

Volume 6 No. 1 Issue #15 Winter 2009

For the LOVE of the GAME

Hockey Zones

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

Let's Remember the Minor Hockey Code of Conduct

By John Smith, A Concerned Parent

I can't believe what I just saw. I have heard of things like this before, but never did I imagine that I would experience the emotion of a hockey parent so up front and personal. Let me explain.

It's the first game of the year for a new team. It's new age group, new coaches etc. Everyone is trying to learn about each other and how we all fit in on this team. We are lucky to have a volunteer coach to agree to take the team on this year and three assistant coaches to help him on the bench. This first game was a challenge as not only was everyone learning their roles (players and coaching staff) but we were playing a very strong team and the score was quite one sided. Having the puck constantly in our own end made line changes difficult and having an odd number of forwards made the line juggling awkward.

After the game, one player's parent was very upset with the lack of playing time his son received. He was verbally abusive to the team's manager and then much worse, to the coaches in front of the players! What should have been a chance for the players to bond after their first

game was a terrible situation where the room was silent except for the parent's negative comments and the player's tears. The parent's complaint was that the player barely played in the third period. The player was visibly upset at the lack of ice time. The coaches denied doing this, and were very upset by this parent's reaction in the dressing room.

How did this happen and what could have been done to head it off? The first thing that we did not do as a team was the pre season meeting. That is where the coach sets the tone for the season in what he or she will do regarding practices and games. One rule of thumb that coaches are telling parents is that if you ever have comments about how the coach is handling your player in regards to ice time, line mates, position, etc., you, as a parent must wait 24 hours to contact and talk to the coach. This cooling off period will keep the discussion away from the players and allow it to be more productive than if it is immediately after a game.

Also at this meeting, the parents and coaches need to review Hockey Calgary's Code of Conduct, especially the following points:

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Look Inside for More Great Sports Tips

"There is a set of rules and a code of conduct that I believe you should adhere to in life."

-Stuart Pearce

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September - March

Conditioning Camps
Custom Made Skill
Development Programs
Player Evaluations

Individual Minor Hockey Team Sessions

October - March

Power Skating Player Development Checking ELITE Power Skating Individual Adult Recreational Hockey Team Sessions

October - March

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Minor Hockey

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

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

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Hockey Parents (cont'd. from cover)

For Coaches

I will ensure that all players get equal instruction, support and playing time.

For Parents

I will support all efforts to remove verbal and physical abuse from children's hockey games.

I will respect and show appreciation for the volunteer coaches

At this parent meeting, the coach must stress that it is a volunteer position and all the parents that passed on that opportunity must abide by the coaches decision. As long as everyone follows the Code of Conduct, then any incidents are going to be unintentional and can be rectified by addressing them after a Editor's Note: Excellent words to the cooling off period, (24 hours).

That is what we found in our situation. The player was shortchanged in the third period, but it was unintentional. The coaches were adjusting to their new roles and there was some confusion.

After cooling everyone down, and discussing the situation, the problem was corrected and there have been no more incidents.

My advice?

Well, first have a parents meeting before This is a great idea to implement in the season and stress the 24 hour cooling your own Hockey Association

off period for parents in contacting the coach if they are upset.

Secondly, go over the Code of Conduct (On Hockey Calgary's website: www.hockeycalgary.ca) especially the sections for parents and coaches conduct.

Finally, remind everyone that the coaches are volunteers and are trying their best. They are doing a role that you decided against doing and are trying their best.

Just remember before anything to a coach, player or parent; ask yourself "Do I want my kids to hear this?"

wise for minor hockey coaches and parents, Joe! Your insightful article reveals a problem which happens far too often in today's minor hockey system. Fair play and keeping the fun in the game for the kids are the keys.

A few bad apples in the system can spoil the enjoyment for others. I wish adults would keep the game in the proper perspective and yes indeed, read the minor hockey code of conduct! Thanks again!



Next Jssue: Spring/Summer 2009

Features

- · Letters to the Editor/Prize Winner Announcements
- Coach Rex's Favourite Drill
- Player Profile: Bantam AAA Rising Star
- Team Canada Summer Men's Olympic Hockey **Team Selection Camp**
- Kidsport Helping Minor Hockey Kids in Calgary
- Skating The Foundation of Checking

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2009 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-



Stick Fix A Cost Effective Repair Solution

Q What is your sports background?

A I have been involved in many different sports throughout my life, in particular at a competitive level, hockey, football and racquetball. I played Junior A Hockey in Calgary for the Calgary Cowboys and Mount Royal College Cougars in the Alberta Junior Hockey League, then later onto Senior Hockey at Waterloo, Iowa in the USHL.

I played Senior High School Football at Henry Wise Wood. Then three years of Junior Football with the Calgary Mohawks. I also played and taught competitive racquetball for 25 years. I was ranked as high as #1 in doubles and #7 in singles in Canada.

I was Team Leader for the 1999 Pan Am Games in Winnipeg. This was one of my most memorable experiences in Racquetball. My wife Valari and Stick Fix partner, was an International Referee for Racquetball at the 1999 Pan Am Games in Winnipeg. She was one of three females to have achieved that level of refereeing Racquetball in the world.

Through my involvement in Racquetball and Squash, I became a racquet re-stringer in 1977. In 1987 I was introduced to a Chemical Engineer, Chuck Strong, who taught me how to repair broken racquets.

Q Why are composite hockey sticks so popular?

A Composite hockey sticks are so popular due to the lightness and tremendous playability. The game of hockey today combines great speed with quick release shooting, specifically the snap shot.

The light weight (as low as 410 grams for senior model sticks), enables the players to get shots off much quicker compared to heavier wood or aluminum sticks. I saw the same transition happen in racquets, going from wood to aluminum and then to composite materials. Composite racquets have been around for 25 years. The varied flexes are also a huge attribute to quicker and more accurate shots.

I believe wood hockey sticks will become a thing of the past. Even as we sit here today most competitive hockey from midget to the pro level has 95% composite usage.

I also believe the evolution of hockey sticks will be the same as in racquet sports, where we went from wood to aluminum to composite and never looked back.

Q How did you get started repairing hockey sticks?

A In 2003 I was asked to repair a broken composite hockey stick. I thought I would give it a try knowing I could fix it, just not sure if it would stay together. Hence the inception of our new business, **Stick Fix.** We believe our repair technology is second to none. There are a few band-aid approaches to fixing composite hockey sticks out there. We knew it would be a matter of time and their weakness in their process would show through.

Q After repairing a composite hockey stick, are the properties similar?

A In our first year of business, both Nike/Bauer and Easton tested







Franchises available

Repair Costs: Shafts: \$69 Blades \$79

"Same length of shaft/same curve of blade 30 day warranty (repaired area)

Large selection of rebuilt sticks available!

Stick Fix Calgary

Cliff Hendrickson

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ISAC offers the highest quality hockey stick at an affordable price.

our repaired composite hockey sticks. We heard they had to push the ability of the stick to the extreme before it broke.

With our shaft repair we add 10 to 15 grams of weight and our sticks become 6% stiffer. It should be noted in the manufacturing process there can be up to 12% variance for both weight and flex on two sticks that are suppose to have the same specifications. Whether we repair a shaft or blade, our repaired sections are stronger than the remainder of the stick. There is not a stick break we can't fix.

Our technology in repairing blades is sound and adds up to 20% more strength as we rectify both internal and external problems. We keep all repairs the same length of shaft and the same curve of blade.

We offer a 30 day warranty on our repaired area and if the stick breaks at any other part of the stick within 30 days, we will repair it for half price. In Calgary we have repaired 6000 composite hockey sticks.

Q What are your prices for repairing composite hockey sticks?

A Our pricing is \$69 for a shaft repair, \$79 for a blade repair and \$85 for a goalie stick repair.

Q I understand you can customize two different composite hockey sticks into one?

A We have many broken shafts and blades in our inventory which allows us the ability to combine for example an Easton shaft with a Bauer blade.

The sky is pretty much the limit when it comes to repairing composite hockey sticks. We have and can add length to sticks, stiffen shafts, combine two sticks into one, change a round toe to the Lidstrom square toe and we've also changed the curves on blades. If a rush job is needed, we can have a stick repaired in one day and ready for play.

Q I understand you also sell Stick Fix franchises?

A Yes, we started franchising Stick Fix from inception. To date we have sold 32 territories. We have 26 in Canada, five in the USA, and one location in Sweden. For further information please check our website at www.stickfix.com for a list of our franchise locations.

In Calgary and surrounding areas, we have three locations:

Stick Fix (Head Office)

Cliff Hendrickson Servicing SE, SW, NE Calgary Okotoks and High River Located with Done Right Sports Repair 3569 – 52 Street SE (403) 203-0665

Stick Fix Calgary NW

Darrell Slaght Servicing NW Calgary Canmore and Cochrane (403) 288-4275

Stick Fix Airdrie

Greg Rosko Servicing Airdrie, Strathmore Carstairs and Crossfield (403)470-2883

Q Who's involved with Stick Fix?

A Stick Fix is a Trade Marked company started in Calgary by Cliff and Valari Hendrickson along with Darrell Slaght and Brent Hooey. Today Stick Fix is comprised of three owners, Cliff, Valari and Brent.

Q Would you consider selling another franchise in Calgary?

A Yes, possibly up to two more locations.

Q I've heard you have the selling rights to a new composite stick line?

A It is true, we have exclusive rights to Western Canada and most of the USA. ISAC is a Swedish company operating out of Rättvik, Sweden. Please check out www.isacsport.com

Q Out of all the composite hockey sticks you could be selling, why did you select only ISAC hockey sticks?

A ISAC in my opinion is the best stick produced to date combining playability, durability and cost. The ISAC sticks were designed by four ex-Swedish elite hockey players. ISAC currently has three curves, equivalent to the Forsberg, Sakic and Drury. We will have another curve shortly, adding the square toe equivalent to the Lidstrom model.

ISAC provides a full range of flexes; 50 (junior), 65 & 75 (intermediate) and 85, 95 and 105 (senior). ISAC is currently designing a composite goalie stick which will be available late January 2009 and will be left shot only. Paddle length will be approximately 26".

In addition to the hockey sticks, ISAC compliments its hockey line with a well constructed, light in weight hockey glove (black with silver lettering) in size13", 14" and 15", selling for \$149 and a superior skate guard in three sizes, selling for \$25.

ISAC is the first European company to

purchase our Stick Fix franchise. Both companies feel we are a natural fit working together.

Q Why did you select Done Right's location?

A Stick Fix feels most fortunate to be associated with both Elaine and Dave of Done Right Sports Repair. Done Right has an extensive and loyal customer base along with never ending knowledge of sports equipment. I'd make a wager that Done Right does more skate sharpening than any other location in and around Calgary. They do primarily repair work to equipment, and we sell new and refurbished hockey sticks as well as repair all broken hockey sticks.

Stick Fix and Done Right Sports Repair under one roof is an ideal situation for all your hockey needs.

Testimonials

Ex-NHL Player

I am pleased to have this opportunity to promote having all your broken composite hockey sticks repaired by **Stick Fix**. Stick Fix can repair any break to blades or shafts.

I've been playing with hockey sticks that have been repaired by **Stick Fix** since 2005. The results far exceeded my expectations. The feel and playability is the same. What's most amazing is the durability and how it performs like a new stick, if not better.

In addition, my son who plays goal, plays with sticks repaired by **Stick Fix** and is very pleased with the performance. **Stick Fix** is the only hockey stick solution for broken sticks

Ron Stern, Ex-NHL player

1987 – 1991 Vancouver Canucks

1991 – 1998 Calgary Flames

1998 – 2000 San Jose Sharks

Tuxedo Source for Sports

Tuxedo Source for Sports is definitely pleased with the service and quality of workmanship. We have had hundreds of hockey sticks repaired, with absolutely no complaints or returns of product due to poor quality.

We strongly endorse this service and would be more than happy to answer any questions-you may have regarding Stick Fix or its services to the best of our ability.

Please feel free to call us at (403) 277-2872 or fax us at (403) 277-6312 if you require any further information regarding Stick Fix. - *Jack Gregory*,

Tuxedo Source for Sports





Hockey from an Ice Allocation Perspective: Walter Adolph

Editor's Note: Recently, I had a good chat Walter Adolph, the ice allocation czar for Midnapore and Shaw Meadows Minor Hockey Associations to gain insights and education on the role of the ice allocation side of minor hockey. Here is a summary of our conversation.

1. Walter, tell us about yourself and your family?

I am married (28 years) and have two children, a son and a daughter who are both in their early twenties. I have lived in Calgary since 1990 after moving down from Edmonton to get away from the cold and mosquitoes!! I have lived in Sundance since 1990.

I work in the Information Technology industry as a consultant, where I primarily spend my working hours implementing large scale business applications.

2. Walter, how did you become the ice allocator for the Midnapore and Shaw Meadows Minor Hockey Associations?

At the time, my son, Bryan was playing Atom hockey and the existing Ice Scheduler wanted to retire. She had been doing the ice scheduling for the last 4 years. Bryan's coach knew the existing scheduler and approached me (we were working at the same company on the same project) to see if I was interested. I agreed to become the ice scheduler as I like problem solving, and having a programming background, I especially like logistic type problems.

3. What is the uniqueness of this role in minor hockey? Ice schedulers tend to play a "backroom" role within the association that they schedule for. Scheduler doesn't get too involved in the day-to-day running of the association. They have to be fairly aware of how the association operates (key

dates, player evaluations, coach selection, format of the league play, playoff structure, etc) but they don't tend to get too involved in the operations of the association.

4. What is the size of Midnapore and Shaw Meadows minor hockey associations - number of teams and

Between the two associations (they were at one time a single hockey association), Midnapore and Shaw Meadows Hockey has approximately 1,300 registered players on 80 teams that range from Timbit to Midget divisions.

5. Can you explain what is involved in the ice allocation process each season - timelines and activities?

The hockey season begins in July/August timeframe after player registration is complete. Based on registration totals, the scheduling process begins by planning out the evaluation process for each division for each association. Each association has different ice requirements because they conduct their player evaluations slightly differently. Prior to evaluations, conditioning camps are also scheduled to give players a chance to work off the summer rust.

Once evaluations are complete in September, practices, league games and pre-league game tournaments are scheduled, all concurrently. October is a busy month because of the compressed time to seed all the teams in the respective divisions and get their home games scheduled, published and distributed to all of the teams. While this is going on, Midnapore and Shaw Meadows Hockey host a large Peewee Div 1 and 2 tournament in October (Peewee Ice Breaker).

Once league games are scheduled, preparation then begins to schedule the Xmas tournaments. Scheduling has to be done well in advance to give host teams sufficient time to find visiting teams to play in their tournament. Depending on the number of Xmas tournaments, this could involve finding ice at a number of arenas beyond South Fish Creek arenas.

Cont. page 32

"You give some time to your fellowmen. Even if it's a little thing, do something for others - something for which you get no pay but the privilege of doing it"

- Albert Schweitzer





Lateral Crossovers

The Foundation for Learning to Skate and Playing Hockey

By Lyle Hanna

Agility

Second to Goal Tending, the hardest position to play in hockey is as a Defenseman. One of the earliest skills that a defenseman develops is to skate backwards at the same time controlling an onrushing puck carrier to keep him to the outside so that in 'running him out of ice' by closing the gap between the D-1 and F-1, forcing the F-1 to try to drive through between the D and the boards at the same time as having his passing lane shut down. In this routine scenario, usually a good skating D pins the forward, grabs the puck, turns the traffic up quickly and is one on the offence.

But there is often a scenario where the opposition has gained possession of the puck in close proximity and on our D's side of the ice. The attack explodes so quickly and appears to have a chance of driving past along the boards. The D-man is not going to get positioned with defensive effectiveness. By reading that he can cut down ton the F-1's ice by going perpendicular and then transition to either backward skating and keep up the speed or pivot to forward skating and angle the puck carrier into the boards.

In changing form backward skating to go to the boards too early and have the puck carrier deke as if to charge through between the D and the boards or of the D overplayed the situation, the forward can cut sharply and gain the inside of the D (who then has to reply on help form his partner D-2, a back checking forward, his goalie, or maybe just pray). What a good skating D-Man would do in this situation is not angle with backward skating as there is too much ice to cover and the attack has the jump on this situation. He doesn't want to turn and go with the flow, in case the attacker(s) can "turn on their jets" and be past him in a wink H e can gain much needed ice and control by doing three to four lateral crossovers perpendicular to the skater's line of fight. With a final strong push off and a smooth glide on the opposite foot, the D can choose whether to pivot to backward skate angling, forward skate angling or pin him quickly, or simply control him to the outside (depending on the support by each team).

Balance

Balance in the static ready position: correct ready

position for defence posture as opposed to ready position is most often used in expecting to likely drive forward. Balance also requires the use of inside and outside edges of the blade, also, as in a lateral cross over, the subtle roll form the inside edge to the flat of the blade when bringing the other leg across the front of the body's centre line to land on its outside edge. Balance in forward and backward starts, striding, power turns, glide turns, pivots and getting the crossing leg to reach the opposite side of the stationary leg.

Control

Controlled, imperceptible shifting of centre line of balance laterally while maintaining neutral position of spine and control of leg and foot movements during such contiguous lateral movements to the left and/or right, or pivot changes to quick burst forward or backward fast starts. Knowing the feel of the edges on each side of the blade, balancing on the mid-blade i.e. the long "flat" part of the blade between toe and rear.

Developing Athleticism

We do not always accept being challenged by lack of training opportunities or want of smooth athletic movement or because we have not learned proper technique or having learned these things, we have not followed up with getting our Reps (repetitions) organized in sets and staying on schedule persistently. What athletes must and have to contend with is their body type that is unique to the individual. In many cases it's big bulky muscles, opposite types of the tall, lanky builds who have not developed or trained their muscles to execute correctly or with strength. If athletes do not train and hone their body to maximize their opportunities to perform to expectations, such fundamental and relatively simple ye important skills as Lateral Crossovers may demand extra work and persistence. But remember, success feeds on success!

Lateral Crossovers:

A Defensive Skill

Scenerio: the offensive team breaks out form their zone. You, as D-1 are at mid ice, supporting. OF-1 is coming with speed through your zone with the puck. You as D-1 are at mid-ice having moved over to give partner support.

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I had the pleasure of watching the Flames vs. Red Wings at the Saddledome on Saturday, November 22nd, 2008. The game was a good benchmark for the Flames to see how they stack up against the depending Stanley Cup champs.

Detroit is the best passing and puck control team in the NHL. The Red Wings roster consists of 12 Europeans – the most in the league. As well, they have the best power play. It was a good test.

Here are a few observations about the game within the game.

- The hockey game was a real chess game. Both teams especially the Flames were trying not to make any mistakes. After two periods the score was very close only 2 to 1 for Detroit.
- Coach Keenan matched his top line of Iginla Langkow Bertuzzi against the Zetterberg Franzen Samuelsson line all night.
- Nicklas Lidstrom against Jarome Iginla was a popular match up for the night by Coach Babcock.
- Looking at ice time Dion Phaneuf lead everyone on the ice with 26:32 minutes of play. Nicklas Lidstrom lead the Red Wings with 24:10 minutes. The leading Flames forward was Iginla with 24:02 and Zetterberg was the top Detroit forward with 21:14 minutes.
- Longest average shift by a player was by Jarome Iginla at 1:02. Of his 24:02 minutes 5:39 minutes were spent on the power play. However, Jarome only had 1 shot on goal all night! Dion Phaneuf lead the Flames with 7 shots on net and Jiri Hudler the wings with 6 shots.
- The Flames kept the leagues' best power play off the score sheet. The Red Wings went 0 for 6 on the night.

View from the Press Box

A Game Within a Game

- However, on a delayed penalty call with an extra skater Jiri Hudler of the Wings scored the winner at 11:21 of the third.
- Flames power play went 1 for 7 on the night. Unfortunately, they did not take advantage of their many opportunities.
- Missed shots on net Flames 14 vs. Red Wings 5.
- Give a ways Flames 11 vs. Red Wings 7.
- Teams split the face offs 50 50 winning 29 draws each.
 Total of 48 face offs on the night.
- Kris Draper dominated individually in the faceoff category winning 12 of 18 for a 67 percent ratio
- With a few breakdowns in the third period, the Wings capitalized on their opportunities, the talent took over and they sealed the win. However, the Flames stayed with the wings for two periods.
- The Red Wings didn't spend a lot of money on their goalies

 Chris Osgood and Ty Conklin. Rather allocating big monies to their top forwards and defensemen. However, even top free agent Marian Hossa did not sign for more than what they pay their Captain Nick Lidstrom.
- Mike Babcock, who has been mentored by the winnest coach in NHL history Scotty Bowman the last few years, is the leading candidate to be the head coach for Team Canada at the 2010 Olympics.
- The Flames appear to be in the top category of teams this season to compete for the Cup. Per usual, it's important that the team wins the North West Division and gains 3rd place beyond San Jose and Detroit in the Western Conference standings. Avoiding these two top Stanley Cup contenders in the first round of the playoffs, could ensure the Flames go deeper into the playoffs in 2009 than in previous seasons.
- The November 22nd match against the Red Wings was a good test. The Flames put up a good effort but still have a little tweaking before they are true cup contenders this season.

"The measure of who we are is what we do with what we have"

- Vince Lombardi

Hanging Up the Skates

By Nick Portman

Players: Jesse, an aging professional hockey player, in his mid-thirties and Bob, his coach, fifteen-twenty years older

Scene: A large, professional level ice hockey dressing room. Door stage left. Each player has his own equipment stall, ledges above for skates and helmets and a drawer below. The stalls line the back wall and the wall stage right. There's a number and a name on each stall, on the shelf that makes the ledge. Next to the door are cabinets and boxes for equipment, garbage cans, a refrigerator, etc. The stalls at the back are neat and tidy, two pairs of skates and a helmet on the ledge on top, a clean jersey hung on each side of the stall. The equipment manager is finishing cleaning up the stalls on the right hand side.

The third stall in is the only one occupied. The player in it takes off his jersey sets it down on the floor. He reaches for his laces.

The door opens and in comes Bob.

Bob: You wanted to see me?

Jesse: Leaves his laces alone, sits up straight. Looks Bob in the eye. Tonight I proved I still have the goalscorer's touch. I want my slot back.

Bob: I thought that's what you wanted to talk about. Goes over to one of the cabinets, opens it, and takes out an old pair of skates. Remember when we played together? My last year? Carries the skates over to the stall two doors down from Jesse and sits down.

Jesse: How could I not? You taught me the ropes. I'd have never gotten here without you.

Bob: You earned your place on the team. Looks at the skates and, remembering, smiles.

Jesse: Tonight I earned it again.

Bob: There's young guys who've earned their opportunity. I have to think of them. I have to think of team development. Every player has to pass the baton. Hand over the rope. *Looks at his skates again, smiles again.* There comes a time when you have to hang up your skates.

Jesse: Looks at his own skates, still laced up tightly, even though the knots are undone. I delivered. That's what counts. That's all that ever counts in hockey.

Jesse picks up his jersey and carries it over to one of the cupboards. He throws the jersey forcefully into a tall plastic bin, but he misses. His voice almost cracks when he says 'Dammit.'

He picks up the jersey, stands back a few feet, takes careful aim, and throws it into the bin with just as much force. This time he gets it in. He shrugs.

He returns to his booth and sits down again, rubs the back of his head.

Bob: Touches the cuts in the chewed up leather at the front of his skates.

Remember, I know how your body feels. You hit thirty, your body responds more slowly. Happens to us all. There are checks you can't dodge the way you used to. You get too banged up in the games to do a full practices. You never fully recover. The pain builds up over the season. You can't make up for your lost stride with your skill at reading the ice, because the young guys can read it as well as you can.

Jesse: Hold it. Didn't I have a great game tonight?

Bob: Sure you did.

Jesse: Well. You're the one always talking about results. You have to get the points, that what you say.

Bob: Puts down one skate and runs his thumb along the blade of the other, testing for sharpness. We both know you haven't had much ice time lately. If I give you what you had tonight every game, you'll soon lose the edge you had tonight.

Jesse: Try me.

Bob: *Picks up his skates*. Think about this. I'll give you more time, but you have to deliver. If you can't handle a shift, tell me. Before I have to tell you.

Jesse: Bends down to his skates, places his hands on them, but doesn't do anything with them. That sounds fair.

Bob: Good. Walks over to his cabinet and puts away his skates. Let's make sure you get the most out of the rest of the season. Exit.

Lights dim, spotlight on Jesse.

He puts his hands back on his skates, where they remain, motionless.

"The winner's edge is not in a gifted birth, a high IQ or in talent.

The winner's edge is all in the attitude not aptitude.

Attitude is the criterion for success"

- Denis Waitley

Letters to the Editor

Article – "Done Right" Fall 2008 Issue

Rex, I just wanted to say that it was about time someone wrote an article on these two very exceptional people and the service they have been providing to athletes, clubs and teams over the years. Great article!

May I suggest an article on NHL vs. European incidence of concussion in hockey? This seems to be an issue pursued by the media in my opinion in the wrong direction. Banning contact to the head is already addressed by the rule book. Watching hockey these days is like watching a referee clinic on missed roughing calls, too much hand to face contact when checking. My research has indicated that most injuries of a concussive nature are due to collision types of contact. With game situations having the highest incidence, practice being the second leading cause of concussion in hockey.

Visors have reduced the incidence of facial lacerations, fractures and eye injury. Mouth guards also have reduced the severity and degree of mouth and in some cases jaw injuries.

This leads me to the premise that in the NHL concussions could be reduced significantly by stricter enforcement of the hit to head rule, via elbowing, hand face contact, and a larger ice surface...Olympic size ice surface to be exact. The "Canadian" style of play was to my memory little affected by the larger ice surface during the past several International and Olympic events. More surface to work with as a player results in a greater reaction time to prevent potential collisions.

The smaller NHL ice and current game speed (velocity) of players and their size has lead to a densification of players and play and hence a greater statistical occurrence of concussion in the NHL vs. European hockey. The skill level and speeds of players involved in these leagues are the same for all intense and purpose.

That is my contention and solution...

what are your thoughts? Regards, Rob Pryde

Editor: Rob, thanks for the kind words on the Done Right article. Yes, there appears to be an increase in concussion incidents. You made some very good points. Recently, Hockey Canada held a concussion seminar in Winnipeg. Below is Hockey Canada's press release as well as listed contacts, which may be able to offer scientific data and analysis on the subject.

Second Annual Hockey Canada Concussion Seminar Set for November 29th in Winnipeg, Manitoba WINNIPEG, MB – The second annual Hockey Canada Concussion Seminar will be held for the first time in Manitoba on Saturday, November 29, 2008 at the Fairmont Winnipeg. The seminar examines prevention and treatment of concussions in hockey at all levels and is held in association with Think First Canada and sponsored by the Dr. Tom Pashby Sports Safety Fund.

The Hockey Canada Concussion Seminar runs from 8:45 am to 4:00 pm CST. Admission is free and online registration is available.

The Hockey Canada Concussion Seminar features personal concussion stories as well as up-to-date information on the diagnosis and treatment of concussions as well as return-to-play protocols. Topics to be discussed include: diagnosis, treatment, concussion management, return-to-play guidelines, psychological pressure to return to play, trainers perspectives, mouth guards, protective equipment, insurance information and interactive workshops.

Featured speakers include:

- Dr. Mark Aubry, chief medical officer for both the International Ice Hockey Federation and Hockey Canada
- Dr. Charles Tator, a Medical Hall of Fame elect neurosurgeon, who describes how to recognize, treat and the all-important return to play protocol
- Craig Heisinger, general manager of the AHL's Manitoba Moose, and his son Jake, who will give accounts of their own experience. Jake, a player on a Winnipeg Minor Hockey Association Midget AAA team and a concussion victim, will speak of his own experience and how it affected himself and his family.
- Dr. Jason Smith, an orthopedic surgeon and a consultant with the Toronto Maple Leafs and Toronto Blue Jays. A 1993 draft choice of Calgary Flames, he speaks of his shattered NHL dreams after suffering three concussions in six months and provides insight into the behind the scenes of hockey and the shock of having to change his life ambitions.
- Paul Piccininni, a dentist who is on the IIHF Medical Committee, who will address the role of mouth guards in hockey.
- Paul Dennis, the Toronto Maple Leafs' director of player personnel and a former minor hockey and junior coach, describes the pressure by peers, team officials and parents urging youngsters to return to play before it is safe.

For More Information

For more details on the 2008 Hockey Canada Concussion Seminar visit www.hockeycanada.ca

"The greatest good you can do for another is not just to share your riches but to reveal to him his own"

- Benjamin Disraeli



Building Assets

Vigilance in Hockey

By Michael White

Vigilance is a watchfulness, cautious and circumspection behavior. It is taking everything into account. Lately, the Calgary Police Service has announced that we should conscientiously apply more vigilance in our neighborhoods. With the rising crime rate in our growing city, it's imperative that we become more watchful, alert, careful and observant in our daily lives - to watch each other's backs.

Vigilance in hockey is of paramount importance. It's a team game and teams are only as strong as their weakest link. The great teams bond and develop great team chemistry. Players look out for each other's welfare on the ice. They become a strong cohesive unit.

Here are some examples of hockey vigilance.

- A team star player is the recipient of a vicious bone crunching hit the enforcer on the team comes to his aid. Making a statement to the abusive player you can't take liberties with our star players.
- A defenseman pinches off his point in the offensive zone, loses the battle for the puck and the winger backs him up in the neutral zone.
- The goalie makes a spectacular save on a breakaway after his defenseman makes a bad clearing pass up the middle. The defenseman knows he owes his goalie one!
- The penalty killing unit kills a bad and lazy hooking call to a teammate, who did not back check hard and got caught by the ref.
- The center man loses the draw in his defensive zone. The opposition's defenseman wires the puck towards the net but the center man's line mate blocks the shot.
- The goalie shouts out to his defenseman. "Man on Man on!" when he goes back to retrieve the puck on a breakout play. Giving his teammate a heads up and more time and space to make a good breakout pass.
- On a two on one over the blue line, the back checking

forward shouts to his lone defenseman " I got F2"! It's now a two on two. The defenseman can focus only on the puck carrier - F1.

- If it's an especially physical game team mates require extra vigilance especially in the corners.
- When killing a penalty 5 on 4 or 5 on 3, team mates must be aware of how each his supporting each other boxing it up or using the inverted triangle to avoid being scored upon.
- Whether it's man on man or zone defensive zone coverage, each player must perform their job on the ice to the best of their ability. To not let down their teammate, otherwise the wheels may fall off and the red light will go on!
- The power play requires good vigilance in the sense each player must read what the opposition is giving them, to support each other, to pass the puck around, to get a good scoring change and ultimately score within the two minute timeframe etc.
- Player must be vigilant to keep their shifts short, to go short and hard, to not be selfish. All for one and one for all.
- Coaches must be vigilant with regards to minutes played by their players, line matchups, faceoff matchups and changing game strategies etc.
- General Manager's must be vigilant working within today's salary cap system.
- Team's front office staff will need to be vigilant with keeping fans in the seats next year with the continuing downturn in the economy.
- Even fans have to be vigilant to watch for flying pucks in the stands!

These are just a few examples of hockey vigilance. I am sure you can think of others. It's comforting to know that someone is watching your back whether in hockey or life!

"Never neglect details. When everyone's mind is dulled or distracted the leader must be doubly vigilant."

-Colin Powell

Kids Hockey Advancement Society

Dear Friends,

Tucker Hockey is excited to announce our support and event sponsorship of the Kids Hockey Advancement Society 2nd Annual Fundraising Golf Tournament.

We are looking forward to this year's tournament, scheduled for Wednesday July 29, 2009, at the Inglewood Golf and Curling Club.

Tucker Hockey is contributing their volunteer time and efforts in full endorsement of this venture.

The Kids Hockey Advancement Society was incorporated to provide an opportunity for disadvantaged children to develop their skating and hockey skills and to participate in organized hockey – the nation's greatest sport.

The benefits to these children in terms of physical fitness, mental health and well being and social development are significant and well documented. The benefits to society as these children mature into exemplary and responsible citizens are even more significant.

Our fundraising goal this year, which we happily achieved, last year, is to raise \$10,000 to split between the Calgary Flames Foundation for Life, to assist with minor hockey registrations, and KidSport Society of Calgary, to assist with minor hockey equipment purchases!

We are asking for your support with this fun golf tournament. Your participation in this event is vital again to the success of this fundraiser.

How You Can Show Your Support By:

- Golfing register as an individual or four some. Bring your clients, friends, fellow workers and anyone that may be interested in helping out disadvantaged kids.
- Being a sponsor day, cart, hole and hole in one sponsorships etc.
- Donating tournament and auction prizes
- Volunteering for the organizing committee or the event day itself

Please call Nick Radmanovich at (403) 829-2993 if you have any questions regarding this year's golf tournament or require additional information.

Please get involved and feel good about giving back!

See you in July 2009!

Rex Tucker President Kids Hockey Advancement Society

Kids liockey Advancement Society Presents their Second Annual Fundraising Golf Tournament Crossover/Texas Scramble

How You Can Help

- Participate with other hockey buddies/golf enthusiasts. Individual entry fee \$199
- Green fees (18 holes)
- Power cart
- · Full use of short game facility and driving range
- 8 oz Sirloin Steak Buffet 6:00 pm
- 2. Various sponsorships available including
- Day \$5000
- Cart \$2000
- Hole \$300
- 3. Donate auction items and golf prizes
- 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
- Register a foursome and have a chance to win a golf day for four
- Numerous prizes early bird, longest drive, 50-50, 9 hole putting, 50-50 closest to the pin and more!

This tournament provides opportunities for disadvantaged children to participate in hockey related activities through Kidsports and Flames Foundation for Life.

This tournament is for you! Golfers and hockey players who want to have a good time on the links!

Limited Space!
To Avoid Disappointment
Register Online Today!

Maximum Golfers - 112

Last year's tournament raised \$10,000. We want to repeat our fundraising goal this year.

www.tuckerhockey.com/ golftournament.html

Wednesday, July 29th, 2009 Registration 10:30 am Tee Off 11:30 am to 12:15 pm

Inglewood Golf Club
19 Gosling Way SE







Contact Nick Radmanovich – Tournament Director (403) 829-2993 for more information. Early Bird Prize Deadline April 30th, 2009. Golf Package for 4 Players.

Coach Rex

Favourite Drill -**Puck Control** "Commands"

By Rex Tucker

One of my favorite drills for teaching a player moving puck control is the puck control "commands" drill. With this drill, I randomly place 20 - 30 pylons in the neutral zone. I shout out a command, explain the key teaching points and demo the skill, then have the player perform the skill around different pylons. I switch up the command every 20 - 30 seconds.

Puck control commands can include the following:

- * Slalom Both half speed and full speed
- * Fake Left go right
- * Fake Right go left
- * Toe Drag
- * Figure 8 glide and crossover turns
- * Full 360 turns Both forehand and backhand
- * Forward to Backward Pivots
- * Backward to Forward Pivots

This drill allows for a variety of puck control moves and skill development.

The average Calgary minor hockey player will only handle the puck 10 - 20 seconds in a game. However, with this 10 minute puck control drill, factoring in a rest to work ratio of 1 to 1, a player will handle the puck for 5 minutes, or 300 seconds the equivalent of 15 to 30 minor league games!

Yes, playing games are fun but good practice drills greatly enhance hockey technical skill development such as puck control.

"Variety is the very spice of life, that gives it all its flavour" - William Cowpen

Lateral Crossovers Cont. from 7

Keys:

Read attack and make defensive decision how to counteract. Puck passed up and out of opposition's zone on

your side.

1.1 Reaction required: OF-1 sprung loose wide in Neutral Zone

1.2 Situ priority for you to engage/control F-1 ASAP. This means closing quickly without losing control Quickly means containment of opposition as immediately/early as possible

Engagement with either backward skating or pivot and forward skate is secondary option; the long swoop, Fskt or Bskt to angle off the attack to the

boards will give up too much ice.

- 2.1 By using Lateral Crossovers in perpendicular path to the wall gives you speed to position yourself to control the attacking puck carrier; your D-Partner now has full to support you, responsibility to cover your back, his first focus is their F-2.
- NB D-1 starting at mid ice or less should generate enough speed in three crossover steps to segue via pivot into back or forward skating mode, whatever gives him best control of the situation at that time.

Note 1: As you see, Lateral Crossover Drills provide enough drive in three to four crossovers. The key is keeping the shoulders and hips squared to the front with eyes focused on the attack coming at you. The type of pivot out from laterals will depend on maintenance of controlling the attack and where, when and how you will stop it, derail it, or simply stay in a passive control mode. Key that affects all throughout is bringing the knee straight up, directly in front, level with the hip. (The large leg bone – the femur – parallel to the ice).

Note 2: For training purposes, degrees of difficulty are extending the number of cross overs from three to four, to six to eight, to across the ice depending on the players skill level. Always travel both ways to train left and right muscles. Various transitions from lateral to forward or backward are a must.

Note 3: Another must to increase the degree of difficulty is to mix in high tempo knees up (running laterally or in one spot).

Note 4: Too much inside/outside skate and inside/ outside edges will be very befuddling to the students. KISS is the best rule here. Once you've cross over with a high knee movement, in coming down and placing that skate on the ice, it will come down at the right angle. Note that the other (support) leg will instinctively find its inside edge grip the ice.



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 Programs
Email detailed hockey resume to
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



Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey

World of Instruction

Since 1999, the spectrum of past participants Tucker Hockey Power Skating, Hockey Skills Development and 1 on 1 coaching programs have varied from beginner professional players. Thousands of registered players have ranged in age from 5 to 74, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players: Professional
Collegiate
WHL
Junior A
Junior B
Midget AAA
Midget AA
Midget AA
Midget AA
Midget A
Bantam AAA
Bantam AA
Minor Hockey -

Minor Hockey – Community

Community
Midget
Bantam
Bantam Girls
Peewee
Peewee Girls
Atom

Novice

Tyke

Learn to Skate

Calgary Recreational
Hockey - Midget
Minor Hockey
Coaches' Clinics
Minor Teams
Minor Hockey
Association Projects
Customized Minor
Hockey Programs
(Arranged with
Hockey Parents)

Adult Recreational Ladies Teams

Men's Teams
Male
Female
Father and Son
Mother and Daughter
Grandfather and
Grandson
Husband and Wife



Tucker Hockey Philosophy

Why Power Skating?

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





Importance of Ankle Flex in Skating

By Rex Tucker

Many minor and adult players as well as minor parents, who lace up their kids skates, often do not realize the importance that ankle flex plays in skating.

Skates are often laced incorrectly. Also, players and parents have the bad habit of wrapping laces and tape around the

skater's ankles. The skates should support the feet, not act as a cast and inhibit good movement. Wrapping the laces and sock tape around the ankles should be avoided.

Wrapping the ankles inhibits the foot mobility needed for proper edging on the ice. Also, when forward striding to obtain maximum efficiency, it is important to begin extension from the hip through the knee, ankle joint to the toe when performing a stride. If there's no ankle flex, a skater doesn't have a complete and efficient stride.

For good skating performance, lacing up one's skates properly is a top priority prior to stepping on the ice. Good lacing will firmly support a player's feet while allowing the player to comfortably roll his or her ankles and skates inward and outward without restriction.

Unfortunately, many skaters over tighten their laces; this limits foot mobility. Boots laced too tightly may cut into a player's flesh and a player will experience uncomfortable lace burn on the front area of their foot. If the laces are too tight at the top, bending your knees and ankles becomes difficult. In addition, circulation to the feet may be cut off, causing numbness and foot cramps.

The toe area and the area high above the ankles should be tied so they are moderately snug or even on the loose side. The tightest area of lacing should be from a point above the ball of the foot back to a point just above the ankle bone i.e. the top 2 or 3 eyelets. This is where the most support is required. Some players choose not to lace the top eyelets at all especially if their new pair skates are really stiff.

In conclusion, if you make sure you have better ankle flex; you will enhance your skating performance especially with the edges and forward striding aspects of skating.

"If you can't skate, you can't play" - Paul Coffey



Coaches Corner

Tucker Hockey Checking Programs

Checking is a tactic aimed at gaining possession of the puck, not injuring an opponent. The purpose of our Checking Program is to introduce players to proper techniques and tactics so as to give as well as receive a body check. It includes a five step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking. The program covers a list of the following checking "do's and don'ts, emphasizing safety first.

Tucker Hockey Checking Rules – Dos and Don'ts

- Don't get caught in the danger zone
 (2 to 4 feet from the boards) stay
 close to the boards
- Be aware of where your opponents are on the ice
- Always keep your head up
- When you are checked use your hands and arms as a cushion
- When you are checked turn your body so your shoulders hit first
- Don't turn your back to an opponent

- when along the boards
- Avoid taking suicide passes from teammates
- Practice being in a good hockey stance – wide stance, knees bent with a low centre of gravity
- Practice stability on your skates strong edges and balance
- Never cross check an opponent into the boards
- Never push or trip an opponent into the boards
- Never carry your stick up in the air towards an opponent
- Never butt end an opponent with your stick
- Never hit an opponent from behind
- Always respect your opponent play safe play by the golden rule

Note: Tucker Hockey offers checking programs throughout the hockey season to minor hockey associations and teams. As well, we offer Spring and Summer programs to the public as well as sessions to small private groups year round.



Special Offer for Minor Hockey Teams, Coaches and Players

Skating with the BEST!

TUCKER HOCKEY

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

Super Power Skating



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!



REX TUCKER

Head Power 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
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German and Austrian Players in the Czech Republic for Five **Summers**

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!

Check out our NEW Promotional Video at www.tuckerhockey.com or Call Rex Today! 403-244-5037

Skating with the BEST!

Book Today - Programs Fill Fast!

TUCKER HOCKEY

Programs that Deliver Results

BREAK PROGRAMS

Spring Super Power Skating

Group 1: Ages 7-10+ Tuesday, March 24th to Friday, March 27th 8:30 to 9:45 am Henry Viney/Stew Hendry

Group 2: Ages 9-12+ Tuesday, March 24th to Friday, March 27th 1:15 to 2:30 pm Henry Viney/Stew Hendry \$229 per player includes GST

Introduction to Checking

Group 1: Ages 10-13+ Tuesday, March 24th to Friday, March 27th 10:00 to 11:15 am Henry Viney/Stew Hendry

Group 2: Ages 10-13+ Tuesday, March 24th to Friday, March 27th 2:45 to 4:00 pm Henry Viney/Stew Hendry \$229 per player includes GST

Our Introduction to Checking Program:

- Checking is aimed at gaining posession of the puck, not injuring an opponent
- The purpose of this program is to intrduce players to proper techniques and tactics to give as well as receive a body check
- The program covers a list of checking "dos and don'ts", emphasizing safety first.
- This includes a five step progression from the basics fo skating, to position angling, to stick checking, to body contact/confidence to body checking.

Register Early - Spaces Fill Quickly!

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



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Head Instructor

Register online at www.tuckerhockey.com Tucker Hockey 403998-5035

Guaranteed to Improve Your Skills Programs Which Deliver Exceptional Results Hockey Value!

SPRING AAA PROGRAMS ELITE POWER SKATING/CONDITIONING CAMP

PROGRAM OF EXCELLENCE

This program is for players who are <u>serious</u> about taking their skating to another level

A Power Skating Curriculum Consisting of:

Group 1

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 \$399 per player!

Price includes 10 hours of Elite Power Skating Training, a Tucker Hockey Practice Jersey and GST! (Only 20 Spots Available Per Group!) Group 1
Atom Div I & II
Peewee Div I & II

Wednesdays, April 22nd to June 24th 6:45 to 7:45 am Southland Leisure Centre

Group 2

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

Saturdays, April 18th to June 27th 10:45 to 11:45 am (Except May 16th) Southland Leisure Centre

Special Spring Offer for Minor Hockey Players

SUPER POWER SKATING

Hockey Skills and Development

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

Group 1: Ages 7-10+ Saturdays, April 18th to June 27th

8:15 to 9:15 am (Except May 16th) Southland Leisure Centre \$329/pp Group 2: Ages 9-12+

Saturdays, April 18th to June 27th 9:30 to 10:30 am (Except May 16th) Southland Leisure Centre \$329/pp



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Guaranteed to Improve Your Skating Skills

Programs Which Deliver Results

Exceptional Hockey Value!





Book Today - Programs Fill Fast!

TUCKER HOCKEY

Programs that Deliver Results

SUMMER CHECKING PROGRAMS

Introduction to Checking

Group 1: Ages 10-13+
Tuesday, August 3rd to Friday, August 7th
6:00 to 7:15 pm Norma Bush \$229/pp

Group 2: Ages 10-13+
Tuesday, August 3rd to Friday, August 7th
7:30 to 8:45 pm Norma Bush \$229/pp

Our Introduction to Checking Program:

- · Checking is aimed at gaining posession of the puck, not injuring an opponent
- The purpose of this program is to intrduce players to proper techniques and tactics to give as well as receive a body check
- The program covers a list of checking "dos and don'ts", emphasizing safety first.
- This includes a five step progression from the basics fo skating, to position angling, to stick checking, to body contact/confidence to body checking.

Register Early - Spaces Fill Quickly!

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



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Head Instructor

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or call
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Guaranteed to Improve Your Skills

Programs Which Deliver Results

Exceptional Hockey Value!

Summer Season Programs

Tucker Hockey

to Friday

POWER SKATING/CONDITIONING CAMP

PROGRAM OF EXCE

This program is for players who are <u>serious</u> about taking their skating to another level

A Power Skating Curriculum Consisting of:

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

All this for only \$259 per player!

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

Elite Power Skating Testimonial

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

now feel that a player's skating skills will always have room for improvement... no matter what level of play. I plan to continue to hone my skating skills to make it to the next level... the NHL. Thanks for your help Rexy!"

www.tuckerhockey.com

Register online at

-Mark Bomersback

Future NHL Prospect Idaho Streel Heads ECHL All-Star

or call Tucker Hockey 403 998-5035

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!

Register Toda This Popular Program Will Sell Out Quickly!

August **10th to 14th**

Norma Bush Arena

Group 1 6:00 to 7:15 pm Atom Div I & II Peewee Div I & II

Group 2 7:30 to 8:45 pm Bantam Div I, AA & AAA Midget Div I, A, AA & AAA

> Makes a **Great Gift!**



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

Improve your quickness and speed with and without the puck!



Skating with the BEST!

TUCKER HOCKEY

Programs that Deliver Results

SUPER POWER SKATING

Group 1: Ages 7-10

Monday, August 17th to Friday, August 21st 5:30 to 6:45 pm Henry Viney/Stew Hendry \$249/pp

Group 2: Ages 9-12+

Monday, August 17th to Friday, August 21st 7:00 to 8:15 pm Henry Viney/Stew Hendry \$249/pp

Group 3: Ages 7-10

Monday, August 24th to Friday, August 28th 5:30 to 6:45 pm Henry Viney/Stew Hendry \$249/pp

Group 4: Ages 9-12+

Monday, August 24th to Friday, August 28th 7:00 to 8:15 pm Henry Viney/Stew Hendry \$249/pp

Group 5: Ages 7-10+

Monday, August 24th to Friday, August 28th 4:15 to 5:30 pm South Fish Creek \$249/pp

TOP 5 REASONS TO ATTEND:

Only 25 Spots!

- 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!

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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 to 1:15 pm April 18th to June 27th (except May 16th)

\$349 New Participants/\$329 Past Participants

Group 2: Westside Rec Centre

Wednesdays, 7:00 to 8:00 am May 6th to June 24th (8 sessions) \$279 New Participants/\$259 Past Participants

Group 3: Crowchild Twin Arenas

Wednesdays April 15th & 22nd, 9:15 to 10:30 pm April 29th to June 17th, 8:45 to 10:00 pm \$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 to 10:30 pm April 13th to June 22nd (except May 18th) \$349 New Participants/\$329 Past Participants

Group 2: Westside Rec Centre Saturdays, 4:30 to 5:45 pm May 2nd to June 27th

(except May 16th - 8 sessions) \$279 New Participants/\$259 Past Participants

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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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Buddy Referral Program: Recruit 4 or more new participants and receive a free program for yourself (same program)!

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Programs that Deliver Results

RECREATIONAL PROGRAMS

Level 1

Beginner/Intermediate

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Summer Group 1: Norma Bush Monday, August 10th to Friday, August 14th 9:00 to 10:15 pm

\$279 New Participants/\$249 Past Participants

Summer Group 2: Henry Viney/Stew Hendry

Monday, August 24th to Friday, August 28th 8:30 to 9:45 pm

\$279 New Participants/\$249 Past Participants

Summer Group 3: Father Bauer/Norma Bush

Friday, September 18th to Sunday, September 20th 8:30 to 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.

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Proper Stick Length

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

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

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

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

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

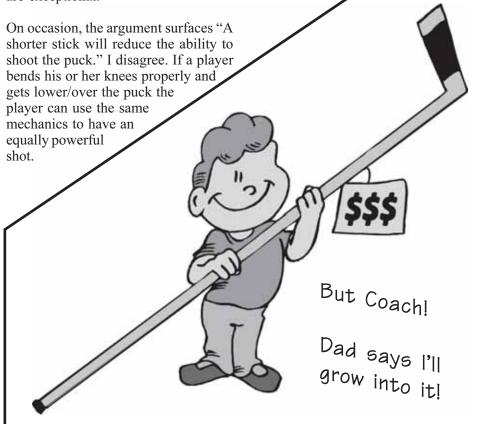
A proper stick length allows a player to have better puck control skills as well. A player will dribble the puck from side to side with less difficulty. When trying to perform this movement, if the elbow of the top arm has difficulty crossing in front of the body or only the tip of the stick is on the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

The choice of the right hockey stick depends upon the player's strength and height. For younger players, junior sticks with smaller shafts and blades for easier handling are available at all major hockey supply stores. Often parents spend so much money on a hockey stick; they are reluctant to cut it down especially the \$200 plus graphite models. This is a poor decision and will slow the development of the player and reduce his or her on ice success.

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

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

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





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Ten Tips for Keeping Your Mind Sharp

Studies continue to confirm what we've known for years — that one of hte best things you can do for memory improvement is physical exercise. In case you needed one more reason to get off the couch, researchers have found that exercise can increase your brain power, help put off normal aging-related memory loss and perhaps even prevent dementia and Alzheimer's disease. In addition to exercise, here are ten more things you can do to keep your mind "fit as a fiddle"

- Listen to classical music.
- Stay curious, involved and proactive.
- Read for enjoyment and information.
- Teach someone something that you are good at.
- Do memory exercises there are many books on this topic.
- Write down your thoughts and feelings, or author a complete memoir.
- Attend lectures, take courses, read the daily newspaper and go to plays.
- Do crossword puzzles. Challenge your mind past your comfort zone.
- Avoid using speed dial and challenge your mind to recall phone numbers.
- Increase your learning and memory neurotransmitter (acetylcholine) with natural health products known to support the memory.







When is Too Much?

Are kids playing too much Hockey?

The busy and sometimes hectic regular minor hockey season is over for another year. Should kids continue to play Spring and/ or Summer Hockey as well? This question often generates discussion and many heated debates in today's Hockey circles.

By Rex Tucker

Are kids playing too much hockey? When is too much... too much? My opinion, it truly depends on the individual child.

The Pros play or train 11 months of the year – it's a year round commitment for the elite – it's their profession. Over the past decade the minor hockey system has evolved into a year round affair for many players and families as well.

According to an Alberta Hockey Now newspaper survey several years ago, 21 percent of players would never stop playing hockey and over 68 percent would be active in the Spring and Summer months – since there are approximately 12,000 Calgary minor hockey players, there appears an ongoing demand for hockey development.

Personally, as a kid growing up in rural Newfoundland, I developed a true passion for the game, often skating and playing shinny on a near by pond from the early hours of the

morning until it became too dark to see the puck – six or seven hours straight on many occasions! When growing up, I couldn't get enough of the sport to quench my thirst! Guess it's carried over to my adult hood life as well.

Last year I spent over 560 hours on the ice instructing various types of power skating and hockey skills development programs! I love the game and my childhood dream has always been to make a living in our great game. It's a lifestyle for Rex, the coach and businessman. I often say to kids, who I am

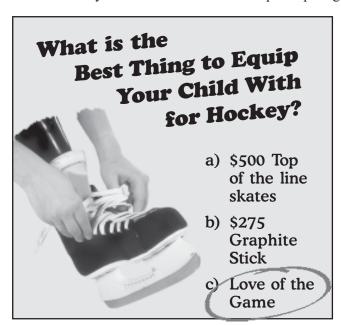
instructing on the ice, "one of my favorite places to hang out is the hockey rink. It's my sanctuary!" I truly enjoy teaching players of all ages five to 65+ who love the game and wish to improve their skating and hockey skills.

But this is not for everyone. One must be careful of burnout, others prefer a little more balance in their life... not Tucker!

Today's kids, especially those living in the larger centers, can find artificial ice to play on year round. Hockey schools and conditioning camps are numerous in August prior to September tryouts. The minor hockey season runs from September to March. Christmas, Easter, and Spring tournaments, three on three pond hockey leagues, numerous power skating and hockey skills development programs as well operate throughout the year.

Often parents are signing their kids up for various hockey programs and tournaments but the kids don't seem enthusiastic about participating – rather the kids should be dragging

the parents to the local rink.



Today, some parents are living their hockey dreams through their children and invest too much emotionally into the sport. As well, parents often buy the best equipment for their ten year old child such as \$500 top of the line pair of skates and \$275 graphite sticks. Good equipment is a necessity but not the best equipment – rather the love of the game, a dedication to improve one's hockey skills and a certain amount of god given natural ability are the keys to excelling! When growing up, children should try other sports such as soccer, swimming etc to discover which sport one truly excels and enjoys best.

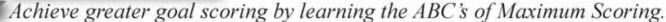
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ABC'S

OF MAXIMUM GOAL SCORING SYSTEM







EuroCan's Maximum Goal Scoring System and the "ABC's Maximum Goal Scoring" are used to elevate a player's goal scoring knowledge and skills to the highest level and also improves 'scoring chemistry' for the player and his/her teammates. These skills increase the Quantity and Quality of scoring chances for the players.

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- Learn how to 'finish' around the net!
- Gain a distinct offensive advantage over opposing defensemen and goaltenders!



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Coaching Credentials:

NHL Goal Scoring Consultant (2008) Stockholm SIHF Presenter (2008) International Coach Conference (2004) NCCP Advanced Level I Cert. (1992)

Games Played: 810 Goals: 331 Assists: 306 Penalty Minutes: 901

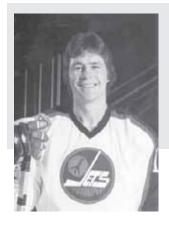
The EuroCan Goal Scoring and Skills Clinic is a specialized hockey program operated by former NHL ALLSTAR Morris Lukowich of the Maximum Scoring Edge Ltd. in Calgary,

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Goal Scoring Formula for Success

By Morris Lukowich (Luke)

Is there a "Formula for Success" that a player can follow to achieve success as a goal scorer? Let us take a look at the word "Success" and see if the formula is contained in the word itself. (I love using "cue words" to remember specific points that can elevate success).

S – Start with the End in Mind

Steven Covey quote, "7 Habits" author. I had a dream that someday I could play with the great Gordie Howe. I met Mr. Hockey when I was ten years old. Gordie was the first professional hockey player that I had ever met and he had a huge impact on me. I got an autographed picture signed by him. For years I looked at that picture of Gordie on the wall and dreamt of being his teammate. That dream came true when I joined him with the Houston Aeros.

U – **Understanding**

In my "Maximum Goal Scoring Program" training there are certain "goal scoring principles". One of the principles is that everything is done in hockey in either a "strong" way or "weak" way and that we need to become aware and establish "strong" scoring habits/practices. Coaching or mentoring is so important so that a player can "understand" what works for him. My brother, Ed Lukowich, was my mentor and he was a great one.

C – Committment

Commitment was one of the main reasons I did become a pro hockey player. It takes courage to make a commitment. Committing to "clear and specific goals" is so important. There will be many challenges, obstacles or distractions that will come along. A player's ability to remember his commitment is vital to success. I like and practice the principle of "Commitment before Ego" in order to achieve success.

C – Consistancy

Tiger Woods is the most successful golfer because he consistently does "what works" more and better than any other player in the world. The same goes for hockey. Learn what works, continue to improve and then "Just do it" over and over. The top NHL players are the most consistent.

E – Energize (Attitude is Everything)

Enthusiastic energy is a key to success. Players need to continually recharge their energy. Eating the correct foods, drinking the correct fluids and proper breathing techniques are necessary to replenish a player's physical and mental energy. A "positive attitude" is vital in recharging your own energy as well as supporting your team mates in recharging their energy. Positive internal and external reinforcement is part of success.

S – Skills

Skating, stick handling, setting up and shooting are some of the skills that need to be developed. Maximizing the speed, strength and savvy (deception) of each of these skills through good coaching (mentoring) and repetition are keys to success.

S – Systems

Players need to learn the many different defensive and offensive "systems" that are used in hockey. Also, players need to learn how to adjust to different "systems" during a game, depending on the score and the time remaining in the game. Again, this is where experienced coaching and mentoring is so important to success.



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.



Ice Scheduling Cont. from 6

Besides scheduling ice for tournaments, programs for hockey skills are scheduled. Currently this involves scheduling ice and instructors for goalie clinics, power skating for the younger divisions, and dry land time for the older divisions. In other years, it has also included goalie instruction clinics, coaching clinics, referee clinics, and various other hockey skill development clinics. This area can change from year to year.

December is very much as October. In December, the second round of league games is scheduled and tournament preparations begin for year-end tournaments in March and April. The timeframes for game scheduling are compressed as everything needs to be completed and posted before the Xmas break.

6. What Calgary arenas do you work with?

Besides using the SFC twin arenas, Midnapore and Shaw Meadows Hockey rents ice at various south community arenas and at south Calgary rural arenas. I currently rent ice from 10-12 arena facilities. At times teams can drive up to 45-60 minutes for a practice time.

7. How many hours of ice each year do you deal with? Over the course of a hockey season, I schedule approximately 250 hours of evaluation, 3000 hours of on-ice practices, 650 hours of off-ice practices, 800 hours of home games and another 400 hours of tournament ice. When scheduling practice times, I accommodate requests from teams to schedule around hockey related team outings.

8. What are your earliest ice times and latest ice times weekdays and weekends for Minor Hockey?

Midnapore and Shaw Meadows Hockey teams practice mainly early and late. After league games are scheduled, there isn't much ice left at SFC for practices so teams are forced to practice as early as 6:15 or 6:30 am on weekends and Midget teams frequently start practices after 9:30 pm on weekdays. It is not unusual for a Midnapore and Shaw Meadows Hockey team to be at Indus, High River or Black Diamond before 8:00 am or even earlier.

9. How has the hockey season changed over the last few years?

The basic hockey program put forth by Calgary Minor Hockey hasn't changed too much over the years. The number of games each division plays is the same, the start and end of the season is the same, Minor Hockey Week is the same; playoff structure has changed so that now all teams make the playoffs.

The aspect of hockey that I have seen changed over the years, and be affected by it, pertains to the dissemination of information. When I first started, I use to rely heavily on the phone to communicate ice time changes, allocate extra ice times, distribute monthly ice schedules, etc. That was when people didn't have cell phones or blackberries!! Then faxing was introduced and people migrated from shared to designated



fax phone lines. Gradually people gravitated to using email. Initially everyone had modem connections, which were replaced with high speed connections. Now, more information is disseminated via Internet and all hockey associations have a website and web master. But all this improvement in technology has come with a price. People's expectations, including my expectations from my teams, for current ice schedules, faster responses to questions, have increased to the point where everyone has to read and deal with email daily, each an everyday during the hockey season.

10. Any unique / bizarre stories over the years when dealing with the various coaches and teams?

Scheduling isn't really an exciting job. It's a fairly routine position, and if done well, no news is always the best news. However, there is usually the odd incident or mix-up each season. My worst one was when scheduled 4 teams on one ice time during Minor Hockey Week. I had to go to the arena to sort that one out!

11. What is your philosophy on your role within minor hockey?

My primary philosophy in scheduling is to be as fair as possible to all teams, regardless of level, regardless of division. Everyone pays the same amount when they register for hockey and therefore all teams should get an equal and fair

cont. page 34



Coaching Innovation

The Merits of One-on-One Coaching

Thoughout 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 out weigh 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 403-244-5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures. Visit our website at www.tucker hockey.com for more information.

Here is a rising star who has experienced Tucker Hockey one-on-one coaching and taken their game to a higher level:

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



Mark Bomersback

Alltime leading Scorer in AJHL Idaho Steel Heads ECHL All-Stars Future NHL Prospect "I thought Tucker Hockey really benefited my overall hockey skills and especially skating skills. As a player, you may not realize you are doing anything wrong or you just think your doing everything right. However, it wasn't until I did about a dozen one-onone 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 contine to hone my skating skills to make it to the next level... the NHL! Thanks for the help Rexy!"

Ice Scheduling Cont. from 32

distribution of ice times. Over the years, I have developed a tracking system that allow me to track statistics of 15 or more scheduling parameters (number of shared practices, early weekend ice times, early weekday times ice times at home rink, ice times in north Calgary, small ice practices, etc.). I have found that if I distribute the ice at various arenas evenly across teams, and distribute the early and late times evenly, then I receive very few, if any, questions regarding my ice allocations. The challenge is maintaining an even and equitable distribution after scheduling around league and tournament games.

12. What are your biggest challenges / obstacles today?

The biggest challenge is finding prime time ice during the week. And if you can find it, it is not always useable because of the grid-lock in Calgary during rush hours. When I first started scheduling 13 years ago, Midnapore and Shaw Meadows Hockey teams would jump at a Village Square ice time at 5:30 pm during the week. Now teams don't because they simply can't make this time unless they leave work at 3:00 pm or earlier.

13. Do you foresee more teams utilizing half ice practices?

During league play, Midnapore and Shaw Meadows Hockey teams in the Novice and Atom divisions receive mostly half ice practices. On occasion Peewee teams do as well. Peewee and Bantam teams receive partially shared practices where a portion of their practice time is

shared with a second team.

14. What is the ratio of games to practices per team, within your associations?

On the average, teams get five to six on-ice practices per month. This is supplemented with two to three off-ice sessions for the higher divisions. The lower divisions receive one to two power skating sessions per month. In summary, teams get six to eight practice times per month. This will vary between divisions.

15. Any ideas on ways to get the kids on the ice more?

I believe the number of league games played should be reduced by one to tow games in each division. One rural community that I am aware of has

moved to 45 minute practices times during the week.

Since I don't think the ice storage will be resolved in the near term, I think coaches and hockey associations have to get innovative on using a combination of on-ice and off-ice practices to teach their teams proper hockey skills and development. We have tried to supplement on-ice practices by using NSD, but our teams are lukewarm at best on off-ice sessions.

Editor's Note: Thanks again Walter for taking the time out of your busy schedule to share your thoughts and insights about your role as "Director of Ice Allocation" with Hockey Zones. It served to educate others and me about hockey from an "ice allocation" perspective.



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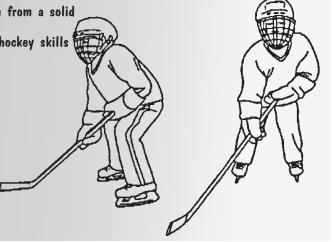
ીં!! ક્યાઉઇ! • Called the "Ready" or "Eagle" position

 Permits a Player to move in any direction from a solid base of support

Used when executing many of the basic hockey skills such as passing, shooting and checking

Key Teaching Points

- Feet are shoulder width apart pointing slightly outward
- Knees and ankles are flexed approximately 45°
- Upper body leans slightly forward approximately 45° with weight on balls of feet
- Shoulders, knees and toes can be joined by a straight line in the basic stance
- · Head up, and eyes are forward
- Stick is held with both hands, blade flat on the ice and slightly to the side of the body



Definition of Success

To laugh often and much;

to win the respect of intelligent people and the affection of children;

to earn the appreciation of honest critics and endure the betrayal of false friends;

> to appreciate beauty; to find the best in others;

to leave the World a bit better, whether by a healthy child, a garden patch, or a redeemed social condition;

to know even one life has breathed easier because you live.

This is to have success!

-Ralph Waldo Emerson

"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)

Friendship Thoughts

By Garvin "Art'

- A friend is a present you give to yourself!
- Friendship is an art, very few people are born with a natural gift for it!
- The most beautiful discovery that true friends make is that they can grow separately without growing apart!
- There is one thing better than making a new friend, and that is keeping an old one!
- A cheerful friend is like a sunny day, which sheds its brightness all around!
- The best time to make friends is before you need them!
- Silence is a friend who will never betray you!
- Live so that your friends can defend you but never have to!
- Stay is the most charming word in a friends vocabulary!
- Friendship flourishes at the fountain of forgiveness!
- Friendships, like geraniums bloom in kitchens!
- Friends are the family we choose for ourselves!

A True Friend

Editor's Note: I dedicate this "friendship thoughts" to my best friend – Roy Rowsell.

Roy and I grew up together on Little Bay Island, Newfoundland

We have been best friends since the early age of 7.

Over the years, Rowsell, I have valued your loyalty, honesty, candid advice and caring ways.

Rowsell, you have been a pillar of strength and wisdom my good friend.

My heart felt thanks! We are indeed lifelong friends – my brother!





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 now adopted by Hockey Canada. 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.

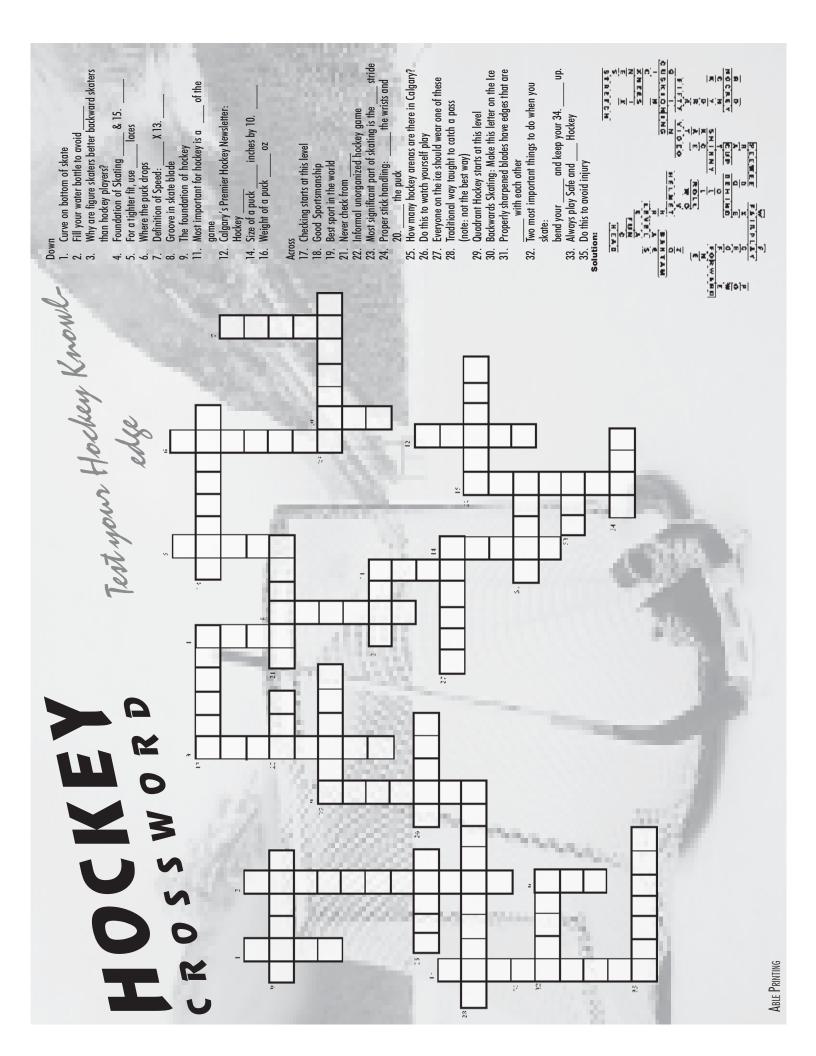
Two NHL players who are extremely mobile are Nicklas Lidstrom, and Wade Redden. Yes, they are defensemen!

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!





One Solitary Life

By James A. Francis

Here is a man who was born in an obscure village, the child of a peasant woman.

He grew up in another obscure village.

He worked in a carpenter shop until he was thirty,

And then for three years he was an itinerant preacher.

He never wrote a book.

He never held an office.

He never owned a home.
He never set foot inside a big city.
He never traveled two hundred miles from the place where he was born.
He had no credentials but himself.

While still a young man, the tide of popular opinion turned against him.

His friends ran away. One of them denied him.

He was turned over to his enemies.

He went through the mockery of a trail.

He was nailed upon a cross between two thieves.

His executioners gambled for the only piece of property he had on earth while he was dying And that was his coat.

When he was dead, he was taken down and laid in a borrowed grave through the pity of a friend.

Nineteen wide centuries have come and gone
And today he is the centerpiece of the
human race and the leader of progress.
I am far within the mark when I say
That all the armies that ever marched,
And all the navies that ever were built,
And all the parliaments that ever sat,
And all the kings that ever reigned,
Put together have not affected the
life of man upon this earth as powerfully
as that One Solitary Life.

Guadh Lyle's TID SLLGGT

What is good for the coaches in minor hockey is also good for the Parents to understand what and how the Coaches are really trying to accomplish.

The 3-P's of Coaching Philosophy plus Lyle's Number 4

- 1. **Positive** Verbally and body language: always.
- 2. Patience The minor hockey players develop physically, mentally and neurally at quite different rates from 10 to 20 years old. Let them grow into their game at their own rate. Just make sure they are being taught the correct Techniques.
- Prepared Practice plans and game plans that have micro and macro objectives using learning objectives in an upbeat and fun atmosphere must prepared in writing well in advance. Plan well and be prepared to improvise.
- 4. **Persistence** Persistence is your mechanism that drives the 3-P's to successful teaching and coaching.**



You Could Win!

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

To enter, show us your passion! Write a 100-200 word essay on why you love playing the game of hockey. Send your submission along with your name and phone number to programs@tuckerhockey.com.

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

Danny Cammack

Memorial Award



Minor Hockey Danny Cammack Memorial Award

Tucker Hockey Awards

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Award Recipients Winter 2004 - Jeff Okamura Spring 2004 - Wilfred Budduke Summer 2004 - Ronald Wong Fall 2004 - Homer Two Young Men Winter 2005 – Angelito Ponce Spring 2005 – Roger McIntosh Summer 2005 - Neil Fleming Fall 2005 - Wayne Newby Winter 2006 - Paul Zorgdrager Spring 2006 - John Bradley Summer 2006 - Tracy Tomassetti Fall 2006 – Volker Braun Winter 2007 – Dennis Melborn Spring 2007 - Jamie Buchan Summer 2007 – Ken Berze Fall 2007 - Greg Whyte Winter 2008 - Chip Burgess Spring 2008 – Mike Perz Summer 2008 – Jim Matheson Fall 2008 – Barrie Hill Winter 2009 - Perry Kirschner

Congratulations to Scholarship Recipients

Winter 2005 Alexander Bearinger • Spring 2005 Darren Martin • Summer 2005 Carson Elliott • Christmas 2005 Zach Urban • Spring 2006 John Beavans • Summer 2006 James Faul • Christmas 2006 Tyson Bobrel • Spring 2007 Matthew James White • Summer 2007 Trevor Sever • Christmas 2007 Zac Cline • Spring 2008 Brandon Barlow • Summer 2008 Ashley Au • Fall 2008 Teegan Anderson Thank you to everyone who entered – with the high calibre of entries it was difficult to select just one winner!

Why I Love Hockey!

What hockey means to my seven year old son...

H is for the happiness he feels when the coach looks at him and says "Great job Teegan, Way-to-go!"

D is for the optimistic outlook he has when playing a game and knowing his Mom is always his no.1 fan

C is for the confidence he has while skating which shows on his smiling face as he waves as he goes by

K is for the kids he meets and the friendships he forms with his teammates lasting for years to come

E is for the eagerness he has waking up for those early morning practices without ever complaining

Y is for the yearning to learn a new move and the determination to improve to achieve his personal best

"Hockey is not only a sport that is played, it is a pathway to a magnificent life."

Michael Anderson (Teegan's Mom) Written by a Loving Mom on behalf of a Devoted Son

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