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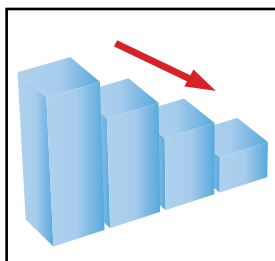
Winter

2012

For the LOVE of the GAME!

Hockey Zones

Tucker Hockey's Official Newsletter - Reinforcing Hockey's Positives to ALL ages!



The Minor Hockey Dilemma

Esso Minor Hockey week will run from January 13th to January 21st, 2012. It is recognized as the largest ice hockey tournament in the world. The tournament has brought Calgary teams together for 40 years and this year will be Esso's 32nd year as title sponsor. The tournament is prestigious in the minds of so many Canadian kids. It's a chance for players from novice to midget levels to get together for fun and competition. No event of this size could run smoothly without a dedicated group of volunteers, parents, officials and players. So hats off to the countless number of volunteers each year who provide the kids in Calgary and across Canada with the opportunity to play.

The Situation:

Esso Minor Hockey week is just one example of how hockey is such a prominent part of the Canadian identity. However, the state of Canadian minor hockey as we know it today may look quite different in the next decade or so. Hockey Canada's membership peaked in 2008-09 when it hit 585,000 registered players. However,

enrolment is dropping by a little more than 1% a year, or 8,000 players, on the average, per year. The myth is that most Canadian boys play hockey, however, the reality is that the numbers are falling. Only 15.7%, or 1 in 6.4 boys, actually play the game in Canada. If the trend of young males deciding not to play hockey continues, the numbers are expected to lower to about 360,000 in 2021. On the opposite side, there's been a boom in female hockey, but the numbers do not make up for the decline in male participation. That trend could have a serious impact on Canada's international male dominance of the sport in the future.

The Issues:

Here are some of the major reasons behind the predicted minor hockey registration dilemma:

- The increasing costs of participation each year, especially player registrations and hockey equipment. Individual player registrations range from a low of \$400 at the Initiation level to a high of \$3,500+ at the

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Look Inside for
More Great Sports Tips

"Everyone here has the sense that right now is one of those moments when we are influencing the future."

~ Steve Jobs

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

- 20 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

Hockey Dilemma

(Cont'd from Cover)

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Midget AAA level. Also, depending on the minor hockey association parents may be required to work bingos, casino nights, help conduct bottle drives, sell raffle tickets and / or yearbook advertising, purchase team apparel, participate in local and out of town tournaments or acquire additional practice ice times for the team. These additional fundraising activities require extra time and effort throughout the season or a cash call i.e. write a cheque to the team for additional funds in the neighbourhood of \$300 to \$1,000+. To suit a player in full equipment can range from \$1,000 to \$2,000 depending on the age and size of the player. For goalies, the cost is much higher.

- The perception of hockey as an increasingly violent sport in the public's eye. Hockey is portrayed as a violent sport based primarily on the contact aspect, otherwise known as checking. With an

increase of player concussions and enhanced media coverage this only magnifies the violent perception and issue within our game. This violence is enhanced and glorified in video games.

- We are living in an ever changing society where other sports, digital gadgets, youthful pressures from schools and part – time jobs take precedence over the game of hockey.
- A staggering and uncertain economy in parts of Canada has had a major effect on families' disposable income, to the point where many parents especially single parent households have had to make tough choices regarding their families' recreational activities.
- Minor hockey is dying in many small Canadian towns. As more and more families leave small towns to pursue job opportunities in urban centres, the population continues to

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Next Issue Spring/Summer 2012 Features

- Instructor Profile - Ron Wong
- Hockey from a Czech Republic Perspective - Part II
- Kids Hockey Advancement Society Poker Tournament
- Calgary Flames End of Season Report

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2012 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 View From the Pressbox

Flames Mid-Season Review

Predators, game No: 40 of the 82 game regular schedule and lost 5 to 3.

At the midpoint of this season, the Flames were positioned 4th in the North West Division and 12th in the Western Conference.

Looking back at the Calgary Flames season, so far, here are a few observations with some accompanying stats.

Highlights:

- The renewed play from Olli Jokinen, who lead the team with 32 points and second in shots on goal with 117.
- Jarome Iginla was finally playing up his strengths – keeping his feet moving, battling for the puck and shooting more. Iginla with 15 goals and 16 assists for 31 points was back to nearly a point per game and lead the team with 128 shots.
- Closing in on 500 goals – the best Flame ever. Iginla will score 35 - 40 goals again even after another one of his slow starts.
- The Calgary defence especially Giordano, Bouwmeester, Brodie and Smith have shown more offensive play which the team desperately needs.
- Secondary scoring from Curtis Glencross – 15 goals and Rene Bourque – 13 goals. Both players could be 30 plus scorers in the league with a little more consistent effort from shift to shift.
- The youth movement and rising contributions to the team from Roman Horak, T J Brodie, Blake Comeau, and Paul Byron.

Lowlights:

- The Flames are one of the oldest and slowest skating teams in the NHL. Another very slow start to the season did not help their playoff chances.
- Matt Stajan with 1 goal this season playing as the No:

4 center has been a disappointment with his heavy 3 million dollar contract per season.

- There were high expectations for Michael Backlund this season but an early injury and a slow start have hurt. Not a Number 1 center yet.
- The hardest worker Tim Jackman has also the worst plus minus on the team at -10.
- The Flames 2.77 goals against - average was 19th best in the league.
- Man games lost due to injuries from key players such as Moss(25 games),Giordano (17 games),Tanguay (5 games) respectively have hurt.
- The Flames power play was 19th 17.3 % at 23 goals on 133 chances. The penalty kill was 13th - 23 goals against on 140 chances for 83.6%.
- The team has had trouble scoring goals (24th overall) especially at critical times in a game. The club's longest winning streaks were two – 4 gamers respectively.

Summary:

How far will the Flames go this season? This writer believes the Calgary Flames are in a dogfight again to make the playoffs. As of January 1st, 2012 they were 3 points behind for the last playoff spot in the Western Conference. The margin between winning and losing can be a very fine line on any given night in today's NHL. The hockey club needs to play a stronger team game from start to finish. Calgary's top 6 forwards might be the weakest in the league so everyone on the team must contribute not just a few of the top elite players. When the Flames play a skating, up tempo and puck pressure team game they can be competitive with any club in the league and future victories are possible. If the Flames do not make the playoffs which seems to be the case this season, will the general manager, Jay Feaster – keep tweaking the team, make some major trades, dismiss the coaching staff and /or blow up the team with a major rebuilding plan etc.? Feaster is a very cerebral and patient man but like many of the loyal Calgary Flames fans his patience may run out if the team fails to make the playoffs for the 3rd year in a row! Stay tuned it will be an interesting second half of the season on and off the ice for Calgary in 2012!

Calgary Flames 2012 Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Thurs. Jan 5, 2012	Flames	Bruins	5:00 PM	SNET - West
Sat. Jan 7, 2012	Wild	Flames	8:00 PM	CBC
Tues. Jan 10, 2012	Devils	Flames	7:30 PM	SNET - West
Thurs. Jan 12, 2012	Ducks	Flames	7:30 PM	SNET - West
Sat. Jan 14, 2012	Kings	Flames	8:00 PM	CBC
Tues. Jan 17, 2012	Flames	Sharks	8:30 PM	SNET - West
Thurs. Jan 19, 2012	Flames	Kings	8:30 PM	SNET - West
Sat. Jan 21, 2012	Flames	Oilers	8:00 PM	CBC
Tues. Jan 24, 2012	Sharks	Flames	7:00 PM	SNET - Calgary
Tues. Jan 31, 2012	Red Wings	Flames	7:00 PM	SNET - Calgary
Fri. Feb 3, 2012	Blackhawks	Flames	7:00 PM	TSN
Mon. Feb 6, 2012	Flames	Ducks	8:00 PM	SNET - West
Wed. Feb 8, 2012	Flames	Sharks	8:00 PM	TSN
Thurs. Feb 9, 2012	Flames	Coyotes	7:00 PM	SNET - West
Sat. Feb 11, 2012	Canucks	Flames	8:00 PM	CBC
Tues. Feb 14, 2012	Maple Leafs	Flames	7:00 PM	SNET - West
Thurs. Feb 16, 2012	Flames	Stars	6:30 PM	TSN
Sat. Feb 18, 2012	Flames	Kings	8:00 PM	CBC
Tues. Feb 21, 2012	Oilers	Flames	7:00 PM	SNET - West
Thurs. Feb 23, 2012	Coyotes	Flames	7:00 PM	SNET - Calgary
Sat. Feb 25, 2012	Flyers	Flames	8:00 PM	CBC
Mon. Feb 27, 2012	Blues	Flames	7:00 PM	TSN
Thurs. Mar 1, 2012	Flames	Coyotes	7:00 PM	SNET - West
Fri. Mar 2, 2012	Flames	Ducks	8:00 PM	SNET - West
Sun. Mar 4, 2012	Stars	Flames	4:00 PM	SNET - West
Tues. Mar 6, 2012	Canadiens	Flames	7:00 PM	SNET - West
Fri. Mar 9, 2012	Jets	Flames	7:00 PM	SNET - West
Sun. Mar 11, 2012	Flames	Wild	4:00 PM	SNET - West
Tues. Mar 13, 2012	Sharks	Flames	7:30 PM	TSN
Thurs. Mar 15, 2012	Coyotes	Flames	6:00 PM	SNET - West
Fri. Mar 16, 2012	Flames	Oilers	7:30 PM	TBD
Sun. Mar 18, 2012	Blue Jackets	Flames	6:00 PM	SNET - Calgary
Tues. Mar 20, 2012	Flames	Avalanche	7:00 PM	SNET - West
Thurs. Mar 22, 2012	Flames	Wild	6:00 PM	SNET - West
Sat. Mar 24, 2012	Flames	Stars	12:00 PM	SNET - West
Mon. Mar 26, 2012	Stars	Flames	7:00 PM	SNET - West
Wed. Mar 28, 2012	Kings	Flames	7:30 PM	SNET - West
Fri. Mar 30, 2012	Avalanche	Flames	7:00 PM	SNET - Calgary
Sat. Mar 31, 2012	Flames	Canucks	8:00 PM	CBC
Thurs. Apr 5, 2012	Canucks	Flames	7:00 PM	SNET - Calgary
Sat. Apr 7, 2012	Ducks	Flames	2:00 PM	SNET - West

The Hockey Professor

Lawrence Grassi 1890-1980

Master Trail Blazer

"He sought new paths, made rough places smooth, pointed the way to higher levels and loftier achievements."

My buddy Wally Kozak and I were hiking in Kananaskis Park in the Rocky Mountains of Alberta, Canada, when we came upon this plaque dedicated to Lawrence Grassi, a mountain explorer of the last century who had discovered and trail blazed this part of the beautiful Canadian Rockies.

Four years earlier, Wally had a major heart attack while working on the ice with Prospects of the Womens National Hockey Team. After he was taken to the hospital and checked out, he was given a 2% chance to survive.

As we hiked up the Mountain, Wally told me that this was something he thought would never happen as he was going through an extensive rehab period. Wally, however, is no ordinary human being and is not satisfied with mediocrity. He has huge dreams, and much like Lawrence Grassi, he is a "Trail Blazer".

Wally, in the opinion of many of the world's top Hockey People, is one of the Best "Hockey Minds" in the sport of hockey. He played a large part in the success of the Canadian Womens Program when they won olympic gold medals and world championship rings. He also played with the Mens National Team and coached in Japan as well.

Wally has devoted his life to teaching young people as a high school physical Educator and coach in many sports. He wants to spend the remainder of his life helping young people and coaches better understand the sport of hockey and life in general. To give an idea of the degree of his energy and commitment, the Saturday prior to the writing of this, Wally spent most of the day on the ice and in the classroom with coaches, and in the evening we attended a Midget Boys hockey game.

The following week, Wally took me to visit a 26 year old young man in a wheel chair who was involved in a motorcycle accident and was brain damaged, and was struggling with his recovery . I watched as Wally communicated with this former AAA hockey player and brilliant computer technician. I could see the love and respect he had for Wally and the only two words I heard him say with difficulty were "Crosby" and "Wally"; his eyes brightened up and a hint of a smile was evident as he pronounced the names of these two special

people. Wally later told me that he felt God had allowed him to live so he could help this young man recover his health. He figures it will take him five years and I believe that Wally, who had suffered brain damage himself and received five heart bypasses, will stick with this young man until he is well.

As Wally and I reached the top of that mountain and looked down on the beautiful Valley below, the thought came to me that, "Sometimes you have to climb a mountain to appreciate the beauty of the Valley."

As we struggle through the valleys of our time here on earth (whether in sport or everyday life), we sometimes fail to realize the importance of struggle in increasing our strength and general development. Sometimes we fail to take time to be thankful and to appreciate the beauty around us. We are not always aware of the strength we have gained from our struggles until we take time to climb a mountain and look down on the beauty of the valley. It is here that we begin to understand that it is in the Valleys that we grow and "become" the people we were meant to be.

Like Wally Kozak and Lawrence Grassie who have become "Trail Blazers" by giving of themselves and investing their lives in the lives of others ,to help make a better life for all of us, we too can make a difference. It may be in sport, at home, in school or where we work. The kindness we show to others may seem a small thing to us, but to someone in need it can make a world of difference.

Let it be our desire that a hundred years from now, someone will look back at our lives and say that like Wally Kozak and Lawrence Grassi "We sought new paths, made rough places smooth, pointed the way to higher places and loftier achievements" and made a positive difference in the lives of others.

Keep Dreaming BIG and Working hard - Allan Andrews

Allan Andrews Bio:

Allan Andrews B.P.E., B. ED.

Teacher, Coach, Mentor: Over 40 years

Level 5 Advanced Certificate from
Hockey Canada

Olympic Solidarity Certificate from
Stockholm, Sweden

Minor, High School & Junior Hockey
Coach

Currently Owner & Operator of Andrews
Hockey Growth Programs in P.E.I.

www.hockeygrowth.com





For the Betterment of the Game

Tucker Hockey Initiatives

The objective of this new section of Hockey Zones is to offer ways to improve our great game.

We encourage readers to gather their own thoughts – to speak up and let their opinions be heard! Letters to the editors are welcomed at programs@tuckerhockey.com.

The first installment of Tucker Hockey Initiatives will focus on the following discussion points.

1. Eliminate touch up icing at all levels of hockey

Over the years we have witnessed countless and unnecessary injuries when players race back and battle first to touch the puck either to cause or prevent an icing call. For the future safety of players and to eliminate unnecessary injuries at all levels of hockey, touch up icing needs to be banned. We just watched the 2012 World Junior Hockey Championships which rules automatic icing if a player from the opposing team shot the puck from his team's side of centre ice. It sure did not take away from the quality of tournament play!

2. Eliminate fighting at all levels of hockey

With the rising concern about head shots in hockey and the rapid increase to concussions, fighting needs to be eliminated at all levels of hockey. At the top levels of hockey – Olympics, World Cup of Hockey, World Hockey Championships, World Junior Hockey Championships and even the Stanley Cup Finals – there's no fighting! Why do we need fighting in the NHL regular season and at other hockey levels? It's a form of entertainment which is not necessary in today's hockey – safety first! A great hockey game does not need fighting. The on ice officials can police the game properly with the proper and necessary penalty calls when required in a game.

3. Emphasize skill development – not winning at the Novice levels

At the 7 to 8 age level, the main emphasize should be on developing skills. The fundamentals of skating, puck control, passing and shooting are the keys. Let the kids play 3 on 3 or 4 on 4. Avoid playing 5 on 5, teaching positional play

and focus less on keeping meaningless game scores at this very young age. Let the kids play, develop their skills, have fun and grow their love of the game! Let's encourage and help the kids stay playing our great game! The importance of winning and positional play can be taught and learned at the next age level i.e. Atom.

Yes, we welcome your opinions and thoughts on the above discussion points, email us at programs@tuckerhockey.com. Share your Hockey Stories! Tell us what you think! The "best" letter submitted to the editor will receive a hockey prize!

"In life take the road less traveled rather than the road always taken, if you take the road for yourself, when you die it ends, but if you travel the road to help others, your legacy will live on."

*As stated by
Mayor Claude Elliot Gander, Nfld
- 10th Anniversary of 9/11*

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Wally's Wisdom

Growing for Gold

Read and Act - The Foundation of Hockey Sense

Understanding the “thinking” principles that guide team play and knowing how to position as a unit (understanding the role/responsibility of all players in the unit) allows players to see the play and read whether they are 1st, 2nd or 3rd to a given situation. They read whether they need to pressure or stall /contain based on the kind of defensive support they have; they read the kind of offensive support their opponent has; they learn to read the kind of offensive options that are available to them based on what their teammates are doing in relation to what the opponent is doing.

Hockey Sense

Teaching the game using “*THINKING PRINCIPLES*” will assist coaches and players in executing Team Tactics and Team Play. This will encourage and support Creativity on offense and Adaptability on defense.

Practice it the Thinking Way

“...The most important part of the job takes place on the practice floor, not during the game. After a certain point you have to trust the players to translate into action what they have learned in practice. Your ultimate goal as a coach is to develop the ability in your athletes to perform independently in a game - to have the confidence to make the right decisions when they are on their own”

Taken from “Sacred Hoops”, Phil Jackson, 1995

“A good player knows where the puck is.... a great player knows where the puck is going.”

~ Wayne Gretzky

Ask yourself the following questions:

- Am I conducting my practices in a very direct manner, controlling all aspects of the training session or am I running them in a way that develops the ability of my athletes to perform independently?
- Are my athletes being challenged in a way similar to what they will face in competition?
- Is my athlete's feedback dependant? Are they waiting to be told what to do or do they think for themselves on the ice?

It is important that coaches use a combination of deliberate and random drills to develop complete players. Coaches traditionally use deliberate practice to master skills and tactics. In deliberate drills skills and tactics are repeated (practiced) in a set pattern. Players will pass or carry at designated points and they will shoot from specific locations. These types of drills are essential for skill mastery. Deliberate drills do not teach “hockey sense” or game timing as players do not have to read and act (they do not have to think). The only way to teach them how to think is to put them into game situations in practice. This will develop the decision making process and bring about Hockey Sense.

RANDOM practice develops skills and thinking – *DELIBERATE* practice develops skills.

Most Drills are done in a deliberate fashion. Players skate routes and complete passes at defined points, shooting at pre determined times. Minimal Thinking is involved. Random drills require players to think while doing the drill. Hockey sense is required. Turn your drills into thinking drills by making them more random or game like. Players will improve their skills and hockey sense executing their acquired skills and tactics in game like and competitive situations. Players will learn to decide quickly which tactics are needed by interpreting the cues. Random drills teach players to “figure it out” and make better decisions in a game.

Wally Kozak Bio:

Wally Kozak B.A. P.E., B. ED.

Teacher, Coach, Mentor: Over 20 years

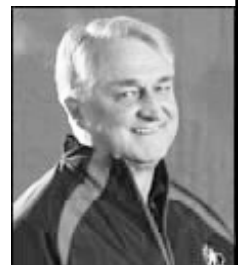
International, University, Major Junior and Minor Hockey.
High School Football, Wrestling and Track and Field.

Olympic Gold Medalist 2002.

Past Head Scout and manager of Player Development for Team Canada Women's program.

Author of numerous articles used in Hockey certification programs.

Chinook Hockey Consulting: Providing Leadership, Mentorship for Associations, Parents, Players and Coaches.





2012 IIHF World Junior Hockey Championship

How Swede it is!

The 2012 IIHF U20 Championship held in Calgary and Edmonton, Alberta was a world class hockey event. Hats off to the organizing committee and the many countless and dedicated volunteers who made it happen! Every year there's overwhelming interest in the World Juniors especially in Canada when rising junior age hockey stars chase the dream to win a gold medal for their country. Besides being a world class event off the ice, hockey fans experienced again some incredibly enthusiastic and competitive hockey on the ice! Personally, without a doubt the World Juniors provided the most entertaining hockey so far this season!

Going into the tournament expectations to win Gold were extremely high on home soil and with high expectations comes extreme pressure. It was extremely disappointing for all Canadian supporters when our team lost to Russia 6 to 5 in the semi finals. The Canadian players couldn't seem to establish their physical fore-check and cycling game, often showed a lack of discipline and received some unnecessary penalties. Overall, the Russian players had a higher individual skill set especially tournament M.V. P. and game breaker Yevgeni Kuznetsov (3 goals and 1 assist). Canada had many close scoring chances away - including a couple goal posts - from playing in the Gold medal game. The team showed great character, determination and will power to attempt a comeback from a 5 goal deficit but failed disappointingly short. So we had to settle for a Russia and Sweden Gold medal game. Most Canadians especially the fans at the Saddledome were cheering for the Swedes! What an entertaining final game! The Swedes outshot the Russians 58 to 17 and finally won in overtime 1 to 0. The country's first Gold medal in 31 years! How Swede it is for hockey!

Other Tournament Facts / Observations:

- This year's event smashed the previous Ottawa tournament attendance records.
- Estimated \$80 million boost to the local Alberta economies with dollars spent in hotels, restaurants, shopping centers and taxicabs etc.
- Early numbers predicted from the tournament's success indicate Hockey Canada will receive \$20 million in legacy dollars.
- Half of the funds – 50 % will be divided between. 1) Recruitment and retention – getting and keeping more kids in the game 2) Administrative – upgrading the

Hockey Canada registry and 3) Examine different ways to train coaches, officials, safety administrators and trainers.

- Of the remainder, 35 % will be distributed to the Canadian Hockey League and the remaining 15% will be divided between Hockey Alberta and the other 12 provincial hockey bodies.
- Last year's gold medal game held a record audience of 6.88 million viewers on TSN and RDS. Overall, 14.2 million viewers - half the country's population - watched the game at some point. Probably new records were set this year!
- Over 1200 dedicated volunteers between the dual cities of Calgary and Edmonton.
- Canada received its 26th medal since the national junior program was launched 30 years ago.
- Prior to this year's tournament, Canada participated in 10 straight gold medal games.
- Canada settled for a Bronze medal. However, it's our 14th straight year with a medal!
- Best quote – Czech, Petr Mrazek, Top goaltender of the tournament, excited with a 52 save performance defeated the U.S.A. 5 to 2 in the round robin. "Well I don't care about the U.S. team if they don't like my celebration. I think that was the best game I played in my life!"

Directorate Best Player Award Winners:

- Top Goaltender: Petr Mrazek (CZE)
- Top Defenceman: Brandon Gormley(CAN)
- Top Forward: Yevgeni Kuznetsov (RUS)

Media All-Star Team:

- G – Petr Mrazek (CZE)
- D – Brandon Gormley(CAN) D – Oscar Klefbom (SWE)
- F – Yevgeni Kuznetsov (RUS) F – Max Friberg (SWE)
F – Mikael Granlund (FIN)
- MVP - Yevgeni Kuznetsov (RUS)

Future WJHC Tournaments:

Russia will host in 2013 and Sweden in 2014. Canada will host the tourney in 2015, 2017, 2019, and 2021. Sure looking forward to next year with great anticipation. Who will take the Gold? The last 4 years it's been Canada, U.S.A., Russia and now Sweden! It's anyone's guess!



Coach Tuff's Corner

Forward Skating Stopping Progressions

Always stop facing the middle

That is: Counter-clockwise – right foot forward

Clockwise – left foot forward

Stop at as many lines as possible

That is: goal line, ringette line, blue line, red line, blue line, ringette line, goal line, etc.

I: Beginners

A:

- Snow plow stops at every line.
- Two foot glide before each line.
- Turn both toes in and slide to a stop. Keep knees bent and slide the inside edge of both feet.

B:

- Slide on inside edge of one foot only
(Counter clockwise – right foot, clockwise – left foot)

**** Recommend that you start with right – it is usually the strongest for most skaters.**

- Balance on both feet. Lift outside foot. Turn toe in and slide on the ice until stop is complete.
- Keep balancing leg – inside leg pointed straight ahead. Do not turn and face the middle yet. (Encourages hip flexibility)

C:

- Balance on both feet to each stop line. Turn down the line – still balancing on both feet. Then slide the front foot to come to a sliding stop.
(Practice turning both hips parallel to the line of direction)

D:

- Balance on both feet to each stop line. Slide front foot only to a stop (See B). Once stopped - turn and face the middle of the ice. Good balancing position before proceeding to the next stop line.

II: Novice

A:

- Balance on both before each stopping area.
- Jump from inside leg to the outside leg. Slide onto the outside leg to a stop. Finish in the proper balancing position.

B:

- Balance on both legs before each stopping area.

- Turn and face the middle. Unweight (Stand taller on skates). Slide to the stopping area then bend your knees to stop completely.

NB: Unweighting is important as you transition from forward skating to the slide and stop.

III: Advanced

A:

- Jump from right foot to right foot (moving counter-clockwise) and face the middle.
- Once stopped model a good balancing position before proceeding to the next stop area.
- Do not race. Assuming the correct balancing position and posture during the stop is critical for other skills: accelerating after stopping, taking a hit, giving a hit, passing, stick handling, shooting, etc.
- Some students believe that these drills are too easy and do not give enough focus to the details.

B:

- Slide as far as you can facing the middle. Feet shoulder width. Both toes pointing to the middle.
- How long a mark can you make on the ice? HINT: Once again stand tall – control your weight on the skate blades.
Repeat all as required.

**** Once again – especially for Novice and Advanced you can add pucks to the progressions at any time. Talk to Coach Rex about the puck handling skills required to do those drills properly.**

As you read – I find that it helps if you can visualize yourself or someone else doing the drill.

Bob Tuff Bio:

- University of North Dakota Graduate & Hockey Team Captain
- Professional Hockey Player in Austria
- Assistant Coach University of North Dakota, Calgary Wranglers Junior A Tier 2, Calgary Canucks Junior A Tier 2
- Minor Hockey Coach Hockey School Instructor – for 35 Years
- Vice President & Director North West Calgary Athletic Association – responsible for professional coach development
- Manitoba Hockey Hall of Fame



KHL – The Canadian Connection

What do the following five professional hockey players have in common: Mark Giordano, Chris Simon, Dustin Boyd, Jamie Lundmark and Byron Ritchie? All five have played regular NHL hockey for the Calgary Flames as well as for various teams in the KHL (Kontinental Hockey League) at some point in their careers.

Hockey players are one of the least known Canadian exports to Europe. According to the official web site of the KHL, there are 41 Canadian born players currently plying their trade in the 23 teams from five different countries that comprise the KHL. This number drops to 25 active roster players according to Wikipedia. The KHL site includes Kyle Wellwood and Ray Emery who are currently playing in the NHL. This only confirms that anything published in Russia officially should be taken with a grain of salt...

Numerous Canadian coaches have also worked across the KHL, people such as Dave King, Wayne Fleming, Mike Krushelnyski, Barry Smith and, of course, the late Brad McCrimmon.

Although Kontinental is actually spelled with a “C” in English, such was the decision at the time of its debut in 2008, in order not to confuse it with the already existing CHL. The adjective more than lives up to its meaning, as this league actually does cover two continents (Europe and Asia) and the geographic and logistical challenges posed to the players and staff are significant. The five countries involved are Russia, Belorussia, Kazakhstan, Latvia, and starting this year, Slovenia. Extensive flying across multiple time zones is an absolute necessity and the tragedy of the recent “Lokomotiv Yaroslavl” airplane crash will overshadow the hockey world for years.

In the future the KHL plans to expand to major markets in Western and Eastern Europe as well as Northern Asia (Japan, South Korea, China) with the goal of competing for best talent and eventual showdown with the NHL around the globe. KHL has already held regular season games outside of its five countries, namely in Finland, Sweden, Germany and the Czech Republic, but aggressive expansion plans will have to wait until the global financial problems get resolved. It can be argued that KHL is the second best professional hockey league in the world, after the NHL, although many

experts in Russia would argue this point. Most teams are currently well financed either through local regional governments or state or privately owned energy companies. The key prerequisite for stable financing is the presence of highly enthusiastic hockey fans in the senior levels of management either the government or the companies that sponsor various teams. In Russia, development of youth sports is a key objective of the federal government. This has resulted in the growing number of new indoor ice arenas opening across the country, better financing of the development of the coaching profession and efforts to market various sports.

There are currently 63,580 registered players in Russia, out of the total population of 139 million and 340 indoor rinks. By comparison, in Canada there are 572,411 players out of the population of 34 million and 2,486 indoor rinks. On per capita basis Canada leads Russia by the factor of 36 in number of players and by 30 in number of indoor rinks.

As long as the global energy prices stay high, the backers can be expected to continue with their financial support. Teams not sponsored by energy-related entities will continue to fail. Such was the fate of “Lada” Togliatti, a team that went bankrupt once the maker of the famous Soviet Lada cars that sponsored it went bankrupt.

Some of the more famous names to have played in the KHL include Jaromir Jagr, Sergey Fedorov, Alexei Kovalev. All three have won Stanley Cups in the prime of their careers

cont'd p. 33

Vadim Sapozhnikov Bio:

Born in Russia, lives in Calgary

U of C Comm. grad

Correspondent for “Sovetsky Sport”, a Russian daily sports newspaper that dates back to 1924, circulation of 200,000+

Vadim has covered the following for “Sovetsky Sport” since 2003:

- The NHL and the Calgary Flames
- 2004 Stanley Cup Final
- Hockey Canada events
- World Cup of Hockey
- IIHF World Championships
- FSU World Figure Skating Championships
- UEFA Soccer Champions League





Meet the Instructor

Jessica Kirstine

breaking pose that so many parents' of young skaters know. It's all so fun though.

What is your hockey background?

Growing up, I played a lot of ringette. My dad, Doug Conn, was my coach and I played out of Pense, Saskatchewan. He ran a Power skating school, which I helped him out with and he coached my brother and sisters. I ended up transitioning to hockey around Peewee and played with the boys and then eventually ladies' hockey. We were always at the rink as kids whether it was watching each other, watching dad ref or going to WHL games – for which dad scouted and coached. I went on to play for the U of S Huskies Women's team in CIS while working towards my degree. Since then, I have played women's hockey winning a provincial and Western Canadian Shield championship as the captain of the Grande Prairie Panthers. Now, playing hockey is a big part of my "me time" – it keeps me tied to my roots and what is important in my life. There's nothing better than stepping on the ice and going for a skate.

How has hockey influenced your life?

Hockey and ringette have been instrumental in my life. I have gained many skills through playing and coaching that I apply everyday in my work-life and everyday life – things like being a team player, respect for others, and the importance of keeping active. I'm living my dream, now, getting to watch my kids skate and having fun on the ice. It's an amazing feeling when I see their face light with a big smile behind their mask before they turn and zoom away from me down the ice. That's what it's about for me.

When and how did you initially get involved with Tucker Hockey?

I enrolled in Tucker Hockey in early 2010. My youngest was 4 months old and I was going a little stir crazy being off on maternity leave.

cont'd p. 37

Editor's note:

Recently, I had a good chat with Jessica Kirstine, Instructor for Tucker Hockey. Jessica has been a valuable member of the Tucker Hockey team for the past 2 years. She has helped teach power skating and hockey skills to various Minor and Adult groups. Here is a summary of our conversation.

Jessica, tell us a bit about yourself and your family.

I grew up in a small town - Grand Coulee, Saskatchewan - with two sisters and a brother. I graduated from the University of Saskatchewan with a degree in Chemical Engineering and moved to Alberta in 2001. I met my husband, Sebastian, in 2001 and we have three children – a son, Beckett (7), daughter Ayla (5) and daughter Riley (2).

What types of sports do you, your husband and your children participate in?

Growing up, I played everything – ringette, boy's hockey, broomball, tennis, track and field, volleyball, basketball – I love playing sports. My husband, Sebastian, was pretty much the same except he never played hockey. He has taken it up at the age of 36 and now, with the help of Tucker Hockey, he plays 2-3 times a week and has been pretty involved coaching our kids. Beckett is currently playing Novice in SHA and Ayla is in her first year of U7 Ringette in Bowview. I am coaching Ayla's ringette team and it has been an amazing experience working with these 5 and 6 year old girls. Riley, our two year old, is also convinced that she knows how to skate, so we're often on the ice in that back

I love my mother as the trees love water and sunshine - she helps me grow, prosper, and reach great heights.

~Terri Guillemets



Tucker Tips

How to improve a player's scoring ability?

How to increase a player's scoring ability and point totals is a common question at all levels of hockey. When analyzing the hockey skill set, the technical progression is developing skating, to puck control, to passing and to shooting. Skating is the most important hockey skill. With better skating skills a player's edges will improve. It will also enhance overall balance / ability to transfer weight, to stride with the puck and create a stronger foundation for better shooting and scoring opportunities. In addition, good puck control, passing skills and hockey sense are essential in executing effective offensive tactics which will enhance scoring chances in a game.

When thinking of shooting – use the following philosophy. If a player has a better shot, the player is more confident, with increased confidence more shots are taken in a game and therefore more goals being scored. Wayne Gretzky has said “You miss 100% of the shots you don't take”.

The natural shooting progressions are proper mechanics, accuracy, quick release, hardness / power and shooting under pressure / game situations. There are various types of shots - wrist, snap, slap, flip, backhand and one timer shooting. Each type of shot must be mastered from a stationary position first, then while moving and later under pressure / game situations. Brett Hull, one of the greatest goal scorers of all – time, practiced shooting 200 pucks each practice. Alexander Ovechkin is often at the top of the leader board each season with shots on goal and goals scored. However, he requires nearly 400 to 500 shots per season to score 50 goals!

For example, the accuracy of a player's wrist shot involves the following components: good control of the puck on the stick blade, the player's head is up, player's eyes are on the target, and the player points the stick blade towards the chosen target on follow through. At the minor hockey level, the wrist shot in stride is the most common shot. Whereas at the professional level it's the snap shot in stride. Next time you watch a game make a mental note of the most common shots taken – the game within the game!

Once a player has developed and become accomplished with

the various technical shot progressions, the next step is to learn, practice and incorporate more individual offensive tactics into their game. Offensive tactics provide a player with more options on the ice, a player will maintain position of the puck in the offensive zone and create more time and space for themselves. Finding and creating space are two skills that accomplished goal scorers such as Jarome Iginla have mastered. Offensive tactics include but are not limited to the following: Driving to the net / shooting in stride, deking, deflections, wrap - arounds, walk outs, delays, open up pivots, Russian stop ups, outside to inside cuts, inside to outside cuts, stagger and lateral moves etc. A good combination of technical shooting ability and individual offensive tactics provides a player with more tools in the tool box.

Sidney Crosby, the world's greatest hockey player, always keeps working on his game – face-offs, puck protection, scoring ability, and most recently his backhand shot. Sidney Crosby is extremely talented but no one works harder to improve on their game. Sid, we hope to see you again in the NHL working your on ice magic in the very near future! If a player wants to be a better scorer and /or a more complete player he or she must continue to work on their game.

A good technical hockey skills coach can help a player improve his or her offensive game. Remember if a player has a better shot, the player will be more confident in their shot, will take more shots on net, and with the increased volume of shots the player will score more goals! This is a simple rule in hockey to help develop and take a player's game to the next level!

**Employ your time in
improving yourself by
other men's writings so
that you shall come easily
by what others have
labored hard for.**

~Socrates

Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey World of Instruction

Since 1999, the spectrum of past participants 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)	
Midget A	
Bantam AAA	
Bantam AA	
Minor Hockey -	
Community	
Midget	
Bantam	
Bantam Girls	
Pee wee	
Pee wee Girls	
Atom	
Novice	
Tyke	

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 - TOP 10

WHY EXPERIENCE TUCKER HOCKEY?

BECAUSE YOU WANT TO...

1. LEARN MORE ABOUT THE GAME OF HOCKEY
2. IMPROVE YOUR SKATING AND HOCKEY SKILLS
3. IMPROVE YOUR FITNESS LEVEL
4. HAVE FUN ON THE ICE
5. FEEL A SENSE OF ACCOMPLISHMENT
6. IMPROVE YOUR SELF-ESTEEM
7. REDUCE YOUR STRESS LEVEL
8. MAKE NEW HOCKEY FRIENDSHIPS
9. GAIN A STEP UP ON YOUR HOCKEY PLAYING BUDDIES
10. DISCOVER THE **"PRICELESS"** BENEFITS OF PARTICIPATING IN ONE OF OUR YEAR – ROUND HOCKEY PROGRAMS



A TUCKER HOCKEY ENDORSEMENT

"The relationship between Rex and me began in the early '90's when Rex attended, as a player, my Chinook Elite Conditioning Camps for Professional and Junior players. I have been working with Rex Tucker and his Tucker Hockey staff for the past year as an on-ice Hockey Consultant. I have been observing and assisting Rex in mentoring his on-ice staff and refining his well-established programs.

The Tucker Hockey Programs are excellent for developing players. The focus on the technical skating skills of edge control, lateral movement, starting and striding, etc. creates a solid foundation for the development of all other hockey skills. I highly endorse the quality of the Tucker Hockey Way, through their complete technical power skating programs and instruction and am pleased to continue to participate in helping to bring the programs to a world class level."

Wally Kozak – Former Coach, Canadian Women's Gold Medal Olympic Hockey Team

Special Offer For Minor Hockey Teams, Coaches and Players

14th Annual

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

- **20 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 "World Class" Technical & Tactical Elite Power Skating Program

A Partnership of Tucker Hockey & Wally Kozak

Wally Kozak's coaching experience at all levels of hockey, including Olympic Hockey, offers added expertise and value to this new program level of power skating development. Wally's "tactical skating expertise" in the area of game situations and group tactics will augment Rex's specialized teaching in the area of technical power skating, to take players and their game to the next level. Working together their programs will enhance one another for the development of the "Complete Player".

Program Details

Rex Tucker - Technical Skating Head Instructor

Technical Components

Apply and improve skating skills to perform in game situations

- | | |
|---|---|
| • Extreme Forward & Backward Edge Control | • Backward Striding - Technique & Speed |
| • Foot Speed / Acceleration / Stopping | • Skating Agility & Mobility Drills |
| • Forward Striding - Technique & Speed | • Drill Progression - Without to With Pucks |
| • Forward & Backward Crossovers | |

Wally Kozak - Tactical Skating Head Instructor

Tactical Components

Game like tactical skating drills to test player's individual skills and hockey sense

Offensive tactical skating (allows players to make plays and create opportunities to score goals)

- Drive skating, evasive skating, puck protection, and deking
- 1 on 1, 2 on 1, 2 on 2 situations

Defensive tactical skating (allows players to learn when and how to pressure or contain)

- Playing 1 on 1 or odd man rushes



Skating with the Best!

Tucker Hockey Spring Group Program

Westside Rec Centre

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

Saturdays; April 14th to June 23rd -No Session May 19th

4:30 to 5:45 PM

\$499 Per Player

Register and Pay online at www.tuckerhockey.com
or call

Tucker Hockey at 403-998-5035

Get in Shape and Have Fun!

14th
Annual

Tucker Hockey

Programs that Deliver Results

Spring
2012

ADULT Recreational Programs

Level 1

Beginner/Intermediate

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

Group 1: Rose Kohn

****Ladies Only****

Saturdays, April 14th to June 23rd

12:00 to 1:15 PM

No session May 19th

\$439 New Participants/\$399 Past Participants

Group 2: Westside Rec Centre

Wednesdays, May 2nd to June 20th

7:00 to 8:00 AM

\$349 New Participants/\$319 Past Participants
(8 Sessions)

Group 3: Crowchild Twin Arenas

Wednesdays - No Session May 16th

April 11th & 18th - 9:15 to 10:30 PM

April 25th to June 20th - 8:45 to 10:00 PM
\$439 New Participants/\$399 Past Participants

Level 1.5

Intermediate

These programs will focus on the technical skills of skating, puck control, passing, 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: Optimist

Mondays, April 16th to June 25th

9:15 to 10:30 PM

No session May 21st

\$439 New Participants/\$399 Past Participants

Group 2: Westside Rec Centre

Saturdays, April 30th to June 23rd

4:30 to 5:45 PM

No session May 19th

\$349 New Participants/\$319 Past Participants
(8 Sessions)

Specialty Clinics

Shooting: Will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Stick Handling: Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Passing: Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

Controlled Scrimmage: Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

Crowchild Twin Arenas

Thursdays, No session May 17th

Shooting - April 12th: 8:45 - 10:00 PM

Stick Handling/Passing - April 19th: 9:00 - 10:15 PM

Shooting - April 26th: 10:30 - 11:45 PM

Stick Handling/Passing - May 3rd: 9:45 to 11:00 PM

Controlled Scrimmage - May 10th: 9:45 to 11:00 PM

Shooting - May 24th: 9:45 to 11:00 PM

Stick Handling/Passing - May 31st: 9:45 to 11:00 PM

Shooting - June 7th: 9:45 to 11:00 PM

Stick Handling/Passing - June 14th: 9:45 to 11:00 PM

Controlled Scrimmage - June 21st: 9:45 to 11:00 PM

\$439 New Participants/\$399 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

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



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!

Improve Your Hockey and Skating Skills!

Spring Super Power Skating Tucker Hockey

Programs that Deliver Results Hockey Skills and Development

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

Group 1: Ages 7 - 9

Saturdays, April 14th to June 23rd
Rose Kohn
8:15 to 9:15 AM
(May 19th)

\$399 New Participant / \$369 Past Participant
(Includes G.S.T. & Practice Jersey)

Group 2: Ages 10 -12+

Saturdays, April 14th to June 23rd
Rose Kohn
9:30 to 10:30 AM
(May 19th)

\$399 New Participant / \$369 Past Participant
(Includes G.S.T. & Practice Jersey)

Group 3: Ages 7 - 9

Saturdays, April 14th to June 23rd
Rose Kohn
1:30 to 2:30 PM
(May 19th)

\$399 New Participant / \$369 Past Participant
(Includes G.S.T. & Practice Jersey)

Only 25 Spots
Per Group!



TOP 5 REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
- Excellent player to instructor ratio; 5 to 1

Testimonial

Our son Brandt has dramatically improved his skating ability with each session he has attended. As his skills increase so does his confidence and love for the game. The instructors are excellent and great with the kids, nobody gets left behind, they work with each child individually until they understand and are able to complete each drill. Tucker Hockey will continue to be part of Brandt's development.

~ Mark Proctor, Minor Hockey Parent

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

Rex Tucker
Head Power Skating Instructor



Register Today - Programs Fill Fast!

Spring & Summer 2012



Tucker Hockey
Programs that Deliver Results



Elite

Power Skating/Conditioning Camp

This program is for players who are serious about taking their skating to the next 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

Rex Tucker
Head Power Skating
Instructor



**** Register Early - Spaces Fill Quickly! ****

Spring 2012

Group 1

Atom Div 1 & 2

Peewee Div 1 & 2

Saturdays; April 14th to June 23rd

Westside Rec Centre

6:00 to 7:00 PM

No Session May 19th

Group 2

Bantam Div 1, AA & AAA

Midget Div 1, A & AA

Saturdays; April 14th to June 23rd

Rose Kohn Arena

10:45 to 11:45 AM

No Session May 19th

\$439 New Participants / \$399 Past Participants

Summer 2012

Group 1

Peewee Div 1 & 2

Bantam Div 1, AA & AAA

Tuesday, August 7th to Saturday, August 11th

Max Bell # 2

7:30 to 8:45 PM

\$299 New Participants / \$279 Past Participants

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

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!

Special Summer Offer For Minor Hockey Players

**14th
Annual**

Tucker Hockey

Programs that Deliver Results

SUPER POWER SKATING

Hockey Skills Development:

Focusing on the technical skills of skating, puck control, passing, and shooting plus scrimmage.

Group 1: Ages 7-9

Monday, August 13th to Friday, August 17th
5:30 to 6:45 PM Rose Kohn

Group 2: Ages 10-12+

Monday, August 13th to Friday, August 17th
7:00 to 8:15 PM Rose Kohn

Group 3: Ages 7-9

Monday, August 20th to Friday, August 24th
5:30 to 6:45 PM Rose Kohn

Group 4: Ages 10-12+

Monday, August 20th to Friday, August 24th
7:00 to 8:15 PM Rose Kohn

Group 5: Ages 7-9

Monday, August 27th to Friday, August 31st
5:30 to 6:45 PM Rose Kohn

Group 6: Ages 10-12+

Monday, August 27th to Friday, August 31st
7:00 to 8:15 PM Rose Kohn

Shooting Clinic

Will cover the wrist shot, snap shot, slap shot, flip shot and back hand shot from both the stationary and moving situations, as well as one-timers and shooting under pressure.

Group 1: Ages 10-12+

Monday, August 27th to Friday, August 31st
8:30 to 9:45 PM Rose Kohn

\$279 New Participants / \$259 Past Participants

Register and Pay

online at

www.tuckerhockey.com or call

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



**Only 25
Spots!**

Testimonial

"Our son has shown a great improvement in his skating after taking the Tucker Hockey Power Skating sessions. The instructors all do a wonderful job, the kids work hard but are having so much fun they don't even notice. Our son is much more confident in his skating now which makes hockey more fun. Thank you Tucker Hockey!"

- Christy Campbell, Mother of Nixon

Exceptional Hockey Value!

Introduction to Checking Tucker Hockey

14th
Annual

Programs that Deliver Results

Only 20
Spots

Summer Checking Programs

Group 1: Ages 10 - 13+

Tuesday, August 7th to Saturday, August 11th
6:00 to 7:15 PM Max Bell #2

Safety First

**SAFETY
FIRST!**

\$279 New Participants / \$259 Past Participants
(Includes G.S.T. & Practice Jersey)

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 how to 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 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!

A "World Class" Technical & Tactical Elite Power Skating Program

A Partnership of Tucker Hockey & Wally Kozak

Wally Kozak's coaching experience at all levels of hockey, including Olympic Hockey, offers added expertise and value to this new program level of power skating development. Wally's "tactical skating expertise" in the area of game situations and group tactics will augment Rex's specialized teaching in the area of technical power skating, to take players and their game to the next level. Working together their programs will enhance one another for the development of the "Complete Player".

Program Details

Rex Tucker - Technical Skating Head Instructor

Technical Components

Apply and improve skating skills to perform in game situations

- | | |
|---|---|
| • Extreme Forward & Backward Edge Control | • Backward Striding - Technique & Speed |
| • Foot Speed / Acceleration / Stopping | • Skating Agility & Mobility Drills |
| • Forward Striding - Technique & Speed | • Drill Progression - Without to With Pucks |
| • Forward & Backward Crossovers | |

Wally Kozak - Tactical Skating Head Instructor

Tactical Components

Game like tactical skating drills to test player's individual skills and hockey sense

Offensive tactical skating (allows players to make plays and create opportunities to score goals)

- Drive skating, evasive skating, puck protection, and deking
- 1 on 1, 2 on 1, 2 on 2 situations

Defensive tactical skating (allows players to learn when and how to pressure or contain)

- Playing 1 on 1 or odd man rushes

Skating with the Best!

Tucker Hockey Summer Group Program

Max Bell # 2 Arena

Tuesday, August 7th to Saturday, August, 12th

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

9:00 to 10:15 PM

\$299 Per Player

Register and Pay online at www.tuckerhockey.com
or call

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

A Special Service to Minor Hockey Associations **Tucker Hockey**



Ways to Enhance Your Minor Hockey Programs, Coaching, and Player Skill Development.

1) Guest Instructors

We have been hired as Guest Instructors, working on individual team's scheduled practice times throughout the season, to operate customized power skating, checking and/or hockey skills development sessions.

3) Evaluations

Tucker Hockey has been contracted to assist Minor Hockey Associations with their September player evaluations. Minor Hockey Associations have retained Tucker Hockey mainly because we have no prior knowledge of the players we are evaluating, and therefore no pre-conceived notions about their abilities. Based on our hockey knowledge and experience, we enhance the player evaluation process with professionalism, fairness and integrity.

2) Customized Programs

Working with the Director of Hockey Development and/or Ice Allocation Co-ordinator to allocate extra ice sessions for individual teams or players who would like to experience additional professional power skating and hockey skills instruction over the course of their season.

4) Power Skating Mentoring Clinics for Minor Hockey Coaches

Designed to introduce proper power skating techniques and equip coaches with additional knowledge and teaching tools to develop players into better skaters. These clinics will ultimately benefit the players as well as the coaches.

Rex Tucker Director, B.Comm

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

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**14th
Annual**

Tucker Hockey

Programs that Deliver Results

Enhanced

Super Power Skating

Super Power Skating and Hockey Skills Development

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

**Only 15
Spots!**

Group 1: Ages 9 - 13+

Fridays, January 20th to March 23rd

6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 Past Participant

(Includes G.S.T.)



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
- Excellent player to instructor ratio - 5 to 1

Rex Tucker

Head Power
Skating Instructor

Register and Pay online at
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or call

Tucker Hockey at
403-998-5035

Testimonial

"The instruction was excellent. The coaches were very professional following a show do tell method of training. I enjoyed the fact that the instructors were patient with all the children and did not ever raise their voices. I encourage all young players I encounter to participate in the programs."

- Lawrence Rosen,
Minor Hockey Parent of Adam

Register Today - Programs Fill Fast!



Winter 2012

Tucker Hockey

Programs that Deliver Results



ADULT

RECREATIONAL PROGRAMS

Level 1

Beginner/Intermediate

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

(10 Sessions)

Group 1: Father David Bauer

Sundays, January 15th to March 18th

9:45 to 11:00 PM

\$439 New Participants/\$399 Past Participants

Group 2: George Blundun

Wednesdays, January 18th to March 21st

7:00 to 8:00 AM

\$439 New Participants/\$399 Past Participants

Group 3: Stu Peppard

****Ladies Only****

Wednesdays, January 18th to March 21st

12:15 to 1:15 PM

\$439 New Participants/\$399 Past Participants

Group 4: Optimist

(8 Sessions)

Tuesdays, January 31st to March 20th

10:15 to 11:30 PM

\$349 New Participants/\$319 Past Participants

Level 1.5

Intermediate

These programs will focus on the technical skills of skating, puck control, passing, 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: Optimist

Mondays, January 16th to March 26th

7:00 to 8:00 AM - No session Feb 20th

\$439 New Participants/\$399 Past Participants

Group 2: Stu Peppard

Fridays, January 20th to March 23rd

12:00 to 1:00 PM

\$439 New Participants/\$399 Past Participants

Great Buddy Referral Program!

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, regroups and defensive zone coverage, and scrimmage.

(10 Sessions)

Group 1: Henry Viney

Thursdays, January 19th to March 22nd

12:00 to 1:00 PM

\$439 New Participants/\$399 Past Participants

Specialty Clinics

Shooting: Will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Stick Handling: Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Passing: Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

Controlled Scrimmage: Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

Group 1: Henry Viney

Wednesdays; 10:15 to 11:30 PM

Shooting - February 1st

Stick Handling/Passing - February 8th

Shooting - February 15th

Controlled Scrimmage - February 22nd

Stick Handling/Passing February 29th

Shooting - March 7th

Stick Handling/Passing - March 14th

Controlled Scrimmage - March 21st

\$349 New Participants/\$319 Past Participants

**Register and Pay
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Tucker Hockey at
403-998-5035**

*** Drop In Fee: \$50/Session ****

Rex Tucker

Head Power
Skating Instructor



Improve Your Hockey and Skating Skills!

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 \$399 per player, includes 10 on ice sessions (based on 10 players)
 - b) Weekday after 4:00 pm and weekends (Prime Time)
 Only \$449 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

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Providing Opportunities To Play

Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 5th Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Personally, I am committed as well as other dedicated team members to contribute the volunteer time and effort as required to ensure the continuing success of the Society.

We look forward with great anticipation to this year's tournament, scheduled for **Wednesday September 12th, 2012**, at the Inglewood Golf and Curling Club.

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

The benefit 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.

Thanks in large part to continued loyalty from a tight community of donors, the Kids Hockey Advancement Society has continued to see strong fundraising dollars come in and with the addition of new partners last year, we've been able to maintain a high bar that we set for ourselves, even with an economy still struggling to recover.

In July of 2011, the Society raised \$15,000 to help children acquire hockey gear and register for organized hockey through KidSport of Calgary. An additional \$1,700 was directly donated by adopting "Tuck" the Bear, a Hand Carved Wooden Bear that sits comfortably in KidSport Calgary's Corporate Office as their Mascot. He was introduced last year and will continue to be adopted out each year, raising funds along the way!!

The goal in 2012 is to once again provide funds to KidSport of Calgary, while also personally funding individual children at the grassroots level in the community as well. The Society has once again set a high standard that we are committed to achieving, thus ensuring more deserving kids get the chance to participate in organized hockey.

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

Support the Society By:

- **Golfing** – register as an individual or as a foursome. Bring your clients, friends, fellow workers and anyone that may be interested in providing the opportunity for deserving kids to participate in organized hockey.
- **Being one of our valued sponsors** – such as a Day Sponsor, a Cart Sponsor, a Hole Sponsor, etc.
- **Donating tournament and live auction prizes**
- **Volunteering for the organizing committee or the day of the event**

Please call **Christyne Kavanagh (403) 998-5035** - Tournament Director if you have any questions regarding this year's golf tournament or if you require additional information.

Please get involved and feel good about giving back!

Rex Tucker
President, Tucker Hockey

Kids Hockey Advancement Society Fifth Annual Fundraising Golf Tournament

***Wednesday, September 12th, 2012
Inglewood Golf Club
19 Gosling Way S.E.***

*Register, Sponsor &
Pay online at
www.kids-hockey.ca*

**Only 80 Spots
Available!
Register Early
to Avoid
Disappointment!**

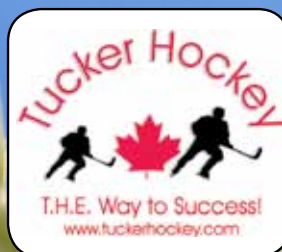
How You Can Help

- Participate with other hockey buddies - golf enthusiasts.
~ Individual entry fee \$229 includes:
 - ✦ Green Fees (18 Holes)
 - ✦ Power Cart
 - ✦ Full Use of short game facility and driving range
 - ✦ Prime Rib Buffet Dinner
- Be a Sponsor - Visit Our Website
- Donate Tournament & Live Auction Prizes

***Mission: To give all
deserving children the
chance to play organized
hockey - the nation's
greatest sport.***



So ALL Kids Can Play!



Contact Christyne Kavanagh - Tournament Director (403) 998-5035 for more information.



Calling All Girls!

Come See What You Are Missing

Did you know that there are 500 girls registered with Girls Hockey Calgary? Don't miss your opportunity to play exciting, fun and competitive hockey specifically for girls.

Benefits of playing Girls Hockey are:

- All-Female Teams from Novice to Junior levels
- Hockey Alberta Qualified Coaches
- Competitive Teams at all Skill Levels
- Skill Development
- Team Bonding
- Make New Friends
- Elite Teams for Bantam AAA and Midget AAA
- Tournaments and Hockey Alberta Provincials

Girls Hockey Calgary 403-278-9223
www.girlshockeycalgary.com

Girls Building Futures, One Goal at a Time.

Strength Training for Adult Hockey Players: Part 1

One of the most important pieces of the puzzle when improving your game is strength training. Whether competitive or recreational, those of us (me included) who play adult hockey need to target specific areas of the body in order to improve our game and have more fun on the ice. Why waste time catching your breath when you can take control of how you play the game that you love!

Let's break it down. We require roughly half of your energy for skating (squat position and striding) and a balance of upper body and core / trunk (armswing, shooting, etc.) as a direct compliment. Thus your training sessions will be roughly 50% towards lower body strength patterning and split the remaining 50% in half for upper body and core work. Assuming a 3-day training schedule and approximately 45 minutes per session, use the following: Monday – Program A, Wednesday – Program B, and Friday – Program A. Next week is the opposite: Monday – Program B, Wednesday – Program A, and Friday – Program B. Here's the detailed outline for our training regime:

	Program A	Program B
1) Strength A (2-3 sets of 6-8 reps at 104 tempo, rest for 30 seconds between exercises)	<ul style="list-style-type: none"> Squat One-arm Row Cable Hip Flexor 	<ul style="list-style-type: none"> Hamstring Curl Lat Pulldown (to chest) Deadlift
2) Strength B (2-3 sets of 10-12 reps at 102 tempo, rest for 30 seconds between exercises)	<ul style="list-style-type: none"> Backward Lunge One-arm Bench Press Standing Calf Raise 	<ul style="list-style-type: none"> Low Lunge Walk Military Press Roman Deadlift
3) Core & Conditioning (30 seconds conditioning then 30 seconds core, repeat for 3 sets each)	<ul style="list-style-type: none"> Stationary Bike Plank & Side Plank Hold 	<ul style="list-style-type: none"> Stationary Bike Crunch Seated Medicine Ball Twiest

Now that you're setup, start with the strong, "overdrive" muscle fibers in Strength A. They thrive on high resistance and a slower tempo (as seen above, the 104 is lifting for 1-second, holding for 0-seconds and lowering for 4-seconds) so push these muscles hard and you'll reap their full benefit! For Program A, remember to push your hips backwards when you **squat**, keep tall posture when you **row** and drive you knee high in front of you when you perform the **hip flexor**. In Program B, keep your toes pointed for the **hamstring curl**, keep tall posture when you **pulldown** and use your hips primarily during the **deadlift**.

Next, move to Strength B. Here you'll activate our more 'endurance-based' fibers using more repetitions and a faster lifting speed. Think 'strong until the end' with these exercises. Tips here for Program A are to use the hip muscles to lift you back up in the **lunge**, keep your body stable in

the **bench press** and use no momentum in the **calf raise**. Program B needs you to keep your hips low as you perform the **lunge walk**, have your palms face each other for the **military press** and maintain a small bend in your knees while doing the **roman deadlift**.

So you've made it through the 'heavy lifting'—great work. Now perform the Core and Conditioning Circuit. Perform 30 seconds of a moderate-to-high resistance bike ride and immediately follow it with 30 seconds of prone plank, in program A, then rest for 30 seconds. Repeat this two more times then start a new circuit with a similar bike and the side plank, using the same times. Although not our focus, this is a great way to add some hockey-specific conditioning into our strength program.

Barring this program is designed for a healthy adult player, any injuries you've sustained will likely require a modification to certain exercises. My advice is to consult a strength coach for your personalization needs. You'll also need to keep your training intensity—or how hard you're

working!--in check as you will need to rotate between each exercise quickly—just 30 seconds rest between them. This type of training density can be overwhelming if you're not ready for it so due keep your weights lower at first. Once you are comfortable with the style of training, you'll notice the biggest benefit—it will save you tonnes of time!

Stay tuned as the next Hockey Zones issue will feature part 2 of this program—the next phase of your hockey-specific strength training!

Jeff Mueller is the founder and director of Titan Health & Lifestyle here in Calgary. He has a decade of training experience with clients from grassroots hockey to pro / semi-pro. He can be reached at jeff@titanlife.ca, (403) 874-1818 or www.titanlife.ca



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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

"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

KHL (Cont'd from 11)

in North America. Jagr has also won the Gagarin Cup, the KHL's equivalent of the NHL's top trophy. It is named after Yuri Gagarin, the first man to fly into space, back in April 1961. It seems a fitting way to name a prestigious hockey trophy and help preserve the league's connection to Soviet past. Jagr could be the only player in the world to have won the Olympic gold, Stanley Cup, Gagarin Cup and the senior World Championships.

Another connection is naming of the KHL's divisions after the great Soviet stars of the past, namely the Bobrov, Tarasov,

Chernyshev and Kharlamov Divisions.

This idea was borrowed from the NHL that used to name its divisions after historic North American hockey figures. Actually, the entire KHL is modeled after the NHL and the officials acknowledged there was no need to reinvent the wheel. This included creating new positions in the hockey operations and marketing areas, media access rules, dressing rooms layouts and league web site design, among other things. The fewer number of games compensates for the

cont'd p. 36

Hockey Dilemma (Cont'd from 3)

decline and the numbers of kids playing hockey is getting lower and lower. This requires amalgamation of rural associations to ice a complete team or teams which results in extended travel and extra associated costs.

- One of the many challenges for Hockey Canada is dealing with the pyramids of provincial bodies and the hundreds of minor hockey associations beneath them. There are 4 levels to the Minor Hockey pyramid, for example in Calgary: Hockey Canada, then Hockey Alberta, then Hockey Calgary, and then the 20 + local Calgary community associations. Each organization has its own goals and aspirations, and they don't always mesh with the level of the pyramid above or below them. In the past Hockey Canada's directives on change and improvement have not always been embraced and implemented for the betterment of the game at the grassroots levels.
- Lack of arena facilities and accessibility to those facilities. Even though Calgary is building new rinks, it will not solve the minor hockey problem if adult hockey continues to maintain and acquire earlier prime time ice, before 10 pm. Where small towns in Canada are begging for players, a city like Calgary has more players than available ice time slots. Currently, midget hockey games are finishing up as late as 11:30 pm on weeknights. Often local rinks are giving less and less time to minor hockey because the adults generate more income for the rinks. Minor hockey groups in Calgary get prime time ice time for \$150/hr whereas adult hockey is \$225/hr. There's an ever increasing desire for rink and facility managers to be topping up their capital reserve funds because aging facilities are requiring more capital expenditures on renovations. Also, increased ice demand from other sports such as ladies' hockey, ringette, sledge hockey, shinny hockey, short track speed skating, and of course, figure skating make it difficult to find reasonable time slots in Calgary and other major urban centres.
- Declining interest from a changing population. Low birth rates in Canada are being offset by a steady flow of immigration from non-hockey playing countries. Stats Canada data from 2006 states that among recent arrivals of immigrants, only 32% of their children participate in organized sports compared to 55% of those of Canadian born parents. Lack of financial stability is given as a major reason. Soccer is easily the most played game among youth in Canada with 20% of them getting their kicks from it. That compares to about 9% for hockey, a figure that in 1992 was 17.5%. Soccer is a sport with

the advantage of being instantly familiar to immigrants hailing from almost anywhere on earth. In Toronto 40% of the population consists of immigrants, in Calgary that number is nearly 30. Conversely, second generation Canadians are far more willing to put their kids in hockey because even though they may not have played the game they have been surrounded by it most of their lives. Parents who have participated in hockey take a more hands on approach with their kids because they can relate to it and both child and parent share in the enjoyment of the game.

- Getting the right start. The toughest part of playing hockey is that you have to learn to skate before you can begin to master the other skills of the game. Other sports such as baseball and soccer do not require a person to master balancing on thin metal blades before learning to throw or kick. It's a lot more challenging sport to learn than first meets the eye. As well, parents that don't know how to skate are less inclined to enrol their kids in hockey, as they cannot participate in their kids' development directly.
- At the lower levels of minor hockey sometimes coaches deliver the wrong philosophy – winning over having fun and developing the players' skills to advance to the next level. Also, many of the coaches are limited in their qualifications / experience and ability to teach proper skating technique and hockey skills to the kids.

The Solutions:

- More corporations need to step up and create sponsorship programs to help grow the game, such as subsidizing and funding registrations and equipment for players, as well as help with building more facilities. For example an Ottawa based company has launched a website to help families cope with the soaring cost of their kid's hockey. The website is already up and running in the Ottawa area, and the company hopes to expand to at least 8 to 10 other Canadian cities. The website is www.communityengage.com.
- Governing hockey bodies, at all levels, have to do a lot more to ensure the game grows with a special emphasis on making the game safer especially at the lower levels and educating parents on the benefits of proper protective equipment when worn properly such as securing the chin strap on a helmet. As well as the zero tolerance for head shots, a zero tolerance

cont'd p. 35

Hockey Dilemma (Cont'd from 34)

for head shots, a zero tolerance for fighting at all levels of hockey needs to be enforced!

- Attracting immigrants to the game is a key to keeping the registration numbers up. Our governing hockey bodies need to produce educational and promotional materials in different languages and put on more hockey seminars to educate people, especially parents, about the game. Currently, Hockey Canada is looking at technology to translate its promotional literature into 17 different languages. More time, studies and monies need to be directed to grassroots hockey to help grow the game throughout the country.
- Parents need the choice available to have their children participate in contact or non-contact hockey. More time and monies need to be directed to safety first and checking clinics / resources to prepare the players for contact hockey. Players participating at a level below AA, such as house / less competitive leagues do not need to be playing contact hockey because the sport has become more recreational than competitive / elite.
- Recruitment and retention are the key words for the governing hockey bodies – it's about selling our great game. Making the minor hockey season more flexible, such as 3 or 4 mini seasons will make the system fit with the demands of the modern family. This will create opportunities for some kids to play year round while also allowing other kids to work hockey into an already busy schedule. Encouraging less out of town road trips and tournaments will limit costs, so that a single parent family with multiple children can afford to participate in the game.
- Improvements to the federal family tax credits for participating in sports especially hockey to encourage and reward increased participation and involvement for kids and adults.
- Dedicate more time, monies and resources to improve on minor hockey coach mentoring. More properly motivated coaches are needed at the lower levels of hockey because if we have good coaches at the lower levels, it's easier to retain players, to instill a love of the game and teach "fundamental" skating and hockey skills. This will help kids enjoy their hockey experience and should keep them participating in the game longer - even after their playing days are over.

**Sport is a preserver of health.
~Hippocrates**

Editor's Note:

Currently, the Calgary minor hockey situation is quite strong and growing. We have 13,500 players participating, from ages 5 to 21. The city's population dynamic consists of many young affluent families and a continuing growing base. The biggest challenge is the lack of adequate facilities to handle the increasing usage demand. The City of Calgary has approximately 60 indoor arenas and definitely could use another 6 to 8 new facilities in the next couple years. Whether the city will receive federal funding for those well needed projects is debateable? Nevertheless, the city has a bright hockey future. However, because Canada is so large and regionalized, the problem solutions that work in large centres such as Calgary are foreign to those in rural areas – where declining enrolment is the biggest issue, not lack of facilities.

Looking at the world stage, the biggest threat to Canada's hockey domination is the USA. The United States has 10 times the population and 100,000 fewer hockey players than Canada does at this point in time. However, times are changing. Apparently, there are more rinks being built in the state of Minnesota in one year than there are built in all of Canada. Hockey is being played at some level in all 50 states. Even non – traditional hockey states are turning out elite hockey players. Due to more rinks and efforts by USA Hockey to grow the game, last season registrations were 475,000. It's just a matter of time before the USA surpasses Canada in the total number of minor hockey players registered! It's worth noting that Canada is not alone with declining registrations. Both Sweden and Finland are also experiencing challenges in recruiting players. As well, Russia, with a population of 139 million and a rich historical hockey tradition, has only 63,500 boys in hockey.

A future decline in the overall Canadian minor hockey enrolment base will have an adverse effect on the number of players available to compete within Canadian high performance level programs. Hockey Canada's vision is that every kid plays hockey, but that's not the way it is and the major stakeholders within our great game need to make proactive and cooperative measures at all levels of hockey – community, city, provincial and national - to ensure Canada maintains its position as a hockey superpower! From child to adult - every Canadian should have an opportunity to participate in the great game of hockey!

KHL (Cont'd from 36)

increased volume of travel. KHL teams only play 56 regular season games and the playoffs are also shorter for the 16 teams to qualify. The season always comes to its conclusion in April, in time for the European national teams to prepare for the annual IIHF World Championships. To this day, winning this tournament is considered more important to Russian fans than winning the Stanley Cup. However, winning the Olympics is considered the absolute ultimate prize.

The KHL officials actually introduced a quota on imported players. Teams are allowed to dress no more than six skaters from abroad. The idea is to preserve ice time for home grown talent, but it remains a controversial one. It would never be considered in the NHL and has also proven to be inconclusive in the top professional soccer leagues in the world.

Therefore, for now the KHL remains a viable alternative for North American players in many ways, be it skills development for future return to the NHL or contract impasse resolution (Mark Giordano, Kyle Wellwood, Ray Emery), career extension (Chris Simon, Brandon Bell), filling the specific niche, like fighting skills (Nick Tarnasky, Darcy Verot) or goaltending (Thomas Lawson, Mark Lamot,

Tyler Moss).

The best example of a top player in the prime of his career who left NHL for KHL is widely considered to be Alexander Radulov (Nashville Predators to Salavat Ulayev, Ufa).

Under the KHL salary cap for 2010-2011 season the total payroll per team was limited at approximately USD 20 million and the minimum team salary was about USD 6.5 million.

Each team is allowed one star player whose salary does not count towards the cap. The actual individual salaries are a well-kept secret. There are also always rumors of under the table, or “black cash” payments to players. This is despite the official income tax rate of only 13% on aggregate world income for foreigners who spent at least 182 out of any 365 days in Russia.

Since these salaries are obviously much higher than those in the North American minor leagues, high caliber talent will continue to flock to the KHL.

Whether the new league will be able to challenge NHL for overall hockey supremacy, in terms of quality of play and in contract salaries, remains to be seen.



Spotlight: KidSport

By Michael White

The Kids Hockey Advancement Society, represented by Christyne Kavanagh and myself attended a donor's breakfast by KidSport at the Palliser Hotel on November 23rd, 2011.

With their motto of “So All Kids Can Play”, KidSport currently has 170 Chapters across Canada. It has been proven that children actively involved in sports are benefitted with additional psychological advantages as well as the physical.

KidSport Alberta is the largest chapter across Canada. In 1995 they were able to finance the activities of 172 deserving children. By the year 2010, 15 years later, they have helped 5635 kids participate in the sport they have chosen. A total of 45 sports have been financed through KidSport with the largest participation in hockey, soccer, swimming and gymnastics. KidSport Alberta currently has 275 volunteers with the mantra “It's about the Kids”.

Kelly Hrudey was announced as the Special Guest Speaker attending the breakfast. Both Christyne and I were excited by the prospect of hearing him speak! But over the course of the morning we were introduced to three other Guest Speakers who really brought the meaning of the morning home. We had the privilege of hearing Sheila speak, explaining that she approached KidSport during a rough time where her husband

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2012 Kids Hockey Advancement Society Fundraising Poker Tournament Announcement

The 3rd Annual Kids Hockey Advancement Society's Fundraising Texas Hold 'Em Poker Tournament will be held on Thursday, March 1st, 2012 at the Deerfoot Inn & Casino located at 1000, 11500 – 35 Street S.E. The doors open at 6:00 pm for registration and play begins at 7:00 pm with a break at 8:00 pm when a nice meal is served!

Last year we raised an astonishing \$11,220 – a great amount for only our second year running! We've set our sights on \$15,000 this coming year of 2012!

SeisWare International and Tucker Hockey have graciously offered their volunteer time and efforts once again this year, ensuring a successful tournament indeed!

The tournament is only open to 150 registrants, so don't hesitate to book your seat! Registrations are open online at www.kids-hockey.ca. If you don't play poker, but you'd still

like to contribute, you can participate by being one of our donors, full details are online as well.

Proceeds will once again be donated to KidSport of Calgary, an organization that provides support to children in order to remove financial barriers that prevent them from playing organized sport.

If you'd like more information, to participate in the tournament, or provide tournament sponsorship please email Christyne at programs@tuckerhockey.com or call at 403-998-5035.



Jessica (Cont'd from 12)

I had a great time and it had been years since I had really focused on getting back to basics on my skating. It was really fun and I ended up coming back to help Rex coach with both adults and kids.

What, if anything, has instructing with Tucker Hockey taught you?

Instructing with Tucker has taught me so much – Rex has provided great mentorship to me along with the other instructors he has working. Whether it's about breaking down skills, ideas for keeping things fun or just how to teach different age groups, it has been great.

What is the most enjoyable part of instructing for you?

I love working with all skaters, but working with kids is what I find most rewarding. Maybe it's because I have kids, but I really feel a great responsibility to help them enjoy themselves and see improvement.

What advice would you like to offer hockey coaches, parents and players about the importance of skating, and why they should invest the time and money towards quality skating instruction?

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

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Jessica (Cont'd from 37)

Skating is so critical in hockey yet proper skating instruction seems to be underrated. I see coaches at the rink doing the right drills, but it's the bad habits that are sneaking through that are troubling. Unless you've spent time studying the stride and breaking down proper technique, it can be hard to correct these problems. That's why it's so important to get proper power skating instruction, whether it's a team having Rex come in – which provides some mentorship on things to look for or enrolling kids in Tucker Hockey. Strong skating also becomes important in associations that use timed trials to tier players.

What other things interest you, outside of hockey?

Outside of hockey, I love spending time with my family. Having 3 active children keeps me busy at the pools, playgrounds and parks around the city.

What does the future hold for Jessica Kirstine?

I'm hoping continued health and happiness....and some more coaching.

Editor's note:

Thanks Jessica for taking the time from your hectic family

KidSport (Cont'd from 36)

was out of work and she was the only one with an income in her house. Sheila expressed her deepest gratitude towards KidSport Calgary as her 5 kids were the recipients of KidSport funds so they could all play soccer. Sheila read her letter that she sent in to KidSport as part of her speech; looking around the room a lot of those people listening were visibly moved by her words. The two other Special Guests were introduced to us in the form of a brief vignette; Matthew age 12 and Mitchell age 9. Two philanthropic brothers, who for the past 5 years have been actively fundraising and garnering equipment donations on behalf of KidSport. Both boys explained that they were lucky to be able to participate in any sport they want, but know that there are too many kids without that opportunity, and they needed a way to pay it forward! We were truly humbled by these three very important ambassadors for KidSport.

In Calgary, 3150 kids will be financed by KidSport this coming year, with an increase in numbers come next year. You too can pay it forward by donating to KidSport or by volunteering your time to their worthy cause. 1-888-914-KIDS (5437) or go to www.kidsport.ab.ca

For the love of the game.

and work schedule to complete a Tucker Hockey Instructor Profile. Having spent many hours on the ice with Coach Jessica, the following personal traits come to mind. She is an extremely positive, upbeat, and caring individual. Her smile and high energy skating is quite noticeable. Jessica is very passionate about the game of hockey and teaching skills. The tone of her voice on the ice radiates a caring, safe and nurturing sound. She excels teaching the young kids! Jessica, my friend, I have valued your contributions to Tucker Hockey... ..much appreciated! I look forward to many fun times on the ice in the years ahead!



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Proud to Support Local Hockey

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

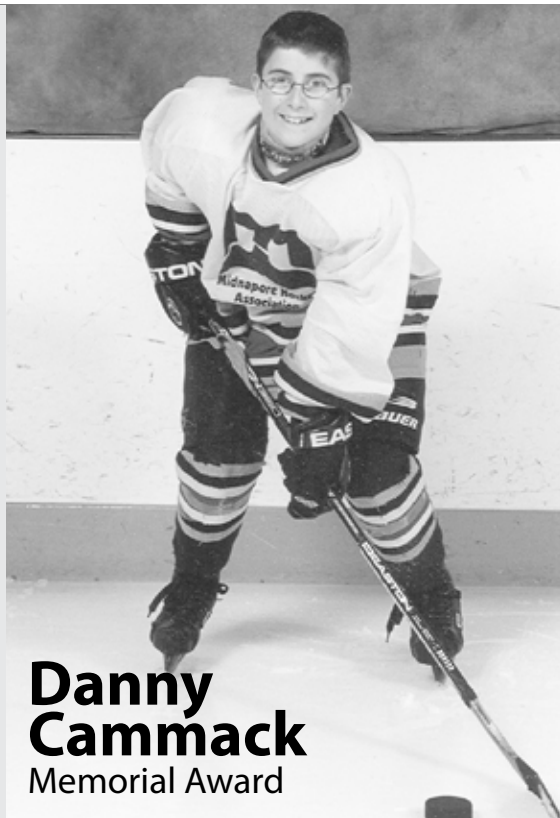
Since 2004, Tucker Hockey has offered over 60 free programs to various Minor and Adult Hockey Players. Giving back more than \$15,000.

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

Winter 2011 - Cade McNeil-Roberts

Spring/Summer 2011 - Hayden King

Fall 2011 - Bruce Marsden JR

Winter 2012 - Kohen Morrison

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

Why I Love Hockey!

My name is Kohen Morrison and my favorite sport is hockey.

My favorite part of hockey is when my family cheers for me and when I get hat tricks. I think hockey is the funnest sport in the world!

I like it so much because it makes me work really hard and I feel like a champion when my team scores a goal.

The best part is being on the ice with my friends, I wouldn't want to be anywhere else in the whole world!

~ Kohen Morrison, age 7

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 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

Fall 2010 - Arend Terae

Winter 2011 - Ken Berze

Spring/Summer 2011 - Mike McCarthy

Fall 2010 - Margo Demerse-Berg

Winter 2012 - Kim Faires

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 it quietly and without fanfare."

- Tom Renney, Head 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, Past 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