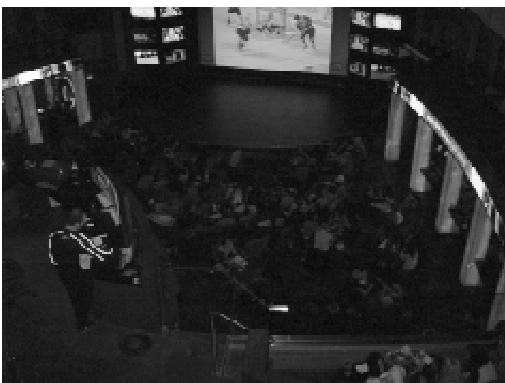
We know our success would not be possible, were it not for the ongoing support of our valued customers.

Clients and hockey friends gathered at Flames Central to watch the Flames game against the New York Islanders, enjoy some good food, drinks, fun hockey conversation and win a few prizes.

It was an enjoyable evening spent in a great hockey venue! The Flames played a spirited and entertaining game. Unfortunately, they lost in the shootout!

If you haven't attended an event at Flames game at Flames Central, you are missing out! It's a great place to watch hockey or concerts or any major sporting event.

Special thanks to the Flames Central staff of Geoff, Dominique and Sarah for making sure we had a good time. See you again next year!





# Emergency Preparation

## For Parents, Coaches and Players

*On October 10th, 2007, Wally Kozak career coach and head scout of the Canadian Women's National Hockey Team programs suffered a major heart attack while on the ice coaching the Strathmore Rockies of the Western Women's Hockey league.*

*Thanks to the quick thinking and emergency efforts of the Rockies team and the Paramedics, Wally Kozak is alive today. Wally taught me my first NCCP coaching course in 1991 as well I attended his elite hockey conditioning camps as a player during the Summer from 1991 to 1994. I believe Wally is one of the best technical coaches in the world. He has positively touched the lives of so many players and coaches over the decades with his passion and wealth of knowledge about the game of hockey.*

*After learning about what happened to Wally on the ice, I thought it would be educational and valuable to write an article about on ice emergency procedures. I talked to Jim Matheson, a Calgary paramedic and participant in Tucker hockey adult programs, and did a little research on the subject. The following is some information for dealing with on ice emergencies that I wish to pass on to coaches, players and parents.*

### On Ice Emergency Action Plan

#### 1. Notify Arena Staff

- nature and location of emergency
- locate emergency equipment ( defibrillators, first aid kit )

#### 2. Initiate Emergency Action Plan

Is EMS required or requested?

If Yes phone 911 and request EMS

#### Be prepared to provide the following information

- Name of arena and address
- Phone number that you are calling from
- Nature of Emergency (injury or medical)
- Location of Patient (on ice, in dressing room)
- Age and gender
- Patient conscious, breathing

#### Be prepared to follow instructions given over the phone from EMS

- medical direction concerning patient
- if necessary relay information
- meet crew for best access to patient
- Have somebody guide EMS/CFD into building – usually Arena staff

### Additional Tips:

- Keep a cell phone on or near the bench for easy access in the event of an emergency
- Have several members of your group, team or organization

qualified in CPR and first aid

- Know how to recognize exceptional injuries
- Don't move the injured person until the potential serious injury has been ruled out

*Editor's Note: In November, I visited Wally at the Foothills hospital during his recovery from quintuple bypass open heart surgery. We talked for close to an hour about what happened to him, his health, hockey and other matters. Wally said that he had "cheated death and was very fortunate to be alive". He has had a remarkable recovery – attended the Macs Midget tournament over the Christmas holidays and in mid January (only four months after his severe accident) was back on the ice coaching the Strathmore Rockies team.*

*I am sure in the next couple months he will be back again at the Hockey Canada offices making major contributions to the Women's National Team.*

*Over the many decades, Wally has been an inspiration to so many people in Calgary, many parts of Alberta, Canada and world hockey communities. I speak for so many people, who know him and who are thankful that he survived this near tragic accident.*

*Wally, you are more than ever an inspiration and are wished good health as you continue to make a significant difference in our great game!*





# Take Your Skating to Another Level – Incorporate More “S.A.M.”!

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

By Rex Tucker

Skating is the most important hockey skill. With the new rules implemented by the NHL, and adopted by Hockey Canada for the 2006 – 2007 minor hockey season, supreme skating in the “new game” is indeed of paramount importance for a player’s future success.

### Stability

Stability is the first stage required for a player to become a great skater. Stability requires a strong base of edge control and balance. The skills of skating, passing, puck control and shooting originates from a good hockey stance. Players need to be steady and secure on their skates.

Winning 1 on 1 battles in a game such as in the corners, in front of the net and within the short game require players to be strong on their skates especially for players who advance to the peewee (checking age) level and above.

Players, who want to be strong on their skates, need to continue to practice forward and backward edge control

(inside and outside) as well as balancing drills without and with the puck to ensure stability on their skates. It’s truly amazing how many minor hockey players are weak on their outside edges!

Several NHL players who have great stability on their skates include Jaromir Jagr, Jarome Iginla, and Todd Bertuzzi.

### Agility

Players who have agility are nimble and move quickly in a game. They are always active around the play and the puck.

Agile players have great dexterity to cover a short distance very quickly and make quick skating decisions from A to B, B to C, etc. without thinking. They rely on instincts and their mind is very in tune with their skates. Great foot speed and a strong forward/backward stride are characteristics of their game.

Excellent skating skills produce confidence which generates instinctive abilities on the ice. Dave King, former Calgary Flames coach, often stated that he didn’t want thinking players on his

teams but instinctive players. If a player is not instinctive, than he or she is behind in his or her decision making.

Skating drills such as the cross drill, wave drill, 6 and 12 o’clock drill etc. will enhance agility.

NHL players such as Alex Ovechkin, Sidney Crosby, and Pavel Datsyuk showcase great agility on a nightly basis. The center position and penalty killers are characteristically strong in the skating agility part of the game.

### Mobility

Players with great mobility circulate well in a game. They display a wide range of movement and can change direction very easily such as forwards to backwards as well as backwards to forwards. They can turn on a dime and change direction with ease. Defensemen have the best mobility.

Skating drills such as pivoting around gloves and pylons will assist players to improve their change of direction – forwards to backwards and backwards to forwards without stopping.

NHL players who are extremely mobile are Scott Niedermayer, Nicklas Lidstrom, and Wade Redden. Yes, they are defensemen!

### Final Comments

Skating is the most important hockey skill. If a player works on his or her stability, agility and mobility, he/she will play more instinctively. He/she will experience greater success because he/she does not have to think about his or her skating in a game – it happens naturally. A player can focus on other things such as making great plays and scoring goals!





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- Checking is aimed at gaining possession of the puck, not injuring an opponent.
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- This includes a five step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking.

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### Group 5: Ages 7-10+

Monday, August 25th to Friday, August 29th  
4:15 - 5:30 pm South Fish Creek \$249/pp

## 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 & GST Included

**Register Early – Spaces Fill Quickly!**

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



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Skating Instructor

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**Tucker Hockey 998-5035**

**Only 25  
Spots!**  
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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!



# 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 \$279 per player!***

*Price includes 5 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  
NHL Prospect  
Dallas Stars*

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**or call Tucker Hockey 998-5035**

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

**Improve your quickness and speed with and without the puck!**

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

**August 4th to 8th**

**Optimist Arena**

**Group 1 – 6:00 - 7:15 pm**  
**Peewee Div 1 & 2 and Bantam**  
**Div 1 & AA (Ages 11 - 14)**

**Group 2 – 7:30 - 8:45 pm**  
**Midget Div 1 & A and Midget**  
**AA & AAA (Ages 15 - 17+)**

**August 11th to 15th**

**Norma Bush Arena**

**Group 1 – 6:00 - 7:15 pm**  
**Peewee Div 1 & 2 and Bantam**  
**Div 1 & AA (Ages 11 - 14)**

**Group 2 – 7:30 - 8:45 pm**  
**Midget Div 1 & A and Midget**  
**AA & AAA (Ages 15 - 17+)**

**Makes a  
Great Gift!**

**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!



# Get in Shape and Have Fun!

**10th  
Annual**

**Spring 2008!**

## 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: Southland Leisure Centre**

Saturdays, 12:00 - 1:15 pm  
April 19th to June 28th (except May 17th)  
\$349 New Participants/\$329 Past Participants

##### **Group 2: Westside Rec Centre**

Wednesdays, 7:00 - 8:00 am  
May 1st to June 25th Eight Sessions  
\$279 New Participants/\$259 Past Participants

##### **Group 3: Crowchild Twin Arenas**

Wednesdays, April 9th, 9:45 - 11:00 pm  
April 16th & 23rd, 9:15-10:30 pm  
April 30th to June 18th, 8:45-10:00 pm (except June 11th)  
\$349 New Participants/\$329 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. (10 sessions)

##### **Group 1: Southland Leisure Centre**

Mondays, 9:15 - 10:30 pm  
April 14th to June 23rd (except May 19th)  
\$349 New Participants/\$329 Past Participants

##### **Group 2: Westside Rec Centre**

Saturdays, 4:30 - 5:45 pm  
May 3rd to June 28th (except May 17th)  
Noon - 1:00 pm  
Eight Sessions  
\$279 New Participants/\$259 Past Participants

### Level 2

#### **Intermediate/Advanced**

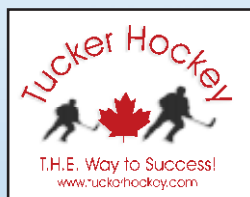
For players who have participated in and feel comfortable with the Tucker Hockey Level 1 technical skills program. Includes advanced and technical skills, individual tactics – offensive and defensive, team tactics – breakouts, regrouping and defensive zone coverage and conditioning drills plus scrimmage (10 sessions)

##### **Group 1: Crowchild Twin Arenas**

Thursdays, April 17th to 24th (except May 15th)  
10:15 - 11:30 pm  
Thursdays, May 1st to June 26th  
9:45 - 11:00 pm  
\$349 New Participants/\$329 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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**Register Early  
Spaces Fill  
Quickly**

**Only 25 Spots  
Available!  
per group**

## Improve Your Hockey and Skating Skills!

# Get in Shape and Have Fun!



Summer 2008!

## 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: Norma Bush

Monday, August 11th to Friday, August 15th  
8:30 - 10:00 pm

\$279 New Participants/\$249 Past Participants

##### Summer Group 2: Henry Viney/Stew Hendry

Monday, August 25th to Friday, August 29th  
8:30 - 10:00 pm

\$279 New Participants/\$249 Past Participants

##### Summer Group 3: Father Bauer/Norma Bush

Friday, September 19th to Sunday, September 21st  
8:30 - 9:45 pm

\$149 New Participants/\$129 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 18th to Friday, August 22nd  
8:30 - 10:00 pm

\$279 New Participants/\$249 Past Participants

##### Summer Group 2: Father Bauer/Norma Bush

Friday, September 19th to Sunday, September 21st  
7:00 - 8:15 pm

\$149 New Participants/\$129 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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**Only 25 Spots  
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## Improve Your Hockey and Skating Skills!



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the BEST!

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***Will Provide Experienced, Quality and Professional Instruction on Your Practice Ice Times!***

**Super Power  
Skating**

**OR**

**Player Development  
Sessions**

### TOP 5 REASONS TO EXPERIENCE TUCKER HOCKEY:

- **Your Players Need a Skating/Hockey Skills Tuneup**
- **Your Team or Coaches Need a Morale Booster to Take Their Game to Another Level**
- **Coaches Open to Expanding Their Skating Drills and Teaching Point Knowledge**
- **High Energy Power Skating Sessions**
- **Customized Power Skating Curriculum – You Decide!**



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Skating Instructor

- 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

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or Call Rex Today!  
244-5037**



## 10 Years (cont'd. from 12)

organized a hockey camp in my home province of Newfoundland over Christmas. It was one of the worst years for snowfall on record in the province, and highway closures kept one of the instructors from making it to the camp at all. It had been so bad, that even our flight out was cancelled due to the backlog of cancelled flights. It took us two days, and a very, very kind booking agent, before we eventually made it onto a plane and back to Calgary, via Halifax.

I was teaching a novice team. After the group finished a power skating drill I lead the group with a couple of quick laps around the rink. We stopped at the coach mate board. I was ready to explain the next drill, when one of the players looked up at me with his puppy dog eyes as big as saucers. He curiously said "Did you play Pro Hockey? Do you know Jarome?" I found it amusing, I guess he was somewhat impressed with by the ole coach's skating.

There was also a one on one session where the player brought only his skates! His Mother mistakenly thought that power skating was just skating! Needless to say, he made sure his Mom had all his equipment for the next session.

As instructors, we also get to have some fun with the groups. I was doing some instruction with an adult team and they challenged my instructors and me to a game, their team versus myself, two instructors, plus a goaltender. I won't mention that we beat them by a score of 18-5, but they did learn enough to win their next game against their friends. Of course, they did have some coaching help from yours truly behind the bench.

"I try to give my all  
whenever  
I feel something is  
important"

- Mena Suvari

The Hockey Zones newsletter was born in the Spring of 2004. It was the result of turning a bad situation into a positive. I was advertising in a newsletter that was posted in the city arenas, and planned to be a part owner of that newsletter. The owner had decided to sell out to a rival company and I needed an avenue to advertise my hockey programs. So I decided to create my own newsletter. The first issues were eight pages long, and the current issues run anywhere from 36 to 40 pages, with advertisers and many contributing writers.

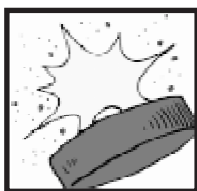
Tucker Hockey has allowed me to fulfill the life-long childhood dream of making a living in the hockey world. I value the lifestyle it has provided me with, as well

as the fitness and health that goes with it. Also, the kind words and testimonials from thousands of past participants, both Minor, Adult and 1 on 1, and the abundance of hockey friendships I have cultivated over the years are very much appreciated.

Yes, I have dedicated many long hours to the success of my hockey business. However, I love what I do. It's not a cross but a choice. I try to teach not only hockey skills but life skills and hopefully make some sort of difference.

George Lightfoot, business trainer and consultant in London, Ontario says the following on starting and being a successful small business person.

*Cont. page 32*



Tucker Hockey

## World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1 on 1 coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 73, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

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

## Perspectives (cont'd. from 7)

should be playing higher level hockey altogether, that his talent is wasted at this level.

His son, annoyed that he hadn't yet been able to showcase his talents in this game, determined to show them all who has the real hockey skill on this team, steps onto the ice vowing that the next time he gets the puck behind his own net, he take it end-to-end.

His teammates on the bench are pumped; they're talking it up, having a good time. The head coach thinks that bodes well for their performance during the rest of the game.

The other team's head coach saw that the goal could just as easily have been a miss, or stopped by the goalie or the defenceman, and, on other days, it would have been stopped. He hopes the goal isn't to be a foretaste of how the rest of the game would go. He tells his players, 'That was just a lucky break. We keep working, we'll get plenty ourselves. Let's turn up the intensity, boys.' He walks up and down behind the bench, cheering on his players, trying to raise the energy level, exhorting them to put maximum effort into their next shift.

When the victimized defenceman comes off, the assistant coach at that end of the bench tells him, 'Listen, whatever happens next shift, make sure you crank the guy who scored. We want to make sure he gets the message.' He stands close to the defenceman, so that his head coach wouldn't hear.

The defenseman shrugs to himself. If the opportunity arises to check the guy, sure he will, but he's not vicious and he has no particular reason to go after the goal scorer. He knows one of the knocks against him as a defenceman is that he didn't have a mean streak, but he wouldn't manufacture one, and what the assistant coach had said wasn't going to change his resolution. He also knows better than to say a word of any of that to the assistant coach.

The assistant coach at the forward end of the victimized team's bench hadn't paid any attention to the goal at all. Each

and every shift, he watches his forwards' play closely. When his players return to the bench, he tries to think of a comment for each of them. He concentrates on giving them positive feedback for the things they did right, and they all like him for it. Their play has improved over the season, and their morale is very high. Rather than talk about the goal, he tells them about how he thought they might be able to exploit one of the other team's weaknesses using a criss-cross tactic they've been developing.

The general mood on the bench is that the goal won't hurt them much, it's a pretty even game, and the balance hasn't yet tilted in anyone's favour.

The mother of the boy who scored is in the stands, and she's really pleased her son has scored. She likes it when anyone on her team scores. After the goal, she heard someone from the other team's side saying, in a loud voice, 'Man, was that lucky.' She didn't like the nastiness in his voice, and it took the edge off her celebratory mood.

She was one of a group of parents who always clapped, always said good things about the other players, and one of them turned to her now and told her how he thought it was a real nice goal.

That was one of the things she liked about coming to these games – most parents were like that. She couldn't help the others.

The guy who'd made the remark about the lucky goal was frustrated with his own son – he thought his son thought was underperforming this year. The father attended every game he could, but he was generally quiet in the stands, saving his criticism for later. He never said much to the coach either, although the coach knew from things he'd heard said in the dressing room that the father lectured his son every trip home. On the few occasions when the coach had an opportunity, he'd say something complimentary about the son's play to the father, but, each time, the father turned away, and talked about some other boy's excellent play. The coach

didn't think that calling the father on it would do any good. He felt sorry for the boy – his father was teaching him that the only way he could feel good about the game was if he played great, and the coach knew that wasn't the only thing you could enjoy in hockey.

One single mother in the stands, whose boy was equipped through a special fund of the hockey association, clapped when the goal was scored. Her boy had made the pass, and she was happy for him. But mostly, she was concerned about how ravenously hungry he would be after the game. She had only a little over two dollars in her purse, and she wanted to pick up some decent food at the supermarket on the way home. She was desperately racking her brain, trying to think of something she could buy with the little she had, but she'd only come up with a can of soup, and her boy needed something more substantive than that. Tomorrow would be different – she'd have her pay – but tonight, her boy deserved better than she could give him. At least, she thought, she'd been able to hide it from the other parents – none of them knew was having such a difficult time finding enough money to live on. What, she continued to wonder, could she get?

The man seated next to her, in an expensive suit – having just arrived from work – had seen the scoring play and was wondering to himself if he could find a better hockey school for his own son. Perhaps he'd have to send him to one of the camps in the Okanagan, or fly him to Ontario, or even the United States. He knew there were plenty of excellent camps in Calgary, but his son always complained, no matter which one he sent him to. He thought, so what if it cost a couple of thousand bucks? Any camp would be worth it if it would get his son more involved, make him more intense on the ice.

Next to him was a father who had been involved – a player himself, he had made it far enough to know the effort and dedication it takes to make it to advanced hockey. His son loved playing, but wasn't interested in all the extra

*Cont. page 32*



# Finding a Team to Play On

**By Stephanie Wilkins - Rasmussen**

After the completion of several Tucker Hockey programs last Summer, I was enthusiastic to join a ladies hockey team for the upcoming Fall season. I tried out for a ladies team in September but did not make it. Discouraged but still determined, I searched and noticed on the Calgary Non-Contact Hockey League website a ladies program. The program included two in house training sessions, and eight on ice training sessions. After completion of the program, the ladies in the school formed and named a team and played 22 games in the ladies league.

I signed up and progressed through the beginner on-ice training program. Prior to starting our league play, we searched for a good team name. We decided on a really cool name... being the HERRricanes and our logo is great! It was fun choosing a name for the team. The ladies were all very creative. The number on my jersey is 22, it's the date of the birth of my niece, who was born last April.

This season I have had several equipment issues. My helmet has given me tons of problems. I don't know why they have to make the snaps that hold the cage so tough to snap on and off! I feel like I am going to pull a neck muscle each time when I take it off. Also, why is there so much Velcro in hockey equipment? Why do they use Velcro and not snaps is beyond me. When I put on my jersey, the Velcro on my elbow pads always comes off. There must be a trick to doing it without that happening?!

I've invested in a new pair of hockey skates. I visited a local sporting goods store to pick out a pair of Bauer Vapors.

It was quite the spectacle. It was the first day on the job for the sales rep, who was serving me. He put the skates in the oven and then molded them to my feet. Hockey skates have such a different feel compared to figure skates being different material and a lot looser fit, so much so that I did not notice that he had put the left skate on the right foot and the right skate on the left foot! We noticed once he finished molding them to my feet! Needless to say, I am not sure who was more embarrassed me, or the sales rep. Word soon got around the store and it had everyone quite amused and sporting silly grins!

It's been quite the learning experience playing on a team. I am most comfortable playing defense and the ladies on the team help me out with where to be on the ice. Our coach is one of the ladies' husband and he is doing a fantastic job, encouraging us all the way. We are quite the handful but it is amazing how much we have improved. He coordinates the line changes and gives us many helpful tips. So far we have not won a game! But last game the score was under 10 – yeah! Way to go HERRricanes.

We have scored a few goals but I am yet to make a shot on the net. My friend, who is quite the hockey buff, comes out and watches and now even stopped reading the newspaper... so we must be starting to get entertaining! The ladies on the team are very encouraging with each other and quite often I can hear them calling out to me. "Go! Stephanie, Go!" We all encourage each other by tapping our gloves as we change lines just like the players in the NHL!

I am getting better by not panicking so

much when I get the puck. At first, whenever I got the puck I would just want to get rid of it as quickly as possible! Now I am trying to calm down and either try to carry it or at least look before I pass. I have also learned never to pass the puck across our net as that opens up the potential for the other teams to intercept and score! It may seem like a simple concept but I was doing it!

Last game one of the gals on the other team measured six feet tall and I had to cover her on the ice. I tried leaning on her to get her out of the way... not thinking of her size and strength as she leaned back twice as hard and over I went! Being a non-aggressive person hockey is sure bringing out some deeply rooted competitive spirit and toughness. My past figure skating coach from years ago would be shocked!

Our goalie is the busiest player on the team and has made some amazing saves. The volume of shots on net would be a challenge even to Kiprusoff! She just says "ladies keep your behinds out of the way so I can see"! We are impressed with her skills!

That is it for now, fellow beginners. There's a game on tonight!

Go HERRricanes Go!

*Editor's Note: In the next issue of Hockey Zones, Spring / Summer 2008, Stephanie will share her hockey playing discoveries and experiences about positional play, game rules, off sides, line changes and various team rituals from her first full season with the ladies beginner - Non Contract Hockey League. Stay tuned!*

**"Life is either a daring adventure, or nothing"**

**- Helen Keller**

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## Letters Cont. from 9

together in my bag that this extra consideration of daily maintaining a full charged battery in my blades was extremely difficult and inconvenient.

Included with my blades was a box full of paraphernalia including an array of wires, clips, plugs and adapters. The first step was to find a new home for the recharging apparatus. It was a challenge to find a place in my home that was safe from pets and children yet not too hidden that I might forget. I was worried that I would head off for the rink without my skates because they were no longer stored with the rest of my gear.

I also found the battery life a frustration. It is not uncommon for me to be on the ice for four to six hours at a time – easily outlasting the 1 hour battery life in the blades. When the battery expired any potential advantages were then gone. Instead of having a heavy blade with exceptional glide – I just had a heavy blade! Talk about increase in fatigue. Clearly these blades were designed for players not on-ice instructors.

After only one month and five games using these new blades I traded them in

for my trusted and true skates. The Thermo Blades may help with gliding and turns but the challenges and frustrations I experienced far outweighed any benefits. In my opinion, these blades may be better suited for the professionals, with a committed equipment manager than for the average house league player.

I really don't believe this technology fit into my life style and did not provide me any real true value to my game to warrant the inconvenience. I guess I'm "old school" when it comes to this hot new technology.

*Len Francis*

*Editors Note: Len, thanks for your informative and insightful article on the new thermo blades.*

*Personally, I have not skated on them. I believe 6 or 7 NHL players are currently test driving the product. Yes, I agree maybe a professional hockey player may benefit from this technology but I don't believe it will enhance the skating ability of the average skater. I'm curious to know if others have differences of opinion.*

## Strengths

### Cont. from 11

For Mikka Kiprusoff things will not change, Goalie Coach David Marcoux feels the goalies will compete for playing time. Competition should bring out their best. In Joseph's own words "I'm here!... whatever I can do to help".

Darryl has the challenges of re-signing Kristian Huselius, Daymond Langkow and Dion Phaneuf this year. Mike Keenan's mantra is win now. He has a kick butt attitude and on many occasions players have seen their ice time reduced or have sat out games if their performance wasn't up to par.

Both general manager Darryl Sutter and Head Coach Mike Keenan have done a very good job this season of knowing the team's strengths and weaknesses. As a result, the Flames are having a very successful season. After defeating Minnesota in their last game prior to the All Star break, the Flames were in 1st place in the very competitive Northwest Division. The Calgary Flames are looking more confident this season and they appear to be on the right track. Darryl Sutter said head coach Mike Keenan is "doing exactly what we wanted him to do – it's dead on".

In summary, a prime example of knowing one's strengths and weaknesses is Flames defenseman Adrian Aucoin. He won the hardest shot at the Flames skills competition. Aucoin was clocked at 102.3 mph – using a wooden stick. "Hey, you parents out there" he said to the Saddledome crowd of approximately 12,000 "This is only a \$30 stick."

Aucoin understands that one of his strengths as a player is his shot. It is his good shooting technique not a \$300 graphite stick that makes his shot so hard and one of the leagues best!



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**- W. Stephen Brown**

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## **Specific Areas Covered**

### **Individual Scoring Tactics**

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

### **Individual Technical & Skill Development**

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

### **Team Scoring Tactics**

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

### **Transition plays and passing**

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

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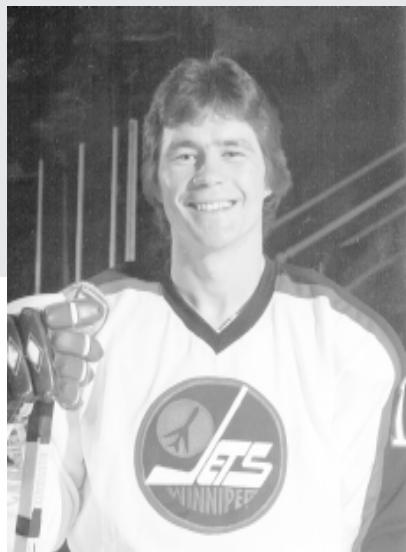
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## Winning the Shootout



By Morris Lukowich (Luke)

How important can winning the shootout be to a team?"

Examples in the NHL (as of January 21st, 2008 standings):

### Edmonton Oilers:

#### 14 Shootouts and 11 Wins/Points

Edmonton has 49 points, 14th position in the Western Conference, yet they still are only six points out of a playoff spot (Vancouver has eight spot in Western Conference at 55 points).

Edmonton's strong shootout record still has them in the playoff race!

### Pittsburgh Penguins

#### 8 Shootouts and 6 Wins/Points

The Penguins are currently at 58 points and leading the Atlantic Division. Philadelphia Flyers are in second place in the Atlantic Division at 57 points (3 Shootouts and 0 Wins/points).

Note: for the following analysis we are working on the premise that the NHL goalie in the shootout is a left handed catching goalie such as Martin Brodeur or Mikka Kiprusoff. (An interesting point is that the most successful goalie so far in the shootout is Edmonton Oiler's Mathieu Garon, a right handed catching goalie, with a record of 7-0. Martin Brodeur, a left handed catcher is second with a 4-1 record)

The shootout has become a very exciting way to decide the outcome of a hockey game. I like the shootout format because it allows a winner to be decided for each game instead of the old tied score game where no winner was declared. I feel that the fan gets more "bang for the buck" when he gets to watch and enjoy the shootout and that the fan likes it when a winner is decided.

Some of the shooters have been incredible, such as Sam Gagne in Edmonton. He is spectacular in his ability to use his signature move by faking to his backhand and then sliding the puck past the goalie on the goalie's glove side. Also worthy of mentioning is Kristian Huselius of the Calgary Flames, who with his weaving approach style is perfect in the shootouts with a 4 for 4 Shootout record.

The weakest spot on the goalie is the low blocker side and a left handed shooter can hit that spot better than a right handed shooter.

Shooting is a better and a less risky strategy than deking and the left handed shooter has a better angle for hitting the low blocker side and the high glove side.

When deking, the right handed shooter really does have the advantage over the left handed shooter as he can "sell the shot", fake to the forehand and then deke to the backhand and "roof" the puck over the pad and behind the blocker.

Note: Many right handed shooters score using this "backhand deke" move but the danger in this deke by the right handed shooter is if the goalie does not fall forward but moves sideways he can basically "close out" any scoring option for the right handed shooter.

When the player is deking to the backhand side the puck can easily slip off the tip of the stick blade and miss the net completely.

When deking it is more difficult for the right hander to dump the puck between the goalies legs into the 5 Hole because the goalie can pull his stick to his right better than he can push it to his left.

Scoring Tip: When deking keep the puck in a powerful position in front of you and move the puck "left and right" instead of moving the puck back to forward from the forehand and forward to the backhand. Players will frequently lose the puck doing this back to forward forehand to backhand move.

Next issue: The goalie's best strategy in the shootout



### 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](mailto:luke212@shaw.ca).

### From the Shooter's Aspect

From my experience, in order to win the shootout, it is better to use left handed shooters instead of right handed shooters when facing a goalie that catches with the left hand.





## Health Watch

# Antioxidants to Improve Your Fitness

By Lisa Francis, BSc.

Typically, the study of sports nutrition focuses how nutrients such as carbohydrates, fats and proteins contribute to the fuel supply needed by the body to perform exercise. Recent research has shown that antioxidants can provide significant benefits to an athlete's performance. But these benefits are not just reserved for elite athletes; an increasing number of recreation athletes are also realizing significant advantages to incorporating antioxidants in their diet.

### Antioxidants vs Free-Radicals

Free-radicals are harmful chemical species normally produced in the body as a bi-product of using oxygen to produce energy. We are also exposed to free-radicals everyday through normal living; the air we breathe, the water we drink and the food we eat. As our level of activity increases so are the level of free-radical production and exposure.

Free-radicals target healthy cells in the body leading to arthritis, cancer, heart disease, and also accelerate aging. If you have signs of aging or sun damage on your face or hands – this is a visible sign of free-radical damage to your skin.

Oxygen is a very reactive element, which is why it rusts iron, browns apples and promotes combustion. The process by which things react with oxygen is called "oxidation". A substance that

prevents or slows down oxidation is called an "antioxidant". Antioxidants attack and eliminate harmful free radicals in the body to promoting overall health.

### Source of Antioxidants

Our bodies produce some antioxidants; however, we are dependent on our diet to provide sufficient quantities. Antioxidants are found in fruits, vegetables, nuts, seeds, grains, cocoa, tea, and bark. A significant source is found in red wine, grape seed and pine bark. In addition to their antioxidant properties these foods also offer anti-viral, anti-histamine, anti-inflammatory and anti-carcinogenic properties.

It is no surprise that most Canadians' diets are inadequate. In growing numbers, people are turning to supplementation as insurance that they have sufficient amount of these powerful fighters in their bodies.

In summary, the direct benefits of antioxidants to the athlete include:

- Combats free radicals
- Supports optimal endurance levels
- Maintains joint flexibility
- Demonstrates anti-inflammatory properties
- Reduces muscle recovery time between work outs
- Reduces muscle soreness

For more information on antioxidants or supplement recommendations email Lisa at [good-nutrition@telus.net](mailto:good-nutrition@telus.net)

## Ten Years Cont. from 25

"It's more important to decide first whether you have what it takes to be an entrepreneur. The age old question about even starting your own business successfully depends on the ability, motivation, energy and support of each individual. Everybody is different. Do what you love with passion. Entrepreneurs who survive the five and ten year benchmarks usually have a high primary social motivational need of achievement. In other words they refuse to fail."

I wish to extend a special thanks to the following people, who have helped Tucker Hockey prosper and grow over the last ten years, who include:

Lyle Hanna	Ern Rideout
Nicole Hankel	Karen Adler
David Mahoney	Michael White
Lisa Francis	

as well as numerous instructors, support staff, contributing writers, advertisers and sponsors who have helped out over the years.

Where will Tucker Hockey be ten years from now? Probably at a local rink near you. My goal is to be skating at the tender age of 80!

**"See you on the ice!"**

*-Coach Rex*

*PS: Warmest appreciation to those who have experienced the passion of Tucker Hockey! All the best on and off the ice!*

**"If you don't know where you're going, you'll end up somewhere else."**

*-Yogi Berra*

**"At times, our own light goes out and is rekindled by a spark from another person"**

*-Albert Schweitzer*

**"When you are content to be simply yourself and don't compare or compete, everyone will respect you."**

*-Lau Tzu*





## Hockey Equipment

# One Man's Junk, Another Man's Treasure

**By Ern Rideout**

Well, Christmas has just passed for another year. As usual, Santa has upgraded our hockey equipment and that leaves us with the question: "What do I do with my old equipment that I don't need anymore?"

In the past, we've had some obvious choices; throw it away (in some cases you might need a permit to dispose of the toxic waste!), sell it at a garage sale, hand it down to a younger sibling, or even use it as a trade in on other equipment purchases.

How about considering another option? Why not consider donating your used and unneeded equipment to someone who may not be able to afford some of their own?

The greatest expense when enrolling a child in hockey is the purchase of equipment. For a child playing as a forward or defenseman that cost begins at roughly \$500, and for a goaltender it starts at about \$1300. That money gets you the smallest and lowest quality equipment available. That expense increases greatly as the child outgrows the smaller "children's" equipment and requires "adult" sizes for proper protection. This is especially true for skates, which are the most important piece of hockey equipment.

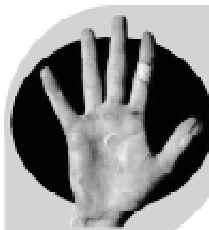
Organizations such as Kidsport gather used equipment to enable kids to participate in organized sports, not just hockey. Their mission is to help young people overcome the financial obstacles that restrict them from playing organized sports. They see the value in exposing kids to team play, healthy competition, building self-esteem, committing to goals, and over all co-operation.

Not only does Kidsport collect equipment to assist in these endeavors, but they also accept cash donations to pay for the registration for the individual. You can learn more about the work Kidsport does at their website [www.kidsport.ab.ca](http://www.kidsport.ab.ca).

Your community rink might also be able to use old skates. Most rinks have community skating sessions, and the availability of used unwanted skates might enable some kids to participate in shinny hockey, or even enable some parents to join their kids for an afternoon skate, indoors or out.

The bottom line here is that before you throw out your old equipment; just consider whether or not it might give someone else the same enjoyment it gave you when it was new to you.

Remember one man's junk is another man's treasure.



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## Perspectives (cont'd. from 26)

work needed to raise his game. The father thought that was just fine. He loved to sit there and watch his son play. He could see his son, the third forward on the scoring line, talking it up with his buddies on the bench. The father smiled to himself.

On the ice, the referee was enjoying the game. It was a hard fought game, lots

of speed and skill, plenty of physical play. He could see the players and the coaches – most of them anyway – were enjoying themselves. The referee had done his part in creating that atmosphere, and he continued to referee because of the feeling he got from helping set the mood in games that went like this one, when everyone was having fun.



## 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.

## The Levels of Skill Development

*Coaching Tip*

- 1) Fundamentals
- 2) Train to Train
- 3) Train to Compete
- 4) Train to Win
- 5) Mastery

## What is the Best Thing to Equip Your Child With for Hockey?



- a) \$600 Top of the line skates
- b) \$275 Graphite Stick
- c) Love of the Game



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 \$299 per player  
Includes 10 on ice sessions (based on 10 players)
  - Weekdays after 4:00 pm and weekends  
Only \$329 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.*

# **Now Hiring**

**Tucker Hockey  
is Hiring Experienced, Passionate  
Instructors for Spring and Summer  
Email detailed hockey resume to  
[programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)**



### **Tucker Hockey Customized 1 on 1 Program Testimonial**

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

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

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

*Frank Portman*

*As Canadian as hockey!*

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## A Coaching Creed

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

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

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

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

Make sport challenging and fun.

Skills and techniques need not be learned painfully

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

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

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

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

Source: Hockey Canada

## The Short Game

(cont'd. from 14)

These quick turn ups in tight spaces is just one of many drills to excel at during the power skating sessions within your practice times. It's not only Correct Technique that is so highly important but you must get your Rep's in so that you are ready when you need to do it in a crowded, small area. There are many drills to use in this important facet of hockey and many resources to help with a Practice Plan. Programs from Hockey Canada are excellent. If you are reading this, then Tucker Hockey may be a good place to start.

During a game, there is continual "battles" or scrimmages. If you win more of these than your opponent, then you are likely to be the Game Winner in the end.

"Successful  
people keep  
moving –  
they make  
mistakes, but  
they don't quit"  
-Conrad Hilton

## Checking (cont'd. from 4)

sional hockey, as well as the statistics collected about minor hockey injuries. So, in response, we've mandated helmets, then mouth guards, then full-face protection, and finally throat protection.

What we've done in essence, is to armour ourselves for battle. We are now covered virtually head to toe, and, with the development of lightweight composites, better protected than ever. We've taken the fear out of being injured ourselves, and to an extent, the fear of injuring our opponent.

The other consideration may be, believe it or not, video games. The violence in sports video games may be carrying over onto the ice. As the games have

become more detailed, they've lent themselves to greater degrees of action, especially in the contact between players. This is not only in hockey, but football as well. Has the need to inflict a vicious hit in a video game carried over into our sports arenas? Has the line between our reality and the virtual world become blurred? Perhaps we're losing respect for our opponent because we treat him/her as a cartoon character, who always gets up afterwards to play again.

Always remember, the purpose of allowing checking in hockey is to separate the opponent from the puck to gain possession of the puck for yourself, not to separate the opponent.

"Experience is  
not what  
happens to a  
man; it is what  
a man does  
with what hap-  
pens to him"  
-Aldous Huxley

# Legacy Midget Hockey Tournament

The Calgary Southside Hockey Club is hosting its fifth annual Legacy Midget One Hockey Tournament the weekend of March 27th to 30th, 2008, in Okotoks. This year there will be 16 Midget One teams coming from all over Western Canada plus a team from Switzerland. Calgary and Okotoks will host more than 300 players and their families for the four days of the tournament.

The Legacy Tournament was originally created to celebrate the lives of two young men who perished in an avalanche on February 1st, 2003. Both Ben Albert and Jeff Trickett were passionate about sports, and played hockey in the Lake Bonavista Community of Calgary for many years. Ben was playing with the Calgary Southside Midget One team the year of the avalanche. Each year, the tournament's winning team is presented with the "Ben Albert Championship Trophy" and the Most Valuable Player receives the "Jeff Trickett MVP Award".

The Legacy Tournament has become a special spring tradition, in part because a good percentage of participants realize that it may be the last organized hockey event they will take part in. The 18 year old players will be moving on to college or starting their work careers at the end of the school year.

The Legacy Tournament continues to grow in both reputation and size and represents the opportunity for Midget One hockey teams to challenge their skills in a very competitive environment. Level One is the top end of community-based hockey. The players are generally 17 and 18 year olds at the end of the season with the occasional 16 year old. Many previous participants have gone on to play for college, Junior A and B, and WHL teams.

In addition to the great competitive environment, participation in the tournament provides an opportunity to players that are continuing their education in a post secondary setting. Legacy Bursary awards are open to all players that have participated in the Tournament in any year, and are registered in a recognized post secondary academic, technical or trade school. Details of eligibility and submission requirements for bursaries, and details of the tournament are available online at [www.legacyhockey.com](http://www.legacyhockey.com).



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## Follow Your Destiny Wherever it Leads You

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life when you realize that if you  
stand still, life will pass you by.

There is a path before you now.  
Walk it one step at a time.

Keep your head up and cast  
your dreams to the starts.

You will find your new journey magnificent  
and beyond your wildest imaginings.

-Vicki Silvers

*"Chose your friends by their character and their socks by their colour. Choosing your socks by their character makes no sense, and chosing yoru friends by their colour is unthinkable"*

- Anon

## 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](mailto:programs@tuckerhockey.com).

**The winning entry will receive a scholarship to a Tucker Hockey Spring 2008 Super Power Skating Program.**



## Danny Cammack Memorial Award

### Congratulations to Scholarship Recipients

Winter 2005 Alexander Bearinger • Spring 2005 Darren Martin • Summer 2005 Carson Elliott • Christmas 2005 Zach Urban • Spring 2006 John Bevans • Summer 2006 James Faul • Christmas 2006 Tyson Bobrel

• Spring 2007 Matthew James White • Summer 2007 Trevor Sever • Christmas 2007 Zac Cline

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

## Why I Love Hockey

I love hockey because I used to play when I was really young but I wasn't that in to it until a few years ago when me and my brother went outside and just started to play street hockey. I was playing goalie but I didn't have any pads so I just used a normal player stick and was playing really good and since then I have loved hockey and playing goal on the street. I never really played ice hockey until a few years later when me and my friend across the street signed up to play outdoor ice hockey. He was playing as a goalie but we couldn't afford pads for me so we got me player equipment. Since then I have loved hockey and every goal or assist feels just as good as the first to me

I started playing in the Rec. League last year and had so much fun. We only won about two or three games all season, but we didn't care. We had more fun in the locker room anyways. I made friends with the goalie and every once in a while when he wanted a break he would let me go in goal. I really had fun being the goalie because that is the position I have always wanted to play.

Power skating would help me play hockey and keep up with the rest of the guys in the league and help me play a better defensive role on my team now. Than I would be more valuable to my team not only as a defensive player but the ability to catch up and help make offensive plays if we need help.

That is why I love to play hockey so much and want to keep playing as long as I can.

*Zacary (Zac) Cline*

## Tucker Hockey Awards

### Minor Hockey Danny Cammack Memorial Award

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

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

### Adult Hockey Bradley Mersereau Memorial Award

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

#### Award Recipients

Winter 2004 – Jeff Okamura  
Spring 2004 – Wilfred Budduke  
Summer 2004 – Ronald Wong  
Fall 2004 – Homer Two Young Men  
Winter 2005 – Angelito Ponce  
Spring 2005 – Roger McIntosh  
Summer 2005 – Neil Fleming  
Fall 2005 – Wayne Newby  
Winter 2006 – Paul Zorgrager  
Spring 2006 – John Bradley  
Summer 2006 – Tracy Tomassetti  
Fall 2006 – Volker Braun  
Winter 2007 – Dennis Melborn  
Spring 2007 – Jamie Buchan  
Summer 2007 – Ken Berze  
Fall 2007 – Greg Whyte  
Winter 2008 – Chip Burgess  
Spring 2008 – Adam Bodecker



# **Kids Hockey Advancement Society Presents their Inaugural Fundraising Golf Tournament Crossover/Texas Scramble**

## **How You Can Help!**

1. Participate with other hockey buddies/  
golf enthusiasts. Individual entry fee \$249
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  - Day \$5000
  - Cart \$2000
  - Hole \$300
3. Donate Silent Auction Items
4. Be a Tournament Volunteer

## **5 Reasons to Attend**

1. Fun Day at the Links
2. Help provide opportunities for disadvantaged kids to play hockey
3. Great awards banquet
4. Register a foursome and have a chance to win a golf day for four!
5. Numerous prizes – Early Bird, Longest Drive, 50-50 9 hole putting, 50-50 closest to the pin, and more!

**[www.tuckerhockey.com/golftournament.html](http://www.tuckerhockey.com/golftournament.html)**

**Wednesday, June 11th, 2008  
Registration 10:30 am  
Tee Off 11:30 am - 12:15 pm  
Inglewood Golf Club  
19 Gosling Way SE**

**This tournament provides opportunities for disadvantaged children to participate in hockey related activities through Hockey Calgary.**

**This Tournament is for You!  
Golfers and hockey players  
who want to have a good  
time on the links!**

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To Avoid Disappointment  
Register Online Today!  
Maximum Golfers – 112**



**Contact Nick Radmanovich – Tournament Director 829-2993 for more information  
Early Bird Prize Deadline April 11th, 2008. Golf Package for 4 Players**