

Hockey Zones

For the LOVE of the GAME

Volume 11 No. 1 Issue # 30

Winter 2014



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!*

TuckerHockey

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

Spring & 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 Bantam Players	Individual Minor Hockey Team Practice Sessions October-March Power Skating Player Development Checking Clinics Player Evaluations	Spring & 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+
Summer July 9 to 23, 2014 Czech Hockey Exchange Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Pee wee & Bantam		Summer July 9 to 23, 2014 Czech Hockey Exchange Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Pee wee & Bantam
Minor Hockey Group Programs <i>Fall, Winter, Spring & Summer</i> Power Skating Player Development Checking Clinics	Customized Programs Group & "1 on 1" Year Round Ages 5 to 65+	Adult Recreational Group Programs (Ages 18 to 65+) <i>Fall, Winter, Spring & Summer</i> Power Skating Player Development

Rex Tucker Director, B.Comm

- 20 Years + Hockey Instruction Experience
- A Professional Power Skating Instructor since 1997
- Full Time Professional Hockey Coach since 2002
- NCCP Advanced 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German, and Austrian Players in the Czech Republic for 5 Summers

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

Contact
Tucker Hockey
(403) 998-5035

or online at
www.tuckerhockey.com

Tucker Hockey Identity

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

Experience the passion of Tucker Hockey!

www.tuckerhockey.com

Tucker Hockey

President Rex Tucker
Executive Assistant Christyne Kavanagh
Hockey Consultant Bob Tuff
Business Consultant Ern Rideout
Marketing Consultant Vacant

On-Ice Instructors

Rex Tucker David Mahoney
Ash White Matt Heseltine
Jeff Pickell Jessica Kirstine
Jim Hepburn Ron Wong
Rob Swart Jack Evans
Liam McKay Brayden Dunn
Deanna Reynolds Kris Bramall
Alannah Jensen Colton Buckler
Jordan Evans Kelly Duke
Sheila Kelly Frank Lyall

Hockey Zones Newsletter

Managing Editor Rex Tucker
Publisher Christyne Kavanagh
Advertising Sales Rex Tucker
Contributing Writers Wally Kozak
Christyne Kavanagh Michael White
Bob Tuff Ern Rideout
Rachel Macy Stafford Rex Tucker
Kim Faires Jeff Mueller
..... Dean Holden

Official Photographer Terence Leung

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Advertising Enquiries: Christyne at
programs@tuckerhockey.com
Send prebuilt ads with "Tucker Hockey Ad" in
subject line to
programs@tuckerhockey.com

Mailing Address

P.O. Box 46014 Inglewood RPO
Calgary, AB T2G 5H7

Ph: (403) 998-5035 Fax: (403) 244-5037
Email: programs@tuckerhockey.com
www.tuckerhockey.com

Managing Editor's Message



Welcome to the 30th edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

It's hard to believe - we have just published our 30th edition! Back in the Spring of 2004, Hockey Zones had very humble beginnings - an 8 page newsletter! Over the past 9.5 years it has grown into a solid publication, with 3 editions per year – Winter, Spring / Summer and Fall. The average hard copy and electronic circulation range from 6,000 to 7,000 copies per issue. Past issues can be found on our website www.tuckerhockey.com.

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.

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 Winter of 2014 promises to be an exciting time for hockey enthusiasts! Just to name a few events coming up on the hockey calendar - we have Esso Minor Hockey week running from January 10th to January 18th, 2014, the Winter Olympic Games February 7th to 23rd, 2014 featuring Women's & Men's Hockey as well as the second half of the Calgary Flames NHL schedule.

Hockey Zones strives to cultivate a little goodwill and make a difference in the local hockey community! Letters to the Editor are always welcomed. So share your opinions and thoughts about the game. Share your hockey stories. Share ideas for future articles. As well, new advertisers are always welcomed in our publication. Hope you enjoy the read!

Sincerely,
Yours in Hockey

PS: For the love of the game - I will often joke with people and say to them..."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!

Rex Tucker
Managing Editor
Hockey Zones



Next Issue Spring - Summer 2014 Features

- Letters to the Editor
- Calgary Flames Season End Review
- Meet the Instructor - Frank Lyall
- Tucker Hockey Tips
- Tucker Hockey Summer & Fall Programs
- Kids Hockey Advancement Society Golf Tournament
- NHL Rink Size Debate

July 9 - 23, 2014

Canadian / Czech Hockey Exchange Program

Experience the Hockey Trip of a Lifetime!!

Tucker Hockey is offering a unique opportunity to visit the Czech Republic from July 9th to 23rd, 2014. It's an incredible opportunity for top calibre / select Peewee and Bantam aged players born in 1999 to 2002 to experience elite Czech hockey training and enjoy the rich culture of the "Golden City" – Prague, Czech Republic with their parents. Prague is one of the most beautiful cities in the world! Prague, pronounced Praha in the Czech language, is the capital city of the Czech Republic. Situated in the north- west of the country on the Vltava River, the city is home to about 1.3 million people.

The city has been a political, cultural and economic centre of central Europe for centuries. Prague suffered considerably less damage during World War II than other major cities in Europe, allowing most of its historic architecture to stay true to form. Since the fall of the Iron Curtain, Prague with its rich history has become one of the world's most popular tourist destinations. The Czech Republic is famous for its historic architecture, rich culture, crystal and of course passion for hockey!

Why Experience the Canadian / Czech Hockey Exchange Program?

Our camp location will be in the Czech Republic! It is a country with an excellent ice hockey tradition, boasting the most NHL hockey players from any European country; an amazing statistic considering the country's small population of only 10 million people.

Practice and learn an intensive type of hockey from highly trained and experienced elite Czech coaches - including the "Imaginary Model Opponent", specific station training of hockey skills development, as well as other innovative training methods based on the Czech tradition to develop a player's individual and tactical hockey skills.

The hockey camp is based at the top sports facility in Nymburk, Czech Republic where the best Czech ice hockey



players and other elite athletes train for their upcoming season.

Intensive on and off ice training as well as high quality relaxation and recovery time – 21 hours of on ice training, 10 hours of off ice dryland training, daily video / chalk talks, mental conditioning, a variety of balanced nutritious meals, and 24 hour supervision by a staff of professional counsellors. Parents will have the option of staying with their child at the sports center camp hotel or another hotel a 5 minute walk away from the sports center. Parents can also use all the sport facilities in the sport center.

An Exceptional Hockey Value, the Exchange Program Includes The Following:

- Airfare from Calgary to Prague (Return)
- 2 weeks accommodation in the Czech Republic
- Majority of meals included
- Guided sightseeing tours of attractions within Prague
- Guided sightseeing excursions to the Czech countryside
- 1 week of professional Czech ice hockey training with Elite Coaches

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SUMMER 2014 CANADIAN/CZECH HOCKEY EXCHANGE



EXCHANGE PROGRAM DETAILS:



- **JULY 9TH TO 23RD, 2014**
- **SELECTION OF 20 ICE HOCKEY PLAYERS FROM WESTERN CANADA FOR ELITE HOCKEY TRAINING (YEAR OF BIRTH 1999 TO 2002)**
- **CONDUCTED BY ELITE CZECH COACHES**
- **WHOLE DAY PROGRAM UNDER SUPERVISION**
- **DAILY SCHEDULE INCLUDES: ELITE POWER SKATING AND HOCKEY SKILLS**
- **DEVELOPMENT PRACTICES, DRY-LAND TRAINING, AND OFF-ICE LECTURES**
- **TEACHING CZECH TRAINING METHODS, THEORY & TACTICS**
- **AIRFARE, ACCOMMODATIONS AND MOST MEALS INCLUDED**
- **EXHIBITION GAMES AGAINST CZECH COMPETITION**
- **SIGHTSEEING IN PRAGUE AND SURROUNDING CZECH COUNTRY SIDE**
- **OPTION FOR FAMILIES TO PARTICIPATE IN THE EUROPEAN CULTURAL EXCHANGE**

**SERIOUS INQUIRIES CONTACT
COACH REX**

**403 - 244 - 5037 OR EMAIL
PROGRAMS@TUCKERHOCKEY.COM**

EXCEPTIONAL HOCKEY VALUE - EXPERIENCE THE HOCKEY TRIP OF A LIFETIME!

Quitting Hockey

30 years ago my 9 and 11-year-old nephews were playing hockey. Like most families we wanted them to play and enjoy the game. After 3 years they quit. It was not fun. The coach played the best players a lot more and they were discouraged. All they wanted to do was play, but the unfair ice time was enough to take them out of the game. Their parents did not complain. It seemed to be acceptable and the “way it is” in minor hockey. Winning is the primary objective and the best players might help them to win. In the meantime their boys noticed the difference and they decided to give up on hockey. It was a discouraging experience.

I wonder how many more young children have quit the game because they did not get a fair opportunity to play, develop and have fun. They were not good enough at 9 and 10 to play in shorthanded and special team situations. When the game was in hand they would get a chance but only if the team was far enough ahead. Besides not playing on special teams they got to play 5 on 5 every 3 shifts while the 2 centers got to play every second shift. They might have stuck with it if they had a chance to penalty kill or play the power play but missing so many shifts took its toll. It just wasn't fun. They QUIT.

How many parents are living the same situation? You notice the unfair ice time and do not want to complain thinking “that's just the way it is”. The Local Hockey Association accepts this although a number of board members might disagree. The majority rules and kids quit hockey. The focus on winning is more important than personal development and enjoyment of all participants.

Recently, I talked to a Father about his 15-year-old son-quitting hockey when he was 10. The story is the same. The boy got into football and had just finishing a football camp in the USA and was being sought after by Prep schools for a scholarship, At 6 foot 3 inches and a fit 215 pounds and athletic it was not a surprise. I wonder what kind of a hockey player this kid would have been if he didn't quit the game. At 10 years old he was discouraged and driven out of the sport. Fortunately he found another that he would excel at.

Minor Hockey leaders and parents have to “wake up” and tell it like it is. Minor hockey is not about developing NHL

players. It is about developing life skills through teamwork and learning to work hard, respecting your opponent and the officials IT is about learning from winning and losing.

Win – Win coaching is about trying your best to win on the score clock but not at the expense of the growth and development of all players. When you win a game but shorten the bench you lose the spirit and self esteem of players who have not yet developed like my nephews and the 15-year-old Football player who quit hockey.

Goggle the “Positive Coaching Alliance”, a USA sports organization that is leading the way in the USA helping establish a healthy perspective and providing numerous resources for associations, parents and coaches to use to serve the “good of the game.”



Wally Kozak Bio:

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

Teacher, Coach, Mentor: Over 20 years

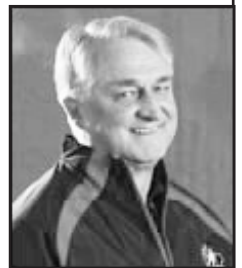
International, University, Major Junior and Minor Hockey.
High School Football, Wrestling and Track and Field.

Olympic Gold Medalist 2002.

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

Author of numerous articles used in Hockey certification programs.

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



A Salute to Minor Hockey Week

Esso Minor Hockey week will run from January 10th to January 18th, 2014. It is recognized as the largest ice hockey tournament in the world. The tournament has brought Calgary teams together for over 40 years and this year will be Esso's 35th year as title sponsor. The tournament is prestigious in the minds of so many Canadian kids. It's a chance for players from novice to junior levels to get together for fun and competition.

No event of this size could run smoothly without a dedicated group of volunteers, parents, officials and players. So hats off to the countless number of volunteers each year who

provide the kids in Calgary and across Canada with the opportunity to play. Over the week, more than 600 teams and 12,000 players ranging in age from 7 to 21 will take to the ice for this annual tournament. In addition 2,500 coaches and 4,000 volunteers will be involved to make sure the event runs smoothly.

The following article by Rachel Macy Stafford "6 Words You Should Say Today" truly captures the true spirit of play and playing any sport especially hockey. It's a fitting tribute to Esso Minor Hockey Week! Enjoy the read!

6 Words You Should Say Today

Very rarely does one sentence have immediate impact on me.

Very rarely does one sentence change the way I interact with my family.

But this one did. It was not from Henry Thoreau or some renowned child psychologist. It was invaluable feedback from children themselves. And if I've learned anything on my **Hands Free** journey, it is that children are the true experts when it comes to grasping what really matters in life.

Here are the words that changed it all:

"... college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame. Their overwhelming response: 'I love to watch you play.'"

The life-changing sentence came at the beginning of an article entitled, **"What Makes a Nightmare Sports Parent and What Makes a Great One,"** which described powerful insights gathered over three decades by **Bruce E. Brown and Rob Miller of Proactive Coaching LLC**. Although I finished reading the entire piece, my eyes went back and searched for that one particular sentence — the one that said, ***"I love to watch you play."***

I read the sentence exactly five times. Then I tried to remember the

past conversations I had with my kids at the conclusion of their extracurricular activities. Upon completion of a swim meet, a music recital, a school musical, or even a Sunday afternoon soccer game, had I ever said, "I love to watch you play"?

I could think of many occasions when I encouraged, guided, complimented, and provided suggestions for improvement. Did that make me a nightmare sports parent? No, but maybe sometimes I said more than was needed.

By nature, I am a wordy person — wordy on phone messages (often getting cut off by that intrusive beep) and wordy in writing (Twitter is not my friend).

And although I have never really thought about it, I'm pretty sure I'm wordy in my praise, too. I try not to criticize, but when I go into extensive detail about my child's performance it could be misinterpreted as not being "good enough."

Could I really just say, "I love to watch you play," and

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Rachel Macy Stafford's mission is to provide individuals with the inspiration, motivation, and tools to let go of the distractions of the modern age so they can grasp the moments in life that matter. Join her on her journey to a more meaningful life at www.handsfreemama.com and by visiting "The Hands Free Revolution" on Facebook! Rachel's book, *Hands Free Mama*, is

an inspirational guide to transforming a distracted life into one of connection and is currently available for pre-order. <http://www.amazon.com/Hands-Free-Mama-Putting-Perfection/dp/0310338131>





2014 Sochi Olympic Women's Hockey Schedule



#	Time (MT)	Game	Grp	Round
Saturday, February 8, 2014				
1	01:00 AM	USA vs. Finland	A	Preliminary
2	06:00 AM	Canada vs. Switzerland	A	Preliminary
Sunday, February 9, 2014				
3	01:00 AM	Sweden vs. Japan	B	Preliminary
4	06:00 AM	Russia vs. Germany	B	Preliminary
Monday, February 10, 2014				
5	03:00 AM	USA vs. Switzerland	A	Preliminary
6	08:00 AM	Finland vs. Canada	A	Preliminary
Tuesday, February 11, 2014				
7	03:00 AM	Germany vs. Sweden	B	Preliminary
8	08:00 AM	Russia vs. Japan	B	Preliminary
Wednesday, February 12, 2014				
9	01:00 AM	Switzerland vs. Finland	A	Preliminary
10	05:30 AM	Canada vs. USA	A	Preliminary
Thursday, February 13, 2014				
11	01:00 AM	Japan vs. Germany	B	Preliminary
12	10:00 AM	Sweden vs. Russia	B	Preliminary
Friday, February 14, 2014 - Day Off				
Saturday, February 15, 2014				
13	01:00 AM	TBD		Quarter-final
14	05:30 AM	TBD		Quarter-final
Sunday, February 16, 2014				
15	01:00 AM	TBD		Placement
16	10:00 AM	TBD		Placement
Monday, February 17, 2014				
17	01:00 AM	TBD		Semifinal
18	05:30 AM	TBD		Semifinal
Tuesday, February 18, 2014				
19	10:00 AM	TBD		7th
20	05:30 AM	TBD		5th
Wednesday, February 19, 2014 - Day Off				
Thursday, February 20, 2014				
21	05:00 AM	L17 – L18		Bronze
22	10:00 AM	W17 – W18		Gold

Broadcasting Rights will be shared between CBC, Sportsnet & TSN - Broadcast Stations N/A at Time of Publication



2014 Sochi Olympic Mascots
From Right to Left
The Snowflake, The Ray of Light,
The Polar Bear, The Leopard, The Hare



2014 Sochi Olympic Men's Hockey Schedule



#	Time (MT)	Game	Grp	Round
Wednesday, February 12, 2014				
1	10:00 AM	Czech Republic vs. Sweden	C	Preliminary
2	10:00 AM	Latvia vs. Switzerland	C	Preliminary
Thursday, February 13, 2014				
3	01:00 AM	Finland vs. Austria	B	Preliminary
4	05:30 AM	Russia vs. Slovenia	A	Preliminary
5	05:30 AM	Slovakia vs. USA	A	Preliminary
6	10:00 AM	Canada vs. Norway	B	Preliminary
Friday, February 14, 2014				
7	01:00 AM	Czech Republic vs. Latvia	C	Preliminary
8	05:30 AM	Sweden vs. Switzerland	C	Preliminary
9	10:00 AM	Canada vs. Austria	B	Preliminary
10	10:00 AM	Norway vs. Finland	B	Preliminary
Saturday, February 15, 2014				
11	01:00 AM	Slovakia vs. Slovenia	A	Preliminary
12	05:30 AM	USA vs. Russia	A	Preliminary
13	10:00 AM	Switzerland vs. Czech Republic	C	Preliminary
14	10:00 AM	Sweden vs. Latvia	C	Preliminary
Sunday, February 16, 2014				
15	01:00 AM	Austria vs. Norway	B	Preliminary
16	05:30 AM	Russia vs. Slovakia	A	Preliminary
17	05:30 AM	Slovenia vs. USA	A	Preliminary
18	10:00 AM	Finland vs. Canada	B	Preliminary
Monday, February 17, 2014 - Day Off				
Tuesday, February 18, 2014				
19	01:00 AM	TBD		Qualification
20	05:30 AM	TBD		Qualification
21	10:00 AM	TBD		Qualification
22	10:00 AM	TBD		Qualification
Wednesday, February 19, 2014				
23	01:00 AM	TBD		Quarter-final
24	05:30 AM	TBD		Quarter-final
25	10:00 AM	TBD		Quarter-final
26	10:00 AM	TBD		Quarter-final
Thursday, February 20, 2014 - Day Off				
Friday, February 21, 2014				
27	05:00 AM	TBD		Semifinal
28	10:00 AM	TBD		Semifinal
Saturday, February 22, 2014				
29	08:00 AM	L27 – L28		Bronze
Sunday, February 23, 2014				
30	05:00 AM	W27 – W28		Gold

Broadcasting Rights will be shared between CBC, Sportsnet & TSN - Broadcast Stations N/A at Time of Publication

Hockey from a Different Perspective

Interview with Hockey Parent – Richard Kraska



Editor's Note:
Last September I had a good chat with Richard Kraska. Richard is the father of a special needs child – Stefan. It was about 3

years ago that Richard contacted Tucker Hockey to inquire about his son attending a Tucker Hockey program. Richard told me about his son's challenges when participating in a group setting. Richard wasn't sure if it would work and to be quite honest I did not know either. I knew very little about ADHD and especially about Tourette and Asperger syndromes but I wanted to provide his son with every opportunity to enjoy and develop in the sport of hockey. After talking to Richard about his son's condition, I agreed to let Stefan participate if his Dad came out on the ice as well. Really I didn't know how things would go. But besides a few incidents of vocal tics and a lack of focus at times it went rather well. After each session his Dad and I became more comfortable on the ice with Stefan and we could see as well that Stefan was getting more relaxed participating in the group. Stefan has been a regular skater in Tucker Hockey Power Skating and Hockey Skills Development programs for the past 3 years. It's truly...a feel good story for me as an instructor and I thought it would be a positive thing to share his story with others! Here is a summary of our conversation.

Richard, give us a little history of your background and tell us about your family.

We are originally from Montreal and moved to Chestermere 7 years ago. We have 2 grown-up daughters and Stefan. My wife and I are both professional people working full time jobs. We enjoy sports, outdoor activities (hiking, camping, skiing etc.) and we all love hockey.

Your son Stefan is a special needs child, please explain

why.

Stefan has ADHD (Attention deficit hyperactivity disorder), and Tourette and Asperger syndromes. Stefan works best in a well structured environment where he does not have the time to get distracted.

What exactly is Tourette's and Asperger's Syndrome?

Tourette syndrome is a disorder characterized by both physical and vocal tics. Tics can come at any time but often occur when Stefan is anxious, worried or overly excited.

Asperger is a high functioning form of autism. This leads to difficulty in social interaction and non-verbal communication.

Examples:

Non-verbal: A person with Asperger has difficulty in reading another person's body language (anger, sadness etc.). Thus a person with Asperger often does not look at the person he is talking to (especially in the eyes) because he gets no indication of what the person feels or thinks by looking at them.

Verbal: A person with Asperger will take things literally until they learn the expression: A mother and child (child has Asperger) go to purchase a birthday cake and the baker asks what would you like the cake to say? The child with Asperger responds to the baker: "you silly goose, cakes do not talk!". This happened with Stefan at a hockey evaluation a couple of years ago. During the skills evaluation, the instructor told all the kids to take it nice and easy (not to go to fast and fall) and Stefan went as slow as a turtle thru the drills...

ADHD means for Stefan that he has difficulty focusing for a long time unless he is very interested.

How has this affected your family's lifestyle?

We have not allowed this to change our lifestyle. We strive

Cont'd p. 28

Overtraining... Too Much of a Good Thing

What do Halloween candy and hockey training have in common...too much will never be of any benefit! The real crux of athletic training comes down to two key elements: 1) Intensity of training, which is how hard your athletes are working (through the load lifted in pounds in relation to their maximum lift) and 2) Volume of training, which is how many sets and training hours they log in the gym. Many people still believe the old and tired adage that 'if training is good for you, then more must be even better'! Sadly, they are mistaken as the science behind overtraining shows that we can plan our training to prevent this 'staleness' and we can monitor our athletes in order to recognize the signs of overtraining.

By definition, overtraining is the excess accumulation of training stress (intensity and volume) which causes reduced performance in athletes. For professional strength coaches, planning to reduce and eliminate overtraining comes down to many factors within a training program. Off-season training should see athletes performing numerous drills to prepare their tendons and aerobic system (ie. the building blocks) for the heavier and more intense drills that will come in pre-season training. The natural progression should provide simple, light-resistance drills in April / May and shift towards strength & power training in bursts in July / August which mimic their movements on the ice. Then, during the hockey season, the strength coach should continue to increase their training intensity while using low volume as they will be very active on-ice with both practices and games. Research has shown that this strategy will allow the athlete to increase their strength during the season, contrary to the typical 'maintenance cycle' that some coaches prescribe, which typically makes an athlete weaker. In addition, it can provide an advantage during the playoffs, especially if the player has less talent than his / her opponent as conditioning will prevail when it matters most.

The only way to tell if your training plan is too strenuous for your athlete comes through careful monitoring. Signs and symptoms as noted by R. Winsley in the 2011 Medical Sport Science Review can vary however they typically include a decrease in appetite, altered sleep patterns (the feeling that they cannot get enough sleep!), frequent upper respiratory tract infections (sore throat), muscles soreness that lasts, decreased interest in training and competition, less focus, decreased self-confidence as well as a change in mood (ie. both becoming more irritable and lethargic). Considering this long list, reduced performance is still the true test above

all else. A 5-7 % reduction in your player's typical sets / reps can also be a clear indicator that they are doing too much in the weight room. If this occurs, you will need to increase recovery and reduce training volume so your player's can 'catch-up' to the previous training stress.

On the road to overtraining is a lesser version known as over-reaching. Over-reaching occurs when an athlete has a temporary reduction in performance (5-7% rule) but may not show the full signs of actual overtraining. Interestingly enough, this little brother of overtraining can actually be used to your advantage when preparing for a very important event. Strength coaches can systematically 'tweak' a player's training program to ask for a fractionally larger intensity and/or volume. Initially this causes the reduction in performance known as over-reaching. However, as the player utilizes adequate recovery and nutrition, typically carb-loading, over the next 5-7 days, he/she will adapt to this increased training stress and will note a very noticeable improvement in performance at the scheduled event. Past athletes that I have dealt with have mentioned feeling 'very light and springy', 'effortless strength' and one in particular even went so far to say that he 'didn't feel like he was ever tired' throughout his entire game. Although very tricky to administer, the process of over-reaching can provide a natural boost into the athlete's energy levels and performance with diligent monitoring. If you are interested, I would recommend doing your research alongside a professional.

In summary, overtraining results when an athlete performs too much work without adequate recovery. Just as in life we experience 'ups' and 'downs', our yearly cycle of hockey will too. In order to increase athletic performance while persevering these cycles, careful monitoring and planning needs to take place in order to eliminate the staleness of overtraining as once you have gone too far, it can take much needed time, which you may not have, to regain what you have lost!

Training Tip: Drink enough water! You need to drink half of your bodyweight (lbs) in ounces of water each day. Thus a 100 lb athlete needs 50 ounces of water. Keep in mind that if you are active, you will likely need 20-30% more!

Jeff Mueller is a Calgary-based fitness expert who has a true passion for the science and practicality of training. His aim is for you to learn what you can use to increase your performance!



Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey Philosophy

Why Power Skating?

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

Becoming a strong skater depends on a number of factors - the most important is skating technique. Other factors that enhance skating include leg strength, leg quickness, leg flexibility, balance and trunk stability.



Tucker Hockey World of Instruction

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

Past participants have included the following categories of players:

Professional	Learn to Skate
Collegiate	Calgary Recreational Hockey - Midget
WHL	Minor Hockey Coaches' Clinics
Junior A	Minor Teams
Junior B	Minor Hockey Association Projects
Midget AAA	Customized Minor Hockey Programs (Arranged with Hockey Parents)
Midget AA	
Midget AA (Girls)	
Midget A	
Bantam AAA	
Bantam AA	
Minor Hockey -	
Community	
Midget	
Bantam	
Bantam Girls	
Pee wee	
Pee wee Girls	
Atom	
Novice	
Tyke	

Adult Recreational

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

Tucker Hockey Tips -

Puck Control

The essence of puck control - if you control the puck you control the game. By improving your puck handling skills, you will not only increase your enjoyment of the game but also improve your opportunities for advancement. Good puck control doesn't happen by accident. Current NHL players like Pavel Datsyk, Patrick Kane, Sam Gagner and Claude Giroux have amazing puck handling skills but they have spent thousands of hours honing their craft! If executed correctly and efficiently good drills are essential to developing puck control skills. However, you must be willing to practice countless hours to develop and refine your skills.

The principles of Puck Control should incorporate the following:

1) Control 2) Creativity 3) Confidence and 4) Speed

Proper Control is the basis for proficient puck control. It starts with the proper stick. Firstly, for developing hockey players, the stick length is ideally below the chin when the tip of the stick is placed on the ice. Secondly, proper stick lie will ensure you have as much blade on the ice as possible to ensure good puck control. The stick lie refers to the angle formed by the shaft and the blade to the ice. Thirdly, proper blade curvature – too much curve will restrict your puck handling effectiveness. A straighter stick is recommended for young or new players to the sport who desire to develop puck control skills. Good hockey stance – knees bend and weight on the middle of the blades on the inside edges for good balance. V- Grip of the stick with the top hand, and lower hand shoulder width apart. When performing the skill of puck handling, it is essential to roll the wrists. The rolling action will cause the stick blade to turn and cup the puck. Cushion the puck, and slide the stick blade along the ice i.e. soft hands. Learn proper hand and arm positioning – the ability to move the lower hand up and down the shaft of the stick, and the ability to keep the arms away from the body. Head and shoulder movements affect puck control – head up, look where you are going and keep the shoulders loose.

Creativity – develop a “Feel” for the puck by moving beyond your Comfort Zone; challenge yourself to try new

things, make mistakes, stretch your skills, grow and develop.

Puck control progressions start with:

1) Stationary 2) Moving 3) Puck Protection 4) Keep Away and 5) Under Pressure / Game Situation skills and drills

Skill progressions can include: head up and head down, puck on the heel, middle and toe of the stick, puck away from the body to puck close to the body, forehand side, middle, backhand side, butt end of the stick to belly, figure 8 forehand / backhand - stationary and moving, top hand only, bottom hand only, lateral movement side to side, fakes right to left, left to right, 1 hand backhand, 2 hands forehand, create letters on the ice – X, Z, L, skating to a two foot stop, glide and crossover turns, full 360 turns – both forehand and backhand, slalom - both half speed and full speed, shift gears / speed, forward to backward pivots and backward to forward pivots, toe drags stationary to moving, toe drags to the skate stationary and moving, toe drags thru the skates stationary and moving, handle 2 pucks stationary, and 2 pucks moving, 1 puck blindfolded - stationary and moving, etc. There are many variations and progressions to enhance and stretch your creativity with the puck in open ice and around pylons! Later you can progress to protecting the puck from another player, playing keep away and handling the puck under pressure - 1 on 1 situation battles, within small scrimmage areas on the ice and to simulate game situations as well.

Confidence – as your confidence grows you will get outside the box and try new and advanced puck control moves. You will handle the puck longer in a game and feel more empowered to make more plays and a variety of different plays as well. Body fakes, skate fakes and stick fakes will now become a part of your game and you will be more dangerous with the puck.

Speed – once you have had some success with a puck control drill you can challenge yourself to do the skill faster – quicker hand speed, skate faster or a coach can even use a stop watch to challenge and monitor your completion time.

Cont'd p. 27

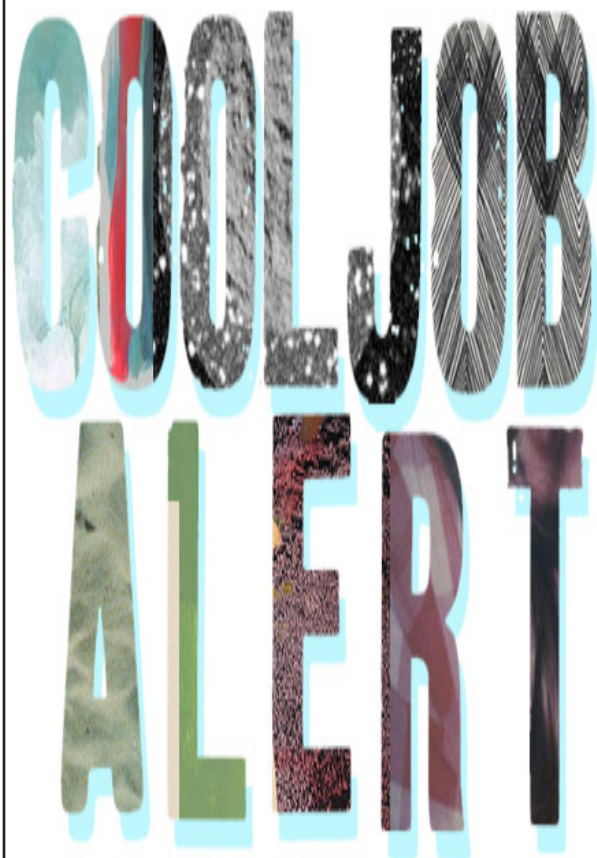


Tucker Hockey Official Sponsor



Easton's new MAKO skates: Natural Movement Equals Speed

The new MAKO skates give players the ability to move naturally and generate an explosive stride. Built on the physics of speed (Downforce / Push Direction / Tempo), they feature an aggressive pitch and the patent pending Extendon™ guard and deep contour design to allow for freedom of movement. The lower cut boot features asymmetrical patterns which allow the player to push to the side to generate tempo and speed. By using a thermoformable construction, the fit and comfort are unmatched. The CXN blade was developed to work in concert with the boot to create the fastest skate in the game.



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.

TUCKER HOCKEY - TOP 10

WHY EXPERIENCE TUCKER HOCKEY?

BECAUSE YOU WANT TO...

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



Tucker Hockey Guarantee**

If you honestly believe we have not improved your skating, hockey skills and knowledge of the game, after completing your "First" Tucker Hockey Program...

We Will Guarantee the Following:

A free 1 year membership to any and all Tucker Hockey Programs of your choice.

****For first time participants only – subject to review and approval by Tucker Hockey Head Instructors**

Special Offer For Minor Hockey Teams, Coaches and Players

16th Annual

Tucker Hockey

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

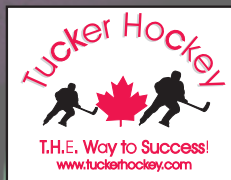
Tucker Hockey provides customized power skating or hockey development mentoring with coaches and their players on their practice ice times.

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**

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

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)**

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

Testimonial

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

Derek Dunn, Minor Hockey Coach & Parent

Call 403-244-5037 Today!

Huge Spring & Summer Savings

2014 Early Bird Pricing

Effective January 1st to February 28th, 2014

Register in either a 2014 Spring or Summer Program and
Receive **2013 Pricing**



Make it a Combo!

Effective January 1st to May 31st, 2014

Register in 1 Spring or Summer Program -

Pay Regular Pricing

Register in a 2nd Spring or Summer Program -

Receive 25% off the Price of the Program

Register in a 3rd Spring or Summer Program -

Receive 50% off the Price of the Program

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



Promotional Offers Can Not Be Combined

This can include, but not limited to:

- 2013 Pricing for Combo Deal
- Using Gift Certificates with either Promo
- Using Buddy Referral Program with either Promo

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

Promotional Offers Available for All Spring & Summer Minor and Adult Programs Advertised

Minor & Adult Registrations Can Be Combined to Qualify for the Combo Pricing

Quality Year Round Hockey Services

Adult Spring 2014 Programs

Level 101, 201, 301, Specialty Clinic & Hybrid 101 / 201 Programs

Adult Summer 2014 Programs

Level 101 & Hybrid 101 / 201 Programs

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 our 201 Program.

301 Program

This Technical Skills and Tactical Player Development Program builds and expands on the 201 Program of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. Within the 301 program, there is less teaching of technical skills and the instructors are more demanding and scrimmages are of a higher pace / intensity!

Note: We encourage all players to first complete our 201 Program prior to attending our 301 Program.

Specialty Clinic

This Program covers shooting, stick handling, passing, puck control and controlled scrimmage. 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 Spring 2014 Programs

Minor Super Power Skating & Hockey Skills Development - Ages 7 - 12+

Elite Power Skating & Conditioning Camps - Atom / Pee wee / Bantam / Midget

Minor Summer 2014 Programs

Minor Super Power Skating & Hockey Skills Development - Ages 7 - 12+

Elite Power Skating & Conditioning Camps - Pee wee / Bantam

Checking Clinics - Pee wee / Bantam

Shooting Clinics - Ages 10 - 14+



Daytime Programs (Super Power Skating & Skills) - Timbits / Novice / Atom

Conditioning Camps - Pee wee / Bantam / Midget

Program Descriptions

Super Power Skating & Hockey Skills Development

This program will focus on the technical skills of power skating, puck control, passing and shooting plus scrimmage. It will include a full curriculum of Power Skating skills with unique and innovative hockey specific drills.

Elite Power Skating / Conditioning Camps

A specialized power skating curriculum that includes extreme edges, striding - techniques & speed as well as skating agility & mobility drills. For Elite Atom, Pee wee, Bantam and Midget Division 1, 2, A, AA and AAA players.

Checking Clinic

This program covers a list of checking "Do's and Don'ts", emphasizing Safety First. The program includes a 5 step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking.

Shooting Clinics

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

Conditioning Camps

Designed to get players ready for September evaluations and the upcoming season. The curriculum includes a broad range of skating, puck control, passing and shooting drills with a strong conditioning component.

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



CALL 403-998-5035 TODAY



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 Coordinator to allocate extra ice sessions for individual teams or players who would like to experience additional professional power skating and hockey skills instruction over the course of their season.

4) Power Skating Mentoring Clinics for Minor Hockey Coaches

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

Rex Tucker Director, B.Comm

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

Call
403-244-5037
Today!



www.tuckerhockey.com



Coaching Innovation

The Merits of One-on-One Coaching

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

However, if a player is serious about reaching his or her short and long term hockey goals, they must consider 1 on 1 coaching.

Top 10 - Advantages of 1 on 1 Coaching

- Customized on – ice programs to suit skill needs and overall abilities.
- Coach connects better with each individual player.
- Able to provide a proper assessment of a player's skills.
- More personable – 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 hands on approach - input from parents / players are welcomed.
- More effective way to bridge the skill gaps - improve skills quicker / maximize every skate session.
- Times and dates determined by parents / players - better suited to your busy schedule (before and after school hours or after minor season).
- Enhance not only hockey skills but life skills as well such as self confidence, self esteem and 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!

Benefits Outweigh Costs:

Concerns often addressed such as:

- Programs are more expensive than group programs but the benefits outweigh the costs if a player / parents are serious about hockey advancement.
- Can't afford 1 on 1? Get together 2 or 3 players of similar skill, age and desire from a club team or neighborhood to help share the expenses.
- Guaranteed improvements and enjoyment – instill and grow the love of the game and enhance skill development!

Contact Coach Rex at 403 - 244 - 5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures, visit our web – site at www.tuckerhockey.com for more information as well as numerous testimonials from very satisfied clientele.

The Spectrum of Tucker Hockey

Proven 1 on 1 Coaching Results Have Included:

*Learn to Skate - Novice to Peewee - Bantam & Midget AA
Junior A - Semi – Pro
Adult Beginner & Adult Intermediate*

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

KIDS HOCKEY



ADVANCEMENT SOCIETY

Providing Opportunities To Play

Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 7th Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Personally, I am committed as well as other dedicated team members to contribute the volunteer time and effort as required to ensure the continuing success of the Society.

We look forward with great anticipation to this year's tournament, scheduled for **Monday, September 15th, 2014**, at Lakeside Golf Club in Chestermere.

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

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

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

In September of 2013, the Society raised \$20,000 to help children acquire hockey gear and register for organized hockey through KidSport of Calgary. An additional \$1,400 was directly donated by adopting "Tuck" the Bear, a Hand Carved Wooden Bear that sits comfortably in KidSport Calgary's Corporate Office as their Mascot. He was introduced in 2010 and will continue to be adopted out each year, raising funds along the way!!

The goal in 2014 is to provide once again funds to KidSport of Calgary, while also personally funding individual children at the grassroots level in the community as well. The Society has once again set a high standard that we are committed to achieving, thus ensuring more deserving kids get the chance to participate in organized hockey.

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

Support the Society By:

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

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

Please get involved and feel good about giving back!

Rex Tucker
President, Tucker Hockey



Kids Hockey Advancement Society

7th Annual Fundraising Golf Tournament

Monday, September 15th, 2014

Lakeside Golf Club

555 Lakeside Greens Drive, Chestermere

Shotgun Start - 1:00 PM

How You Can Help

- Participate with other hockey buddies - golf enthusiasts.
~ Individual entry fee \$249 includes:
 - ✦ Green Fees (18 Holes)
 - ✦ Power Cart
 - ✦ Full Use of short game facility and driving range
 - ✦ Dinner Buffet
- Be a Sponsor - Visit Our Website
- Donate Tournament & Live Auction Prizes

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

**Limited Spots
Available!
Register Early
to Avoid
Disappointment!**



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



So ALL Kids Can Play!

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

6 Words You Should Say Today (Cont'd from 7)

leave it at that? And if I did, would my children stand there clueless at the next sporting event or musical performance because I had failed to provide all the extra details the time before?

Well, I would soon find out. As luck would have it, my then-8-year-old daughter had a swim meet the day after I read the article.

Her first event was the 25-yard freestyle. At the sound of the buzzer, my daughter exploded off the blocks and effortlessly streamlined beneath the water for an excruciating amount of time. Her sturdy arms, acting as propellers, emerged from the water driving her body forward at lightning speed. She hadn't even made it halfway down the lane when I reached up to wipe away the one small tear that formed in the corner of my eye.

Since my older daughter began swimming competitively several years ago, I have always had this same response to her first strokes in the first heat: I cry and turn away so no one sees my blubbering reaction.

I cry not because she's going to come in first.

I cry not because she's a future Olympian or scholarship recipient.

I cry because she's healthy; she's strong; she's capable.

And I cry because I love to watch her swim.

Oh my. Those six words... I love to watch her swim.

I had always felt that way — tearing up at every meet, but I hadn't said it in so many words... or should I say, in so few words.

After the meet, my daughter and I stood in the locker room together, just the two of us. I wrapped a warm, dry towel around her shivering shoulders. And then I looked into her eyes and said, **"I love to watch you swim. You glide so gracefully; you amaze me. I just love to watch you swim."**

Okay, so it wasn't quite six words, but it was a huge reduction in what I normally would have said. And there was a reaction — a new reaction to my end of the swim meet "pep talk."

My daughter slowly leaned into me, resting her damp head against my chest for several seconds, and expelled a heavy sigh. And in doing so, I swear I could read her mind:

The pressure's off. She just loves to watch me swim; that is all.

I knew I was onto something.

Several days later, my then-5-year-old daughter had ukulele practice. It was a big day for her. The colored dots that lined the neck of her instrument since she started playing almost two years ago were going to be removed. Her instructor believed she was ready to play without the aid of the stickers.

After removing the small blue, yellow, and red circles, her instructor asked her to play the song she had been working on for months — Taylor Swift's "Ours." With no hesitation, my daughter began strumming and singing. I watched as her fingers adeptly found their homes — no need for colorful stickers to guide them.

With a confident smile, my daughter belted out her favorite line, "Don't you worry your pretty little mind; people throw rocks at things that shine..."

As her small, agile fingers maneuvered the strings with ease, I had to look away. My vision blurred by the tears that formed. In fact, this emotional reaction happens every time she gets to that line of the song. Every. Single. Time.

I cry not because she has perfect pitch.

I cry not because she is a country music star in the making.

I cry because she is happy; she has a voice; and she is free.

And I cry because I love to watch her play.

I'll be darned if I hadn't told her this in so many words... or rather, in so few words.

My child and I exited the room upon the completion of her lesson. As we walked down the empty hallway, I knew what needed to be said.

Cont'd p. 30

What are we talking about? Practice?

Allen Iverson's famous entertaining monologue on 'practice' - he mentions it twenty-two times during a 2002 press conference - <http://www.youtube.com/watch?v=eGDBR2L5kzI> - reminded me how important it is to practice purposefully as that will predicate one's performance in a game.

Watch any NHL game and focus on the line changes; specifically those players coming to the bench. Do you see players skating hard to the bench with a sense of urgency so their waiting teammate can join the play? No; you see players straighten up, coast and put their stick up in the air... all the while their team is giving time and space to their opponents! To me, this behaviour demonstrates that the player is bigger than the team; he is being selfish and lazy. Unfortunately, being 'cool' and taking shortcuts seems to be engrained in the hockey culture, especially as players hit adolescence or adulthood.

Coach do you pay attention to details such as these in practice? I refrain from saying 'little details' because I think they are indeed 'big details!' Do you teach, rehearse and consistently hold players accountable in practice to effort items such as this? If you do - congrats - you are in the minority! If you don't - it's time to start re-shaping your team culture because you will gain an advantage over your opponents; not to mention your players will start to develop positive practice habits! It all starts with practice! What you do in practice (make it purposeful and ideally, game-like) is what you are going to get in games!

Now look closely at the technical skills and drills you are asking the players to perform during a typical hockey practice. How much time do they spend practicing most of these small movement patterns in isolation; that is, without game-like conditions? Players practicing in isolation will eventually start to stand up straight (losing their hockey stance), look for shortcuts (only handle puck on their strong side), and eventually do something else - stop altogether or start fooling around - because they are bored and/or fatigued. Are they getting better or further engraining lazy habits? Are the players fully mentally engaged - even after twenty seconds - during this process? Does static practice inspire players to keep practicing?

For most of us adults who aren't obsessive-compulsive, even one minute of seemingly pointless repetition in isolation from a game feels like an eternity... and it can't be classified as fun. It is hard work. It might hurt. If we adults find it tough to practice forehand toe drags for one minute, while maintaining a strong hockey stance with head up, perfectly executing each repetition perfectly at speed, with deception when necessary, consistently and on demand, how can we expect a five year old Timbit or a seventeen year old Midget to maintain this focus? As coaches, we have to remember the reality that kids are not mini-adults! Perspective please, people!

How effective will that isolated skill be in a game-like situation when real pressure is added in the form of opponents, teammates, coaches / fans / parents / friends watching with expectations, a scoreboard, standings, officiating calls, and the need to make the best split-second decisions according to the situation? Don't forget to add all the adults yelling at the kids.

Don't get me wrong - I appreciate the role repetitive, technically correct execution plays while learning key individual skills (skating, puck control, passing and receiving, shooting) as one moves towards acquiring their copious hours of deliberate practice - however, it seems that technical skills are almost always first practiced in isolation from the game. Why is this accepted practice? Why couldn't we play games first, let them succeed or struggle while having playing, then go back to the skills later (and/or ask them to do remedial work outside of practice - 'sports playwork'), then go back to another game? Consider using this Game -

Cont'd p. 26

Dean Holden Bio:

- Former Junior A and University Coach
- N.C.C.P. Level 4 / Hockey Canada H.P. 2
- National Coaching Institute Diploma
- Masters of Education (Coaching)
- Chartered Professional Coach
- www.GetSportIQ.com
- *"The Game is the best teacher of the Game"*



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.

Practice? (Cont'd from 25)

Activity – Game template. It helps reinforce the importance of skill development to the players!

Technique training should occur in brief, intense doses and instead of focussing on the overall time spent on task, one should focus on successfully executing a set number of consecutive perfect repetitions. If they mess up, they go back to zero and start again. Challenge the players to set a baseline score in whatever skill you are practicing, and then try to achieve personal bests! The number should require a stretch and it can't be too easy to achieve... it is up to the individual to find their own sweet spot of effort. As it becomes easier, players need to adjust their number outwards to create a new 'reach'.

It is up to the coaches to craft, manage and reinforce this environment. 'Perfection' will take time! Many mistakes will be made initially and if the player pays closest attention the moment something goes wrong (the critical moment), their self-awareness will help promote quicker learning. Aim to have your players' practice their weaknesses twice as much as their strengths; but try to make it fun and challenging. Soon, their weaknesses will become much better!

* Did I beat A.I.'s record for using the word 'practice' in one sitting? *

VOICE

"We want to hear your voice!"

Tell Us What You Think!

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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



"It is impossible to underestimate the importance of the coach in the development of an athlete. From the youngest peewee player to the elite athlete, the coach is a pivotal character in the moral as well as the physical development of his/her charges.

The more intensive the training, the greater the opportunity for moulding the athlete's character and personal philosophy as it pertains to his/her athletic career. Elite athletes appear to cleave to their coaches as mentors, guardians, and in some cases, almost as surrogate parents. They are fortunate indeed if their coach is concerned with their moral and intellectual development as well as their training."

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

Tucker Tips (Cont'd from 13)

The ability to skate fast with the puck and to shift gears will allow you to be more unpredictable in a game. You can skate 30 miles per hour but you will not be very effective in a game unless you can carry and make creative moves with the puck. The majority of hockey players slow down when skating with the puck. One of the few players who did not appear to lose a stride or reduce his speed when carrying the puck was NHL Hall of Famer Pavel Bure. He was a very special player.

Note: The average minor hockey player will only handle the puck 10 to 20 seconds in a game. However, with just a 10

minute continuous puck control drill a player will handle the puck for approx: 600 seconds the equivalent of approx: 25 - 30 minor league games. Yes, playing games are fun and the end result but good practice drills greatly enhance hockey technical skill development such as puck control. Puck handling is a very important component of hockey but one of the more difficult skills to master. Have fun and challenge yourself to do your best and seek improvement every time you are at the rink. Think – control, creativity, confidence and speed with the puck. Don't be afraid to make mistakes – that's how you grow and develop!

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

Now Hiring

Marketing Consultant Part-time & Commission Based

Duties and Responsibilities:

- ✦ To help promote and recruit players and parents for the Canadian / Czech Hockey Exchange Program
- ✦ Prospect with minor hockey teams, various Minor Hockey Associations and Adult Hockey Leagues and Teams
- ✦ Recruit individuals for Adult and Minor Group Programs and One-on-One Coaching Sessions
- ✦ To assist with the recruitment of advertisers, contributing writers and articles for Hockey Zones
- ✦ To conduct activities with the highest business ethics and standards

Skill Set Required:

- ✦ Positive and outgoing personality
- ✦ Excellent people and networking skills
- ✦ Good oral and written communications skills
- ✦ Strong sales and marketing background

Other Requirements:

- ✦ Own vehicle, flexible hours and love of hockey
- ✦ Being Semi-Retired or Retired an asset

Please forward resumes to
programs@tuckerhockey.com

Note: Only Qualified Applicants will be Contacted for an Interview

Thank you for your interest in Tucker Hockey

Interview with Richard Kraska (Cont'd from 10)

to educate Stefan not only academically, but to teach him the appropriate social skills necessary to his success. Our family, skis, hikes, camps etc. Stefan plays the piano, he participates in hockey, the school band and taekwondo. It is not easy but it is fulfilling when Stefan improves and goes forward.

Did you have to make any adjustments to Stefan's diet or adjust your parenting skills over the years?

We have tried many different things with Stefan over the years...from medication to natural supplements; all with unsatisfactory results. Last February, we put Stefan on a strict gluten free, dairy free, corn free, peanut free etc. diet prescribed by a naturopath. This diet, by far, has shown the most and steadiest improvement we have ever seen in Stefan. The changes we have seen are at home, with his friends, in the classroom, and on the ice. Stefan is completely medication free and the last 9 months have been great and the best part is that he continues to improve. On the parenting side, you can never stop learning either. Anne (my wife) and I have had to both make adjustments to our parenting styles; with positive results.

How did Stefan first get into hockey and why?

Stefan first started playing at the Tyke level and now he will start his 2nd year Pee-Wee this year. Anne and I both love hockey and I wanted to give Stefan the chance of playing hockey as a kid (something I never did). We thought it would be a great activity to burn some energy, meet new people and socialize. The first year was difficult as Stefan did not understand the game and had difficulty following the action on the ice.

What does participating in sport activities do for Stefan?

Stefan knows that he is different and he strives to be "like the others". He has met his best friend at hockey. He used to enjoy the games only but since he started Tucker hockey, he enjoys the practises as well because he understands they will make him a better player. It burns some of the tremendous energy he has. He can be very positive on the bench (even when the team is trailing significantly) but can also get into conflicts with teammates. Every year, we give Stefan the choice of continuing to play hockey or to enjoy more skiing and he has chosen hockey every year. Stefan becomes very

excited before a game, and unfortunately this is when his tics tend to come out. I decided to become an assistant coach a few years ago as I can recognize the signs when something is about to happen and diffuse the situation before it happens.

How did you hear about Tucker Hockey and why did you choose us?

I saw the advertisement for Tucker Hockey at the Chestermere arena and decided to enrol him outside of Chestermere where he would have a fresh start.

What types of changes have developed in Stefan as he's been attending our sessions for the past 3 years?

Stefan was nervous for his first Tucker hockey. Where he was usually vocal in the locker room on his team, he was quiet from the get go at Tucker hockey. The first session, I was allowed to participate as an assistant, Stefan was vocal when completing a drill, but for the most part was much more attentive than during a team practise. This is due to the pace and the organization of Tucker hockey, where there is very little idle time for Stefan, or others, to get distracted. Stefan enjoyed the first session tremendously and continues to want to participate in more. Stefan has become very comfortable with Tucker hockey, to the point that I do not need to participate as an assistant but do volunteer my time as I enjoy being on the ice with the kids. Stefan's skating has improved tremendously and one of the evaluators this year commented on the improvement in Stefan's stride. Stefan has also learned how to handle the puck and keep his head-up.

In the beginning you were only on the ice to be a focal point and help for Stefan, now you've been invited onto the Tucker Hockey Instructor's Team, how has that experience been for you?



Cont'd p. 34

Canadian / Czech Exchange (Cont'd from 4)

- Access to all the sports facilities within the sport center for both players and parents
- 24 hour camp supervision by a staff of professional counsellors
- 3 exhibition hockey games against local Czech competition Group travel attire for all participants
- Personalized Home and Away Game Jerseys
- Arrival and Departure Receptions in Prague

An outstanding hockey, travel vacation, cultural, and friendship exchange experience!

Additional Features / Added Value Included:

Sightseeing trips to historic and cultural sites in the Czech Republic such as Karlovy Vary, Crystal Factory Nizbor or Karlstejn Castle etc. Explore one of the most beautiful cities in the world – Prague! We will show you the beautiful center of Prague, historic Charles Bridge, Prague Castle, the old Astronomical clock in the Old Town Square and Vltava River Cruise. Thanks to the Czech Republic's location at the crossroads of various cultures in the heart of Central Europe – it can provide opportunities to extend your stay and explore other countries near to the Czech Republic.

Your hosts for the Canadian / Czech Hockey Exchange Program are Rex and Marcela Tucker. They are dedicated to ensuring a wonderful experience to Prague and the Czech Republic this Summer for avid Canadian hockey players and



their family members.

On a personal level, Rex has been a frequent traveler to Europe over the past 17 years and has stayed in Prague on 12 different occasions. Rex's wife, Marcela, is a native Czech and has lived in Prague most of her adult life. She is fluent in the Czech language will serve as our interpreter throughout the trip.

Both Marcela and Rex have toured and stayed at the Czech Exchange Program - Nymburk training facilities and toured the Prague dryland facilities and hotel accommodations.

Sign Up Now! Only 20 Roster Spots Available!

Recruit Players & Parents	\$ Towards the Trip
1	\$250
2	\$500
3	\$750
4	\$1000
5	\$1250
6	\$1500
7	\$1750
8	\$2000
9	\$2250
10	\$2500
11	\$2750
12	\$3000
13	\$3250
14	\$3500
15	\$3750
Free Trip Zone	
16	\$4000
17	\$4250
18	\$4500
19	\$4750
20	\$5000

Scouting & Recruitment Opportunity Compensation Package

Set - Up:

- COMMISSION OF 5% - \$250 PER PLAYER / PARENT RECRUITED.
- NETWORK AT ARENAS - PRACTICES AND GAMES
- DEVELOPMENT A REFERRAL SYSTEM
- DISTRIBUTE EMAILS AND BROCHURES TO PLAYER & PARENT PROSPECTS
- DEADLINE - FEBRUARY 28, 2014

Don't Miss Out! And Be Disappointed!!

** 2 Goaltenders - 6 Defensemen - 12 Forwards**
 If demand warrants, a selection camp will be necessary

Sign up on our website:
<http://www.tuckerhockey.com/czechregistration.asp>

For further details contact:
 Rex Tucker at 403 - 244 - 5037

Canadian / Czech Hockey Exchange Program Price:
 \$4,999 Inc. GST
 Per Player or Parent

6 Words You Should Say Today (Cont'd from 24)

I bent down, and looking straight into her blue eyes sheltered behind pink spectacles I said, **“I love to watch you play your ukulele. I love to hear you sing.”**

It went against my grain to not elaborate, but I said nothing about the dots, nothing about the notes, and nothing about her pitch. This was a time to simply leave it at that.

My child’s face broke into her most glorious smile — the one that causes her eyes to scrunch up and become little slices of joy. And then she did something I didn’t expect. She threw herself against me, wrapped her arms tightly around my neck, and whispered, “Thank you, Mama.”

And in doing so, I swear I could read her mind:

The pressure’s off. She loves to hear me play; that is all.

Given the overwhelmingly positive reactions of my daughters when presented with the short and sweet “I love to watch you play” remark, I knew I had a new mantra. Not that I would say it like a robot upon command or without reason, but I would say it when I felt it — when tears come unexpectedly to my eyes or when suddenly I look down and see goose bumps on my arms.

Pretty soon I found myself saying things like:

“I love to hear you read.”

“I love to watch you swing across the monkey bars.”

“I love to watch you hold roly poly bugs so gently in your hand.”

“I love to watch you help your friends in need.”

I quickly realized how important it was to express that heart-palpitating kind of love that comes solely from observing someone you adore in action.

But there was more. I learned that this powerful phrase is not exclusive to children and teens.

This revelation hit me when my husband, donned with white bandage on his arm from giving blood, was hoisting a large trash bag as we cleaned the art room at a center for residents

with autism.

I watched him from the corner of the room where I was dusting shelves with my younger daughter. Embarrassingly, I had to turn away so no one saw me tear up. In that moment, I reflected on other recent events where I had been going about my business and had to stop to take pause. Moments when I stopped to watch my husband in action simply to admire the loving person, the devoted husband, and caring father he is.

But had I ever told him in so few words?

It was time.

And since writing is much easier for me than speaking, I immediately wrote my observations down. There were no long-winded paragraphs or flowery descriptions, just words of love, plain and simple:

I love watching you help our daughter learn to roller skate.

I love watching you teach her how to throw the football.

I love watching you take care of your employees in times of need or uncertainty.

I love watching you interact with your brother and sister.

I love watching you read side by side with our daughter.

I love watching you take care of our family.

I typed up his note and left it on his dresser. I didn’t stand around to see his reaction because that was not the purpose of this loving gesture. I felt those things, so I knew I should tell him those things.

When simply watching someone makes your heart feel as if it could explode right out of your chest, you really should let that person know.

It is as simple and lovely as that.

6 Words You Should Say Today

Calgary Flames 2014 Second Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Fri. Jan. 3, 2014	Lightning	Flames	7:00 PM	SNET - West
Mon. Jan. 6, 2014	Flames	Avalanche	7:00 PM	SNET - West
Tues. Jan. 7, 2014	Flames	Coyotes	7:00 PM	SNET - Calgary
Thurs. Jan. 9, 2014	Blues	Flames	7:00 PM	SNET - West
Sat. Jan. 11, 2014	Penguins	Flames	8:00 PM	CBC
Mon. Jan. 13, 2014	Flames	Hurricanes	5:00 PM	SNET - West
Tues. Jan. 14, 2014	Flames	Predators	6:00 PM	SNET - West
Thurs. Jan. 16, 2014	Jets	Flames	7:00 PM	SNET - West
Sat. Jan. 18, 2014	Flames	Canucks	8:00 PM	CBC
Mon. Jan. 20, 2014	Flames	Sharks	8:30 PM	SNET - West
Wed. Jan. 22, 2014	Coyotes	Flames	7:30 PM	SNET - West
Fri. Jan. 24, 2014	Predators	Flames	7:00 PM	SNET - Calgary
Tues. Jan. 28, 2014	Blackhawks	Flames	7:30 PM	TSN
Thurs. Jan. 30, 2014	Sharks	Flames	7:00 PM	SNET - West
Sat. Feb. 1, 2014	Wild	Flames	8:00 PM	CBC
Tues. Feb. 4, 2014	Flames	Canadiens	5:30 PM	SNET - West
Thurs. Feb. 6, 2014	Islanders	Flames	5:00 PM	SNET - Calgary
Sat. Feb. 8, 2014	Flames	Flyers	11:00 AM	SNET - West
Thurs. Feb. 27, 2014	Kings	Flames	7:30 PM	TSN
Sat. Mar. 1, 2014	Flames	Oilers	8:00 PM	CBC
Mon. Mar. 3, 2014	Flames	Wild	6:00 PM	SNET - West
Wed. Mar. 4, 2014	Senators	Flames	7:30 PM	SNET - West
Fri. Mar. 7, 2014	Islanders	Flames	7:00 PM	SNET - West
Sat. Mar. 8, 2014	Flames	Canucks	8:00 PM	CBC
Mon. Mar. 10, 2014	Kings	Flames	7:00 PM	SNET - West
Wed. Mar. 12, 2014	Ducks	Flames	8:00 PM	SNET - West
Fri. Mar. 14, 2014	Flames	Stars	6:30 PM	SNET - West
Sat. Mar. 15, 2014	Flames	Coyotes	8:00 PM	CBC
Tues. Mar. 18, 2014	Sabres	Flames	7:00 PM	SNET - Calgary
Fri. Mar. 21, 2014	Predators	Flames	7:00 PM	SNET - West
Sat. Mar. 22, 2014	Flames	Oilers	8:00 PM	CBC
Mon. Mar. 24, 2014	Sharks	Flames	7:00 PM	SNET - West
Wed. Mar. 26, 2014	Ducks	Flames	8:00 PM	TSN
Fri. Mar. 28, 2014	Rangers	Flames	7:00 PM	SNET - Calgary
Sun. Mar. 30, 2014	Flames	Senators	3:00 PM	SNET - West
Tues. Apr. 1, 2014	Flames	Maple Leafs	5:00 PM	SNET - West
Thurs. Apr. 3, 2014	Flames	Lightning	5:30 PM	SNET - West
Fri. Apr. 4, 2014	Flames	Panthers	5:30 PM	SNET - Calgary
Mon. Apr. 7, 2014	Flames	Devils	5:00 PM	SNET - West
Wed. Apr. 9, 2014	Kings	Flames	8:00 PM	TSN
Fri. Apr. 11, 2014	Jets	Flames	7:00 PM	SNET - West
Sun. Apr. 13, 2014	Flames	Canucks	6:00 PM	SNET - West

Tucker Hockey Customized Programs

Group and One-on-One

“If you know what you, or your child or your group needs to improve on?”

Why sign up for hockey programs which offer “canned / preset” on – ice curriculums?

The answer is “Customized Programs”!

For more than a decade, Tucker Hockey has operated customized programs for individual players (tyke to semi – pro), minor groups and teams (novice to midget) as well as adult recreational groups and teams (various divisional levels).

Why not work on what is needed to bridge the skill gap on the ice and become a more complete hockey player?

Spend your time working only on the areas of our game or our team’s game that specifically needs improvement?

Here’s the easy way to set things up.

- 1: Parents / groups / teams just need to determine potential times, dates, a guaranteed budget and recruit a minimum 1 to 15 players.
- 2: Tucker Hockey will find the ice, set – up a “customized curriculum” (based on parents / organizers direction / input) and provide professional instruction.
- 3: Type of Programs - customized curriculum specialized in
 - a) Power Skating,
 - b) Hockey Skills Development,
 - c) Conditioning or
 - d) Combo Programs
- 4: Frequency of Programs - 1 session per week for 10 weeks
 2 sessions per week for 5 weeks
 5 sessions per week etc.
- 5: Time of Programs - Depends of Tucker Hockey availability,
 player’s availability and ice availability

**Note: Individuals are welcomed to secure their own ice as well.
A reduced rate if Tucker Hockey does not provide the program ice.**

TAKE YOUR GAME TO THE NEXT LEVEL!

CALL COACH REX TODAY!

403 - 244 - 5037



Tucker Hockey Customized 1 on 1 Program Testimonial

Connor made the Div 2 Pee wee 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, father of Connor

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

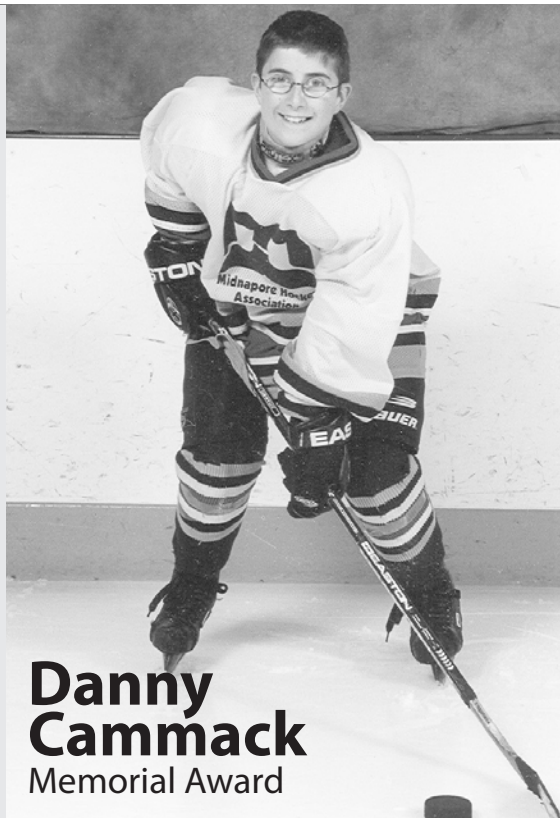
Since 2004, Tucker Hockey has offered over 70 free programs to various Minor and Adult Hockey Players. Giving back more than \$20,000.

You Could Win!

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

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

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



Danny Cammack
Memorial Award

Congratulations to Scholarship Recipients

Winter 2013 - Govind Dhillon

Spring/Summer 2013 - Jackson Zink

Fall 2013 - Charlie DeLand

Winter 2014 - Anthony Mazursky

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

Why I Love Hockey!

When I was 4 years old I watched my first hockey game.

It was between the Flames and the Penguins. And that's exactly when I fell in love with this game.

Hockey is not for everybody. You need passion, strength, speed, and sportsmanship, otherwise you are not going to succeed. You have to play hard, but you have to play clear, because it's a very honest game. And the best part is, of course, it's all about the team and being a team player. My dad was my biggest supporter, together we watched so many games, spent so much time practicing stickhandling in the garage. With him I've come this far, and I'm ready to take the next step.

~ Anthony Mazursky

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Adult Recipients

Spring/Summer 2012 - Dennis Melbourne

Fall 2012 - Francois Le Bel

Winter 2013 - Lily Wat

Spring/Summer 2013 - Alexander Fonin

Fall 2013 - Robert Pryde

Winter 2014 - Ron Warner

Effective Communication

By Michael White

To be an effective communicator and get your message out to others, a person must be able to:

1) Connect 2) Respect and 3) Affect

Even though the above words may all sound quite familiar - they each come with a different connotation that describes each one separately and uniquely.

To connect with someone means to go that extra distance - to know who they are and where they have come from in life. It's important to put your words into language that each individual can relate to and understand.

To respect any individual is to know that we all have our own separate journeys - even though we have traveled different paths to get where we are together today and this not only makes us unique as an individual but that makes each of us indeed, true survivors.

Each living person resides in a community - whether they interact with just one person each day or a thousand people. How you react to your community will affect those around you. Make a conscious decision to be an effective individual in society rather than just an affected individual. Be positive, pro - active and purposeful in your daily communications. Ultimately, endeavour to make the world a better place around you through effective communications with others.

Interview with Richard Kraska (Cont'd from 28)

I have enjoyed my experience at Tucker hockey. I did not get to experience playing hockey as a child and I learned a lot about hockey only as an adult (played in many ball hockey games in all positions). It gives me great pleasure to provide that opportunity to play hockey to my son and as an instructor and assistant coach, to help all the kids improve on their game.

Being an instructor to not only Stefan, but to other minor hockey players, what do you find the most challenging?

The challenge of teaching the finer points of skating to the players of various skill levels.

As a parent of a special needs child, do you have any insight to share with other parents who may be dealing with a similar situation or challenge in their lives?

As for any parent, it is rewarding to see your child develop and improve, to be the "best that you can be" whether it is academic, sports or arts. Encourage your kids, get involved, be a coach, an assistant, etc.

What does the future hold for the Kraska family?

We are looking forward to our trip to Australia this December

to visit Stefan's oldest sister.

Editor's Note:

Thanks Richard for taking the time from your busy family and work schedule to complete a Hockey Zones interview. Richard has been a very supportive and patient father with regards to Stefan's growth and development not only as a hockey player but as a youth. There are many positive sides to Stefan's hockey story. Firstly, Stefan fits in so well with the other players now that you really cannot tell him apart from the other players on the ice. Secondly, Richard is now familiar with the Tucker Hockey philosophy, curriculum and drills. He can work well on the ice to assist and develop other player's skating and hockey skills. Finally, I am more able now to adapt to having special needs children on the ice within a group setting. We just need parents to educate myself and other Tucker Hockey instructors of their son or daughter's health issues when registering their child for a program. It will make us aware of the situation and help us recognize any signs so we can help develop their child's hockey skills to the best of our ability and have fun on the ice with them! The bottom line...it's all about needing a place to belong. To be kids, to play, to make mistakes, to learn, and to grow and develop. Good luck Stefan and Richard with your future hockey endeavours!

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 (5 to 75) & skill levels (tyke to semi –pro) for the past 15+ years.
- We teach; we just don't run skating drills!
- Honed our teaching craft with 5,000+ 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, Associate Coach - Detroit Red Wings**

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**

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

~ **Trevor Wannop, Minor Hockey Parent**

"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**

"... It wasn't until Rex Tucker, one of the best power skating instructors out there, tweaked my skating skills that I learned about my potential to improve... Rex is very passionate about the game and he cares about the players that he gets out. I think he's been awesome... I have to say I improved dramatically. I learned a lot of little things to get a step on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now..."

~ **Mark Bomersback, Semi-Pro Switzerland National League A**

"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**

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

~ **Murray Cotton, Minor Hockey Parent**

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

~ **Andrew Woolley, Father of Tim**

