



Yucky Hockey: A Tribute to Minor Hockey Week

Minor Hockey week in Canada runs from Thursday, January 21st, 2010 to Saturday, January 30th, 2010. More than 500,000 minor hockey players will play and compete for medals across Canada. In the City of Calgary alone we have over 13,000 minor hockey players active in our game.

For many young aspiring hockey players, this tournament will be the hi-lite of their season and for some maybe the hi-lite of their minor hockey playing careers. Great memories and good friendships often develop from playing our nations greatest sport. Having fun is of paramount importance during our country's annual minor hockey week of events!

So what is yucky hockey you may ask? Yucky hockey is hockey that leaves a bad taste in your mouth. It is events and happenings within the game that test our true love of our game.

On many occasions it may cause individuals – minor players and valuable volunteers - to turn their back on our game. They feel they do not enjoy hockey any more and wish to do something else with their lives. Hopefully, this bad taste doesn't linger too long. Maybe for a few days, weeks, or months but for some if the experience is really yucky enough it can last a life time!

In our Hockey Zones newsletter publications we strive to reinforce hockey's positives to all ages. However, on occasion it's necessary to look at the negatives – yes, yucky hockey! –maybe it will positively influence and help change a few negative attitudes and influences in our game to smarten up! Fortunately for the minor hockey associations, 98 per cent of the performers are good people; it's the bad behavior / attitudes of the other 2 per cent that is painting a negative environment in our great game.

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**Look Inside for
More Great Sports Tips**

“Respect for ourselves guides our morals; respect for others guides our manners.”

~Laurence Sterne

Tucker Hockey

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

Minor Hockey Group Programs Easter, Spring, Summer & Christmas Power Skating Player Development Checking Clinics	Elite Power Skating	Adult Recreational Group Programs (Ages 18 - 65+) Fall, Winter, Spring & Summer Power Skating Player Development
Customized Programs Group & "1 on 1" Year Round Ages 5 to 20		Minor Hockey Association Projects September - March Conditioning Camps Customized Skill Development Programs Player Evaluations
Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Super Power Skating	Individual Adult Recreational Team Practice Sessions October - March Power Skating Player Development (Mens & Ladies)

Rex Tucker Director, B.Comm

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

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

Contact
Tucker Hockey
(403) 998-5035

or online at
www.tuckerhockey.com

Tucker Hockey Identity

*Tucker Hockey strives to provide opportunities for hockey players of all ages, backgrounds and skill levels to enhance their love of the game. The rink can be a place of sanctuary to escape daily stresses and problems and to enjoy the greatest game on earth.
Experience the passion of Tucker Hockey!*

www.tuckerhockey.com

Tucker Hockey

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Hockey Consultant Lyle Hanna
Business Consultant Ern Rideout
Hockey Assistant (Summer) Alex Allan
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..... David Mahoney
..... Lyle Hanna
..... Morris Lukowich
..... Derek Howat
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Yucky Hockey (Cont'd from cover)

Hockey Calgary is actively promoting this season "RESPECT" in our game. You may have seen the new signs located in each city arena. Hockey Calgary is promoting awareness, and education to those involved in our great game – "that everyone should be shown respect". Otherwise, please stay away from our local rinks! "Hockey rinks are supposed to be playgrounds for children. They are supposed to play, have fun and enjoy the experience" says Hockey Calgary President, Perry Cavanagh

Here are a few examples of yucky hockey.

Often we see players hitting from behind and delivering head shots. Such reckless actions can cause concussions and even major life changing injuries. Player's must be conscious of opponent's safety as well as their own on the ice.

Some minor hockey coaches are concerned about winning at all costs. Coaches, who verbally abuse their

players, opposition coaches and officials, need to take a look in the mirror. A few coaches have crossed the line with shocking sexual abuse of their players over the years. Both Hockey Canada and Hockey Calgary encourage victims to voice their concerns with "speak out programs" to ensure we have a safe environment for kids at the local arenas.

In addition, there are parents who are living the NHL dream vicariously through their children. Many parents are so involved in their child's hockey that they pressure their kids too much. Hockey Calgary is actively promoting – The Respect in Sports – "the parents program" to educate parents about acceptable and unacceptable behavior.

Also, there are officials, who spoil a good game via inconsistent and bad calls. As well as the occasional administrator who carries around his or her own power and control agenda and forgets that our game is first and

cont'd p. 37



Next Issue Spring/Summer 2010 Features

- Kidsports - Reaching Out to the Hockey Community
- Coach Rex's Favorite Drill
- Meet the Tucker Hockey Instructors - Lyle Hanna
- Head Shots in Hockey
- Hockey From a Sportscaster's Perspective
- Life After Professional Sports

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2010 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 -



A Parent's Perspective on Having Triplets in Hockey

Editor's Note:

Recently, I had a good chat with Jennie and Mike Meinhardt about their three boys who are playing minor hockey. Three boys playing hockey in a family is not an uncommon occurrence - but three identical triplets that's a unique story. This Fall I have had the pleasure of teaching - Jack, Jordan and Will in a private power skating group. Can't tell them a part! Coach Rex is thankful for the name tags on their helmets!

After teaching the boys some power skating skills, I was curious to learn more about the triplet world and the uniqueness of this family. Mike and Jennie were kind enough to let me into their dynamic family world. Here is a summary of our conversation.

Tell me about your family?

"We were married in February 2001 in Hawaii. Enjoying the couple life when I surprisingly got pregnant" says Jennie. "We weren't prepared for a child....it was a shock but to find out we were going to have triplets that was a whole different ball game! To give birth to triplets is unique, but spontaneous identical triplets that is very rare (1 in 300,000 is what they were told). It is not hereditary, it's very uncommon. The boys were born on November 23rd, 2001. They were two months premature and stayed in the hospital for 7 weeks".

How did the births change your life?

Jennie says "We were both starting new jobs...we were renovating our home at the time. It was a bit of a surprise..."

shock you could say. I read a couple books on triplets... networked with other triplet parents... but nothing truly prepares you for the change in your life. It was no longer just about me and Mike". Mike added "you either sink or swim ...make adjustments as you go"!

How did you decide on their names?

"We selected the names because Jennie always loved the name Jack, we named Jordan after Michael Jordan and Will after Prince William... We had just returned from living in London, England and felt it was appropriate. Their middle names are family member names" says Mike.

When did you move to Calgary?

"Two and a half years after the boys were born we decided to move to Calgary. Mike is originally from here, Mike's parents live here and we felt Calgary was a better place to raise our family" says Jennie.

Tell me about your family activities?

We basically do everything as a family – rarely ever do we do things on an individual basis. In the Summer time we like to take the kids waterskiing, we like to jog while the kids bike along side, and the boys play soccer in the spring. Last year we watched their friends play baseball and they've all decided they will now give it a try too!. In the Winter , the main focus is hockey but during the hockey season we try to go downhill skiing when the hockey schedule allows. As long as the boys are on the same team we will continue skiing together.

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"Cleaning your house while your kids are still growing up is like shoveling the walk before it stops snowing!"
~ Phyllis Diller



A Game For Life

By: Nick Portman

Rex knew I'd recently started playing over-45 hockey, and wondered if I'd be prepared to share my experiences in an article. So, here it is, one of the millions of hockey experiences.

To put into perspective what it means to me to be playing hockey regularly, let me give you some personal background.

When I was a boy and a young teenager, from the age of ten until I was about thirteen, I played on the frozen pond in the woods behind our community. Every winter the community kids, led by some of the older boys and sometimes a parent or two, made the pond by damming the stream through the local swamp. That's what we called it – The Swamp. I'm sure all our mothers were used to hearing, "Goin' up to the Swamp. Back for supper." We'd probably be back late anyway. Mostly, we'd keep playing until it got so dark you couldn't see the puck on the ice.

Those days, in the context of the kids on the swamp, I suppose I was an okay player. I was rarely picked first, but most of the time I was lucky enough not to be one of the last, and that seemed to me to be the important thing. I remember one year, the parents of one boy, a naturally good skater, sent him to hockey camp. Suddenly, he was a lot better than the rest of us. Thinking of that now, I realize that most of us weren't very good. It didn't matter. We usually had a great time.

Some time in junior high, I stopped playing, I can't remember why. I don't think it was a big deal, I just took up other interests. I didn't put on skates for close to thirty years. Then my sons stated playing minor hockey. When one of them had a father-son game, I'd lace up. A year or two later, I started Beginner Skating with Rex Tucker. I really enjoyed those lessons. We got to play shinny for ten minutes or so at the end of each session.

Those father-son games and the shinny games after Rex's skating lessons were all the hockey I played for thirty five years. Thanks to Rex, I really could skate, maybe not like

guys that have been playing every year for fifty years or so, but respectably. The other hockey skills, well those guys have had fifty years of practice and I haven't had much.

So here I am, in my mid-fifties, wondering if I should take up hockey again, bearing in mind I have a hard time taking a forward pass and my shots could go anywhere. Dangles I just watch, uncomprehendingly. You can imagine that I was worried about whether I would make a fool of myself.

Gerry, the guy who organizes the group, seems to me to be level-headed. When I was asking him about the games, the level of intensity, whether it really was recreational, he must have read my concern, because he said they make sure everyone gets some time with the puck. I didn't want to slow anyone down, and I was ready to work hard, but some part of me needed to hear that. I was in.

The skill level is varied. There are guys who played university hockey and one guy who learned to skate in his mid-twenties. The age range for regular players is somewhere in the forties to at least one seventy year old, many guys in their sixties. We usually have six skaters on each team, but sometimes it's four-on-four, sometimes there are seven. If someone wants to bring a son or nephew, that's okay, so we often have guys in their late teens or twenties, sometimes thirties, and that's fine.

Since I started playing a couple of months ago, I have played more games than I'd played during the entire forty years previous. I can't tell you how many times I've made a fool of myself. Fanning on shots. Missing passes. Falling over. But I accept that. The key is that the other guys do too. They're still passing. I do occasionally get frustrated with myself, but I usually let it go. There are special moments. Sometimes I manage to take the pass!

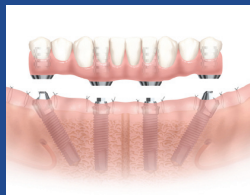
One time, I hadn't scored for a while. The guys kept setting me up, and I fluffed it every time. Then I'm standing there, wide-open, empty net. The goalie's down on the far side, Donny passes the puck and it's on my stick. The goalie lifts his stick so it's covering the middle of the net. I've never seen a goalie stick look so big.

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**"Men do not quit playing because they grow old; they grow old because they quit playing."
~ Oliver Wendell Holmes**



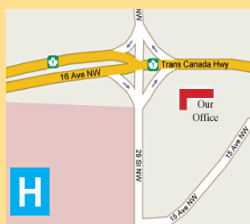
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Tucker Hockey Profile

Meet the Instructor - David Mahoney

When did you begin on ice instruction for Tucker Hockey?

During the Spring of 2003 I began to assist Coach Rex on the ice with various Adult and Minor hockey programs. Later in 2005, after two years of helping out and getting familiar with; the skating demos, various drills, teaching points, practice plans and curriculums I started to run programs on my own as a head instructor.

What do you enjoy most about instructing on the ice?

It takes me out of my world; it's an escape from the dog eat dog - carve your heart out with a spoon stressful world and pressures of the commercial mortgage lending business. Also, I enjoy the preparation that goes into putting a practice plan together, thinking through the details to be ready prior to stepping on the ice. Also, thinking of, and having contingencies; depending on the skill level and motivation of the different groups, provides an extra challenge.

What have you learned from doing hockey instruction?

What have I learned? Teaching is a continuous learning process. "I teach to learn". Also in that learning process the participants have helped me learn with their questions and made me think about the technical aspects of skating. I get enormous satisfaction from passing on knowledge to players, especially to those that never played the game before. As well, the friendships developed and cultivating because of the shared love of the game has been a bonus.

What is the most challenging part of instructing?

Keeping things fresh – it's more mental than physical. As well, working with kids, who may not want to be there, treating them fairly and, not robbing the others of what they deserve. Also, the range of skill levels in a group program can be challenging to teach at times.

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Editor's Note:

Recently, I had a good chat with David Mahoney, Head Instructor for Tucker Hockey. David has been a valuable member of the Tucker Hockey team for the past 7 years. He has taught power skating and hockey skills to minor groups and minor teams as well as various adult groups and teams. Here is a summary of our conversation.

David, tell us about yourself ?

I was born in Saskatoon and raised in Prince Albert, Saskatchewan. Played all of my minor hockey in Prince Albert up to the Junior B level. I am 55 years of age and a proud young grandfather. I have been married to Pauline for 18 years and I work in the commercial mortgage lending industry.

David, when did you get involved with Tucker Hockey?

I started during the 2001 – 2002 hockey season. I was playing adult recreational hockey and decided to enroll in a Tucker Hockey adult program work on my weaknesses. I had not been in a structured practice in over 25 years. I felt I always was a good skater but was losing a step and wanted to get that step back! Tucker Hockey helped get the rust off and I eliminated many bad habits that I acquired over past 25 years from not having the benefits of a coach.

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.”

~William Arthur Ward

KIDS HOCKEY



ADVANCEMENT SOCIETY Providing opportunities to play

Dear Friends,

Tucker Hockey is excited to announce our support and event sponsorship of the Kids Hockey Advancement Society 3rd Annual Fundraising Golf Tournament.

We are looking forward to this year's tournament, scheduled for **Wednesday July 28th, 2010**, 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 children who need financial help 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.

In July of 2009, the Society raised \$12,000 to help less fortunate children acquire hockey gear and register for organized hockey through Kidsport of Calgary and Flames Foundation for Life. Based on our ever-growing support, we are confident that the Kids Hockey Advancement Society will exceed this figure substantially in 2010.

Our goal in 2010 is to once again provide funds to Kidsport of Calgary. The funds will create an opportunity for children in financial need to play hockey. However, the Kids Hockey Advancement Society is also exploring the feasibility of directly sponsoring children who need financial assistance, in their quest to play organized hockey and develop their skills. A screening process will be developed to pre-qualify children that are selected for this program, based on financial needs, attitude, desire, etc.

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

Support the Society By:

- **Golfing – register as an individual or foursome. Bring your clients, friends, fellow workers and anyone that may be interested in helping out kids that need financial assistance in order to participate in organized hockey.**
- **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 2010!!

Rex Tucker
President
Kids Hockey Advancement Society

Kids Hockey Advancement Society Presents their Third Annual **Fundraising** **Golf Tournament** **Crossover/Texas Scramble**

How You Can Help

1. Participate with other hockey buddies/golf enthusiasts. Individual entry fee \$229.
 - 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 - \$10,000 Platinum - \$2,000 Silver - \$600
 - Cart - \$5,000 Gold - \$1,000 Bronze - \$300
 - Friends - \$2,500
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
4. Register a foursome and have a chance to win a golf day for four
5. Numerous prizes – early bird, longest drive, 50-50, 9 hole putting, 50-50 closest to the pin and more!

This tournament provides opportunities for disadvantaged children to participate in hockey related activities through Kidsports

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 \$12,000

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

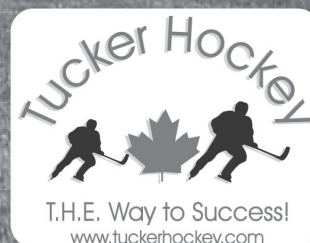
Wednesday, July 28th, 2010

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 at (403)829-2993 or nradman@shaw.ca for more info.

Letter to the Editor

“Goalie Development”

Should We Designate Goaltenders Earlier in Community Hockey?

As a goalie parent, I have seen many things over the years.

My son was an enthusiastic volunteer for goalie on his novice teams.

At this age level, there is not a requirement that an individual commit or “designate” as a full-time goalie. Typically, teams will rotate players through the position to give all the team members an opportunity for experience. This concept can be beneficial for the players overall. However, some individuals are more keen on this than others.... my son was one of those. (Some parents are more supportive of this)

For those players who are more serious and committed, should they be given the opportunity to begin developing their skills earlier?

I have seen the waves of “too many goalies” as well as “not enough goalies” in our own association.

Competition can be fierce at the higher levels, where goaltenders are released to other associations, or there is a deficit and they are needed in other areas....not always a great fit for us busy hockey parents.

The issue of goaltender development continues to be an ongoing problem.

Some associations are better at this than others. Coaches are often challenged in awareness of goaltender development and ways to effectively incorporate them into practices. The lucky teams are those who have a parent who may have been a goalie at some time and chooses to act as an assistant coach or on-ice help.

Unfortunately, this doesn't always happen, and the young netminders are left standing alone at the net, or perhaps doing drills that are suited more for skaters than themselves.

My proposition for thought over the holidays is:
Should we start them earlier?

Is this an individual team decision? Would your association

be supportive? What about equipment? Does the team's equipment fit? Do you buy your own??\$\$ (FYI- We bought used equipment for a long time)

In closing, would we have better, more experienced goaltenders if they were given the opportunity to enter into this specialty at an earlier age?

This seems to be something that needs consideration by coaches, parents and associations.

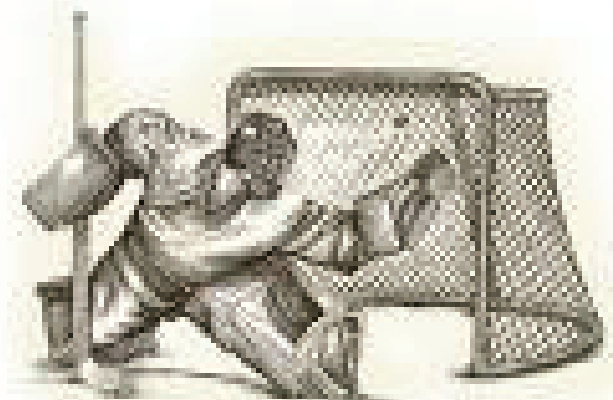
I encourage your feedback. Thanks to Rex Tucker for his interest in goaltender development.

Good luck to you all in the upcoming regular season. Have a happy and safe holiday.

Yours in hockey,
Wendy Lohin,
Goalie Mom and Goalie Development Coordinator
Trails West Hockey Association

Editor's Note:

Wendy, thanks for taking the time to discuss the topic of goalie development. Goalie development is one area of hockey that is often overlooked during the minor hockey season. Often players and coaches just shoot countless pucks at the net minders. Teams are quite fortunate if they have a coach who has played the goalie position and / or takes an interest in helping the young goalies develop throughout the season. Remember the goalie should be your best skater / player !



Flickering Flames



On December 11th, 2009 I attended the Calgary Flames vs the Minnesota Wild game. Team Game No: 31 of the 82 NHL game schedule. The Flames were positioned 1st in the North West Division and 3rd over all in the Western Conference going into it.

Since Brent Sutter became the new head coach of the Calgary Flames, he has stressed the following to his players.

- 1) We must create a strong team structure / team systems
- 2) We require consistent team play on a game to game basis
- 3) We need the proper building blocks in place day by day – it can't just happen overnight
- 4) We must develop a strong team defence
- 5) We need accountability from every player on the ice
- 6) We must find ways to win game in and game out

Watching the game against the Wild, it seemed a lot of his teaching and preaching went in one ear and out the other for the players! The Flames play was very uninspiring and the team didn't get their first shot on the Wild net until the 7th minute mark of the first period! The Wild dominated the game for the most part and won the game in overtime outshooting the Flames 46 to 23. On the bright side the Flames did manage to secure a single point. However, this was only because of the spectacular play of their goalie, Kipper.

Looking back at the first 30 games or so of the 2009 – 2010 season, there are many pluses and negatives shown by the team. Here are a few of my observations and notes with accompanying stats.

Pluses

Kipper is playing as well as he did during the 2004 playoff run. He is one of the top goalies in the NHL on a game to game basis. He is in his zone!!

Mark Giordano has become a solid top 4 defenseman for the Flames. Playing physical and contributing strong offensive skills as well.

New comer, Jay Boumeester prior to the game was a plus 14. Tops on the Flames! He has been the best two way defenseman on the team. Being the best skating defenseman on the team, it a pleasure to watch him skate so effortlessly.

Steady play from a fellow Newfoundlander Adam Pardy has reflected in his plus 6 rating. The rating placed Pardy in the top 3 plus / minus Flames.

Secondary scoring from new arrival Nigel Dawes has been a welcomed addition. He has also worked out well on the speciality teams.

The Flames Road record of 11-3-3 is quite impressive thus far in the season.

Brandon Prust leads the team with 51 penalty minutes and shows grit and strong play along the boards when in the line up.

The power play at home is 6th in the league at 23.3% - 10 goals on 43 chances.

The penalty kill is 2nd best on the road 8 goals against on 65 chances for 87.7% but rates 14th overall 22 goals against on 115 chances for 80.9%

**"The key is not the 'Will to Win' - everybody has that.
It is the will to prepare to win that is important."**

~ Bobby Knight

2010 Olympic Winter Games

February 16, 2010 to February 28, 2010

Men's Schedule

Gm #	Time (Local)	Group/Round	Game/Result	Location
Tuesday, February 16, 2010				
1	12:00 PM PT	A - Preliminary	USA - SUI	Canada Hockey Place
2	4:30 PM PT	A - Preliminary	CAN - NOR	Canada Hockey Place
3	9:00 PM PT	B - Preliminary	RUS - LAT	Canada Hockey Place
Wednesday, February 17, 2010				
4	12:00 PM PT	C - Preliminary	FIN - BLR	Canada Hockey Place
5	4:30 PM PT	C - Preliminary	SWE - GER	Canada Hockey Place
6	9:00 PM PT	B - Preliminary	CZE - SVK	Canada Hockey Place
Thursday, February 18, 2010				
7	12:00 PM PT	A - Preliminary	USA - NOR	Canada Hockey Place
8	4:30 PM PT	A - Preliminary	SUI - CAN	Canada Hockey Place
9	9:00 PM PT	B - Preliminary	SVK - RUS	Canada Hockey Place
Friday, February 19, 2010				
10	12:00 PM PT	C - Preliminary	BLR - SWE	Canada Hockey Place
11	4:30 PM PT	B - Preliminary	CZE - LAT	Canada Hockey Place
12	9:00 PM PT	C - Preliminary	FIN - GER	Canada Hockey Place
Saturday, February 20, 2010				
13	12:00 PM PT	A - Preliminary	NOR - SUI	Canada Hockey Place
14	4:30 PM PT	B - Preliminary	LAT - SVK	Canada Hockey Place
15	9:00 PM PT	C - Preliminary	GER - BLR	Canada Hockey Place
Sunday, February 21, 2010				
16	12:00 PM PT	B - Preliminary	RUS - CZE	Canada Hockey Place
17	4:30 PM PT	A - Preliminary	CAN - USA	Canada Hockey Place
18	9:00 PM PT	C - Preliminary	SWE - FIN	Canada Hockey Place
Monday, February 22, 2010 - Day Off				
Tuesday, February 23, 2010				
19	12:00 PM PT	Qualification	TBD - TBD	Canada Hockey Place
20	4:30 PM PT	Qualification	TBD - TBD	Canada Hockey Place
21	7:00 PM PT	Qualification	TBD - TBD	UBC Thunderbird Arena
22	9:00 PM PT	Qualification	TBD - TBD	Canada Hockey Place
Wednesday, February 24, 2010				
23	12:00 PM PT	Quarter-Final	TBD - TBD	Canada Hockey Place
24	4:30 PM PT	Quarter-Final	TBD - TBD	Canada Hockey Place
25	7:00 PM PT	Quarter-Final	TBD - TBD	UBC Thunderbird Arena
26	9:00 PM PT	Quarter-Final	TBD - TBD	Canada Hockey Place
Thursday, February 24, 2010 - Day Off				
Friday, February 26, 2010				
27	12:00 PM PT	Semi-Final	TBD - TBD	Canada Hockey Place
28	6:30 PM PT	Semi-Final	TBD - TBD	Canada Hockey Place
Saturday, February 27, 2010				
29	7:00 PM PT	Bronze	L(G27) - L(G28)	Canada Hockey Place
Sunday, February 28, 2010				
30	12:15 PM PT	Gold	W(G27) - W(G28)	Canada Hockey Place
All Games Played in Vancouver, BC				

2010 Olympic Winter Games

February 13, 2010 to February 25, 2010

Women's Schedule

Gm #	Time (Local)	Group/Round	Game/Result	Location
Saturday, February 13, 2010				
1	2:00 PM PT	A - Preliminary	SWE - SUI	UBC Thunderbird Arena
2	5:00 PM PT	A - Preliminary	CAN - SVK	Canada Hockey Place
Sunday, February 14, 2010				
3	12:00 PM PT	B - Preliminary	USA - CHN	UBC Thunderbird Arena
4	4:30 PM PT	B - Preliminary	FIN - RUS	UBC Thunderbird Arena
Monday, February 15, 2010				
5	2:30 PM PT	A - Preliminary	SUI - CAN	UBC Thunderbird Arena
6	7:00 PM PT	A - Preliminary	SWE - SVK	UBC Thunderbird Arena
Tuesday, February 16, 2010				
7	2:30 PM PT	B - Preliminary	RUS - USA	UBC Thunderbird Arena
8	7:00 PM PT	B - Preliminary	FIN - CHN	UBC Thunderbird Arena
Wednesday, February 17, 2010				
9	2:30 PM PT	A - Preliminary	CAN - SWE	UBC Thunderbird Arena
10	7:00 PM PT	A - Preliminary	SVK - SUI	UBC Thunderbird Arena
Thursday, February 18, 2010				
11	2:30 PM PT	B - Preliminary	USA - FIN	UBC Thunderbird Arena
12	7:00 PM PT	B - Preliminary	CHN - RUS	UBC Thunderbird Arena
Friday, February 19, 2010 - Day Off				
Saturday, February 20, 2010				
13	2:30 PM PT	Placement	TBD - TBD	UBC Thunderbird Arena
14	7:00 PM PT	Placement	TBD - TBD	UBC Thunderbird Arena
Sunday, February 21, 2010 - Day Off				
Monday, February 22, 2010				
15	12:00 PM PT	Semi-Final	TBD - TBD	Canada Hockey Place
16	2:00 PM PT	Placement	TBD - TBD	UBC Thunderbird Arena
17	5:00 PM PT	Semi-Final	TBD - TBD	Canada Hockey Place
18	7:00 PM PT	Placement	TBD - TBD	UBC Thunderbird Arena
Tuesday, February 23, 2010 - Day Off				
Wednesday, February 24, 2010 - Day Off				
Thursday, February 25, 2010				
19	11:00 AM PT	Bronze	L(G15) - L(G17)	Canada Hockey Place
20	3:30 PM PT	Gold	W(G15) - W(G17)	Canada Hockey Place

All Games Played in Vancouver, BC

Team Work

“Alone we can do
so little; together we
can do so much.”

~ Helen Keller

Unity

“Even the weak
become strong when
they are united.”

~Johann Friedrich
Von Schiller

Pride

“What is pride? A
rocket that emulates
the stars.”

~ William
Wordsworth

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 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 1 to 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
 - a) power skating
 - b) hockey skills development
 - c) conditioning or
 - d) 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 -
 - a) Week days before 4:00 pm (Non Prime Time)
 Only \$329 per player, includes 10 on ice sessions (based on 10 players)
 - b) Weekday after 4:00 pm and weekends (Prime Time)
 Only \$399 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 rate if Tucker Hockey does not provide the ice.



Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

Thanks again for running such an awesome hockey camp for us! Everyone improved by leaps and bounds thanks to you! You guys were phenomenal and we all enjoyed the camp thoroughly. Thanks again!

~ Jamie Yu



VOICE

“We want to hear your voice!”
Tell Us What You Think!

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

Articles from New Contributing Writers are Appreciated.

New Advertizers Welcome!

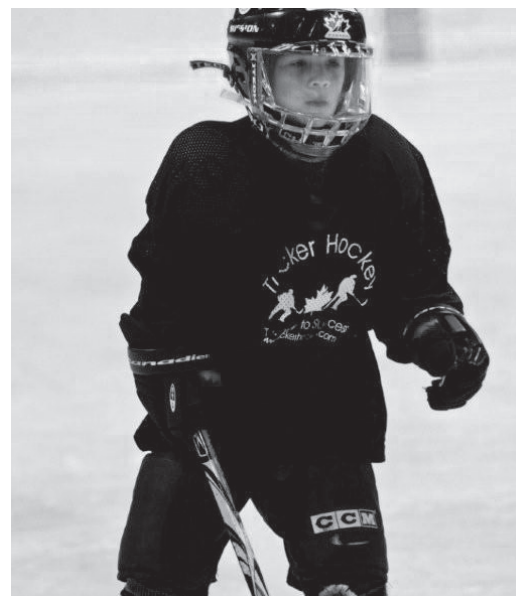
programs@tuckerhockey.com

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 Philosophy **Why Power Skating?**

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



Tucker Hockey **World of Instruction**

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1-On-1 Coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 5 to 75, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

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

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Annual**

Special Offer For Minor Hockey Teams, Coaches and Players

Tucker Hockey

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

**Super Power
Skating**

OR

**Player Development
Sessions**

Top 5 Reasons to Experience Tucker Hockey:

- Your Players Need a Skating/Hockey Skills Tune-Up
- 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 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German and Austrian Players in the Czech Republic for Five Summers

Testimonial

"We had Rex Tucker work with our Minor Team... the kids absolutely loved it! I would recommend Tucker Hockey to other coaches because the skating abilities have changed in hockey now. I would definitely have Rex back to instruct another class with our group of kids. Rex makes it fun for the kids and I know this for a fact because my kid prior to him going to Tucker Hockey didn't want to go to power skating, it wasn't fun for him, so we ended up signing him up for Tucker Hockey for a power skating group and since he's signed up... this is his fourth or fifth year going and he just loves to go back!"

- Derek Dunn, Minor Hockey Coach & Parent

Call 403-244-5037 Today!

A Special Service to Minor Hockey Associations

Tucker Hockey Player Evaluations

- Tucker Hockey is available to assist minor hockey associations with their September evaluations.
- Based on our hockey knowledge and experience, we provide professionalism, fairness, and integrity to the player evaluation process.
- Minor hockey associations have retained Tucker Hockey mainly because we have no prior knowledge of the players we are evaluating, and therefore no preconceived notions about their abilities.
- We score the players using the same scoring system as everyone else, provided by the association, and can only grade the players based on what is seen on the ice.

Benefits of Tucker Hockey assisting with your player evaluations are:

1. Our goal is to assist with your evaluation process
2. To bring outside professional help to the process
3. To ensure fairness and integrity through our impartiality
4. To ensure that players have equal opportunity to be slotted according to their abilities, as shown on the ice

The process is designed to be fair to all, and to slot the players into the level of hockey that best fits their skills and abilities. When everyone in the association plays their part, it is a successful process and will result in a great year for all, especially the players!

Note: As this is a busy time of year, services will be offered on a first come first served basis.

Rex Tucker Director, B.Comm

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

Call 403-244-5037 Today!



**12th
Annual**

Special Offer For Adult Hockey Teams and Players

Tucker Hockey

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

**Super Power
Skating**

OR

**Player Development
Sessions**

Top 5 Reasons to Experience Tucker Hockey:

- Your Team needs a Skating and or Hockey Skills - Shooting, Passing and Puck Control - Tune-Up before league starts!
- Your Team needs a team building/morale booster/conditioning session to take your game to the next level!
- Your Team needs a better understanding of breakouts, defensive zone play and or team positional play.
- Your players and team needs more individual and team tactics for game situations.
- All ice sessions are customized - based on your input - to focus specifically on your team problem areas!

Testimonial

"I just wanted to say thank you for the practice session. The girls loved it and if you could have seen our game on Saturday, the impact was amazing! We played like a team and even had a couple of drop back passes, full triangles and everything. So many thanks for a well thought-out, constructive practice. If you are willing, the girls would like to have you back in early September... So thank you Dave and Rex for such a fantastic set-up and organization"

- Yvette Kobyllynk, Adult Rec Team Player



Rex Tucker

**Head Power
Skating Instructor**

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- A Professional Power Skating Instructor since 1997
- Full Time Professional Hockey Coach since 2002
- NCCP Advanced 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German and Austrian Players in the Czech Republic for Five Summers

Call 403-244-5037 Today!

Get in Shape and Have Fun!

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Tucker Hockey
Programs that Deliver Results

**Spring
2010**

ADULT Recreational Programs

Level 1

Beginner/Intermediate

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

Group 1: Southland Leisure Centre

Saturdays, April 17 to June 26

12:00 to 1:15 PM - No session May 22

\$349 New Participants/\$329 Past Participants

Group 2: Westside Rec Centre

Wednesdays, May 5 to June 23

7:00 to 8:00 AM

\$299 New Participants/\$279 Past Participants
(8 Sessions)

Group 3: Crowchild Twin Arenas

Wednesdays - No Session May 19

April 14 & 21 - 9:15 to 10:30 PM

April 28 to June 23 - 8:45 to 10:00 PM

\$349 New Participants/\$329 Past Participants

Level 1.5

Intermediate

These programs 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, April 14 to June 28

9:15 to 10:30 PM - No session May 24

\$349 New Participants/\$329 Past Participants

Group 2: Westside Rec Centre

Saturdays, May 1 to June 26

4:30 to 5:45 PM - No session May 22

\$299 New Participants/\$279 Past Participants
(8 Sessions)

Level 2

Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 and 1.5 programs and who wish to be challenged with more advanced skating skills and a higher paced conditioning program. The level 2 program includes advanced technical skills, individual tactics, breakouts, regroupings and defensive zone coverage, and scrimmage. (10 Sessions)

Group 1: Crowchild Twin Arenas

Thursdays, No session May 20

April 15 to 22 - 9:00 to 10:15 PM

April 29 to June 24 - 9:45 to 11:00 PM

\$349 New Participants/\$329 Past Participants

Testimonial

"When I started playing Rec Hockey 2 years ago, I could barely stand on my skates. Stopping, turning and backward skating was out of the question! Now coaches and ladies on my hockey team often comment on how well and fast I skate. All in all, I recommend this program to many people and so far 3 of my friends have taken it and they love it!"

- Asuka Forest, Adult Rec. Hockey Player

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!

Register and Pay online at
www.tuckerhockey.com

or call

**Tucker Hockey at
403-998-5035**

Rex Tucker

Head Power
Skating Instructor



T.H.E. Way to Success!
www.tuckerhockey.com

Improve Your Hockey and Skating Skills!

Special Spring Break Offer!

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Tucker Hockey

Programs that Deliver Results

SPRING BREAK Programs

Super Power Skating

Group 1: Ages 7-10+

Sunday, March 28 to Wednesday, March 31

8:30 to 9:45 AM Southland Leisure Centre

\$229/pp (Includes G.S.T.)

Group 2: Ages 9-12+

Sunday, March 28 to Wednesday, March 31

1:15 to 2:30 PM Southland Leisure Centre

\$229/pp (Includes G.S.T.)

Introduction to Checking

Group 1: Ages 10-13+

Sunday, March 28 to Wednesday, March 31

10:00 to 11:15 Southland Leisure Centre

\$229/pp (Includes G.S.T.)

Group 2: Ages 10-13+

Sunday, March 28 to Wednesday, March 31

2:45 to 4:00 PM Southland Leisure Centre

\$229/pp (Includes G.S.T.)

Our Introduction to Checking Programs:

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



Rex Tucker

Head Power

Skating Instructor

Register and Pay online at
www.tuckerhockey.com

or call

**Tucker Hockey at
403-998-5035**

Testimonial

"Brendan just finished the 7 to 9 year-old power skating group. He loved it and I thought his skating really improved... the classes were well organized with a great variety of drills and fun drills for the kids too, no wasted time and the instructor to student ratio was great! All in all a great job by Tucker Hockey!"

- Murray Cottom, Minor Hockey Parent

Register Today - Programs Fill Fast!

Spring AAA Programs

Elite Power Skating/Conditioning Camp

PROGRAM OF EXCELLENCE

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

A Power Skating Curriculum Consisting of:

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

\$399/pp Includes Jersey & GST

Group 1

Atom Div 1 & 2
Peewee Div 1 & 2

Fridays, April 16 to June 25
Southland Leisure Centre
6:00 to 7:15 PM

Group 2

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

Saturdays, April 17 to June 26
Southland Leisure Centre
10:45 to 11:45 AM
(No Session May 22)

Spring 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 17 to June 26
Southland Leisure Centre
8:15 to 9:15 AM
(No Session May 22)

\$329/Per Player (Includes G.S.T.)

Group 2: Ages 9-12+

Saturdays, April 17 to June 26
Southland Leisure Centre
9:30 to 10:30 AM
(No Session May 22)

\$329/Per Player (Includes G.S.T.)

Register and Pay online at
www.tuckerhockey.com

or call **Tucker Hockey** at **403-998-5035**

Rex Tucker

Head Power Skating Instructor



T.H.E. Way to Success!
www.tuckerhockey.com

Programs Which Deliver Results!

Summer Season Programs

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Tucker Hockey
Programs that Deliver Results

Register
Today!

Elite

Power Skating/Conditioning Camp

PROGRAM OF EXCELLENCE

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

A Power Skating Curriculum Consisting of:

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

Register Early - Spaces Fill Quickly!

Testimonial

"After a few years in his programs I've improved a lot, really taken my game to the next level... the one piece of advice I leave here with: always keep your knees bent and keep strong edges. I can't count off the top of my head but I've done tons and just love his programs!"

- Darren Martin, Calgary Royals AA Player

Group 1

Atom Div 1 & 2
Peewee Div 1 & 2

August 9 to 13
Henry Viney
6:00 to 7:15 PM

Group 2

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

August 9 to 13
Henry Viney
7:30 to 8:45 PM

\$279/pp
Includes Jersey
& GST

Rex Tucker

Head Power Skating Instructor

Register and Pay online at
www.tuckerhockey.com
or call **Tucker Hockey** at **403-998-5035**

S.A.M. - Stability, Agility and Mobility
Improve your quickness and speed with and without the puck!



T.H.E. Way to Success!
www.tuckerhockey.com

Special Summer Offer For Minor Hockey Players

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Annual**

Tucker Hockey Programs that Deliver Results

SUPER POWER SKATING

Group 1: Ages 7-10

Monday, August 16 to Friday, August 20
5:30 to 6:45 PM Henry Viney/Stew Hendry
\$249/pp (Includes G.S.T.)

Group 2: Ages 9-12+

Monday, August 16 to Friday, August 20
7:00 to 8:15 PM Henry Viney/Stew Hendry
\$249/pp (Includes G.S.T.)

Group 3: Ages 7-10

Monday, August 23 to Friday, August 27
5:30 to 6:45 PM Henry Viney/Stew Hendry
\$249/pp (Includes G.S.T.)

Group 4: Ages 9-12+

Monday, August 23 to Friday August, 27
7:00 to 8:15 PM Henry Viney/Stew Hendry
\$249/pp (Includes G.S.T.)

Group 5: Ages 7-10+

Monday, August 23 to Friday August, 27
4:15 to 5:30 PM South Fish Creek
\$249/pp (Includes G.S.T.)



Rex Tucker

Head Power
Skating Instructor

TOP 5 REASONS TO ATTEND:

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

Testimonial

"I noticed an immediate improvement to my son's skating skills after attending your program. This increased skating ability resulted in the desired improvements in his game and I believe that he had a very successful and enjoyable year as a result."

- Bruce Lavoie, Father of Alan

Register Early - Spaces Fill Quickly!

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Exceptional Hockey Value!

Get in Shape and Have Fun!

**12th
Annual**

Tucker Hockey

Programs that Deliver Results

**Summer
2010**

ADULT

Recreational Programs

Level 1

Beginner/Intermediate

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

Group 1: Henry Viney/Stew Hendry

Monday, August 9 to Friday, August 13

9:00 to 10:15 PM

\$279 New Participants/\$249 Past Participants

Group 2: Henry Viney/Stew Hendry

Monday, August 23 to Friday, August 27

8:30 to 9:45 PM

\$279 New Participants/\$249 Past Participants

Group 3: Father Bauer/Norma Bush

Friday, September 17 to Sunday, September 19

8:30 to 9:45 PM

\$149 New Participants/\$129 Past Participants

Level 1.5

Intermediate

These programs 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.

Group 1: Henry Viney/Stew Hendry

Mondays, August 16 to Friday August 20

8:30 to 9:45 PM

\$279 New Participants/\$249 Past Participants

Group 2: Father Bauer/Norma Bush

Friday, September 17 to Sunday, September 19

7:00 to 8:15 PM

\$149 New Participants/\$129 Past Participants

Testimonial

I am impressed with the range of skills and ages of the participants in Rex's programs. Young, old, beginner or skilled all speak highly of Rex's instructional skills. Although I am at the low end of the skill range and the high end of the age spectrum, I am experiencing significant improvement. What I find more impressive are the comments of a former Junior player who indicates he is learning and improving and keeps returning for more positive experiences.

- Don Gibbons, Adult Rec Player

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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or call

**Tucker Hockey at
403-998-5035**

Rex Tucker

Head Power
Skating Instructor



T.H.E. Way to Success!
www.tuckerhockey.com

Improve Your Hockey and Skating Skills!

Introduction to Checking

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Tucker Hockey
Programs that Deliver Results

Summer Checking Programs

Group 1: Ages 10-13+

Tuesday, August 3 to Friday, August 6

6:00 to 7:15 PM Optimist Arena

\$229/pp (Includes G.S.T.)

Group 2: Ages 10-13+

Tuesday, August 3 to Friday, August 6

7:30 to 8:45 PM Optimist Arena

\$229/pp (Includes G.S.T.)

Our Introduction to Checking Programs:

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

Register Early - Spaces Fill Quickly!



Rex Tucker
Head Instructor

Register and Pay online at
www.tuckerhockey.com
or call
Tucker Hockey at
403-998-5035

Testimonial

My son participated in a checking clinic with Tucker Hockey. The instruction on proper hitting techniques, safety and how to take a hit boosted my son's confidence on the ice during games to a whole new level. It was a well structured program that challenged my son in all aspects of contact hockey with the emphasis on fun. A great clinic that I feel should be taken by all players to reduce the injury component of the game. A job well done !

- Clint Buckler, Minor Hockey Parent

Register Today - Programs Fill Fast!



Hockey Soccer

One of my favorite skating drills to teach young hockey players and to improve on / develop their balance, edge control and knee bend is the Hockey Soccer drill. Often I will instruct this drill in the middle of a power skating practice to break things up or at the end of a practice to reward the kids with a fun skating game.

The reasons we play the game:

It's a fun activity

It develops skating with "proper knee bend"

It develops skating with "head up"

It works and develops "good edge control and balance" of a skater

The rules of the game are:

No kicking the ball

No carrying the ball

No body checking

No sliding on the ice

The players push the ball along the ice with their gloves – keeping their knees bent, head up and use good edges and balance. I find a ratio of 5 to 1 – players to soccer balls works quite well. So for a team or group of 15 to

20 skaters use 3 to 4 soccer balls on the ice.

This is a great skating game for players at the Novice (7 to 8) and Atom (9 to 10) age levels. Everyone skates out - if we have extra help on the ice coaches or instructors play in net. Otherwise the players must hit the goalpost with the soccer ball to score!

It's a lot of fun and kids skate for miles without realizing how much they are skating and working on proper skating technique.



"Let Us Give You the Edge"

- Full line of HOCKEY & GOALIE SKATES from beginner to professional, includes our CUSTOM fitting process.
- Quality HOCKEY EQUIPMENT from shin guards to shoulder pads.
- Complete line of HOCKEY ACCESSORIES from team socks to helmets.
- Large selection of HOCKEY STICKS, including the latest one-piece composite sticks.
- Full line of GOALIE EQUIPMENT & ACCESSORIES.
- Our service includes equipment repairs, glove re-plating, blade alignments to blade changes.

QUALITY SKATE SHARPENINGS . . . while you wait

www.psscalgary.com

Hockey & Figure
3515 18th St SW
Ph: (403) 243-3663

Goalie Centre
3519 18th St SW
Ph: (403) 259-4144

Midnapore
#12, 15425 Bannister Rd S
Ph: (403) 254-9653



2010 WJHC Highlights

One of the true hi-lites of the holiday season is watching the IIHF World

Junior Championship. The 2010 version held in Regina and Saskatoon, was an extremely exciting tournament! Going into the tournament Canada was seeking its 6th straight Gold medal and competing in its 9th straight Gold medal game. Again Team Canada's mission was to win Gold again - nothing less!

At the very beginning, Team Canada's Head Coach, Willie Desjardins, a native of Saskatchewan, preached short 40 second shifts, strong physical and team play with discipline – no more than 4 penalties per game - and especially to avoid turnovers at the blue lines. The early favorites to win Gold were the Swedes, the Russians and the Canadians. However, the American team, which was built on great team speed, good puck support and excellent shot blocking savvy started to gain more respect each game out. After the U.S. gave Canada all it could handle in a 5 to 4 New Year's Eve round robin overtime shootout loss, observers realized the Americans were for real again this year.

The Gold medal game between Canada and the U.S.A was an epic battle. What a game! For this writer, the best hockey game I have watched in the 2009 – 2010 hockey season! Especially, the speed and flow of the Gold medal game was a joy to watch! These young men played their hearts out to win Gold for their country. Unfortunately, Canada's gold medal streak at the IIHF World Junior Championship ended at five with a 6-5 overtime final game loss to the United States at Credit Union Centre in Saskatoon. It's often a game of inches, close calls, and breaks. To win 5 in a row, Canada got some breaks in the past, unfortunately not this year to win 6 in a row. This year Canada falls short in a heart rending loss. We look towards 2011 with optimism again – it will be our year!

Here's a summary of the top stars of the tournament and hockey futures of the NHL.

Directorate Award Winners:

Top Goaltender: Benjamin Konz (SUI)
(Hi-lite -stopped 50 of 52 shots in the quarterfinals to upset the heavy favored Russians.)

Top Defenceman: Alex Pietrangelo (CAN)
(Hi-lite - lead all tournament defensemen in points and played a solid two way game.)

Top Forward: Jordan Eberle (CAN)
(Hi-lite - became Canada's all-time leading goal scorer at the World Juniors . He will have a bright future with the Edmonton Oilers.)

Media All-Star Team

G – Benjamin Konz (SUI) D – Alex Pietrangelo (CAN)
D – John Carlson (USA)
F – Jordan Eberle (CAN) F - Derek Stepan (USA)
F – Nino Niederreiter (SUI)
MVP – Jordan Eberle (CAN)

Other Tournament Facts / Observations:

Canada has now medaled at 12 straight IIHF WJHC, including gold medal performances in 2005, 2006, 2007, 2008 and 2009, silver medals in 1999, 2002, 2003, 2004 and 2010 and bronze medals in 2000 and 2001. Quite an accomplishment indeed!

All time, the USSR/Russians and Canada are tied with 15 gold medals each. The USA now has 2 gold medals. Previous Gold medal win was in Helsinki, Finland 2004.

The highly regarded Swedish team won the bronze medal game over the Swiss 11 to 4.

Fourth place is the highest the Swiss have ever finished in this prestigious tournament.

The 2010 Gold medal game was the highest scoring game in WJHC history – a total of 11 goals scored. 2500 volunteers decorated in green vests helped organize and made sure this year's tournament ran smoothly. For the first time ever Team Canada wore Green jerseys in the tourney. The official Team Canada cheer – “Eh O’ Canada Go!!!” was unveiled prior to the 2010 Olympics Winter games. 3 former Canadian NHL players – Ray Bourque, Basil McRae, and Rob Ramage - each had their sons playing for the U.S.A. A trend we may see more of - in the years ahead! Defenseman, John Carlson, who scored the winning goal in overtime to secure the win

Cont'd p. 31

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Beginnings

By Michael White

"Take the first step in faith. You don't have to see the whole staircase. Just take the first step"

- Martin Luther King Jr.

And then the next step...and the next and so on etc. A journey begins with a single step in the direction you wish to follow to reach your goal. To begin you must believe you have the ability to succeed.

The Canadian Women's Olympic Hockey Team has been unveiled. Twenty one players have been selected by Coach Melody Davidson and her staff. They do have their work cut out for them especially against their arch-rivals the Americans.

A good coach or trainer will mentor his players to maximize their full potential. The coach knows what is expected. "Young players grow up with it, so I think that's going to help us manage it along the way" states Melody Davidson.

The coaches and women players are all familiar with competing in a five ring circus. As the games are being played on Canadian ice, anything other than a Gold medal will be a disappointment. The team must maximize the potential of all its players using their skills to extreme. The top skilled returning players will have to assist the younger newer players to work on the skills required to make the team a cohesive unit.

Since women's hockey debuted at the 1998 Olympics in Nagano, Japan, Hockey Canada says "20,000 girls and women played organized hockey that season". The number in 2008 - 2009 was 88,309. The Olympic team will reflect that growth.

Each player on the team must be comfortable starting their position knowing that the gold medal is the ultimate prize. The first game for the women's team will be against Slovakia on February 13th, 2010. They cannot afford to take any game for granted.

It will take the whole team as a cohesive unit to win the gold. Taking each game in the tournament one shift at a time! Eh Oh Canada Go!!!!

Editor's Note:

The complete 2010 Women's Olympic Hockey schedule is shown on page 13 of the newsletter. It will be an exciting tournament indeed. Looking forward to the highly anticipated Gold Medal game against the U.S.A.!!

Footprints Poem

*Each day offers us a new opportunity to take
steps in the right direction*

*Steps that enlighten, instruct, enrich, or
improve us or others*

*In your daily walk have you ever left behind a
trail of footprints that you wish you could erase?*

Do not despair we all have days like that

*But today is a new day one in which you can
leave behind footprints that will make you
proud.*

*~ Margaret Fishback Powers
www.footprintsapoem.ca*

Editor's Note:

*A very special thanks to my Mother, Phoebe Tucker for
submitting this inspirational poem to Hockey Zones.*



Calgary Flames

(Cont'd from 10)

The Flames goals against average are 2.30 which is 6th in the league and the team have been fortunate to lose only 32 man games to injury so far this season.

Negatives

Both Robin Regher and Dion Phaneuf have played inconsistent so far this season and unfortunately are not worthy of an Olympic roster spot at this time.

Olli Jokinen is stepping up his game but still has not lived up to his big contract dollars.

The Flames home record of 8 wins and 6 losses does not make the Saddledome a feared building this season for opposing teams. The home record must improve if the team wishes to be considered a Stanley Cup contender.

Curtis McHenney has only played 4 games. Early season talk by the coaching staff was to give Kipper more rest this season. But it looks at this rate that Kipper will play again over 70 plus games this year. How can McHenney develop into a reliable and quality backup NHL goalie if he's only given limited opportunity? As well Kipper is in the top 5 in the whole league for shots against. For the team to ensure playoff success, the Flames will have to tighten up their overall team defence in the second half of the season.

The power play is 23rd on the road for a 14.8% at 9 goals on 61 chances.

The penalty kill is 27th at home - 14 goals against on 50

chances for 72%. This mediocre PK partly explains the poor team record at the Saddledome this season.

Other Notes:

One of the hi-lites of the first intermission was watching the Midnapore Atom 3 team scrimmage between periods. Earlier in the year, I had the opportunity to conduct a power skating session with this team. I ran into the team prior to the game in the bowels of the Saddledome and they were so excited to skate on the Saddledome ice that night! A night to remember indeed for the 9 to 10 year olds! They loved the Saddledome scrimmage!

The "make some noise" cue from the jumbotron got the crowd pumped up to 115 decibels but it still couldn't motivate the team to score!

Summary:

The Calgary Flames 2009 – 2010 team version has the coaching and player talent to have a very successful season. The team has shown brilliance at times and mediocre play on others throughout the first part of the season. This inconsistency especially at home has frustrated Coach Sutter and the rest of his dedicated coaching staff.

How far will the Flames go this season? This writer believes the Calgary Flames will win their division and finish 3rd in the Western conference. However, the margin between winning and losing on any given night is so fine in today's NHL. If Kipper keeps up his level of play, the team continues to get secondary scoring from the likes of Dawes, Glencross etc., improving on its speciality team play especially at home and develop a stronger overall team defense; the Flames will become a true Stanley Cup contender.

Test Your Knowledge - Hockey Trivia

1. Only 2 players have scored more than 800 career goals in the NHL. Who are they?
2. What team did Pat Quinn coach to a record-setting 34 game undefeated streak?
3. Who was the Avalanche's first captain?
4. What team joined the NHL in 1999?
5. What NHL'er has the dubious distinction of being the smallest player to break the 50 goals-per-season mark?
6. Who is the only NHL'er to score 5 different ways in one game?
7. 2 NHL teams have the distinction of winning 4 consecutive Stanley Cups. Who were they?
8. What position did hall-of-famer Johnny Bower play?
9. Whose jersey number "4" was retired by the Bruins?
10. True or False: The Stanley Cup is the oldest professional sports trophy in North America.

1. Wayne Gretzky & Gordie Howe 2. Philadelphia Flyers 3. Joe Sakic 4. Atlanta Thrashers 5. Theo Fleury 6. Mario Lemieux 7. New York Islanders & Montreal Canadiens 8. Goalie 9. Bobby Orr 10. True



Letter to the Editor

“Concussions”

Rex,

As you probably realize by now I am very interested in pursuing this topic as it relates to hockey and initiating changes at a ground level. Did you get a chance to look at the Dec 19th, 2009 Globe and Mail article regarding concussion in hockey and the extensive articles published? I would strongly recommend that you go to Globeandmail.com and look at last Saturday's issue on line.

I think the window of opportunity has arrived to initiate changes to the philosophies of hitting in the game and strict enforcement of the rules regarding hitting from behind, elbowing, cross checking to the head and neck regions, “slough footing”, and cheap open ice hits. It is time to consider these as intent to injure, and result in match penalties, gross misconducts, with suitable suspensions. The true meaning of respecting one's opponent, and behaviours associated with a lack of respect for your opponent need to be addressed.

I also think it important that the “intimidation” factor in this game be looked at and the philosophies and behaviour's that facilitate those as well.

Individuals that come to mind of a high profile levels are the old schools guys like... Don Cherry, Brian Burke etc....the real “knuckle dragging mouth breathers” of the sport.

The solution will come from a pre-emptive move on the part

of the ground floor based groups such as Hockey Canada and the Minor Hockey associations across Canada. Unfortunately for the NHL it will be the lawyers and insurance companies that trigger a “pocket book” response of the owners to put pressure on the Commissioner Gary Bettman to initiate the changes. In retrospect a tragic solution to a very simple problem and solution “respect for your opponent”.

Rex, these increased incidents of concussions as a result of hitting or fighting have to be acted upon quickly!

Don't you agree?

Regards,
Rob Pryde

Editor's Note:

Rob, thanks again for your second letter to the editor in the past year on your concerns about concussions! You are quite passionate about this subject so I assume you have experienced a few concussions in your hockey playing career?!! Yes, I agree there are too many headshots and concussions happening in today's game at all levels of hockey. It's getting out of control! The rule makers at all levels of our game need to dedicate more resources to clean up this negative part of the game. As a result of your letters to the editor, we will publish an extensive article on concussions and headshots in the next issue of Hockey Zones – Spring / Summer 2010 – I trust it may draw further awareness to this growing problem in our great game.

watch out for Swedish Forward Magnus Paajarvi Svensson and USA Forward Jordan Schroeder in the years ahead.

Future WJHC Tournaments - 2011 and 2012

Next years tournament will be held in Buffalo, New York. The U.S.A team can bring back 9 players next year while Canada can bring back 5 players from this year's tournament. For 2012, the tournament comes to Alberta. With Calgary and Edmonton being the host cities, it promises to be the best tournament ever! I'm sure looking forward to watching this great hockey rivalry again! Who will take the Gold?! It's anyone's guess!!

WJHC (Cont'd from 27)

for the U.S.A. said “It's the biggest goal I ever scored in my life!” The U.S.A. team had players representing 10 different U.S. states – including non traditional markets like Nevada! This reflects the growth of hockey down South!

Other Future NHL Stars to Watch:

Taylor Hall, the youngest player on Team Canada, is projected to go first overall in the NHL entry draft this summer in Los Angeles....a Mark Messier type player. American Cam Fowler, will probably be the first defenseman drafted. Also,

David Mahoney Interview (Cont'd from 7)

What have you learned over the years teaching power skating?

I understand skating better now than then before becoming an instructor. I now know how important good body posture is....a good hockey stance is critical. If a player doesn't have proper form, he or she, will not be a good skater. I enjoy talking to students about the mechanics of skating. Many years ago in my late twenties I taught swimming, so I had a skill set for teaching, but it was dormant for many years. Now it's alive again and I enjoy the leadership role, being active, skating, analyzing a player's skating skills and giving advice. As I get older, I have lost some leg strength and quickness but I find I use less effort now in my skating for equal results.

How has your experience with Tucker Hockey changed your life?

I have learned the virtue of patience in dealing with different people of all ages, skill levels and learning abilities. Everyone does things differently at different speeds. I had knowledge that was dormant for years and have acquired new knowledge over my time with Tucker Hockey. My wife, Pauline, notices a difference in me and she feels it has enriched my life.

What other interests do you have besides hockey?

I'm an avid golfer and downhill skier plus Pauline and I love to travel. Also, I read a lot; history, human nature etc – guess I have a curiosity of why things are the way they are.

Any favorite skating drills that come to mind?

For adults it's falling. Too many adults are intimidated by falling and it inhibits their progress when they hold back because of the fear to fall. For minor hockey players the basic skating drills of balance and edge control. In all cases, getting players to be confident with their inside and outside edges; especially, the weaker outside edge.

What is your favorite age group and skill level?

The adult beginners are my favorite. The adults are so keen to learn and they challenge me with questions; they can be a curious lot. My favorite questions are why and how. On the minor hockey side; I enjoy teaching the boys ages 9 to 10 and girls 11 to 13.

What can be the most discouraging thing about instructing on the ice?

There may be one or two kids who act up and distract you and everyone else. As well, being the babysitter for the kids that just don't want to be there.

What areas of instructing would you like to branch off into in the foreseeable future?

I feel there's a need to help minor hockey coaches. At the Novice and Atom levels coaches need a better understanding of the mechanics of skating and how to teach this specialized skill to their players. I would love to run power skating clinics for minor hockey coaches. I feel minor hockey associations should be more open to helping their coaches develop their power skating knowledge. We could provide them with the basic knowledge, drills, and teaching points and show them how to effectively teach skating to their players. Skating is the most important hockey skill.

Editor's Note:

Thanks David for taking the time out of your busy work schedule to share your thoughts and insights about yourself and about being a Head Instructor within the Tucker Hockey programs.

Folks, I often joke with David by telling him that he's the second best skater to ever participate in a Tucker Hockey Adult program! I saw in David the abilities to be a top – notch instructor after he completed his first Tucker Hockey program. David had participated and understood the Tucker Hockey programs and philosophy over the years, was a good skater to demo the drills, had strong communication and leadership skills and was keen to learn the dynamics of skating. He seemed to be a good fit to get involved in Tucker Hockey instruction.

I am very glad that I invested the time and energy to groom him into a head instructor. It's one of the best decisions I have made while operating my hockey business!

David, my friend I have valued your contributions to Tucker Hockey over the years...much appreciated! I look forward to many fun times on the ice in the years ahead!

"Who dares to teach must never cease to learn."

~ John Cotton Dana



The Merits of One-on-One Coaching

Throughout the year, there are many group hockey development programs to choose from: power skating, player development, checking, 3 on 3 and conditioning camps etc.

However, if a player is serious about reaching his or her short and long term hockey goals, they must consider one – one coaching.

Top 10 - Advantages of 1 on 1 Coaching

1. More personable – players receive much closer attention from the coach
2. Coach connects better with each individual player
3. Able to provide a proper assessment of a player's skills
4. Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting
5. Customized on – ice programs to suit skill needs and overall abilities
6. More hands on approach - input from parents / players welcomed
7. More effective way to bridge the skill gap - improve skills quicker / maximize every skate session
8. Times and dates determined by parents / players - better suited to your busy schedule (before and after school)
9. Enhance hockey skills as well as life skills, self confidence and self esteem
10. Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker!

Benefits Outweigh Costs

Concerns often addressed such as:

- Programs are more expensive than group programs but the benefits outweigh the costs if a player / parents 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 expenses.
- Guaranteed improvements and enjoyment – instill the love of the game!

Tucker Hockey - Provides Proven One on One Coaching Results

Please call Rex Tucker at 403 - 244 -5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures, visit our web – site at www.tuckerhockey.com for more information as well.

One-on-One Testimonial

"My son started hockey.... at age 11. Before Tucker Hockey he could barely stand up - stopping, turning and skating backwards were pretty much non-existent, and as parents we were worried how he would fit in as a "late bloomer". But the one-on-one sessions he attended with Rex were one of the best opportunities I could give my son - Rex was patient, considerate and so thorough I thought I could skate after just listening to him coach! Rex's own love of the game shows through in his patience, his endless optimism and his ability to build self-confidence and improve skills. My son was recognized by his coaches as being one of the most improved players that they expect will move up at least a division or two..... I truly believe that Tucker Hockey deserves credit for the growth and development we (and his coaches) saw over this hockey season.

Many thanks Rex! "

- Cathy, Mother to Kyle

One-on-One Testimonial

"A personal note of thanks for the exceptional work you did with my son... .. We saw tremendous growth and progress in his hockey abilities - and so did his team! The individual work and attention that you provided to him and his two team mates in your small group one-on-one coaching provided building blocks of skills and self-confidence development that he will carry forward with him."

- Trevor Wannop, Father to Spencer

Triplets (Cont'd from 4)

So they play on the same team: which team and level?

They are 8 years old, second year Novice. Play on the Southland Novice 1 team.

How do you tell them a part on the ice?

They do have different skating styles.... Having said that though, Will and Jordan are quite similar. We did purposefully choose different colour laces which helps identify the kids on the ice.

How do you tell them apart off the ice?

"We can tell them from their front...but often not from behind. It's really the time we have spent together over the years. Their personalities really are truly unique. We are careful of their own identity... They are not attached at the hip".

How are their personalities so different?

"While they look a like, interests are the same" Jennie says
"At this age they are influenced a lot by their Dad. Jack is more

like his Father. Outgoing, smiling all the time, very sociable, likes to tell jokes, plays guitar. Will is more analytical, slower in making decisions, very detailed, a creative thinker, puts a lot of thought into things and therefore can be stubborn. Jordan is a very thoughtful person, likes to please, can be self effacing – hard on himself, artistic – likes to draw".

Do relatives and friends tell them apart?

"If they spend a great deal of time around the boys" says Jennie. "My parents who live in Ontario only see them once a year so they still have trouble identifying their grandsons".

How do the coaches deal with the Novice boys?

"Only after they have all their gear on...and once they've been given a position/line for the session and of course the name tag on the front of their helmet helps" says Mike.

Do the kids play any tricks on you?

"No, they know better....since pre-school they have been in the same class. Every year more and more people can differentiate them. Jack tried to trick their teacher once in school...he does know not to try that again" says Jennie.

Why hockey?

Mike said "We didn't push them into hockey. When they were between 2 and 3 years old I got laid off from work and played Mr. Mom for about a year. We would visit the Southland Leisure Centre to go swimming. The boys would see the kids practicing on the ice. The boys were interested in seeing the coaches teach the players. Our son Will would emulate the coaches back at home. I think at the age of 3 they knew what they wanted to do. One mother's day we had some pottery mugs done. Jordan's mug said "Mom", the other mugs said "I am a goalie Mommy!". He had the passion from the get go. They lead with their interest in hockey and as parents we try to give them every opportunity! We enrolled them in the Southland mighty mites between the ages of 3 – 4."

What positions do they wish to play?

They are still at the level....Novice level.... where they are still rotating goalies....everyone gets an opportunity to play goal. However, Jack likes to play Center, and both Jordan and Will want to be goalies. We will miss watching them play on the same forward line – it's truly amazing to see how

cont p. 37

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A Game for Life (cont'd from 5)

I figured, if I hit that stick, I'm never going to live it down. The relief I felt when the puck went in ranks pretty high. Later on, in the dressing room, the goalie told me I took so long he wasn't going to be able to hold his stick up much longer.

After a couple of weeks I realized that I have to be more aware of safety. After one of my shots caught one player on the thigh, and another the goalie on the side of his mask, I am working at keeping the puck down. I may be able to skate hard, but I don't have the reflexes or the agility I had when I was a kid. I haven't hurt anybody, but at least once every game two players from the same team collide. We don't get up so fast anymore. Some of our joints creak, we're getting arthritic where we've broken bones. Everyone wears helmets, but not everyone wears a visor or a cage, which surprises me, but it means I have to be careful.

What has kept me in the game is skating. I can forecheck and pressure the puck carrier, force the occasional turnover, and participate in the offensive plays. If I hadn't the ability to skate, I wouldn't be in the play, and I wouldn't spend much time with the puck.

I have started to pick up my game; my hockey skills are improving, I'm reading the play better, getting myself in position, picking off the odd pass, making a play or two, the occasional deke. I'm never going to approach the skill level of some of the players out there, but I skate a lot, and I have a good time.

The guys on the ice come from most walks of life. Everyone is there to enjoy the game. We all love the game. The average age is somewhere around sixty. Hockey is a game for life.



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"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 training."

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

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 will 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

KIDS SPORTS WORD SEARCH

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A Little Humor For Parents

If there's one thing parents deserve, it's a
 good laugh every now and then!
 Here are a few quotes to make you smile!
 Enjoy!

Children are a great comfort in your old age --
 and they help you reach it faster, too.

~ Lionel Kauffman

Pretty much all the honest truth telling there
 is in the world is done by children.

~ Oliver Wendell Holmes

Your sons weren't made to like you. That's
 what grandchildren are for.

~ Jane Smiley

The best way to keep children home is to make
 the home atmosphere pleasant--and let the air
 out of the tires.

~ Dorothy Parker

I wish to thank my parents for making it all
 possible...and I wish to thank my children for
 making it necessary.

~ Victor Borge

Yucky Hockey

(cont'd from 3)

foremost about the kids and their enjoyment from our game!

I am sure you can add a few more yucky examples to the list!

For more information about RESPECT in hockey initiatives, please contact your local minor hockey association or the Hockey Calgary head office at 403 – 245 – 5773 or visit their website www.hockeycalgary.com

Let's work together to rid the game of: "Yucky Hockey". Shared respect within the game of hockey requires good cooperation between all the major stakeholders – players, parents, coaches, officials and facilities. Shared respect will ensure that hockey will continue to be the greatest game on earth. Everyone should be shown RESPECT!

Editor's Note – Background on the Article:

The idea to write a "Yucky Hockey" article came to Coach Rex at a downtown drugstore. While waiting patiently in my chair for a prescription to be filled, I noticed a poster on the wall – illustrating kids taking their medicine. The poster indicated the taste can be yucky! The promotion talked about food coloring flavors such as raspberry, grape etc to make the medicine for kids – more palatable. So I thought how can I relate this to the game of hockey? As hockey coaches, managers, officials, organizers, parents and fellow players, I feel it is our responsibility within the

game - to try and make the game better each day, season and year. To avoid yucky experiences and incidents, and to help instill the love of the game in our youth so they will stay in the game, learn valuable life skills as well as hockey skills and become good contributing members of society. Respect is critical. It should be shown towards everyone involved in the game. Remember the golden rule – do unto others as you would want them to do on to you. Unfortunately, our society forgets the wisdom of this rule. Plain and simple - if people don't show respect they should not be allowed in our local arenas!

Views on this matter are kindly welcomed - please send emails titled "Letters to the Editor" to: programs@tuckerhockey.com.



HOCKEY HUMOR



Triplets (Cont'd from 34)

they know where each is on the ice. It's like a sixth sense out there! The sum is greater than their parts!

Hockey is an expensive sport – what's it like to have three 8 year olds playing the game?

Mike says "Yes, when you have older sons you can pass equipment down the line. We buy used equipment – Sportswap was great prior to their closure. We have to get creative. Last Summer Hockey Experts were giving out \$200 gift certificates to the first 20 customers to arrive in full gear... a special one day promotion. So we took the motor home parked outside the store all night... until the store opened that morning. Played street hockey until 1am, watched hockey games on my Laptop etc. Had a blast and collected 4 - \$200 gift certificates... total of \$800.

cont p. 38

Triplets (Cont'd from 37)

We watch for specials on certain websites like goaliemonkey.com and hockeymonkey.com where we can purchase a helmet for \$69 regular price \$250. We purchase a 10 session gift card at World Pro – we learn new goalie drills and skills.... practice on our own and later come back again to learn and do more....also rent scrimmage ice in the Summer and get the kids some inexpensive hockey camp time. Having 3 boys in a classroom or on a hockey team we are 15 – 20 percent of the group...so if there's a fundraiser requiring \$100 per kid as a family we try to raise \$500... always try to do a little extra”!

What is a typical hockey weekend day like?

Mike says”It can get pretty hectic – crazy...the grandparents are a big help!...likely the boys are all on the same team//.. as they advance through minor hockey it will probably get a little more complicated”.

It must be quite challenging parenting the boys?

I operate my own business in Canmore, The Oak Barrel – a beer, wine and spirits store and Jennie works for

GlaxoSmithKline, a pharmaceutical company. Mike said he creates the ‘busyness’ and his wife Jennie is the organizer... keeping everything together. Each of the boys require and need individual attention... they have a high energy level but we are usually up for the challenge. The boys can remember all kinds of hockey stats and facts but have to be reminded to take a back pack to school! Like everyone we experience the odd bad day!” laughs Mike.

Future for the boys in hockey?

Jennie says as parents we want to support the boys in whatever they express an interest in... currently, Will and Jordan talk about the days when they will be in the WHL and the NHL... while Jack wants to play guitar in a band! It will be interesting but never boring as they grow into their teenage years amuses Mike... who knows they may loose their interest in hockey and take up other activities.

Editor’s Note:

Thanks Jennie and Mike for taking the time out of your busy family and work schedule to share your thoughts and insights about raising triplets in minor hockey with Hockey Zones Newsletter.

Jennie and Mike are two very dedicated, supportive and loving parents. In order to continue to spend more quality time with her family as the boy’s interests grew, Jennie learned to ski at the tender age of 40. Mike’s commitment to his three sons and their love of hockey can be summed up when he said to me. “ Rex, I am a Calgary Flames season ticketholder, but if I had to make a choice between attending a Flames game or watching my sons’ hockey practice....it’s an easy choice for me....I’ll take their practice !”

Best wishes to the Meinhardts - a unique hockey family - on their raising a family and hockey journeys!



NOW HIRING



TUCKER HOCKEY IS HIRING ENTHUSIASTIC AND PASSIONATE PART-TIME INSTRUCTORS FOR YEAR ROUND HOCKEY PROGRAMS

QUALIFICATIONS:

- POWER SKATING BACKGROUND
- NCCP CERTIFICATION PREFERRED
- PLAYED MIDGET AAA, JUNIOR A LEVEL HOCKEY OR ABOVE

PERSONAL TRAITS:

- PASSION AND LOVE FOR THE GAME OF HOCKEY
 - STRONG TEACHING SKILLS
 - EXCELLENT PEOPLE SKILLS
- WILLINGNESS TO LEARN - THE “TUCKER HOCKEY WAY”
 - FLEXIBLE AVAILABILITY
 - OWN TRANSPORTATION

EMAIL DETAILED HOCKEY RESUME TO
PROGRAMS@TUCKERHOCKEY.COM

ONLY THOSE SELECTED FOR INTERVIEWS WILL BE CONTACTED. THANK YOU, IN ADVANCE, FOR YOUR INTEREST IN TUCKER HOCKEY.

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

Since 2004, Tucker Hockey has offered over 40 free programs to various Minor and Adult Hockey Players. Giving back more than \$10,000.

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

Danny Cammack had many of the passions 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".

Adult Recipients

Winter 2009 - Perry Kirschner
Spring 2009 - Paul Valentine
Summer 2009 - Aslaug Woelstad
Fall 2009 - Tom O'Sullivan
Winter 2010 - Len Moriarity

You Could Win!

Be eligible to win the Danny Cammack Memorial Award, you must be an avid hockey player 13 years 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

Congratulations to Scholarship Recipients

Christmas 2008 - Teegan Anderson

Spring/Summer 2009 - Zach Frena

Fall 2009 - Ryan Ries

Christmas 2009 - Quincy Running Rabbit

Thank you everyone who entered -

with the high calibre of entries it was difficult to select just one winner!

Why I Love Hockey!

I am 13 years old and play for the PSA in the Bantam category.

I have been playing hockey since I was 6 years old, thanks to my grandparent's support.

The reason why I like playing hockey is because I believe it keeps our body in condition, keeps me active, and is something to look forward to. I meet new people each year.

I believe that hockey will give me skills throughout my trials of life.

My role model hockey players are Jerome Iginla, Dion Phanuef and Alex Ovechkin.

~ Quincy Running Rabbit

What They're Saying About Tucker Hockey

"Rex has an incredible passion and dedication for hockey, and his primary thrust is to help people who want to learn the game, no matter how old they are. And he goes about quietly and without fanfare."

- Tom Renney, Associate Coach - Edmonton Oilers

"We have tried other programs... and while each had some benefit (i.e. 3-on-3 was great for puck control and confidence!) none compared to your programs from a skating development and professional perspective."

- Bruce Lavoie, Minor Hockey Parent

"I equate a session with Rex to be equivalent to 3 minor team practices. So what it does for the kids, they go out there, you see them at the beginning of the year skating with their pals and by the end of the year they've improved so much all the other guys are trying to keep up with them all of the time. I think that what they get from Tucker Hockey is an infectious love of the game and skating because Rex just loves hockey so much that it brushes off on the kids. They come out of Rex Tucker skating well and playing hard and professing their love of hockey. And I think some of that comes from Rex just because of his attitude and how excited he is about it. It rubs off on the kids and you can't get enough of that".

- Trevor Wannop, Minor Hockey Parent

"Brendan just finished the 7 to 9 year-old power skating group. He loved it and I thought his skating really improved... the classes were well organized with a great variety of drills and fun drills for the kids too, no wasted time and the instructor to student ratio was great! All in all a great job by Tucker Hockey!"

- Murray Cotton, Minor Hockey Parent

"The very best thing was the encouragement. When I started with Rex I wasn't a very good skater and I found all the time I was encouraged to develop. I had had 2 or 3 positive comments and... instructed at a level I could deal with to move me up a notch. So rather than being bombarded with all of the things I needed to know... skating wise I was able to progress notch by notch and feel real comfortable all the time I was doing it. And Rex was able and his instructors were able to get that across to us, to everybody, individually while we were on the ice....."

- Nick Portman, Adult Rec. Participant

"Rex Tucker is a dedicated coach and teacher of hockey. He has dedicated his life to the game and like all good hockey people is always learning and sharing his knowledge to help others and make the game better."

- Wally Kozak, Consultant, Development - Canadian Women's National Teams

"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... Rex is very passionate about the game and he cares about the players that he gets out. I think he's been awesome... I have to say I improved dramatically. I learned a lot of little things to get a step 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..... Thanks for your help Rexy !!"

- Mark Bomersback, Semi-Pro Hockey Player

"Rex, last year you gave my son Tim Woolley (from England) some 1 -2 -1 hockey lessons. This year he made his rec team Coventry ...in his first game he scored and got "man of the match". You have given him so much. Do you realize the effect you can have?... You've helped him with confidence, fitness, communication and other things... thank you!"

- Andrew Woolley, Father of Tim