

Hockey Zones

For the LOVE of the GAME

Volume 14 No. 2 Issue # 38

Summer / Fall 2017



Tucker Hockey



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

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

Tucker Hockey

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

Summer Elite Power Skating / Conditioning Camp A specialized power skating curriculum that includes extreme edges, striding - technique & speed as well as skating agility & mobility drills Elite Atom to Midget Players	Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Summer Minor Super Power Skating & Hockey Skills Development A program which focuses on the technical skills of skating, puck control, passing and shooting plus scrimmage. Ages 7 to 14+
2019 European Adult Hockey Tour May 5 - 18, 2019 Hockey Trip of a Lifetime!		2019 European Adult Hockey Tour May 5 - 18, 2019 Hockey Trip of a Lifetime!
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Rex Tucker President, B.Comm

- 25 Years + Hockey Instruction Experience
- Calgary Junior Hockey League Coach of the Year (1995)
- NCCP Advanced 1 Certified Coach (1996)
- Past Hockey Alberta Instructor (1996)
- Head Power Skating Instructor Canadian Hockey Camp - Europe (1997 - 2001)
- A Professional Power Skating Instructor (1997 - 2017)
- Full Time Professional Hockey Coach (2002 - 2017)

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

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

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Managing Editor's Message



Welcome to the 38th edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

The mission of our newsletter is to promote Tucker Hockey's year – round services, to publish hockey education and teaching articles, to express hockey philosophies and viewpoints, to address various hockey issues for public discussion and to provide profiles and features on hockey people at the Calgary grass roots level.

Hockey Zones strives to cultivate a little goodwill and make a difference in the local Calgary hockey community! Our newsletter is geared towards hockey players of all ages, their parents, their family members, coaches, trainers, tournament organizers, officials, volunteers and true hockey fans. Take a few minutes and browse through our latest edition, I am sure you will discover something of interest related to our great game!

The Summer / Fall 2017 issue features many interesting articles including:

Calgary Flames Year - End Review and 2017 - 2018 First Half Schedule, Time for change – are you ready? by Wally Kozak, Why invest so much money and time into youth sports? by Dean Holden, Tucker Hockey

Next Issue: Winter / Spring 2018 Features

Letter to the Editor

Calgary Flames First Half Report

Meet the Instructor -
Mark Howery

Tips - Why is Connor McDavid so good? as well as other great articles from our seasoned contributing writers.

Back in the Spring of 2004, over 13 years ago... it's hard to believe... Hockey Zones had very humble beginnings - an 8 page newsletter! It has grown into a solid 36 page publication, with – Winter / Spring and Summer / Fall editions each year. The average hard copy and electronic circulation range from 5,000 to 6,000 copies per issue.

Past issues can be found on our website
www.tuckerhockey.com

Letters to the Editor are always welcomed and of interest. Share ideas for future articles. As well, we embrace new advertisers in our hockey publication. Enjoy the read!

Sincerely,
Yours in Hockey,
Rex Tucker

Managing Editor
Hockey Zones



PS: For the love of the game - I will often joke with people and say..."You may love hockey but not as much as I do"! Remember to instil and grow the love of this great game to others especially our youth! Hockey and smiles!



Calgary Flames

A View From the Press Box

In the Winter / Spring 2017 edition of Hockey Zones I wrote the following:

... Yes, it's not how you start but how you finish. This writer believes the Calgary Flames will be in a dogfight again to make the playoffs. With less than 50 games remaining in the regular season, it will be a big challenge with in an extremely competitive conference to secure a playoff spot...

On Sunday, April 2nd, 2017 I attended the Calgary Flames vs. Anaheim Ducks game at the Saddledome; team game No: 79 of the Flames 82 game schedule. It was a close contest with the Ducks winning the game 4 to 3. Ryan Kesler had a strong game for Anaheim with 3 assists while Kris Versteeg had 2 goals for Calgary. Logan Shaw scored the winner with 3:06 left in the third period. This game was an appetizer of what's to come in the playoffs for the Flames. Calgary finished the season with 45 - 33 - 4 and 94 points good enough to secure the 1st wild card spot in the Western Conference and to play Pacific Division winners Anaheim 46 - 23 - 13 and 105 points in the first round of the playoffs. It was a successful 2016 - 2017 season for the Calgary Flames to be back in the playoffs, especially after such a slow start to the season. However, being swept in 4 games by the Anaheim Ducks was truly a major disappointment. All the games were extremely close; the first 3 games 1 goal differences while the final game was a close 3 to 1 lost. The Ducks seem to have the Flames number especially in Anaheim!

Reflecting back on the season besides the Flames painful slow start the main theme most of the season was the inconsistent goaltending team of Brian Elliott and Chad Johnson. This carried its ugly head into the playoffs as well!

Trades

The Flames believe they have resolved their goaltending issue by trading the rights to unrestricted free agent goalie Chad Johnson, defensive prospect Brandon Hickey and a conditional 2018 third round pick (that could become a second rounder if the Flames make the playoffs) for Mike Smith. Mike Smith, 35, started 55 games for the Arizona last season, posting a record of 19 - 26 - 9 with a 2.92 goals

against average and .914 percentage on not a very good Coyotes team! The Kingston, Ontario native has two years left on his six year, \$34 million contract he signed in the 2013 offseason with an average annual value of \$5.66 million. As part of the deal the Coyotes will pick up 25% of his remaining contract. "I'll be thrilled to pull that sweater on for the first time," said Smith. "To be a Calgary Flame...it sounds kind of surreal right now. I'll do everything in my power to help this team succeed." Flames GM Brad Treliving said "We scoured the market and looked at every goaltender out there and we felt this was the best fit". It is worth noting on a good team, Smith gave a stellar tournament performance during the 2015 IIHF World Hockey Championship in Prague to help lead Team Canada to a Gold Medal.

The Flames acquired defenseman Travis Harmonic, 6'2" 205 lbs, shoots right and a fourth round pick from the New York Islanders in exchange for a 2018 first round pick, a 2018 second round pick and another second round pick from either years 2019 or 2020. Harmonic, 26, has three years left on his contract deal of \$3.85 million. This cost level allows Calgary the potential flexibility to re-sign pending UFA defenseman Michael Stone as well. Treliving said "That Travis is tough to play against, is steady in his own end and skates well". He may be the defensive partner that they have been trying to find for Brodie.

Expansion Draft

The Flames did not protect UFA Deryk Engelland. He was selected by the Las Vegas Golden Knights. Engelland is a 35 year old, 6'2" 214 lbs defenseman. He played 81 games last season and had 4 goals and 12 assists for the Flames. The cap hit last year was \$2,916,668. The Flames faired quite well in the draft compared to other NHL teams who lost more significant depth players to the Golden Knights.
Entry Draft

For their 16th pick overall, the Flames picked Juuso Valimaki, a 6' 2" 200 lbs Finnish defenseman who shoots left from the Tri City Americans of the WHL. Valimaki played 60 games, scored 19 goals and 61 points and was named to the 2nd

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Calgary Flames 2017 - 2018 1st Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Oct. 4, 2017	Flames	Oilers	8:00 PM	TBD
Oct. 7, 2017	Jets	Flames	8:00 PM	TBD
Oct. 9, 2017	Flames	Ducks	8:00 PM	TBD
Oct. 11, 2017	Flames	Kings	8:30 PM	TBD
Oct. 13, 2017	Senators	Flames	7:00 PM	TBD
Oct. 14, 2017	Flames	Canucks	8:00 PM	TBD
Oct. 19, 2017	Hurricanes	Flames	7:00 PM	TBD
Oct. 21, 2017	Wild	Flames	8:00 PM	TBD
Oct. 24, 2017	Flames	Predators	6:00 PM	TBD
Oct. 25, 2017	Flames	Blues	6:00 PM	TBD
Oct. 27, 2017	Stars	Flames	7:00 PM	TBD
Oct. 29, 2017	Capitals	Flames	7:00 PM	TBD
Nov. 2, 2017	Penguins	Flames	7:00 PM	TBD
Nov. 5, 2017	Devils	Flames	7:00 PM	TBD
Nov. 7, 2017	Canucks	Flames	7:00 PM	TBD
Nov. 9, 2017	Red Wings	Flames	7:00 PM	TBD
Nov. 13, 2017	Blues	Flames	7:00 PM	TBD
Nov. 15, 2017	Flames	Red Wings	5:30 PM	TBD
Nov. 18, 2017	Flames	Flyers	11:00 AM	TBD
Nov. 20, 2017	Flames	Capitals	5:00 PM	TBD
Nov. 22, 2017	Flames	Blue Jackets	5:00 PM	TBD
Nov. 24, 2017	Flames	Stars	7:00 PM	TBD
Nov. 25, 2017	Flames	Avalanche	8:00 PM	TBD
Nov. 28, 2017	Maple Leafs	Flames	7:00 PM	TBD
Nov. 30, 2017	Coyotes	Flames	7:00 PM	TBD
Dec. 2, 2017	Oilers	Flames	8:00 PM	TBD
Dec. 4, 2017	Flyers	Flames	7:00 PM	TBD
Dec. 6, 2017	Flames	Maple Leafs	5:30 PM	TBD
Dec. 7, 2017	Flames	Canadiens	5:30 PM	TBD
Dec. 9, 2017	Canucks	Flames	8:00 PM	TBD
Dec. 12, 2017	Flames	Wild	6:00 PM	TBD
Dec. 14, 2017	Sharks	Flames	7:00 PM	TBD
Dec. 16, 2017	Predators	Flames	8:00 PM	TBD
Dec. 17, 2017	Flames	Canucks	6:00 PM	TBD
Dec. 20, 2017	Blues	Flames	7:30 PM	TBD
Dec. 22, 2017	Canadiens	Flames	7:00 PM	TBD
Dec. 28, 2017	Flames	Sharks	8:30 PM	TBD
Dec. 29, 2017	Flames	Ducks	8:00 PM	TBD
Dec. 31, 2017	Blackhawks	Flames	7:00 PM	TBD
Jan. 4, 2018	Kings	Flames	7:00 PM	TBD

Losing 60 Over 60!

Ken Berze - Hockey & Lifestyle Profile



Editor's note:

Ken Berze has been an avid participant in our Tucker Hockey Adult Recreational Programs for over a decade. This past season I noticed quite a physical change in Ken when he showed up at the arena to take one of

our programs. While chatting to him, Ken mentioned he had lost over 60 pounds! After we discussed this significant transformation in his life, I thought it would be interesting idea to share Ken's inspiring story with others. Here is a summary of our recent conversation.

Ken, tell us a bit about yourself.

I worked in the Oil & Gas industry for 35 years. I decided to try retirement in 2016. I have been involved in a variety of sports activities most of my life. Tennis is a passion of mine which I play every day in the summer. I didn't pick up hockey until later in life at the age of 40.

What is your hockey playing background?

Learned to skate on the outdoor pond on the farm, didn't play very much growing up as a kid. Started playing hockey more serious around 40 years of age, played some recreational hockey and drop in shinny on occasion.

Why did you choose to play hockey over other sports?

I needed to find a sport in the winter time that offered maximum work out with in a short period of time. Plus, my son was starting to show interest in the sport.

What is the best part of playing the game of hockey?

Constantly improving your skill level and skating ability. Meeting new players and learning from them on how to

improve myself in the game of hockey. Also, the social aspect can be very rewarding.

What is the most difficult / challenging part of playing hockey?

Wow, loaded question! Developing proper skating techniques combined with proper stick handling skills.

Ken, when and why did you initially get involved with our Tucker Hockey Adult Recreational Hockey Programs?

I started the Tucker Hockey program 14 years ago. My son's hockey team needed coaches; kids at a very young age who had skills I could only dream of. I discovered very quickly I needed to improve my skating and puck handling skills. I joined Tucker Hockey to learn proper techniques and pass this information on to the young hockey players.

Why do you still enrol every Fall and Winter in our Tucker Hockey Adult Programs?

To reinforce what I have learned from past sessions. There is always something new I pick up from Rex's classes. It has been the same group of guys doing the same sessions for a number of years, which makes it a lot of fun. I can't forget about "Jimmy" Rex's assistant on ice instructor, he is always passing on words of encouragement to the players.

What is the biggest enjoyment over the years with the Tucker Hockey experience?

I can actually see my skill level improving on the ice year by year enrolling in Tucker Hockey.

Ken, I feel you are an inspiration to so many others – losing 60 pounds and being over 60 years of age! What was your motivation?

LOL, got sick and tired of being "fat", carry all the extra weight and buying large fitting clothes. Traveling has been one of bucket list items when I retired. I have been to some remote places that require a certain level of physical

Cont'd p.27



Tucker Hockey
Presents



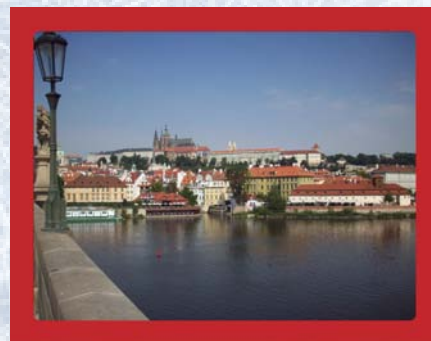
2019 European Adult Hockey Tour



Tour Details



- May 5 to 18, 2019
- Awesome Experience for avid Adult "Intermediate" Recreational Players.
- 2 Country Tour of Europe – Czech Republic and Austria.
- 5 Game Hockey Series and Tour in the fabulous cities of: Prague, Nymburk, Plzen, and Karlovy Vary, Czech Republic and Salzburg, Austria.
- 2 weeks accommodations in 3 - 4 star hotels with most meals included.
- Opportunity to meet legendary Czech hockey players, participate in Czech off-ice training, and exposure to elite, Czech coaching methodology.
- Group, day excursions in Prague, Vienna & Salzburg.
- Identifiable European Tour, silk-screen golf shirts for all participants and a personalized game jersey for all players.
- Complimentary arrival and departure group functions.
- Book your own flight - Opportunity to extend your stay in Europe.
- Bring spouse, family members or friends along too!!
- Professionally organized by a friendly and dedicated support staff.
- **Don't miss out, only 16 Player Spots Left!!**



Prague, Czech Republic

Tour Price
TBD Fall 2018
(GST Included)

Serious inquiries contact Coach Rex
403 - 244 - 5037 or email programs@tuckerhockey.com

Exceptional Hockey Value - Experience the hockey trip of a lifetime!

Team Building

Creating the Culture that Promotes Commitment & Growth

Getting better every day. Little steps that you take every day that lead to successes in many areas of our lives. Personal health, building relationships, workplace, saving money, etc. Being a leader of young men or teammates or assistant coaches requires that you know the little steps to take. On self-reflection, I have chosen the following areas of my interactions with others that I need to address daily. It is worth the effort.

1: Negative Thinking / Negative Speaking

I cannot think of a situation or scenario in our lives where this approach works. All the feedback from players at the end of the season usually include the comments: “I had fun”, “Our coaches were energetic and enthusiastic”, “I was excited to come to the rink every day!” If I wanted these comments to be prevalent on most year-end evaluations, I needed to be optimistic, positive and supportive at every moment possible. I needed to have a sense of humour and can laugh – especially at myself. When I recall all the teams that I have been associated with, it is apparent which groups had the best environment to grow within.

2: Criticism

We are the leader; therefore, we must know everything. First Question: “Do We?” Because we believe that we know it all, we are quick to criticize or reprimand others. I read the paper, listen to the news, listen to broadcasters and have come to realize that criticism of others is rampant in our society. Usually by using criticism inappropriately, it has the opposite result of what we are trying to build, it weakens our relationships and it destroys the confidence of those we are trying to build. Our resolve should be to encourage and praise others. To praise publicly and give the less positive feedback privately.

3: Gossip and Backbiting

One of the issues that impacts all of us! From bullying and low esteem, to lying and self promotion. Some or all of these have happened to each of us. The way to change this mistake

in judgement is to remember how it felt when it happened to us. Undercutting others in front of their peers destroys any trust that has been developed. If you make a mistake and participate, you know that what has been said always gets back to the person who is the victim. The antidote to this is to follow one of life’s golden rules: “If you don’t have anything good to say, don’t say anything at all!”

There are other mistakes that we make that impact the culture we are trying to develop. (Impatience, disapproval, selfishness, lying, arrogance, poor communication, etc.). I have made these mistakes at times in my life. Our lives are a constant flux and reflection to try to be the best person we can be. The only way to move forward is to first, recognize the mistakes that we have made, and then try to implement some of the strategies to improve and grow the trusting and positive culture we are trying to foster. I stride ahead each day trying to ensure that I get better in these areas. Good luck to you in your self-reflection.



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



Why Invest So Much Money and Time into Youth Sport?

One of my life-long friends from elementary school (“Sam”) and I met for lunch in early May to get caught up after hockey season. Sam’s only child, his 5-year-old son, was starting soccer that night - his first sport and his first practice! Sam played community hockey through midget, and soccer while in elementary school while his wife did not come from a sporting background. This was to be their first foray as parents into youth sport. Sam said that while he was looking forward to it, he was worried about adding this once-a-week event to the family calendar for the next two months as it would increase their ‘busy-ness’. He wasn’t sure if the benefits would outweigh the costs (in this case, time, as the registration fee was negligible.)

I suggested it wouldn’t be onerous – only once a week for a total of about 10 events – and his son would likely enjoy running around and playing with other kids (developing some basic socialization and physical literacy skills), plus it would be a great way for Sam’s parents to meet other parents in their community with similar-aged children. Perhaps they could make new friends and arrange some future play dates.

We started discussing the associated costs surrounding youth sport, in both money and time. Sam asked me, “Why do you pay so much money and invest so much time for your kids to do all their sports? I just can’t see us trying to juggle multiple schedules like that. We would rather relax at home and enjoy our spare time.”

It was a great question and I think everyone’s background will influence their reasoning. Sam’s question required me to reflect.

Coming from a multi-sport background myself, I was brought up in the 60’s, 70’s and 80’s playing numerous seasonal sports; some organized (tumbling, hockey, soccer, baseball, volleyball, track & field, motocross) and informal activities with friends (2-hand touch football, kick the can, 500, basketball, ball hockey, shinny, skiing, riding skidoos and dirt biking, Frisbee, kickball, bike riding, camping, etc.) Being busy with sports and activities was ‘normal’ for me. I was expected to perform at school and to do chores around the house or these activities would be curtailed by my parents;

the old carrot and the stick approach (accountability)!

Personally, I don’t care what sport or activity my kids choose. As a parent, I want to provide opportunities for my kids to have varied experiences so they can determine what sports and activities they like with the underlying parental motive of building their athleticism and hopefully creating healthy lifetime habits. However, my primary motive reflects my coaching philosophy: To teach (learn) life lessons through sport!

So, in essence, what am I paying for?

I pay so my kids can be at the rink or in the gym or outside instead of in front of a screen.

I pay so my kids adopt a growth mindset when it comes to challenges, to show discipline, dedication and focus. (It’s a work in progress!)

I pay so my kids learn about setting, accomplishing and celebrating (or re-adjusting) short, medium and long-range goals.

Cont’d p.30

Dean Holden Bio:

- B.A., M.Ed. (Coaching), National Coaching Institute Graduate, N.C.C.P. Level 4, Hockey Canada H.P.2 N.C.C.P. Level 4 / Hockey Canada H.P. 2
- Chartered Professional Coach (since 1994) specializing in Skill & Game Sense Development for Team Invasion Sports (hockey, soccer, basketball, lacrosse, rugby, etc.) using Smart Transitional Games (on & off ice)
- Masters of Education (Coaching)
- Published researcher in Neuro-Motor Psychology, Decision Training www.GetSportIQ.com
- Skill Academy Coach Grade 7 - 12 since 2004
- Former Canadian National Men’s Assistant Coach, Korean National Women’s Head Coach, Major Junior, Junior A & University Coach
- Sport IQ provides leadership, mentorship, education & technical directorship to individual coaches / players, teams, parents, associations & international federations
- www.GetSportIQ.com

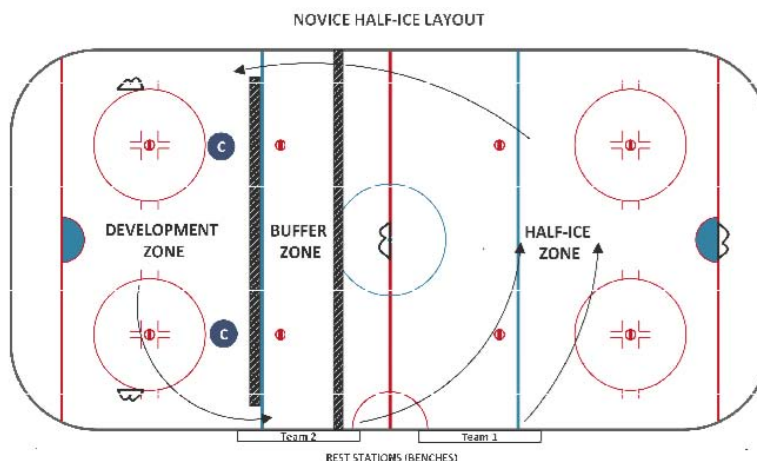


Time for Change - Are You Ready?

Sports Canada has taken the lead the lead influencing change in hockey, baseball, basketball and soccer. The size of the playing surfaces has been adjusted to suit the developmental needs of the participants. Putting our 7 and 8 year-old hockey players on an ice surface similar or equivalent to what players in the National Hockey League play on is a disadvantage to our young athletes. Kudos to Hockey Canada and the Provincial Branches who are implementing 1/2 ice games for Novice hockey.

opportunities for players. On-ice coaches (1 from each team) will also be able to instruct and encourage players, providing additional teaching and instructional opportunities.” “Using the Development Zone allows for...20 - 22 minutes of total ice time. That’s 6 minutes of additional ice time per player, per game... **an increase of almost 40% of ice time and skill development.**”

Traditional Format: Each player receives 7 - 8 shifts and 14 - 16 minutes of total ice time.



Thank you to Hockey Manitoba for sharing their approach to implementing positive changes with the following details.

Hockey Manitoba Novice 1/2 Ice Hockey 2017-18

“All exhibition, regular season and tournament games in the Novice age category must be played using half-ice sections until December 31st of each minor hockey season. Half-ice sections are considered to be from the centre red line to the end boards in all arenas. Games will be played 5 on 5 and a goalie using full sized nets and regular black pucks. Beginning January 1st of each season, all exhibition, and regular season and tournament games at Novice may be played on full-ice.” “At the end of each shift, players rotate as follows: 5 players in rest station (bench) move to half-ice game, 5 players in half-ice game move to Development Zone. Players in the Development Zone move to rest station.”

Development Zone:

“The purpose of the Development Zone is to maximize ice usage, while providing additional ice time and development

Half - Ice Format: Each player receives 7 - 8 shifts in the Half - Ice Zone and 3 - 4 shifts in the Development Zone.

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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.



Tucker Hockey Tips

Why is Connor McDavid so special?

Connor McDavid is arguably the best hockey player in the world today just behind Sidney Crosby. He won the Art Ross Trophy – the leading point getter in the regular season - with 100 points; the 3rd youngest in NHL history to do so. He's only 20 years old and listed at 6' 1" and 190 pounds. It's only a matter of time as he gains more experience, fills out and gets stronger to become the best player in the game. Why? There is no other player on the planet who currently skates as fast as McDavid does, with the puck. Not since Pavel Bure has a player carried the puck with so much speed. Connor McDavid was clocked this season skating with the puck at 38 km per hour. He is one of the few players who can score goals off the rush in today's game. The majority of his 30 goals were scored off the rush because defensemen have trouble handling his incredible speed! McDavid has a special skating gift. He can reach his top gear / high end speed in only a few quick strides. He has incredible edge control and explosive / quick feet. Besides being naturally gifted this young man has worked diligently spending 1,000's of hours honing his skating craft. He's been working on his quick feet and quick hands with the puck for over a decade. McDavid has an incredible desire to improve his skills, desire to compete, and will to win and to get better. The likes of a Connor McDavid only comes around in the hockey world once in a blue moon if you know what I mean. He's a rare and a specially gifted player! It's probably only a dream for others to think they can ever reach McDavid's level of play.

The Importance of Skating Development

However, most players aspire to play pro hockey, semi – pro hockey, collegiate hockey, junior hockey or even make city quadrant bantam or midget hockey some day. It's of paramount importance to develop their skating skills. Skating is to hockey what running is to soccer. Skating is the foundation upon which all other skills are built – it affects puck control, passing, shooting and checking. If a player wants to get to the next level he or she must be a great skater to keep up and excel!

For nearly 20 years now I have enjoyed as well as my fellow Tucker Hockey on ice instructors helping players with their endeavours to get their skating to the next level of hockey.

Thousands of players have attended our Minor Super Power Skating, Elite Power Skating, Technical / Tactical Skating Programs as well as Customized 1 on 1 Skating Programs. Curriculum descriptions of our various power skating programs are available on our website:

www.tuckerhockey.com

The following list is just a small sample of the quadrant level players / teams / groups or above who have participated in our programs over the years.

Players:

Brooklyn Paulin - Bantam AA Girls Hockey
Colton Buckler - Bantam AA Edge School
Connor Michaud – Midget AA Varsity Edge School
Darren Martin – Bantam AA
Levi Hulston - Bantam AA, Humboldt Broncos (SJHL)
Noah Kelly – Midget AA
Realt Brodreau - Bantam AA, NW Flames
Shane Doherty - Midget AAA
Brayden Dunn Midget AAA North Stars, La Ronge Ice Wolves (SJHL)
Cole Sartario North West Midget AAA Flames, Chilliwack Chiefs (BCHL)
Frank Portman - Calgary Junior B Blazers
Adam Rosen - High River Junior B Flyers
Mitchell Wainman - Banff Hockey Academy
AAA Prep / Junior B
Jessica McIntosh - Mount Royal Cougars Women's Varsity
Megan Craver - Mount Royal Cougars Women's Varsity
Alannah Jensen - Lethbridge Women's Varsity Hockey Team
Levi Johnson - Midget AAA Notre Dame Hounds, Drayton Valley Thunder AJHL
Jordan Evans - Drumheller Dragons, AJHL
Liam McKay - Wentworth Institute of Technology
NCAA Div 3
Simran Sandhu - Calgary Junior A Canucks, Victoria BCHL, University of Ottawa
Alex Allan - University of Alabama – Huntsville
Mark Bomersback - Ferris State University, Iowa Stars AHL
Darcy Campbell - University of Alaska - Fairbanks, Lake Erie Monsters – AHL, Columbus Blue Jackets – NHL

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Tucker Hockey Initiatives

For the Betterment of the Game

The objective of this section of Hockey Zones is to discuss issues and offer potential ways to improve our great game. For this installment of Tucker Hockey Initiatives we will focus on the following discussion point.

Why are the shots on goal per game in the NHL often so low?

While watching the 2017 NHL playoffs we have noticed a common trend. Teams are having an alarming low number of shots on goal. So I thought to myself why? What's going on here? Here are a couple examples, during round 2 of the Pittsburgh vs. Washington series, game 1 first period shots were 6 to 4 and the Caps had only 1 shot in the first 13 minutes on their home ice! As well, during Stanley Cup Final game 1 of the Pittsburgh vs. Nashville game, the Penguins on home ice went an incredible 37 minutes without a shot on goal (with no shots recorded in the 2nd period)! That's unbelievable, with so many gifted offensive players on the ice such as Crosby, Malkin, Kessel etc. Where is our great game going? It seems not for the better? Many of the games have been quite boring! Let's yawn, yawn, and yawn some more shall we with this type of hockey!

Here are my views on this subject – I'm sure you have other points as well!

- **Passive Fore checking / Defensive Posture** – many teams are playing a more conservative defensive style of game today. Less run and gun for sure. For example, the Ottawa Senators had great success playing a 1 - 4 or 1 – 3 - 1 defensive style system and advanced to the eastern conference final. This coaching strategy involved less pressuring the puck in the opponent's offensive zone but rather sitting back to pressure in the neutral zone to cause opponent's turnovers and then counter attacks. Many teams are playing not to lose. An emphasize more on conservative play than offense. Often this style of play is robotic with limited creativity. Playing a low risk – keeping the play outside the dots area; a safe game. More and more teams are protecting the net / slot zones with a box type structure; this keeps the opposition on the outside and away from the prime scoring area. If you
- watch closely the majority of play is outside the dots in most games. There's not a lot of flow (north to south) up the middle of the ice anymore.
- **Puck Possession / Management** – in today's game more teams are conscious of puck management. Rather than shooting the puck from anywhere and everywhere they are more precise in their shot selection. Often chipping or dumping the puck in the opposition's corners rather than on net to keep the puck away from their opponent's goalie and defensemen.
- **More Back Pressure** – most players' today attempt to play a 200 foot game. Strong play at both ends of the rink not just in the offense zone with the puck. We see very few 2 on 1's and 3 on 2's during a game. They are becoming a thing of the past. Forwards are skating hard back to their own zone to eliminate odd player rushes. More and more the game in each zone of the ice whether offensive zone, neutral zone or defensive zone will have 8 to 10 players in this smaller area. There's very little time and space. A player who has the puck maybe has a second or less to make a decision – this dynamic often forces lots of turnovers and changes of possession in a game.
- **Blocking shots and Active Sticks** – in today's game it's not only a select few that are blocking shots. Now even the superstar players like Malkin or Crosby are getting their bodies in the way to prevent clear shots to the net. Many of the shot attempts do not materialize in shots on net. Blocking shots is encouraged by the coaches and it's become a real art and big part of the game. As well, more and more players especially defenseman are using their sticks to deflect shots away from their goalie and out of play.
- **Goaltending** – overall the caliber of the goaltending is at an all time high in the NHL. There are very few goals scored now off the rush especially if the goalies can see the puck. So the odds of scoring are far less and players shoot less from outside or just inside the blue lines. Shooters are less confident that they can score from anywhere on the ice. Most goals in today's game are scored in close around the net or slot zones with lots of traffic and screens.

Cont'd p.23

Previous Tucker Hockey Camp Locations

- Calgary, Alberta
- Rural Alberta
 - High River
 - Siksika Nations
 - Strathmore
- Prague, Czech Republic
- Springdale, Newfoundland

Tucker Hockey Promotional DVD

This DVD contains on ice footage of our Hockey Programs and Services, including drill selection.

Check it out on our website



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 4 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
WHL	Ringette
Junior A	Minor Hockey
Junior B	Coaches' Clinics
Midget AAA	Minor Teams
Midget AA	Minor Hockey Association Projects
Midget AA (Girls)	Customized Minor & Adult Hockey Programs
Midget A	Adult Recreational
Bantam AAA	Ladies Teams
Bantam AA	Men's Teams
Minor Hockey -	Male
Community	Female
Midget	Father and Son
Bantam	Mother and Daughter
Bantam Girls	Grandfather and Grandson
Pee wee	Husband and Wife
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

What Makes Tucker Hockey Unique?

Passion - Our love and passion for hockey has blossomed into T.H.E. Tucker Hockey Way which is a lifestyle where we connect and relate, we teach and understand, we care and improve; thereby creating personal successes.

Performance History - Tucker Hockey has an on-ice formula with time proven results ensuring participants become a better skater/hockey player, backed by our guarantee.

Diversity - Tucker Hockey has a broad portfolio of services available; we teach all ages from 4 to 75 and all skill levels from Timbits to Professional.

Pay-It-Forward - We offer Tucker Hockey Classic Awards – since 2004 Tucker Hockey has offered over 100 free programs to various Minor and Adult hockey players, giving back more than \$30,000. In addition, each year, we distribute over \$20,000 to the Calgary Grassroots Hockey Community, via KidSport Calgary & each Calgary minor hockey association.

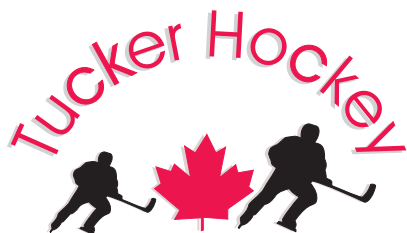
Good Karma - Since 2004 we've published Hockey Zones Newsletter for the purpose of hockey education, addressing various hockey issues for public discussion, as well as to provide features on hockey individuals at the Calgary Grassroots Level – the overall theme is to create Goodwill within the Hockey and Business Communities.

Altruism - For 7 years from 2008 to 2014, Tucker Hockey was proud to be the Event Sponsor of the Annual Kids Hockey Advancement Society Golf Tournament which raised in excess of \$160,000 for various local charitable causes mainly KidSport Calgary; contributing our volunteer time and efforts to promote philanthropy and raise social consciousness about the less fortunate children in the Calgary Hockey Community and providing them an opportunity to play hockey.

T.H.E. Tucker Hockey Way

Enriching the lives of Tucker Hockey Participants by instilling a sense of belonging, expounding our passion for the game of hockey, imparting valuable life skills, and assist in manifesting our participant's desire to improve all the while cultivating a harmonious community of like-minded individuals.





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

Tucker Hockey

Your Instructors



You?



Alannah



Ash



Ben



Connor



David



Frank



Jack



Jim



Jordan



Kris



Kurtis



Liam



Mark



Matt



Noah



Paul



Rex



Ron



Sheila

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

- 25 Years + Hockey Instruction Experience
- Calgary Junior Hockey League Coach of the Year (1995)
- NCCP Advanced 1 Certified Coach (1996)
- Past Hockey Alberta Instructor (1996)
- Head Power Skating Instructor
Canadian Hockey Camp - Europe (1997 - 2001)
- A Professional Power Skating Instructor (1997 - 2017)
- Full Time Professional Hockey Coach (2002 - 2017)

Call
403-244-5037
Today!



www.tuckerhockey.com

Multi - Program Savings

Make it a Combo!

Effective Starting January 1st, 2017

Participate in 1 Program	Pay Regular Price
Participate in 2 Programs	10% off the 2nd Program
Participate in 3 Programs	15% off the 3rd Program
Participate in 4 Programs	25% off the 3rd Program
Participate in 5 Programs	50% off the 5th Program
Participate in 6 Programs	Free Program

Note: All Registrations must be received together and total payment due at that time.

Family Discounts Apply - Both Adult & Minor Programs Qualify!

Buddy Referral Program

Refer 1 Buddy	Save \$75 off your registration price
Refer 2 Buddies	Save \$150 off your registration price
Refer 3 Buddies	Save \$250 off your registration price
Refer 4 Buddies	Your program is FREE

Promotional Offers Can Not Be Combined

This can include, but not limited to:

- Using Gift Certificates
- Using Buddy Referral Program

****Payments Must be Made Over the Phone****

Promotional Offers Available for All Yearly Minor and Adult Programs Advertised

403 - 998 - 5035

www.tuckerhockey.com

Quality Year Round Hockey Services

Adult Summer 2017 Programs

Level 101, Hybrid 101/201

Adult Fall 2017 Programs

Level 101, 201, Specialty Clinics

Program Descriptions

101 Program

This Adult Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting. This program is weighted 60% on power skating with the remaining 40% of the program devoted to hockey skills.

Note: The only prerequisite is that you can skate forwards comfortably.



201 Program

This Technical Skills and Tactical Player Development Program builds on the skills taught in the 101 program plus will introduce individual offensive and defensive tactics as well as team tactics. The 201 Program consists of 40 % technical skills and 60 % tactical play.

Note: We would encourage all participants in our 101 Program to discuss their progress and competence with a Tucker Hockey Head Instructor prior to registering for 201.



Specialty Clinics

These 3 - 4 session individual programs cover shooting, puck control, backward skating and defenseman. It is geared towards any type of player, regardless of skill.

Hybrid 101 / 201 Program

Ideally suited for 101 Program past participants who are not quite ready for the demands of a full 201 Program. It provides an introduction to offensive and defensive game tactics as well as an opportunity for players to stretch their technical skills.

For Current & Upcoming Program Times, Dates & Arenas, Visit us Online
Register & Pay Online Today!

 **CALL 403 - 998 - 5035 TODAY** 

Quality Year Round Hockey Services

Minor Summer 2017 Programs

Programs Start at \$199

3 on 3 - Atom / Pee wee

Checking Clinics - Pee wee / Bantam

Conditioning / Evaluation Prep Camps - Atom / Pee wee / Bantam / Midget

Elite Power Skating & Conditioning Camps - Atom / Pee wee

Defenseman Clinic - Atom / Pee wee / Bantam / Midget

Offensive Tactics & Scoring Clinic - Atom / Pee wee / Bantam / Midget

Puck Control Clinic - Atom / Pee wee / Bantam / Midget

Shooting Clinics - Atom / Pee wee / Bantam / Midget

Super Power Skating & Hockey Skills Development - Timbit to Bantam (Daytime & Evening)

Super Power Skating - Timbit to Pee wee

Technical & Tactical Elite Power Skating - Bantam / Midget

Minor Fall 2017 Programs

Minor Super Power Skating & Hockey Skills Development - Timbit to Bantam

Why Tucker Hockey?

Passion - Our love and passion for hockey has blossomed into **T.H.E. Tucker Hockey Way** which is a lifestyle where we connect and relate, we teach and understand, we care and improve; thereby creating personal successes.

Performance History - Tucker Hockey has an on-ice formula with time proven results ensuring participants become a better skater/hockey player, backed by our guarantee.

Diversity - Tucker Hockey has a broad portfolio of services available; we teach all ages from 4 to 75 and all skill levels from Timbits to Professional.

Giving Back - We offer Tucker Hockey Classic Awards – since 2004 Tucker Hockey has offered over 100 free programs to various Minor and Adult hockey players, giving back more than \$30,000. In addition, **EVERY YEAR** we distribute over \$20,000 to the Calgary Grassroots Hockey Community, via KidSport Calgary & each Calgary minor hockey association.

We believe that you won't find another Hockey School in Calgary like us!

Experience the Passion of Tucker Hockey Today!

For Current & Upcoming Program Times, Dates & Arenas, Visit us Online

Register & Pay Online Today!



CALL 403 - 998 - 5035 TODAY



Guest Instruction on Minor Team Practice Ice

19th Annual

Tucker Hockey

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

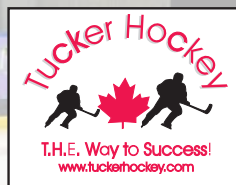
Tucker Hockey provides customized power skating or hockey development mentoring with coaches and their players on their practice ice times.

Coaches will learn new drills, teaching points, and teaching techniques for player development.

- 1) Power Skating**
- 2) Hockey skills**
- 3) Checking – preparing Peewees for Bantam level hockey**

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**

- 25 Years + Hockey Instruction Experience**
- Calgary Junior Hockey League Coach of the Year (1995)**
- NCCP Advanced 1 Certified Coach (1996)**
- Past Hockey Alberta Instructor (1996)**
- Head Power Skating Instructor
Canadian Hockey Camp - Europe (1997 - 2001)**
- A Professional Power Skating Instructor (1997 – 2017)**
- Full Time Professional Hockey Coach (2002 – 2017)**

Price:

- \$300 per hour (1 – 2 sessions per team)**
- \$250 per hour (3 – 5 sessions per team)**
- \$200 per hour (6 – 10 sessions per team)**

Testimonial

“During the mid season break between games, we were looking for a fresh voice and new experience for our senior timbits team. We called Mr. Tucker and asked him to come out and work with our kids for two sessions. Mr Tucker worked with both our coaches and kids in a respectful, upbeat and positive way that not only integrated with the coach’s program, but was fun and energetic for the kids. Our coaches are great and we are lucky to have them however there is a noticeable difference in the work of a professional coach like Mr Tucker. Our kids have seen a power skating coach but Mr. Tucker’s sessions brought more than skating as he consistently integrated hockey fundamentals into his drills and games as well as skating. The parents were also thrilled and we look forward to our next session with Tucker Hockey which we plan to have very soon.”

~ Aris dePeuter, Manager - McKnight Senior Timbits Royal

****All prices are PLUS GST****

Call 403 - 244 - 5037 Today!



Coaching Innovation

1-on-1 Coaching Programs

Looking for something new and better for Summer or Fall Hockey Development?

Book with Coach Rex and get to the next level!

Coach Rex has helped players ranging from Timbits to Semi – Pro including Adult Rec: players improve on their skating and hockey skills.

Limited availability this Summer & Fall 2017.

Summer - Weeks of Availability

- **July 31st to August 18th, 2017**

Fall - Weeks of Availability

- **September 5th to December 15th, 2017**

If a player is “serious” about reaching his or her short and long term hockey goals, they must consider the merits of 1 on 1 coaching.

Top 10 - Benefits of 1 on 1 Coaching

- Customized on – ice programs to suit skill deficiencies and abilities.
- Coach connects better with 1 on 1 on ice setup.
- Receive a strong assessment of a player’s skill set.
- More personable setup – players receive much closer attention and immediate feedback from the coach.
- Players cannot hide when doing a specific drill – often

they do not get the extra and needed attention in a group setting.

- More direct coaching approach - input from parents / players are welcomed.
- More effective way to bridge the skill gaps - improve skills quicker / maximize every on ice session.
- Times and dates determined by parents / players - better suited to busy schedules (before or after school hours or after minor hockey season ends).
- Enhance not only hockey skills but life skills including personal traits such as self confidence, self esteem, improved work ethic and love of the game.
- Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker! Get to the next level!

Call Coach Rex at 403 - 244 - 5037

To discuss any of the following:

- Potential Programs
- Customized Curriculums
- Hockey Instruction and Development Philosophies
- Possible schedules and rate structures

Visit www.tuckerhockey.com for more information as well as numerous testimonials from very satisfied clientele.

Busy Summer & Fall Schedule Ahead -

Limited Dates and Times Available - Don't Miss Out!!

The Johnson's 1 on 1 Coaching Testimonial:

“Our son Levi was an enthusiastic Peewee 5 hockey player in 2009. Levi struggled with his balance and because of that, was always on the wrong side of the cut following evaluations. We asked around, “Who could give our boy power skating lessons and help him with his stride, balance and confidence?” Rex Tucker was the name we heard a few times and after a brief phone conversation with Rex - Levi was on the ice with him. Rex was patient with Levi but also firm with his direction and coaching. We all knew that Levi was well behind the curve but his energy and the clear guidance of Rex began to work together. Each week we could see small improvements and after three short months a “Bum down - head up!” Levi began to stride around the rink. It was really fun to watch the change. Today, Levi plays Bantam AAA for the Pursuit of Excellence Academy in Kelowna BC. He is a strong, agile power forward and his team is ranked #2 in Western Canada. Levi has just been accepted to play Midget AAA for the Notre Dame Hounds for the 2012/13 season. There is no doubt in our minds that Rex Tucker is a very large part of this success story. If you or anyone you know is looking for a motivated, insightful and encouraging power skating coach, look no further than Rex Tucker. We give him our strongest recommendation.”

~ Tim & Dawn Johnson April 2012

Customized Programs

Why sign up for hockey programs which offer “canned / preset” on – ice curriculums if you know what your player or players need to improve on?

The answer is **“Customized Programs”!**

WE DELIVER AND GUARANTEE RESULTS!

Why not spend your time achieving results on the areas of your game or your team’s game that specifically needs growth and development?

We have operated customized programs for 10+ years to the following:

- Individual Players (tyke to semi – pro),
- Minor Groups, Teams (tyke to midget) and Minor Associations
- Adult Recreational Groups and Teams (various male & female divisions).

HERE’S THE EASY WAY TO SET THINGS UP.

1: Recruitment - Parents / groups / teams need to determine potential dates, times, a guaranteed budget and recruit a minimum 1 - 15 players.

2: Establish Timing of Programs

- Off Season (Spring and Summer Time)
- During the Season
 - Early Morning (Before School or Work Starts)
 - Late Afternoon (Before 4 PM)

3: Determine Type of Program - customized curriculum of:

Power Skating, Hockey Skills Development, Body Checking, Conditioning or Combo Programs

4: Frequency of the Program - 1 session per week for 10 weeks
2 sessions per week for 5 weeks
5 sessions per week etc

5: Tucker Hockey - will find the ice, set – up a “customized curriculum” (based on parents / organizers direction / input) and provide professional on ice instruction.

Note: Individuals are welcome to secure their own ice as well. A reduced rate if Tucker Hockey does not provide the program ice. Bookings subject to availability.



Minor Hockey Testimonial

“Connor made the Div 2 Peewee team... we owe much of that to you guys at Tucker Hockey... he only started skating two years ago. When he first stepped out onto the ice for his first year of Atom hockey he could barely take 3 steps without falling; let alone shoot the puck. Each year he’s made pretty significant leaps and finally this year he’s wound up on a team where most of the kids have six or more years of experience. It’s a little bitter sweet as he’s left a lot of his old teammates behind but this shy, quiet, ADHD kid is really starting to feel good about him self and is seeing the dividends of hard work (life lesson?). Connor always has a great time with you guys, loves the instructors and asks for more training. As parents, we’re witnessing a pretty remarkable transformation in hockey and more importantly, who he’s becoming as a person. We’ll be sure to continue supplementing his team development with your programs and camps... thanks again.”

Dan Argento, Minor Hockey Parent

Tucker Hockey Initiatives (Cont'd from 12)

- **Players Improvement** – today's players are stronger, quicker and faster. Players with the puck have less time and space to make a decision or make a play. There's a defensive player on them all the time. Everyone's a good skater even the 3rd and 4th liners. Forcing more turnovers than ever! Often there's lots of hacking and whacking among strums of players; many puck battles along the outside of the dots and along the walls with very little flow to the game.

I can't really say that most of the NHL playoff hockey games have been exciting. Definitely the first round was the most entertaining. Most of the games lack flow, action and entertainment for the fans that are supporting the game's success. I watched the Canada vs. Sweden Gold medal game from the 2017 World Hockey Championship on the bigger ice (15 feet wider and 3,000 square feet of extra playing space) and the shots were Canada 43 vs. Sweden 41. It was a thrilling game to watch on TV due to the coaching and teams style of play. Unfortunately, Canada lost this one in a shootout.

How do we improve on the hockey's entertainment for the betterment of the game?

1) Increase the size of the rinks – more time and space for the skilled players to be creative. This would involve quite the capital expenditures and lost of game revenue from this renovation. Can't see the NHL owners making this change in the very near future?

2) So in the interim, how about penalizing the coaches / teams so they play a pressure fore - checking game in the opponent's zone e.g. mandatory 2 players inside the opposition's blue line. Players get penalties for foul play. Why not coaches / teams being fined or be penalized for playing "soccer on ice" – boring hockey?! It's a far better game when there's flow! Do you agree?

Maybe you have other ideas / suggestions! We encourage readers to gather their own thoughts and let their opinions be heard! Letters to the editors are welcomed at programs@tuckerhockey.com.

Calgary Flames (Cont'd from 4)

WHL All Star Team. He is a very competitive , speedy, puck moving moving defenseman with high Hockey IQ, and can play both sides with poise.

Off - Season Game Plan

The Calgary Flames have a solid young core of talented players for the future.

Team's Core

- 23 year old Johnny Gaudreau won the Lady Byng Memorial Trophy (awarded to the player who exhibits the best type of sportsmanship with a high standard of playing ability) this past season. Gaudreau started slowly accumulating only 11 points in his first 17 games before breaking his finger. But he was better after returning and still had a productive season with 61 points. He is Calgary's game breaking offensive threat but can he raise his play? The Lady Byng is his first NHL award and it may help boost his confidence going forward.
- 22 year old Sean Monahan has scored between 58 and 63 points in each of the last 3 seasons. That's quite good

but can he take his game to the next level as well?

- 33 year old captain, Mark Giordano has been one of the best NHL defenseman over the past 4 years. He plays against the oppositions' best players while also contributing offensively.
- 28 year old T.J. Brodie is a strong skater and puck mover. However, one of the biggest priorities in the off- season is finding a top 4 defenseman to pair with Brodie.
- 20 year old Sam Bennett after a 36 point rookie season, hopes were higher but he managed only 26 points in his second season. He should bounce back to a higher level.
- 23 year old Dougie Hamilton had a career high 50 points and had excellent possession numbers while handling top-pair assignments with Mark Giordano.
- 28 year old centre Mikael Backlund, delivered a career best 53 points. He had outstanding puck possession numbers and is a legit No: 1 centre but doesn't get the fan fare.
- 29 year old winger Michael Frolik has rounded into a solid two-way, versatile player. He contributes both offensively 44 points and defensively to the team and plays really well with Backlund and Tkachuk.

Cont'd p. 26

A Tribute to My Mother

In Loving Memory of Phoebe May Tucker

February 18th, 1932 - March 3rd, 2017

If Roses Grow in Heaven

*"If Roses grow in Heaven Lord,
Please pick a bunch for me.
Place them in my Mother's arms
And tell her they're from me.*

*Tell her that I love her and miss her,
And when she turns to smile,
Place a kiss upon her cheek
And hold her for awhile.*

*Because remembering her is easy,
I do it every day.
But there's an ache within my heart
That will never go away."*

By Dolores M. Garcia

My Mother lived her life with a meek, mild, kind and caring demeanour supported by her strong religious faith. She grew up on Fogo Island, Newfoundland, and upon completing high school, she attended Prince of Wales College in St. John's, where she completed summer school to become a teacher. Her teaching assignments took her to classrooms in Porterville, Little Bay Islands and Bunyan's Cove, Newfoundland. However, it was at Little Bay Islands where she chose to put down roots. On December 7, 1956, she married my now deceased (2013) father Raymond Tucker of Little Bay Islands and together they raised two children – my older sister Daphne and myself.

Following the arrival of her two children, my Mother finished teaching to focus on life at home. She also committed much of her time to the United Church of Canada as a Lifetime Member of the United Church Women (UCW) as well as Sunday school teacher, choir member, treasurer and volunteer on a number of other church boards. My Mother was a lifetime member of the Green Bay Auxiliary (Little Bay Islands and Springdale) and extensively involved in the Lodges of the Ladies' Orange Benevolent Association (L.O.B.A.). In her spare time, she enjoyed cooking, baking and house cleaning. In later years, she enjoyed watching TV game shows like Jeopardy, reading and listening to gospel and Christmas music.

Growing up on Little Bay Islands, Newfoundland, my Mother provided a wonderful safe haven home of love and comfort. Such a sanctuary in fact that initially I didn't want to go to school and took the first year off!! However, my Mother showed incredible patience and gentleness to raise an often difficult early age child, who later ended up becoming a university graduate. Her unconditional love, kindness and caring ways were instrumental in building a foundation of core values which have steered me in both my day to day living and interactions with people from all walks of life. Over the many years, she always provided a silver lining of comfort, support and proper perspectives on many of my life's dark clouds. She was truly my most steadfast supporter and believer.

I feel truly blessed to have been influenced by my Mother's unique perspective of life; which involved sharing her food, conversation and knowledge with others. Words cannot describe her positive influence on me. She enriched my life in so many ways with her kind, caring and loving ways. She was such a gentle soul. For my Mother the church was her sanctuary while conversely for her son it's always been the game of hockey / arena!

Nevertheless, I have incorporated her social conscious and many of her core values on life within my Tucker Hockey business, my hockey teachings and my own day to day living.

- Always say thank you and show appreciation to others.
- Live life with a good heart of kindness and empathy.
- Show understanding and patience towards others.
- Accept others; see the good in others, and to forgive.
- To treat people with openness, respect and show compassion.
- Live by the Golden Rule - do unto others as you would have them do unto you.
- Keep your word - it's everything.
- Count our many blessings each and every day.
- Be steady in life no matter what happens - success or failure.
- To have a friend - you have to be a friend. But not just be

Cont'd p. 25

a friend - be a good, caring, loyal, and dependable friend.

- To understand and accept that I was different. When I pursued my hockey career goals, she often joked – “You are different - bordering on unique!”
- To be conscious of and believe in a higher power.



I truly cherish our wonderful loving relationship and the many fond memories we shared over the years. Heartfelt and grateful thanks to my friend, my mentor, my Mother. She will always be with me in spirit. If we believe in a place called heaven - she definitely has a new home. A VIP seat! Love is eternal. Rest in Peace, Mom.

If

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:
If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:
If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'
If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!
~ Rudyard Kipling

Letting Go

To let go doesn't mean to stop caring
It means I can't do it for someone else
To let go is not to cut myself off
It is the realization I cannot control another
To let go is not to enable
But to allow learning from natural consequences
To let go is to admit powerlessness
Which means the outcome is not in my hands
To let go is not to change or blame others
I can only change myself
To let go is not to care for
But to care about
To let go is not to judge
But allow another to be a human being
To let go is not to be in the middle of arranging
all the details
But to allow others to affect their own outcomes
To let go is not to be protective
Its is to permit another to face reality
To let go is not to nag, scold or anguish
But to search out my own shortcomings and to
correct them
To let go it not to adjust to everything to my
desires
But to take each day as it comes
To let go is not to criticize and regulate anyone
But to try to become what I dream I can be
To let go is not to regret the past
But to grow and live for the future
To let do is to fear less and love more
~ Author Unknown

I dedicate the above poems “IF” and “Letting Go” to my best friend – Roy Rowsell. Roy and I grew up together on Little Bay Islands, Newfoundland. We have been best friends since the early age of 7. Over the years, Rowsell, I

have truly valued your loyalty, honesty, candid advice and caring ways. My friend - I wish you always the very best of health, happiness and success. Peace within brother. Take care.

Calgary Flames (Cont'd from 23)

- 19 year old winger Matthew Tkachuk had a tremendous rookie season putting up 48 points with superb possession stats. He was also super-annoying, and quickly earning a reputation as one of the league's most aggravating players.

Top Prospects:

- **Goalies** - 23 year old Jon Gilles and 19 year old Tyler Parsons
- **Defenseman** – 23 year old Brett Kulak, 20 year old Rasmus Andersson, 20 year old Oliver Kylington and 24 year old Tyler Wotherspoon
- **Forwards** - 22 year old Curtis Lazar, and 22 year old Mark Jankowski

What are the important UFA signings in the off season?

Flames eligible 2017 unrestricted free agents (UFA's) with last year's salary hits are Dennis Wideman \$5,250,000, Michael Stone \$4,000,000, Brian Elliot \$2,500,000, Brandon Bollig \$1,250,000 and Kris Versteeg \$950,000. Based on each player's age, on ice performances and potential salary demands the Flames should sign only Stone and maybe Versteeg.

What are the important RFA signings in the off season?

Curtis Lazar, Alex Chiasson, Sam Bennett and Michael Ferland are restricted free agents. All need to be re-signed except for possibly Chiasson? He only had 24 points last season but had positive possession points and reached double figures on goals in three of last 4 years. He's on the lower list of priorities.

The NHL salary cap for the upcoming season is \$75 million with the salary floor at \$55.4 million. The Flames have currently over \$15 million in salary cap space with 15 players

signed. So there's a fair bit of room to sign their free agents mentioned above and maybe another player on the market. The Flames have a solid core of players and the obvious off season game plan is to fill in some holes in order to be competitive and retain a playoff spot. They need one top 9 forward, one top four defenseman, two more defensemen and another goalie. Does Troy Brouwer who managed only 25 points, Matt Stajan 4th line centre with 13 minutes a game and Lance Bouma only 5 goals and 14 points in the last 105 games fit into the Flames future plans? The Flames could use another top-nine forward but it probably is not the biggest priority this summer. Perhaps a veteran winger UFA like Patrick Sharp, Chris Kunitz or Martin Hanzal would be worthwhile on a short-term deal. Or will the Flames keep Kris Versteeg, who was quite effective most of the season?

In Conclusion

After evaluating his player personnel and being subjected to Johnny Gaudreau's 10 game injury this past fall, Coach Glen Gulutzan's team switched to a conservative brand of hockey. It was a team that was comfortable playing a containment, low shot, and low scoring brand of hockey. It was not a very exciting brand of hockey most of the time! Nevertheless, as last season unfolded the Flames managed to be more competitive, win enough games and secure a wild card playoff spot. However, last season the Flames ranked 22nd in 5 on 5 save percentage. It was an improvement on 30th from the year before, but still not impressive. For sure, goalie Mike Smith should raise this percentage. For next season improved play in goal and more depth on the blue line are major necessities for the team to advance again to the playoffs. Nashville proved this past season anything is possible if a team can secure a playoff spot! It will be an interesting, and competitive season ahead! I hope it will be high on entertainment too! Stay tuned!!

Our Spring 3 on 3 Hockey - What a Season!

Spring Hockey is over, and we wanted to take a moment to thank all of our participants. We trust you had fun, learned a few things, but most of all, take away a sense of accomplishment! You survived! 10 weeks, 20 games, and uber competition!

Tucker Hockey's mission for our Spring 3 on 3 was to provide a unique opportunity for players to develop their

skills with lots of different types of play time. It wasn't just about the 3 on 3 full ice games. Rather short games – 3 on 3 cross ice games, 3 on 3 keep away, 1 vs. 1 puck battles, 1 vs. 2 puck battles, evasive skating techniques, keep-away / puck protection; raising compete and confidence levels that we're sure you'll use in your upcoming hockey season. So, to the skaters, goalies, and parents: Thank You!

See you in August!

Losing 60 Over 60 (Cont'd from 6)



capability (i.e. hiking in the Andes Mountains of Peru)

How did you go about achieving such an impressive accomplishment?

Very simple, cut out all sugar and processed foods (i.e. pop, potato chips, pasta sauce in a jar). I increased my vegetable intake, fruit, whole grains, significantly reduced red meat intake, switched to fish and chicken.

Very important!!! Portion size when it comes to fish, poultry, rice, pasta and red meat. Rule of thumb it should fit in the palm of your hand, vegetables and fruit fill half the plate. When you buy food, read the label and make note of how much sugar and salt has been added. If you follow the above I guarantee you will see the pounds come off. Bottom line you really want to do this for self, you can't achieve your goal if you are partially committed.



What are the benefits now of such a weight reduction in your hockey playing as well as day to day living?

Moving around and exercising is a lot easier, your self image and confidence improves. The best part my waist size is down by 6, finally bought appropriate clothes for my age and body type.

Ken, since you are retired now. What are you doing to keep your self busy and fulfilled these days?

I do some hiking, mountain biking, tennis, walking, gardening, dancing, educational courses and hockey. Also, I'm travelling to different continents learning about different cultures and exploring the country.



Any new hobbies, travel excursions or additional lifestyle changes planned for the future?

I just got back from hiking in Peru, touring Ecuador, and exploring the Galapagos Islands. Planning my next trip to Africa!

Editor's Final Comments:

Ken, thanks again for taking the time to share your very inspiring story. It has always been a pleasure having you participate in our Tucker Hockey recreational programs over the years. You are a true gentleman and hockey friend. I wish you continued good health and keep enjoying your hockey, tennis, hiking and travel activities etc in your retirement years. See you on the ice again this fall! Take care.

Ready for Change? (Cont'd from 10)

Practices: To maintain the concepts of long term player development and modified ice, practices at the Novice level should be on half- ice whenever possible. Increasing puck touches using small area games will add to the player's enjoyment and development. This allows for the focus to be on skill development and competitive games in small, modified spaces rather than full - ice flow drills or team tactics. In addition, this will save your team/association money!"

"Hockey in Canada is a passion. Simply put. Every person has a view and an opinion on our game. We all want our sons, daughters, grandkids and anyone playing hockey to enjoy the experience. Hockey Manitoba certainly respects that and shares in the sentiment. Our goal is to make the experience positive for all members in our organization. It is also our responsibility to stay current with any changes and improvements and bring those changes to our programs.

We want our sport to stay on the front edge of change and a modified ice surface that is appropriate for young players is the right thing to introduce." "Hockey Manitoba is excited to be on the leading edge of this change! We feel it will benefit every player as they grow in our game and we will do everything we can to support players, coaches and administrators with a positive experience. We ask everyone to approach this change with an open mind and support our direction in a positive manner to allow our players to learn the game in this exciting progressive direction."

Source:

Thanks to Scott Furman and Peter Woods of Hockey Manitoba for sharing their insights on this initiative. It will serve "the good of the game".

Visit www.hockeymanitoba.ca and scroll down to "Hockey Manitoba Novice ½ ice hockey" for more information.



Tucker Tips (Cont'd from 11)

Teams / Groups:

Alberta 97 Jets Bantam AA / AAA

Calgary Buffaloes Bantam AA

Midget AA Canucks

SikSika Nations Midget AA /AAA

When attending our power skating programs, players will hear myself and other Tucker Hockey on ice instructors emphasize the importance of the following skating teaching points: Good hockey stance, deep knee bend, feel your edges, strong edges, flex your ankle, longer strides, push harder, more power, quicker feet, S.A.M. – Stability, Agility and Mobility and many other technical skating terms.

Finally, I will quote Paul Coffey, former Edmonton Oiler defenseman & Hockey Hall of Famer and one of the best skaters who ever played the game. "I was a natural skater,

but I also took private lessons to enhance my skills". In Peter Twist's book - Complete Conditioning for Hockey , he quotes Paul Coffey – "Many hockey players do not realize the importance of skating until near the end of their playing careers – how they would have been a much better hockey player if they had developed their skating more".

It 's important for players to learn how to skate correctly both forwards and backwards - with better technique – stronger edges – longer strides - more power – more explosiveness - more quickness as well as improved agility and mobility without and with the puck.

The game is getting faster at every level of hockey now! Players who can't keep up have little chance of making it to the highest levels. Do you have a desire to get to the next level and excel?

2018 IIHF World Junior's Hockey Championship



December 26th, 2017, to January 5th, 2018
Buffalo, New York



Preliminary Round: Group A

Date	Visitor	Home	Time (MTN)	Arena
Tues. Dec. 26, 2017	Canada	Finland	2:00 PM	Key Bank Centre
	Denmark	US	6:00 PM	Key Bank Centre
Wed. Dec. 27, 2017	Slovakia	Canada	5:00 PM	Key Bank Centre
Thurs. Dec. 28, 2017	Finland	Denmark	10:00 AM	Key Bank Centre
	US	Slovakia	6:00 PM	Key Bank Centre
Fri. Dec. 29, 2017	Canada	US	TBD	New Era Field
Sat. Dec. 30, 2017	Finland	Slovakia	2:00 PM	Key Bank Centre
	Denmark	Canada	6:00 PM	Key Bank Centre
Sun. Dec. 31, 2017	US	Finland	2:00 PM	Key Bank Centre
	Slovakia	Denmark	4:00 PM	Harbour Centre

Preliminary Round: Group B

Date	Visitor	Home	Time (MTN)	Arena
Tues. Dec. 26, 2017	Czech Republic	Russia	10:00 AM	Key Bank Centre
	Belarus	Sweden	12:00 PM	Harbour Centre
Wed. Dec. 27, 2017	Switzerland	Belarus	1:00 PM	Key Bank Centre
Thurs. Dec. 28, 2017	Russia	Switzerland	12:00 PM	Harbour Centre
	Sweden	Czech Republic	2:00 PM	Key Bank Centre
Fri. Dec. 29, 2017	Belarus	Russia	10:00 AM	Harbour Centre
Sat. Dec. 30, 2017	Czech Republic	Belarus	10:00 AM	Key Bank Centre
	Sweden	Switzerland	12:00 PM	Harbour Centre
Sun. Dec. 31, 2017	Switzerland	Czech Republic	10:00 AM	Key Bank Centre
	Russia	Sweden	6:00 PM	Key Bank Centre



Relegation:	Tues. Jan. 2, 2018	12:00 PM	Harbour Centre
	Thurs. Jan. 4, 2018	10:00 AM	Key Bank Centre
	Fri. Jan. 5, 2018	10:00 AM	Key Bank Centre
Quarters:	Tues. Jan. 2, 2018	10:00 AM	Key Bank Centre
	Tues. Jan. 2, 2018	2:00 PM	Key Bank Centre
	Tues. Jan. 2, 2018	4:00 PM	Harbour Centre
	Tues. Jan. 2, 2018	6:00 PM	Key Bank Centre
Semis:	Thurs. Jan. 4, 2018	2:00 PM	Key Bank Centre
	Thurs. Jan. 4, 2018	6:00 PM	Key Bank Centre
Bronze:	Fri. Jan. 5, 2018	2:00 PM	Key Bank Centre
Gold:	Fri. Jan. 5, 2018	6:00 PM	Key Bank Centre



Why Pay for Youth Sports? (Cont'd from 9)

I pay so my kids learn that it takes time and lots of practice to become good; it is not an overnight process and there are no 'naturals' out there.

I pay so my kids learn how to deal with disappointment; they have the chance to fail in a 'safe' environment - so they can get back up and try again. (You can't do it... yet!)

I pay for the times when they want to quit but don't. (Yes, sometimes, I have to encourage them!)

I pay for the times when they come home from school 'too tired' to go to their activity but they suck it up and go regardless.

I pay so my kids can learn to work with others (coaches, teammates, officials).

I pay so that my kids can learn how to demonstrate positive leadership in the form of the Golden Rule (respect yourself and others) under real-life circumstances; to be gracious losers and humble winners.

I pay for my kids to learn how to act with ethics, morals, integrity, sportsmanship. (It helps to role model this for your kids; after all, they are always watching!)

I pay for my kids to learn to take care of their body (rest, recovery, nutrition) and to value and look after their equipment.

I pay for their opportunity to make life-long friendships/networks, create lifelong memories, and to be as proud of their achievements as I am.

Like I told Sam, I don't really 'pay' for the sports/activities. I am primarily paying for opportunities to learn life lessons; secondarily I am paying for the opportunity to develop healthy lifestyle habits. Sport has the capacity to provide kids with a smorgasbord of character attributes and skills that will serve them well throughout their lives. In turn, I hope they can transfer these values to their own children. So far, I think sports have been an excellent investment for our family.

Tucker Hockey is hiring enthusiastic and passionate Part-Time Instructors for Year-Round Hockey Programs

Ideal Qualifications Include, but not Limited to:

- Power Skating Background
- NCCP Certification Preferred
- Played Midget AAA, Junior A Level Hockey
-

Personal Traits:

- Excellent People Skills
- Strong Teaching Skills
- Passion and Love for the Game of Hockey
- Willingness to learn "The Tucker Hockey Way"
- Flexible Availability
- Own Transportation
-

Send Hockey Resumes to: programs@tuckerhockey.com

Note: Only Qualified Applicants will be contacted, no phone calls please.



Voice

"We want to hear your voice!"

Tell Us What You Think!

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

Articles from New Contributing Writers are Appreciated.

New Advertisers Welcome!

programs@tuckerhockey.com

TUCKER HOCKEY'S MISSION STATEMENT

Tucker Hockey has a special and unique love for the game of hockey. It is the mission of Tucker Hockey to share our passion for the sport. Through the Tucker Hockey Way, we provide opportunities for hockey players of all ages, backgrounds, and skill levels to grow their love of the game while improving their hockey skills.

We enjoy and preserve what we love.

We love what we understand.

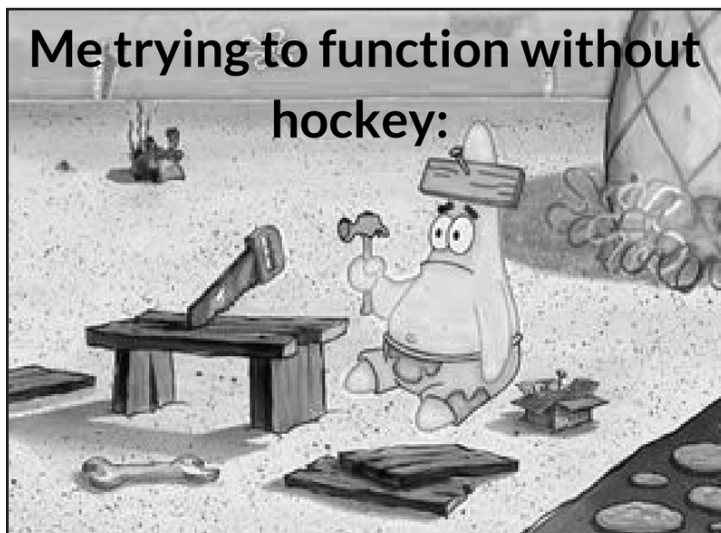
**We understand because we have been taught
The Tucker Hockey Way!**

"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)

Me trying to function without hockey:



WOKE UP TODAY



ONE DAY CLOSER TO HOCKEY SEASON

The “I”s in Hockey

Often when you attend a hockey game someone will tell you to keep your “eyes” on the fast moving play. I believe that it is not only essential for your safety and protection (flying pucks can be dangerous) but it will ultimately lead to your better understanding and enjoyment of the game.

However, let us elucidate about the “eyes” I am talking about.

The I’s include:

1) Intelligence 2) Imagination 3) Initiative 4) Intensity and 5) Improvement.

When looking at these important characteristics of a hockey player, I will talk about players in today’s NHL who exhibit these traits in spades so you can relate better!

Intelligence - Ryan Getzlaf of the Anaheim Ducks isn’t one of the fastest skaters in the NHL but he knows where to be on the ice. His hockey IQ is off the charts. As Mike Babcock, Team Canada Coach of the 2016 World Cup of Hockey said about Getzlaf on his selection to the team. Babcock said he wanted not only fast players on the team but players who know and will go to the right places on the ice. Hockey sense is one of his best hockey traits. Getzlaf “thinks the game” at the highest level.

Imagination - Connor McDavid of the Edmonton Oilers is one of if not the most creative players in the game today. No one skates with the puck as fast as McDavid. He has incredible quick hands and quick feet. He is very creative with the puck and very exciting to watch very shift. McDavid can shift gears, make fakes and toe drags with the puck with incredible skill and imagination. He’s definitely not a robotic player on the ice!

Initiative - Brent Burns of the San Jose Sharks is one of the most versatile players. He can be a force both on defence and offense. He has taken the initiative to learn the game from both sides of the ice and excel. He is valuable to his team in so many ways and adjusts to what is coaching staff requires on a game to game basis throughout the season.

He can play both the defenseman’s position and winger position equally well when required.

Intensity - Jonathon Toews of the Chicago Black Hawks is a fierce competitor. He hates to lose. He brings a drive and intensity to his game that’s truly world class. When asked what lines he liked during the 2014 Olympic orientation camp, Team Canada coach Mike Babcock said he liked Toews and whoever Toews was playing with on his line. He’s just that good and he makes everyone around him so much better!

Improvement – Sidney Crosby of the Pittsburgh Penguins is the best all around player in the game today. He is the most complete player and does everything so well. Crosby is always trying to improve on his game. From winning face-offs, to backhand shooting, to winning puck battles down low in the corners...just a few of the many things he has worked on to improve his game over the years. Crosby is always working to be the best 200 foot player in the game today and to take his hockey skills to another level of excellent!

The above mentioned players are extremely talented but work incredibly hard to improve on their skills. If you wish to become a great hockey player you will need to hone many if not all of the above mentioned traits. What do you bring to your team to help your coaches and teammates win? What will you work on in the days ahead to become a better and more complete hockey player? Think about the “I’s” in hockey - believe - work on them - and get better!

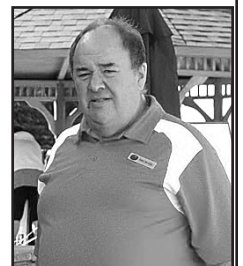
Michael White Bio:

15+ years in fundraiser capacity for non-profit and marketing agencies

Extensive writing experience producing articles for Hockey Zones and other publications

Recognized with awards for volunteerism activities on municipal, provincial and federal levels

Conducted White Hat Ceremonies for Tourism Calgary in public venues in front of audiences up to 15,000 people



Tucker Hockey Awards

watch it
hear it
live it
LOVE IT!



T.H.E. Way to Success!

In Partnership With

KidSport Calgary - Donated 6 Spring and 12 Summer Hockey Programs worth **\$6,000**

Calgary Minor Hockey - Donated 1 Free Hockey Program to EVERY Association worth **\$10,000**

T.H.E. Way Award - 2 Free Year - Round Tucker Hockey Program Scholarships worth **\$4,000**

Giving back over **\$20,000** to the Calgary Grassroots Hockey Community **EVERY YEAR!**

T.H.E. Tucker Hockey Way

Enriching the lives of Tucker Hockey Participants by instilling a sense of belonging, expounding our passion for the game of hockey, imparting valuable life skills, and assist in manifesting our participant's desire to improve all the while cultivating a harmonious community of like-minded individuals.

For More Information Contact Us at **programs@tuckerhockey.com**



Tucker Hockey Classic Awards

"Giving Back to the Calgary Hockey Community"

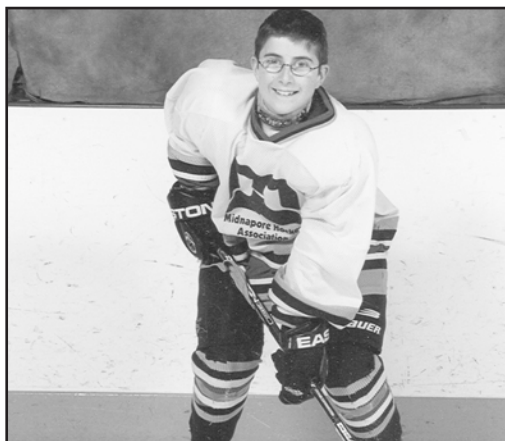
Since 2004, Tucker Hockey has offered over 100 free programs to various Minor and Adult Hockey Players.
Giving back more than \$30,000.

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 50-100 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.



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

Summer/Fall 2016 - Tim Flaman
Winter/Spring 2017 - James Shai
Summer/Fall 2017 - Nelly Matlala

Congratulations to Scholarship Recipients

Winter/Spring 2017 - Noah Quan

Summer/Fall 2017 - Eric Maina

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 Eric Maina and I am 8 years old. I play with the Southwest Cougars. I like to play hockey because it is fun, educational and some games can be intense. It can keep you focused and when you score or make a play it can make you proud. My favourite position is forward because you get to attack the net and score.

~ Eric Maina, 8 Years Old

Why Tucker Hockey "Knows" Power Skating

- Extremely passionate about teaching and we care about the players who participate in our programs.
- Been a leader in power skating development in Calgary & Southern Alberta for the past decade.
- Taught skating fundamentals to all ages (4 to 75) & skill levels (tyke to semi –pro) for the past 18+ years.
- We teach; we just don't run skating drills!
- Honed our teaching craft with 10,000+ dedicated hours.
- We have and will continue to customize our skating programs to the needs of the players.
- Developed a "Proven Formula" for Skating Improvement – we get results!
- We have a proven history of taking players to the next level.
- Read our website testimonials from many very satisfied customers.
- Compare our exceptional hockey value - we welcome Q & A Sessions from you!



Be Active - Have Fun - Learn - Excel

See You at the Rink Soon!



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, CEO of Hockey Canada**

The One-on-One coaching from Rex Tucker my son received has helped his skating immensely. Rex worked on specific areas of need that helped take his game to the next level. More importantly his new abilities gave him confidence to take chances and push himself further.

~ **Marie Lachance, Minor Hockey Parent**

"During the mid season break between games, we were looking for a fresh voice and new experience for our senior timbits team. We called Mr. Tucker and asked him to come out and work with our kids for two sessions. Mr Tucker worked with both our coaches and kids in a respectful, upbeat and positive way that not only integrated with the coach's program, but was fun and energetic for the kids. Our coaches are great and we are lucky to have them however there is a noticeable difference in the work of a professional coach like Mr Tucker. Our kids have seen a power skating coach but Mr. Tucker's sessions brought more than skating as he consistently integrated hockey fundamentals into his drills and games as well as skating. The parents were also thrilled and we look forward to our next session with Tucker Hockey which we plan to have very soon."

~ **Aris dePeuter, Manager - McKnight Senior Timbits Royal**

"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 - Hockey Canada**

"Rex is very knowledgeable and possesses exceptional coaching and mentoring skills. His understanding of the game of hockey is unquestionably ranked at the "Expert" level. We are very fortunate to have Rex in our hockey community!"

~ **Perry Cavanaugh, Past President Calgary Minor Hockey**

"Rex has worked with my two sons as well as many players that I have coached in the past. He is great with the kids, runs great ice sessions and makes learning fun. Rex is highly recommended by myself and many hockey parents looking to get their children great training."

~ **Bill McKenzie, Minor Hockey Parent**

"I was impressed by all the instructors. The directions were clear and well demonstrated and the instructors followed up when my son needed clarification on the drill. They watched each child and really worked with them to encourage them to use proper form.

We will definitely send my son to another Tucker Power Skating Program again. Thank you for a great week!"

~ **Linda Cote, Mother to Jeremy**

Tucker Hockey has helped my son improve on his skills and confidence in hockey. We have been using your program for the last 3 years and my son has gone from the bottom of his level now to the middle. My son loves the program and can not wait to join again in the spring once regular season is over. Thanks to Rex and all the other instructors for taking the time to show my son that hockey is a great sport.

~ **Karen Wills, Mother to Ryan**

