

Hockey Zones

For the LOVE of the GAME

Volume 12 No. 1 Issue # 33

Winter 2015



T.H.E. Way to Success!

www.tuckerhockey.com

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

Tucker Hockey

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

Spring & Summer 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

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 2016 Adult European Hockey Tour

Exhibition games and sightseeing in Austria, Czech Republic, & Slovakia

Hockey Trip of a Lifetime!



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

Summer 2016 Adult European Hockey Tour

Exhibition games and sightseeing in Austria, Czech Republic, & Slovakia !

Hockey Trip of a Lifetime!

Minor Hockey Group Programs

Fall, Winter, Spring & Summer

Power Skating & Player Development
Checking Clinics
Shooting Clinics
Conditioning Clinics

Customized Programs Group & "1 on 1"

Year Round

Ages 5 to 65+

Adult Recreational Group Programs (Ages 18 to 65+)

Fall, Winter, Spring & Summer

Levels 101 - 201 - 301
Specialty Clinics
Hybrid Groups & Ladies Only

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

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Managing Editor's Message



Welcome to the 33rd edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

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

Hockey Zones strives to cultivate a little goodwill and make a difference in the local Calgary hockey community! Our newsletter is geared towards hockey players of all ages, their parents, 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 2015 issue features many interesting articles including:

A Tribute to Hockey Legend – Jean Beliveau, A Salute to Minor Hockey Week, Calgary Flames Second Half Schedule, Meet the Instructor – Ash White, Tucker Hockey Tips,

Hockey Sense can be learned, Top 10 Conditioning Exercises for the Eager Player and the 2015 IIHF World Hockey Schedule in Prague, Czech Republic etc.

Back in the Spring of 2004, over 10 years ago... it's hard to believe... Hockey Zones had very humble beginnings - an 8 page newsletter! 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.

Share your opinions and thoughts about our great game. Share your hockey stories. Letters to the Editor are always of interest and welcomed. Share ideas for future articles. As well, new advertisers are welcomed in our hockey publication. Enjoy the read!

Sincerely,
Yours in Hockey,
Rex Tucker
Managing Editor
Hockey Zones



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

Next Issue: Spring / Summer 2015 Features

- Letter to the Editor
- Calgary Flames Season End Review
- Meet the Instructor - Sheila Kelly
- Tucker Hockey Upcoming Programs
- KHAS Golf Tournament
- Tucker Hockey Tips



An Interview With Russell Gillespie

Russell, tell us a little about yourself.

I was born in Calgary and raised for the most part on a farm in Springbank, AB. When I was young my mother ran a concession and catering company out of the local curling rink and so I would stay after school all night long at the rink until it was time for me to play hockey. I grew up creating games and playing outside. I've never really been drawn to video games. Instead I rode horses and bicycles on the farm. As I grew up doing a mixed bag of chores on the farm with my mother, and some landscape labour work with my father I gained a variety of skills. After I had finished taking a physical education program at Mount Royal called Physical Fitness and Leadership I began working at Canada Olympic Park. I was teaching skiing and coordinating for the ski school when I started to utilize those skills earlier found to build mountain bike jumps, stunts and trails for the newly developing mountain bike park.

Later I moved out to Golden, BC to help start up the mountain bike park there and work on the ski hill teaching and doing ski patrol work. I ended up being part of a group forming the Golden Cycling Club and part of my tasks was to coordinate the world's longest single track downhill mountain bike race the "Mount 7 Psychosis".

When I moved back to Calgary in the early 2000's I got into real estate and contracting work and as much as I didn't mind I really enjoy what I am doing right now. I have always been a guy that liked to keep extra sports gear around in case any of my friends needed some stuff. It's a big part of why this job feels like an extension of my natural instincts. I have a passion for teaching and coaching and love the benefits both team and individual sports has brought into my life.

What is your hockey background?

My hockey background is mainly based in Springbank but I played and coached up to the Junior B level. I have approximately 15 years of coaching including the last 3 years coaching women's hockey in the Southern Alberta Women's Hockey Association. My hockey highlights have been playing against the Russian Junior Red Army Team and

coaching in the Heritage League All-Star Game.

Tell us about Comrie's Sport Equipment Bank?

CSEB is a not for profit organization that is based on getting sports equipment into the hands of kids in need. We recycle new and gently used sports gear to accommodate families and hopefully break down some of the financial barriers that can prevent our youth from staying active in their sports of choice.

How did you get involved with Comrie's Sports Equipment Bank and what is your role?

My role is the general manager of the sports bank and I was hired through an interview process but was first told about the opportunity through a friend of mine at Hockey Canada who thought I might be a good fit.

What types of donations do you take and what does one have to do to donate?

Right now we have drop off locations at Lake Bonavista arena, the Edge school and at our Calgary office / warehouse location which is 3557 52nd St. SE. We take donations of new and gently used sports equipment of all kinds.

Happy Equipment Recipient Chris Mullens with Russell Gillespie



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A Salute to Minor Hockey Week

Esso Minor Hockey week is a prime example of how hockey is such a prominent part of Canadian identity. During this hockey season the event will run from January 9th to January 17th, 2015. This event is recognized as the largest ice hockey tournament in the world. The tournament is prestigious in the minds of so many Canadian kids across our great country. It's a chance for players from novice to junior levels to get together for fun and friendly competition.

In the City of Calgary, the tournament has brought teams together for over 40 years and this year will be Esso's 35th

year as title sponsor. No event of this size could run so well without a dedicated group of volunteers, coaches, officials and parents. So hats off to the countless number of volunteers each year who provide the kids in Calgary and across Canada with the opportunity to play the game they love. Throughout the week in Calgary, 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.

Tucker Hockey - Back Again to the Homeland

Speaking about the "true spirit" of dedicated volunteers and minor hockey coaches, Coach Rex had the pleasure to return to his native province of Newfoundland back in November, 2014. Tucker Hockey held a 3 day mini camp from November 7th to 9th, 2014.

This power skating, puck control and shooting camp was operated at the local arena in the Town of Springdale, app: population 2700 situated within the Green Bay District Area just 12 miles from Little Bay Islands where I grew up and played hockey as a young boy. The camp consisted of 56 skaters within 3 age groups.



Christian Morgan

It was truly an enjoyable and memorable experience being back to the homeland again and working with a dedicated group of volunteer coaches whose sole purpose was to help give the local kids an opportunity to develop their skills and have fun! Players in the camp ranged in age from Squirt to Bantam levels and were a joy

to instruct. The players really watched, listened and worked hard throughout the weekend camp.

Congratulations to Christian Morgan and Cavell Johanson on winning the Calgary Flames autographed camp promotional jerseys of Mark Giordano and Sean Monahan!

Special thanks are extended to Springdale District Minor Hockey Association Past President, Jamie Tizzard for his dedication and endorsement of Tucker Hockey which provided Coach Rex with an opportunity to visit his homeland again and work with the local kids. It was truly a special experience to return to the Green Bay area where I was raised and help give back to the local players. It was indeed one of my best hockey projects / experiences this year! It felt gratifying to work with keen players and coaches. The volunteer minor hockey coaches were very amicable, eager to help on the ice and learn. Thanks to minor hockey coaches - Jamie Tizzard, Doug Keough, Jason Sparkes, Trenton Johanson, Bill Adams, Christian Pelley, Peter Lilly, Ryan Cull, and Emily Edison.

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Coach Rex's Corner

A Tribute to a Hockey Legend - Jean Beliveau

One of the greatest ambassadors of the game of hockey passed away on Tuesday, December 2nd, 2014 at the age of 83. It was another major loss to the hockey world.

In the past couple weeks have seen the passing of Pat Quinn, Viktor Tikhonov and Murray Oliver. On the ice Jean Beliveau played with incredible skill and gracefulness. He often worked the puck with stick handling magic.

Jean Beliveau was indeed a winner! In his storied NHL career, he won 10 Stanley Cups with the Montreal Canadiens as a player and 7 as an executive. He was elected into the Hockey Hall of Fame in 1972. Jean Beliveau was rated by a Hockey News publication as the 7th best player to ever play the game.

As great a player as Jean Beliveau was on the ice it was overshadowed by the man off the ice. Many words can define him - gentleman, class act, humble person, someone who cared, humanitarian, a tremendous ambassador of hockey, and someone who was very respectful of everyone associated with the game. In fact, he would not turn away any hockey fan seeking his autograph. But no matter how busy he was with hockey related matters his family always came first. Jean Beliveau was truly a dedicated and loyal family man.

Personally, growing up, I was a die hard Chicago Blackhawks fan not a Habs fan! Bobby Hull was my favourite player. I remember when the Montreal Canadiens defeated the Black Hawks in game 7 of the 1970 – 71 playoffs to win the Stanley Cup. As a young boy, I was extremely upset over the devastating loss that particular evening. So much so that I went to bed and did not watch the presentation of Lord Stanley's trophy and witness Captain Beliveau skate around the ice! However, as I grew older and learned more about the game of hockey, I realized how great a player and how well respected a man he was in the hockey world. He was admired by so many people! Jean Beliveau always placed the integrity of the game, the essence of team play and winning over any individual accomplishments or accolades. It became easy to be a fan and admire the man. He inspired

everyone to be a better person.

In closing, I wish to recall Louis Armstrong's song "What a wonderful world".

Mr. Beliveau was a tremendous role model for the game of hockey and an upstanding citizen. His legacy is surely inspiring to today's NHL players and the public in large. Imagine what a better and more beautiful world we would live in if more people exhibited the personal traits and qualities of Mr. Beliveau. Just imagine what kind of society we would have if everyone lived that way? We could close up our jails! Parents certainly can use Jean Beliveau as a positive role model for their children, a standard of character to live up to, such a kind and decent man. On behalf of the common man such as myself, who grew up on Little Bay Island, Newfoundland and looked up to Mr. Beliveau, I wish to say thank you for your wonderful hockey legacy and inspiration. You have definitely touched so many lives with your class and gentlemanly ways. You have made "a difference" that will not be forgotten in the hockey world. Your positive role model and legacy will certainly live on! Rest in Peace Mr. Beliveau. You will be missed.

A Zen Poem

**If there is light in the soul
There is beauty in the person
If there is beauty in the person
There will be harmony in the home
If there is harmony in the home
There will be order in the nation
If there is order in the nation
There will be peace in the world**

Hockey Sense - Can be Learned

Old school coaches and players always felt that Hockey Sense was something you were born with. Today's coaches

understand

how to teach and develop "Hockey Sense" using a combination of Deliberate and Game like Practice.

Deliberate Practice:

Learning individual skills like handling a puck requires repeated practice. For example, a beginner needs to learn how to hold a stick of the proper length and then handle an imaginary puck by "buttering the bread" - "spreading the jam" and progress to stationary handling a puck using the same "roll the wrist action". This can be done when coaches gather the players at the board or when they are waiting in line to do a drill. Coaches have to remind players to handle a puck so they get more repetitions at practice.

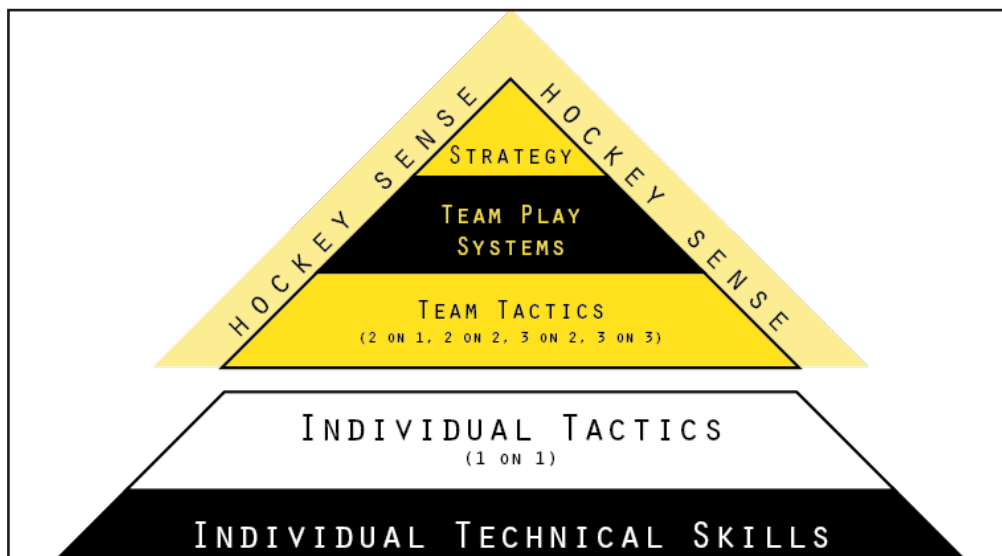
Advanced players can practice toe drags and dekes while moving and progress to higher speeds before applying those skills in 1 vs. 1 competitive drills to simulate the game.

Deliberate practice is necessary to master individual skills. Like a golfer improving his swing the hockey player must learn to control (handle) a puck before they pass and progress to shooting.

Skill is the foundation to performance and coaches are wise to focus on deliberately practicing those skills at every level.

Roger Neilson was an innovative coach who was called "Captain Video". While coaching the Buffalo Sabres, he had his players do deliberate stationary passing every 10 games.

He said the players never handled the puck enough in games and needed "tune ups" to get the feel of the puck again.



In **Deliberate Drills** players carry the puck and execute skating and puck control skills at defined points. Making passes and taking shots where they are directed is an important stage for development.

1 vs. 1 drills / games – such as paired passing and playing keep away when the coach blows the whistle is an important step in learning the skill and applying the skill in a game like situation.

Random Drills / Practice

With random drills players must think (make decisions) about when to pass. Small area games are the best way to develop the Hockey Sense. Players have to read the play and read (decide) when and where to pass.

Cont'd p. 29

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.



Meet the Instructor

Ash White



Editor's note:
Recently, I had a good chat with Ash White, Instructor for Tucker Hockey. Ash has been a valuable member of the Tucker Hockey team for the past 2 years. He has helped teach hockey skills and conditioning programs to various Adult

and Minor groups. Here is a summary of our conversation.

year in Midget. My final year of Midget AAA our team was one of the best in the province but unfortunately lost in the Ontario finals. That summer I attended many prospect camps for OHL and NCAA scouts. I was drafted that summer to the Oshawa Generals of the OHL. I went to 2 camps with the Generals but really wanted to get a scholarship so decided to play for my hometown Kingston Voyageurs Junior A hockey club. I played with them for 4 years. After high school I went to Queens University and played varsity hockey. My freshman year we went to the Ontario finals, however we lost to UQTR in the semi-final game. I later transferred to Brock University where I completed my Physical Education degree.

On the coaching side, I have taught at 3 different hockey schools for more than 10 years as well I was a head instructor at Hockey Opportunity Camp in Northern Ontario. Also, I coached at both universities and while in high school.

Ash, please tell us a little about yourself and your family?

I was born and raised in Kingston, Ontario the birth place of hockey and the home of Don Cherry. Growing up I played all kinds of sports including basketball, baseball, track and field, soccer, swimming and of course hockey.

My family consists of myself, my wife Megan and my twin 5 year old girls Madison and Charlotte. I got into coaching to hopefully one day coach my girls. Our whole family loves hockey and we often go public skating or skating on the outdoor rinks in Calgary. We have lived in Calgary for 6 years. I work for an electronics company that services the Oil and Gas sector.

How did you get into the sport of Hockey?

I started playing hockey when I was 5 and took power skating lessons before I started playing hockey. During my younger years my parents valued the importance of power skating so I took a lot of clinics and hockey camps while growing up. One of my fondest memories was attending the Roger Nielson Hockey School in Port Hope, Ontario. That particular summer I learned a great deal about hockey and improved my hockey skills. The following season I made the Minor Pee wee AAA hockey team and continued on to my first

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

We all love the sport of hockey.

The kids love to ride their bike, to swim, learning to skate and playing hockey.

My wife loves to snowboard and hot yoga. She had worked on Cypress Mountain in Vancouver.

When did you initially get involved with Tucker Hockey?

I started with Tucker Hockey two summers ago. The on ice programs were conditioning camps preparing players for tryouts and the upcoming hockey season.

What is the most enjoyable part of coaching/ teaching for you?

I love to be at the rink and on the ice so every coaching session is fun for me. The part I enjoy is offering tips and pointers to players that will make them better hockey players. I like watching the progression of the player's skill sets

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Your Leadership Sets the Tone for the Culture of your Team - Workplace - Family

One of the most important leadership skills is that of personal reflection. To change and grow we need to develop this skill. How can we accomplish this task? I have found that the following resources have met my needs in this area.

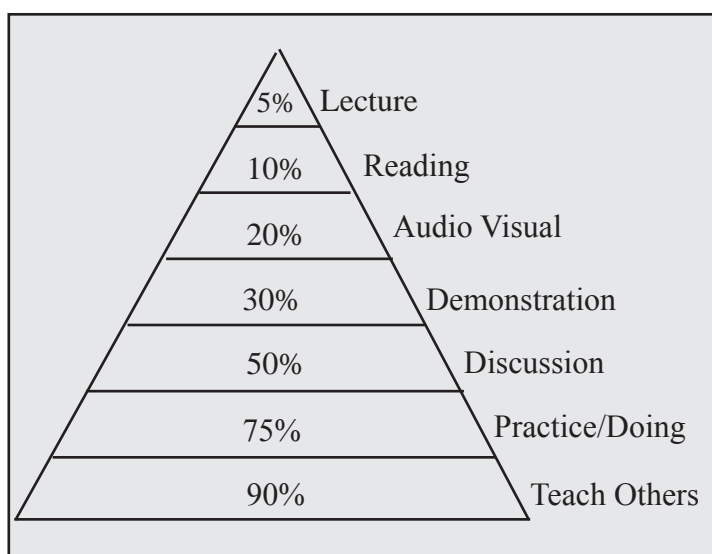
We need to be able to ask ourselves the right questions. What kind of leader are you? To answer this important question I believe that you need to find a trusted mentor and friend. Sharing stories and strategies can give important insight to helping you answer the question. To add to this dialogue, we should always look to read books and articles about leadership. With these resources we can start to ask the right questions. Is your leadership service oriented? Do you lead by example? Is your leadership derived from your position only? Do you delegate responsibility? Do you share accountability? Are you a dictator?

Another important area of self-reflection is to ask this question: What is your brand? When people mention your name, what do you want them to remember? From the following list (and it is a small list) are there some qualities that you want to have associated with your name?

Punctual – Dependable – Disciplined – Approachable – Organized – Friendly – When you meet others do you smile? – Good listener – Do you encourage others? – Do you praise others? – Is your recognition appropriate and meaningful? – Honest – Likeable – Trustworthy – Respectful of relationships? – Credible – Caring – Committed to getting better? – Do you do what you say you will do?

As leaders we are in the identity changing business. How can we help others change and grow? Help them identify their strengths? To do this you must know their strengths. From experience we need to always encourage the use of their best skills. To always jump on others for what they can't do will not lead to skill development or a positive culture on your team or anywhere else for that matter. Your leadership and

excellence at what you do will be enhanced by understanding the following learning pyramid. The percentages are the retention attained from the instructed style.



I hope this helps as you lead others through their personal development. Use the strengths of each other to teach each other. (Even players helping each other). The best way to deliver the information is personally, one on one.

Best wishes as you strive for excellence.

Bob Tuff Bio:

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



We're Hiring!

COOL JOB ALERT

Tucker Hockey, a growing and progressive hockey organization, is looking for an Advertising and Marketing Rep to promote our quality and professional year-round services, including Minor Teams, One-on-One coaching, Hockey Zones Newsletter ads, and Canadian / Czech Hockey Exchange.

Requirements & Skills

Outgoing personality, strong communication skills, excellent people and networking skills, sales and marketing experience, great team player, and must have own vehicle.

This position is offered on a part-time, commissions basis, with great incentives and flexible hours.

Please forward resumes to programs@tuckerhockey.com. Only qualified applicants will be contacted for an interview.



Silence, Simplicity Through Universal Coaching Cues

While watching practice or a game, how often do you hear the coach or coaches shouting instructions at their players? I bet this is a common theme. It seems most coaches try to provide constant play-by-play coaching, as if their mouths are X-Box controllers trying to direct every player like they would a video game! In fact, if you ever heard silence - only the sounds of skates, sticks and pucks without the drone of the coaches' voice - I am sure you would instinctively feel something is different!

This type of instruction is not surprising. Since we are a product of our past coaches, teachers, parents (and sadly, our old-school certification systems), most of us grew up believing that immediate, constant feedback is best; it demonstrates to our players (and the parents in the stands) that we are knowledgeable, 'in charge' and are transmitting this knowledge as we are 'doing our job.' However, this is old-fashioned thinking and according to a large amount of research, it does not provide for effective, long term learning on behalf of our players.

Constant feedback tends to strangle (not stimulate) creativity and innovation. Hockey isn't the NFL where our players have headsets and they can hear us yelling step-by-step instructions at them! Nor do the players want or enjoy this... put yourself in their skates!

Working with a cadre of coaches this fall, I observed their normal coaching practices and it reflected the style mentioned above. They tended to err on the side of providing constant, immediate feedback to their players. Many times they contradicted each other (and themselves) while trying to teach the same thing! Key teaching points often went unmentioned, and when they were touched upon, there was a lack of consistency between coaches.

However, these coaches had a growth mindset, welcomed the mentoring process and wanted to know what to say to their athletes in order to have maximal impact. Several years ago I recognized that when it comes to coaching instruction, less is more, so I shared this with them. Ideally, I said, we should

shut up more often... become a keen observer, not a talker! I suggested they clearly define the purpose of their practice to their players by providing the Rules Of Engagement (ROEs) to their activities and then let the players Figure It Out (FIO)! Without the gift of silence, players cannot hear the guidance of their inner spirit, which speaks softly but with accumulated wisdom!

Our coaching mission should be to create independent athletes who have the ability to make decisions on their own, under pressure, because that decision-making skill will allow them to cope best with unpredictable, game-like situations. After all, we aren't preparing our athletes to win a skills contest (which is pretty much all typical, patterned drills do; they lack pressure, scorekeeping and accountability...); we should be providing competitive, game-like situations that contain pressure to perform - keep score - and hold our athletes accountable to that performance. In other words, punish the losers and reward the winners; this is a reflection of life.

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Dean Holden Bio:

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



Calgary Flames Second Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Thurs. Jan. 15, 2015	Flames	Coyotes	7:00 PM	SNW
Sat. Jan. 17, 2015	Flames	Sharks	8:00 PM	HNIC
Mon. Jan 19, 2015	Flames	Kings	8:30 PM	SN
Wed. Jan. 21, 2015	Flames	Ducks	8:00 PM	SNW
Tues. Jan. 27, 2015	Sabres	Flames	7:00 PM	SNW
Thurs. Jan. 29, 2015	Wild	Flames	7:00 PM	SNW
Sat. Jan. 31, 2015	Oilers	Flames	8:00 PM	HNIC
Mon. Feb. 2, 2015	Jets	Flames	7:00 PM	SNW
Wed. Feb. 4, 2015	Penguins	Flames	7:00 PM	SNW
Fri. Feb. 6, 2015	Flames	Sharks	8:30 PM	SNW
Mon. Feb. 9, 2015	Flames	Sharks	8:30 PM	SNW
Thurs. Feb. 12, 2015	Flames	Kings	8:30 PM	SNW
Sat. Feb. 14, 2015	Canucks	Flames	8:00 PM	HNIC
Mon. Feb. 16, 2015	Bruins	Flames	7:00 PM	SNW
Wed. Feb. 18, 2015	Wild	Flames	7:30 PM	SN1
Fri. Feb. 20, 2015	Ducks	Flames	7:00 PM	SNW
Tues. Feb. 24, 2015	Flames	Rangers	5:00 PM	SNW
Wed. Feb. 25, 2015	Flames	Devils	5:30 PM	SN
Fri. Feb. 27, 2015	Flames	Islanders	5:00 PM	SNW
Tues. Mar. 3, 2015	Flames	Flyers	5:00 PM	SNW
Thurs. Mar. 5, 2015	Flames	Bruins	5:00 PM	SNW
Fri. Mar. 6, 2015	Flames	Red Wings	5:30 PM	SNW
Sun. Mar. 8, 2015	Flames	Senators	5:00 PM	City
Wed. Mar. 11, 2015	Ducks	Flames	7:30 PM	SNW
Fri. Mar. 13, 2015	Maple Leafs	Flames	6:00 PM	SNW
Sat. Mar. 14, 2015	Flames	Avalanche	8:00 PM	HNIC
Tues. Mar. 17, 2015	Blues	Flames	7:00 PM	SNW
Thurs. Mar. 19, 2015	Flyers	Flames	7:00 PM	SNW
Sat. Mar 21, 2015	Blue Jackets	Flames	2:00 PM	SNW
Mon. Mar. 23, 2015	Avalanche	Flames	7:00 PM	SNF
Wed. Mar. 25, 2015	Stars	Flames	8:00 PM	SN1
Fri. Mar. 27, 2015	Flames	Wild	6:00 PM	SNW
Sun. Mar. 29, 2015	Flames	Predators	3:00 PM	SNW
Mon. Mar. 30, 2015	Flames	Stars	6:30 PM	SNW
Thurs. Apr. 2, 2015	Flames	Blues	6:00 PM	SNW
Sat. Apr. 4, 2015	Flames	Oilers	8:00 PM	HNIC
Tues. Apr. 7, 2015	Coyotes	Flames	7:00 PM	SNF
Thurs. Apr. 9, 2015	Kings	Flames	7:00 PM	SNF
Sat. Apr. 11, 2015	Flames	Jets	1:00 PM	SNW



Tucker Tips

Skating is the most important hockey skill. Below are some skating tips from Coach Rex to help players improve their skating ability and take their game to the next level.

- **Proper Stick Length** - as a general rule, the length of a hockey stick - when a player places the tip of his or her stick on the ice - should be between the sternum / above the armpits and definitely below the chin of the player. A shorter stick will force the player to sit more while skating i.e. create a deeper knee bend which will result in longer and better skating strides.
- **Hockey Stance** - every sport has an athletic stance. In hockey, it's called the "Ready Position". A player's head is up; knees bent i.e. hiding the toes, skates hip width apart, toes pointed forward, two hands on the stick and the stick on the ice. The player is in a sit position - ready to receive a pass, give a pass or shoot. The basic hockey stance is used for skating, passing, puck control and shooting. Note: Sidney Crosby has one of the best hockey stances in the game today! Watch him and take note.
- **Proper Ankle Flex** - for the forward stride, a player's leg extension is from the hip, knee, and ankle to the full blade on the ice. Players will often place tape or skate laces around the ankles. Not a good idea. It's a bad habit! It can restrict the ankle flex. The skates need to support the feet, not act as a cast and inhibit good movement. A player will then get proper edging on the ice and a full forward stride. To ensure proper ankle flex, the top three eyelets are tight and nothing else around a player's ankles.
- **Good Knee Bend** - besides keeping the head up, the most important thing a player must do when skating is to bend his or her knees. Good knee bend - knees hide the toes - improve a player's overall balance and overall skating ability.
- **Balance & Edge Control** - are the foundation of skating. In order to become a strong skater, a player requires tremendous balance and edge control. Many of the essential skating skills such as starting, striding, crossovers, turns and stopping will not be performed as well if a player doesn't have strong balance and edge control. Mastery of the inside, outside edges and balance on the flat of the blade is critical to good skating.
- **Strong Outside Edges** - the weakest edge in skating is the outside. Balancing on the outside edge is more difficult for players than balancing on either the flat of the blade or the inside edge. The outside edge is so important for good tight turns, forward crossovers, backward crossovers and even forward two foot stopping. Often players will progress through the ranks of the minor hockey system to Bantam or Midget levels and still have a weak outside edge because minor coaches do not emphasize and spend enough time on this.
- **Lateral Movement** - are the skating skills by which a player moves sideways (laterally) to the left or to the right, in a straight line using one's legs and feet while the upper body stays square to the front. This is the weakest skating skill in hockey because most hockey coaches do not teach the skill but focus mainly on forward and to a lesser degree on backward skating. Therefore, players do not have an opportunity to practice good lateral movement. Lateral movement is critical for players especially defensemen. Lateral skating drills create a strong foundation of skating - edges, and balance, leading to forward and backward crossovers as well as agility and mobility skating.
- **Sculling** - a forward edge control technique which will improve the effectiveness of a player's gliding skills in a game. It is almost effortless skating. Paul Coffey was probably the best ever at sculling. The ability to keep both blades on the ice and push on the inside edges with most of the body weight on the heels is a very effective skating technique. Many players especially Sidney Crosby can maintain speed and great stability on their skates while sculling. Crosby will often protect the puck and create scoring opportunities by maintaining his skating speed by sculling on his outside skate and going around an opponent, who is an inferior skater.

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	
Pewee	
Pewee 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

What Makes Tucker Hockey Unique?

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

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

Diversity - Tucker Hockey has a broad portfolio of services available; we teach all ages from 5 to 75 and all skill levels from Timbits to Professional.

Pay-It-Forward - We offer Tucker Hockey Awards – since 2004 Tucker Hockey has offered over 70+ free programs to various Minor and Adult hockey players, giving back more than \$20,000.

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

Altruism - Tucker Hockey is the Event Sponsor of an annual Golf Tournament which has raised in excess of \$100,000 since 2008; contributing our volunteer time and efforts to promote philanthropy and raise social consciousness about the less fortunate children in the Calgary Hockey Community and providing them an opportunity to play hockey.

T.H.E. Tucker Hockey Way

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



**17th
Annual**

Special Offer For Adult Hockey Teams and Players

Tucker Hockey

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

Top 5 Reasons to Experience Tucker Hockey:

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

Testimonial

"I just wanted to say thank you for the practice session. The girls loved it and if you could have seen our game on Saturday, the impact was amazing! We played like a team and even had a couple of drop back passes, full triangles and everything. So many thanks for a well thought-out, constructive practice.

- Yvette Kobyllynk, Adult Rec Team Player

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****



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**

Call 403-244-5037 Today!

Huge Multi-Program Savings



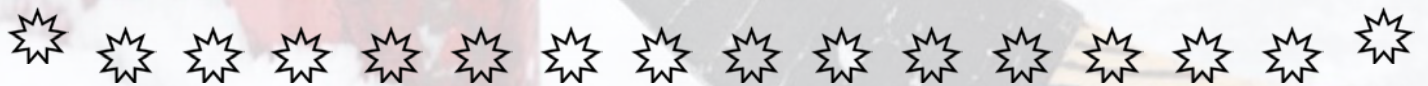
Make it a Combo!

**Participate in 1 2015 Program -
Participate in 2 2015 Programs -
Participate in 3 2015 Programs -
Participate in 4 2015 Programs -
Participate in 5 2015 Programs -
Participate in 6 2015 Programs -**

**Pay Regular Price
Pay Regular Price Less 10%
Pay Regular Price Less 15%
Pay Regular Price Less 25%
Pay Regular Price Less 50%
You Get A Free Program**

***** Discount based per individual participant**

***** CAN NOT be combined with a Gift Certificate, Buddy Referral, Private or Customized Group Sessions**



Buddy Referral

**Refer 1 Buddy -
Refer 2 Buddies -
Refer 3 Buddies -
Refer 4 Buddies -**

**Save \$75 off the Price of Your Registration
Save \$150 off the Price of Your Registration
Save \$250 off the Price of Your Registration
Receive a FREE Program**

*** CAN NOT be combined with a Gift Certificate, Private or Customized Group Sessions**

Quality Year Round Hockey Services

Adult Spring 2015 Programs

Level 101, 201, Ladies Only, Specialty Clinic

Adult Summer 2014 Programs

Level 101, Hybrid 101/201

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.

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.

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.

Ladies Only Program

The Ladies only 101 Program will have the same curriculum as the Co-Ed 101 Program, but with more emphasis on technique based on the dynamics of gender specific kinesiology.

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 2015 Programs

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

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

Minor Summer 2015 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 Clinics

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



Special Offer For Minor Hockey Teams, Coaches and Players

17th 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)

Testimonial

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

~ Aris dePeuter, Manager - McKnight Senior Timbits Royal

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

Call 403-244-5037 Today!

Coaching Innovation



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 Pee wee - 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 Pee wee 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,

The Kids Hockey Advancement Society was created to provide an opportunity for children to play, 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.

The Kids Hockey Advancement Society's 8th Annual Fundraising Golf Tournament, is scheduled for **Monday, September 14th, 2015**, at Lakeside Golf Club in Chestermere.

The money raised in 2015 will be used again to donate a large portion to KidSport of Calgary; in addition the Society will fund various grassroots activities in the hockey community. The Society is planning to raise an estimated \$60,000 this year via our Annual Golf Tournament. It will cost the Society an estimated \$35,000 to raise this amount.

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:

Donating Live Auction Items

Donating Silent Auction Items

Donating prizes to be given away to Foursomes, Proxy Hole Winners or 50/50 Ticket Purchasers

Donating swag that can be added to our Golfer Hospitality Gift Bags – 100 Golfers Total

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

Please get involved and feel good about giving back!

We're proud to report that the Society has distributed the following amounts, since its inception in 2008:

2008 - Inaugural Golf Tournament:	\$10,000
2009 - 2nd Annual Golf Tournament:	\$12,000
2010 - Inaugural Poker Tournament:	\$8,700
2010 - 3rd Annual Golf Tournament:	\$15,500
2010 - Sponsored two Children's Hockey School Registrations:	\$1,800
2011 - 2nd Annual Poker Tournament:	\$11,220
2011 - Karlee Lewis Skate-A-Thon/Kids Cancer Foundation of Alberta:	\$1,000
2011 - 4th Annual Golf Tournament:	\$16,700
2012 - Oilympics Hockey Marathon:	\$2,000
2012 - 5th Annual Golf Tournament:	\$20,800
2013 - 6th Annual Golf Tournament:	\$21,925
2013 - Special Association Project	\$3,150
2014 - 7th Annual Golf Tournament	\$21,145
2014 - Special Association Project	\$2,126
Total Donations to Date	\$148,066

On Behalf of the Golf Tournament Organizing Committee, Christyne Kavanagh – Tournament Director

Kids Hockey Advancement Society 8th Annual Fundraising Golf Tournament

Monday, September 14th, 2015
Lakeside Greens
Chestermere, Alberta

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

**ShotGun Start
Only 90 Spots Available!
Register Early to Avoid
Disappointment!**

How You Can Help

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

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



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

Meet the Instructor (Cont'd from 8)

and enjoy having fun on the ice playing games with the younger groups.

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

I have enjoyed being mentored by Coach Rex. I have learned a lot of good skating techniques and coaching strategies from him. I have also worked with Coach Dave and he has shown me instructional techniques and hockey tactics / methods. All the instructors have been pleasant to work with and we all want to help the players improve their game.

What is the most enjoyable part of instructing for you?

Being able to pass on my knowledge of the game to the players is very rewarding. As well as to give back to a sport that has been a huge part of my life growing up. I also love to see the “aha moment” when the player is able to do something they thought they couldn’t do.

What are the challenges or difficulties have you experienced while being an on ice instructor?

Learning the Tucker Hockey Way / Philosophy and trying to overcome my own bad habits on the ice.

It’s continuous learning as a player and as a coach.

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

I would say that people need to remember to have fun when you are at the rink. Hockey is one of the greatest games on this earth and all people at the rink should keep positive and enjoy this wonderful sport. I believe that skating is the most important part of a hockey player’s game. Getting quality instructing and lessons from Coach Rex and his instructional team will benefit all hockey players.

Do you have any funny anecdotes to share with regards to your experience instructing?

One time Coach Frank tried to skate on the ice with his skate guards on. He fell pretty hard and it was funny. He was a

good sport about it!

What’s the best part of hockey for you?

My favourite part is scoring goals or making a nice offensive play when I am playing. It is a great feeling when the red light goes on. I also like being around hockey people. I like being a good teammate and I really enjoy coaching. Coaching is fun because I get to see people who want to learn excel by showing them the proper way to skate, shoot, pass and play the game.

What other things interest you, outside of hockey?

I enjoy movies, travel, and spending time with my family.

What does the future hold for Ash?

Big Things!

Editor’s note:

Thanks Ash for taking the time from your busy family and work schedule to complete a Tucker Hockey Instructor Profile. Coach Ash projects a very relaxed and calm view on life. He is a very easy going guy and works quite well on the ice with his fellow instructors and the on ice participants. With his strong hockey background, people, and communication skills Ash excels helping the lower skilled Adult and Minor skaters get to another level. Over the past few years Coach David and I have enjoyed mentoring Ash to the role of a strong assistant on ice instructor and now to a head instructor’s role. Ash, my friend, I have valued your contributions to Tucker Hockey...much appreciated! I look forward to many fun times on the ice in the years ahead.



The Top 10 Conditioning Exercises for the Eager Player

We all have the same stresses placed upon us based on our society; we hold our bodies in positions for too long, like sitting with poor posture, which literally puts the brakes on our movements and inhibits our performance. As an eager player yearning to perform better on the ice, you must take this motivation and use it to perform the following drills and break free from these stresses. Here's a great program to get you started!

Initially your goal is to reset your tight anterior (front) hips, tight anterior shoulders and reduced mobility (movement) in both your spine and ankles. If you have access to a foam roller or Tissue Release Specialist, have these 'knotted' areas released. Then perform the following:

1. Half-kneel Hip Flexor Stretch: While in a lunge position with one knee on the floor, slowly move your hips forward to stretch the front of your hip
2. Calf / Ankle Mobility: In the same lunge position, keep your front foot heel on the floor while driving your front knee forward stretching your calf
3. T-Spine / Shoulder Mobility: Kneeling in front of a bench, drive your head and chest down towards the floor while keeping your elbows on a bench, stretching your upper back and shoulders

Once you're primed, move toward the strength exercises that will provide both the most benefit from working multiple muscles without sacrificing the amount of weight lifted:

4. Squat and Press, 2-to-1: While holding dumbbells at shoulder height, squat down and stand up. Every second squat repetition should be followed by a press over your head with your arms.
5. One Leg Box Squat: Standing on a high box, squat down on this leg until the other heel grazes the floor. Then stand up and repeat.
6. Deadlift: Hold dumbbells across the front of your thighs. Bend your knees somewhat while pushing your hips backward and lowering the weight to the floor. Stand up and repeat.
7. Hip Flexion / Leg Raise: Hang from a bar and lift both legs upward as high as possible.

8. Sternum Chin-up: Hanging from a bar, pull up to touch your sternum to the bar.

No training program would be complete without conditioning! Move into these finishing drills:

9. Hill Sprints: Setup a treadmill to 5-10% incline. Run 5-10 seconds at a high speed with 60-90 seconds rest between sprints.
10. Lactate Bike Sprints: Perform a standing sprint on a stationary bike for 30-40 seconds at a high tension followed by a seated 2-3 minutes rest at a low tension and repeat.

Now that you have completed your training, your body can begin moving towards decreasing inhibiting stresses like posture and increasing performance. Maintain this style of training and you will notice an improvement on the ice.



Jeff Mueller is a local fitness expert who specializes in sport-specific training and overall life balance. He can be reached via email: mue@live.ca or on Facebook at 'Healthy Living in Calgary'.



Back Again to the Homeland (Cont'd from 5)



Also, a warm thank you to Sharon Pelley, Lori Spurrell and the off ice volunteers for their assistance to make the camp a success. To the rink attendants Boyd and Dwayne – thanks gentlemen for your ice making diligence – I have to say it was the best ice I have skated on all year!

Tucker Hockey's mission was to instil the love of the game, improve on the skating and hockey skills and for the players and coaches to have fun on the ice. As well as to pass on a few new skating and hockey drills, teaching points and coaching methods to the local minor hockey coaches. I hope we succeeded.

Reflecting back to December 2002, nearly 12 years ago Tucker Hockey operated its first hockey camp in the Town of Springdale. One of the biggest thrills for Coach Rex was seeing a little 5 year old girl who had quite a few falls on the ice but each time she fall she got up with a smile on her face and the determination to keep going as I had taught her how to get up using her hockey stick. At the time, I hoped this little girl and all the kids I taught that year would keep their determination and stay with hockey and that their love of the sport would continue to grow. I was not disappointed! That 5 year old girl was Emily Edison who is now 17 years old and who has blossomed into a fine young lady. The smile is still there but the skills sure have improved! Emily is a

very good skater and hockey player and now plays on the Newfoundland Central under 20 girls team. Emily helped out as an instructor at this year's camp and it was very special to witness the personal growth and development and to see Emily giving back to the young kids in her community. It warms my heart that maybe Tucker Hockey played a small part in giving her the "Right Start" in hockey. Emily good luck with your future academic and hockey endeavours!

In concluding, Tucker Hockey salutes the many minor hockey coaches and volunteers within the Springdale District Minor Hockey Association for their enthusiasm and dedication to helping the kids play, develop and enjoy their hockey throughout the season! Wishing Bill Adams, the new President and his fellow executive members a great Minor Hockey Week and many successes throughout the 2015



hockey season! Coach Rex hopes to have the opportunity to visit again in the fall of 2015 for some more fun times on the ice. And yes I know... even though there's a very strong Toronto and Montreal fan base down east ...don't forget as well to cheer a little for our Calgary Flames this season! Our team has ignited! Keep enjoying your hockey Springdale whether it's NHL or at the grass roots level!





May 1 to May 17, 2015 - Prague, Czech Republic

Note: All Times Listed are MST

Preliminary Round

Prague O2 Arena - Group A				Ostrava CEZ Arena - Group B			
Fri. May 1	Canada vs Latvia	8:15 AM		Fri. May 1	USA vs. Finland	8:15 AM	
Fri. May 1	Czech Republic vs Sweden	12:15 PM		Fri. May 1	Russia vs. Norway	12:15 PM	
Sat. May 2	Switzerland vs Austria	4:15 AM		Sat. May 2	Slovakia vs. Denmark	4:15 AM	
Sat. May 2	France vs Germany	8:15 AM		Sat. May 2	Belarus vs. Slovenia	8:15 AM	
Sat. May 2	Latvia vs Czech Republic	12:15 PM		Sat. May 2	Norway vs. USA	12:15 PM	
Sun. May 3	Austria vs Sweden	4:15 AM		Sun. May 3	Russia vs. Slovenia	4:15 AM	
Sun. May 3	Canada vs Germany	8:15 AM		Sun. May 3	Belarus vs. Slovakia	8:15 AM	
Sun. May 3	France vs. Switzerland	12:15 PM		Sun. May 3	Denmark vs. Finland	12:15 PM	
Mon. May 4	Latvia vs Sweden	8:15 AM		Mon. May 4	Russia vs. USA	8:15 AM	
Mon. May 4	Canada vs Czech Republic	12:15 PM		Mon. May 4	Norway vs. Finland	12:15 PM	
Tue. May 5	Switzerland vs Germany	8:15 AM		Tue. May 5	Denmark vs. Belarus	8:15 AM	
Tue. May 5	Austria vs France	12:15 PM		Tue. May 5	Slovakia vs. Slovenia	12:15 PM	
Wed. May 6	Switzerland vs Latvia	8:15 AM		Wed. May 6	Russia vs. Denmark	8:15 AM	
Wed. May 6	Sweden vs Canada	12:15 PM		Wed. May 6	Slovakia vs. Norway	12:15 PM	
Thu. May 7	Czech Republic vs France	8:15 AM		Thu. May 7	USA vs. Belarus	8:15 AM	
Thu. May 7	Sweden vs Germany	12:15 PM		Thu. May 7	Finland vs. Slovenia	12:15 PM	
Fri. May 8	Czech Republic vs Austria	8:15 AM		Fri. May 8	Slovenia vs. Norway	8:15 AM	
Fri. May 8	Germany vs Latvia	12:15 PM		Fri. May 8	USA vs. Denmark	12:15 PM	
Sat. May 9	France vs Canada	4:15 AM		Sat. May 9	Belarus vs. Russia	4:15 AM	
Sat. May 9	Austria vs Latvia	8:15 AM		Sat. May 9	Finland vs. Slovakia	8:15 AM	
Sat. May 9	Sweden vs Switzerland	12:15 PM		Sat. May 9	Denmark vs. Norway	12:15 PM	
Sun. May 10	Germany vs. Czech Republic	8:15 AM		Sun. May 10	Slovenia vs. USA	8:15 AM	
Sun. May 10	Switzerland vs. Canada	12:15 PM		Sun. May 10	Slovakia vs Russia	12:15 PM	
Mon. May 11	Germany vs. Austria	8:15 AM		Mon. May 11	Finland vs. Belarus	8:15 AM	
Mon. May 11	Sweden vs. France	12:15 PM		Mon. May 11	Slovenia vs. Denmark	12:15 PM	
Tue. May 12	Canada vs. Austria	4:15 AM		Tue. May 12	Norway vs. Belarus	4:15 AM	
Tue. May 12	Latvia vs. France	8:15 AM		Tue. May 12	USA vs. Slovakia	8:15 AM	
Tue. May 12	Czech vs. Switzerland	12:15 PM		Tue. May 12	Finland vs. Russia	12:15 PM	

Quarter Finals

Semi - Finals

Thu. May 14	7:15 AM	CEZ	TBD	Sat. May 16	7:15 AM	O2	TBD
Thu. May 14	8:15 AM	O2	TBD	Sat. May 16	11:15 AM	O2	TBD
Thu. May 14	11:15 AM	CEZ	TBD				
Thu. May 14	12:15 PM	O2	TBD				

Bronze Medal Game

Sun. May 17 8:15 AM O2 TBD

Gold Medal Game

Sun. May 17 12:45PM O2 TBD

Tucker Hockey

Customized Programs

Group and One-on-One

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

If you know what you need - why not get what you need - work on the areas of a player’s game that specifically needs improvement ?

Here’s the easy way to set things up.

- 1: Parents / groups / teams just need to determine times, dates, guaranteed budget and recruit a minimum 1 to 10 players
- 2: Tucker Hockey will find the ice, set – up a “ customized curriculum ” (based on parents / organizers direction / input) and provide professional instruction.
- 3: Type of Programs - customized curriculum will specialize in
 - a) power skating
 - b) hockey skills development
 - c) conditioning or
 - d) combo programs
- 4: Frequency of Programs - 1 session per week for 10 weeks
 2 sessions per week for 5 weeks
 5 sessions per week etc.
- 5: Time of Programs -
 - a) Week days before 4:00 pm (Non Prime Time)
 Only \$399 per player, includes 10 on ice sessions (based on 10 players)
 - b) Weekday after 4:00 pm and weekends (Prime Time)
 Only \$449 per player includes 10 on ice sessions (based on 10 players)

Note: All programs subject to ice and staff availability, price based on 10 to 1 player to instructor ratio.

A reduced rate if Tucker Hockey does not provide the ice.



Minor Hockey 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, Minor Hockey Parent



Silence, Simplicity (Cont'd from 11)

Yes, players will make mistakes. That is part of the learning process. Edison didn't get the light bulb right on his first try; neither did Einstein with his Theory of Relativity! So why in the world do we expect a PeeWee player to be able to perfectly thread a cross-ice pass through traffic to a player stretching the zone (or whatever) on their first or fifth try! Relax, keep some perspective and let them learn through doing; making mistakes and experiencing successes! Encourage novel problem-solving and creativity!

When it came time to discuss what to say to the players, here is what I suggested to my coaches. First, when a player gets possession of the puck, it is critically important for them to get their head up! Scan the ice for opponents and teammates. Aside from where they are relative to the net, their teammates and opponents, where is the open ice and where is the pressure? These cues start to shape possible decisions.

Next, the player with the puck has three options (in no particular order):

(1) Skate and stickhandle the puck. Coaches must teach the art of deception through head and body and stick fakes off and on-ice. To maximize sneakiness, one's ability to accelerate and utilize a change of pace comes into play. Make your move outside the opponent's stick and accelerate past.

(2) Purposefully pass the puck. This can be directly onto the tape of a teammate or indirectly (into space, off the boards, through the air). Accuracy and passing technique (flat or saucer, or bank or flip, hard or soft) are key ingredients. Players must work on passing (and receiving) on both their forehand and backhand!

(3) Shoot to score! While merely hitting the net is an accomplishment in this day of shot-blocking, shooters need to focus on trying to score. Ask your players what they see when they look at the net while a goalie is in it. If they say they see the goalie, or they see some empty spaces around the goalie, you have gained some insights into the mind of that particular person. Hopefully, they see empty space! Getting one's head up to see the ice, then deciding which of the three options to take (skate / stickhandle, purposely pass, shoot to score) is about as simple and as universal coaching advice as you will ever hear. I hope these simple statements help keep your key teaching points purposeful, consistent and minimal!

"The greatest gift you can give to your players is to teach them to coach themselves so they can act independently of you, the coach." – Anatoli Tarasov, Father of Russian Hockey

Hockey Sense - Can be Learned (Cont'd from 7)

For Beginners:

Play a small area game of 3 vs. 3 with beginners. The coach provides controlled pressure while the players randomly skate (get open) and make passes.

For Advanced Players:

1) In a Small area game like 3 vs. 3 keep away - players must carry and control the puck while their teammates get open (support). This is hockey sense. Players see, anticipate and decide where to go and what to do. They "Play" and develop their skills and Hockey Sense. For example, deliberately doing tight turns in the game will create time and space to

complete a pass.

2) 3 vs. 3 keep away with a pass to the 3rd player rule.

The passer must control the puck while the 3rd player gets open for a pass. Anticipation and support are a key part of Hockey Sense.

Before players can play "special rule keep away" they need to be able control a puck while skating in all directions. A solid skill foundation is required to play keep away. Playing keep away games develops those important skills and gets players to "think" while stick handling and passing.



VOICE

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TUCKER HOCKEY'S MISSION STATEMENT

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

We enjoy and preserve what we love.

We love what we understand.

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

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

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

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

Comrie's Sports Equipment Bank (Cont'd from 4)

How many children have you been able to help so far this year?

So far this year we have helped out almost 300 people and we have only been giving out equipment since the second half of August 2014. That's approximately 15 hockey team's worth of kids.

What's the most rewarding aspect about being involved in this project?

The most rewarding aspect of my job is giving away the equipment to the kids. I have said many times that I get to play Santa Claus at work. Putting yourself in a service role in your community makes you feel like you're really doing some good in the world.

How does someone apply to become a volunteer, since you're the only employee?

People can fill out a volunteer application online through our website at www.comriessportsequipmentbank.org or call us at 403 – 569 - 1172

What are the future goals of the Comrie's Sports Equipment Bank?

The future goals of the CSEB are to expand into as many sports as possible and to help as many kids and communities as possible throughout Southern Alberta and beyond.

How has being a part of the Equipment Bank's start up and successes personally affected you?

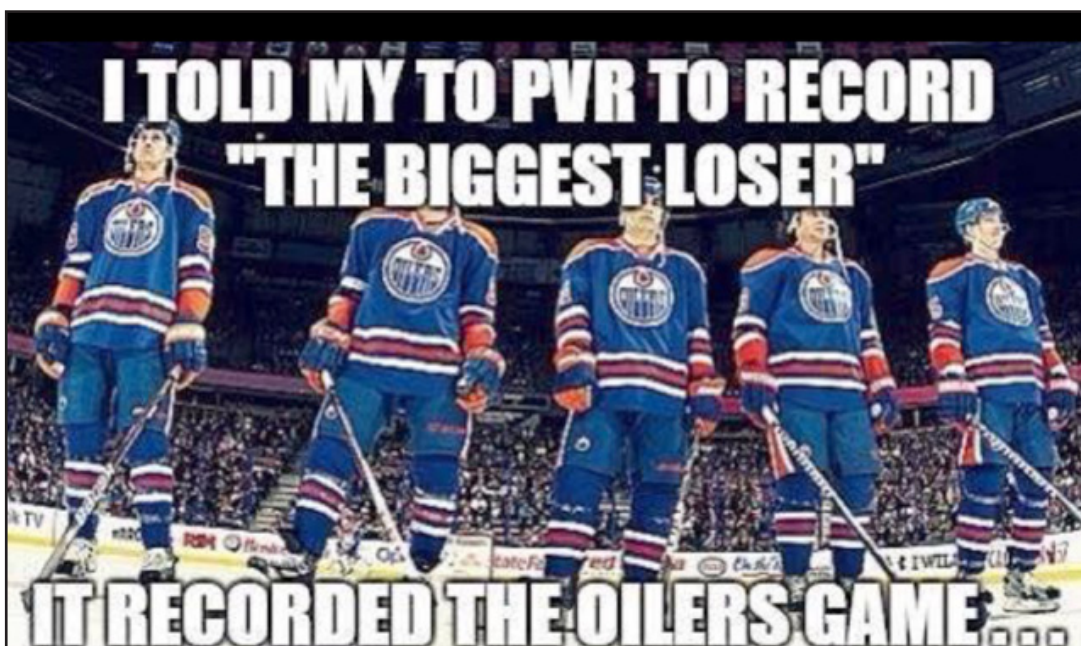
The success of this program has been great for me personally but has very much been a massive team effort especially including Mr. Andy Wigston from Edmonton and the rest of the CSEB Board members. Of course without the generous financial contributions from Mr. Bill Comrie this wouldn't be available.

What does the future hold for Russell Gillespie?

I have no idea exactly what the future will hold for me but I know will include a lot more sports and community involvement. One thing that I am always open to is new challenges.



Russell with his two boys, Miles, 8 years old and Oliver, 6 years old



**ENGINEERED
TO DO
ONE THING**

SYNERGYHTX

HYPERTUNED™
ONLY HYPERTUNED™ TECHNOLOGY GIVES YOU
BLADE AND SHAFT FLEX IN PERFECT SYNERGY.

**EASTON
HOCKEY**

SCORE.

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Tucker Hockey Proud Ambassadors of Easton

*Life is a grindstone.
Whether it grinds
you down or
polishes you up
depends on what
you're made of.*

~ Jacob M Braude

**COOLJOB
ALERT**

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.**

2016 European Hockey Tour Program

July 24th to August 6th, 2016

- Excellent Experience for Avid Adult Recreational Hockey Players
- 3 Country Tour – Czech Republic, Slovakia, and Austria
- Mini team practice camps in Calgary and Prague, Czech Republic
- 5 Game Hockey Series in the fabulous cities of: Prague, Czech Republic, Vienna and Salzburg, Austria, and Bratislava, Slovakia.
- Our group will be based in the Czech Republic. The country is famous for its historic architecture, rich culture, and crystal, and especially for its passion for hockey and world class beer!
- Group travel attire for all participants
- Personalized Game Jerseys
- 2 weeks accommodation and most meals included
- Professionally guided sightseeing tours
- Arrival and Departure Receptions
- Professionally organized and managed by a friendly, dedicated support staff
- An outstanding hockey, travel vacation, cultural, and friendship exchange experience!

Note: Airfare from Calgary to Prague, Czech Republic (Return)
– Not included in Tour Price



**Don't Miss Out – It's an Incredible Opportunity!
Register Today! Great Buddy Referral Program!**

<http://www.tuckerhockey.com/EuropeanHockeyTourRegistration.asp>

- ***Due to the unpredictability with international travel costs, the Program price will not be confirmed until late 2015***
- ***Player selection camp maybe required in the Spring of 2016***
- ***Participants are responsible for their own travel and health insurance***
- ***Some tour attractions will require additional costs***
- ***Registrations on a first come, first served basis***

**For serious inquiries contact:
Rex Tucker at 403 - 244 - 5037**

Scouting & Recruitment Opportunities

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

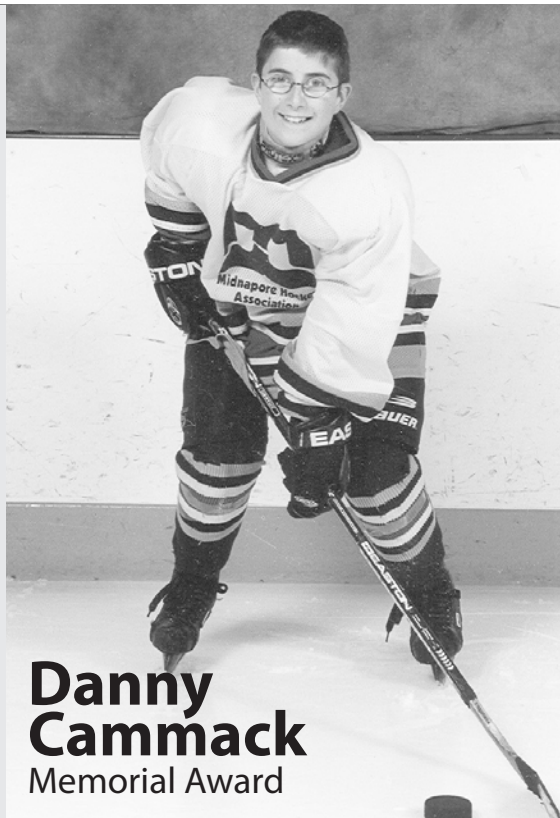
Since 2004, Tucker Hockey has offered over 70 free programs to various Minor and Adult Hockey Players. Giving back more than \$20,000.

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 2014 - Anthony Mazursky

Spring/Summer 2014 - Luka Brkic

Fall 2014 - Jakob Anderson

Winter 2015 - Cameron Kaun

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

Why I Love Hockey!

Hockey. Why? Why do you skate back and forth night after night? Skating so hard you throw up. Skating so hard your heart beat rings in your head, while your lungs are grasping for air. Late evenings, Early mornings, Friday nights, Saturday mornings, broken bones, torn muscles and deep bruises. You skate through it all. Because you live off the adrenaline. Because the game frees your spirit. Because you're invincible once you step on the ice. Because nothing can stop you when you're working as hard as you can. Because you can leave all your worries and your problems behind when you play.

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 2013 - Alexander Fonin

Fall 2013 - Robert Pryde

Winter 2014 - Ron Warner

Spring/Summer 2014 - JF Richer

Fall 2014 - Clement Cheung

Winter 2015 - Kelly Jamison

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 10,000+ dedicated hours.
- We have and will continue to customize our skating programs to the needs of the players.
- Developed a "Proven Formula" for Skating Improvement – we get results!
- We have a proven history of taking players to the next level.
- Read our website testimonials from many very satisfied customers.
- Compare our exceptional hockey value - we welcome Q & A Sessions from you!



Be Active - Have Fun - Learn - Excel

See You at the Rink Soon!



What They're Saying About Tucker Hockey

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

~ Tom Renney, President and CEO of Hockey Canada

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

~ Marie Lachance, Minor Hockey Parent

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

~ Aris dePeuter, Manager - McKnight Senior Timbits Royal

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

~ Wally Kozak, Past Consultant - Hockey Canada

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

~ Perry Cavanaugh, Past President Calgary Minor Hockey

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

~ Bill McKenzie, Minor Hockey Parent

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

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

~ Linda Cote, Mother to Jeremy

"All of the instructors were so good with our son. This was his first hockey camp and he loved it, he would come home and tell us all about what he did and how great his instructors were. You guys did wonders for his confidence and his skills. We will be booking our son in another camp through Tucker Hockey and will be suggesting all of our friends do the same. We would really like to thank Jessica ... she paid special attention to our son and really helped him with his skills. Thank you so much Tucker Hockey!"

~ Sarah Christensen, Mother to Ty

