

# Hockey Zones

*For the LOVE of the GAME*

Volume 13 No. 1 Issue # 35

Winter / Spring 2016



**T.H.E. Way to Success!**

[www.tuckerhockey.com](http://www.tuckerhockey.com)

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

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- 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](http://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!*

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# Managing Editor's Message



Welcome to the 35th edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

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

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

The Winter / Spring 2016 issue features many interesting articles including:

Calgary Flames Quarterly Report, Meet the Instructors – Jack and Jordan Evans, Tucker Tips – Proper Hockey Conditioning, Coach Rex's Corner – Guest Instructing with Minor Hockey Teams, Behavior Training vs.

Decision Training, Mental Toughness, etc

Back in the Spring of 2004, nearly 12 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 – Winter / Spring and Summer / Fall editions each year. 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](http://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: Summer / Fall 2016 Features*

- Letter to the Editor
- Calgary Flames End of Season Report
- Meet the Instructor - Paul Riley
- Tucker Hockey Tips
- Tucker Hockey Upcoming Programs



# Calgary Flames - First Quarter Report

## *A View From the Press Box*

In the Summer / Fall 2015 Hockey Zones edition I wrote the following:

*With the existing young guns and rising prospects in the system, Flames fans are in store for another very entertaining season. The Flames of course will be well coached and will play with a never say die attitude battling again for a playoff spot in an extremely competitive conference. Can they improve on last year's stellar performance? Yes indeed, we are in store for some exciting hockey again in Calgary! Can't wait!!*

Many Calgary Flames fans and supporters had high expectations for the 2015 - 2016 Season. Many of us thought the team would start up again where it left off with its winning ways, but it hasn't been the case.

On Friday, November 20th, 2015 I attended the Calgary Flames vs the Chicago Black Hawks game, team game No: 21 of the Flames 82 game schedule. The top story line was league's leading scorer Patrick Kane with 30 points visiting Calgary. At this time, the Flames were positioned 6th in Pacific Division and 13th over all in the Western Conference. Really quite a disappointing first quarter start to the season for Flames supporters. Chicago entered the game being the league's top puck possession team while the Flames held the worst goalie save percentage of all the NHL teams. Prior to the start of the game, Calgary's goals for 48, ranked 3rd worst in the Western Conference and goals against at 73 worst in the league. It's hardly a recipe for success with a goal differential of -25.

So why the slow start after such a surprising and positive 2015 season? Here are a few reasons that come to mind. You may have others?

### **Lack of a No.: #1 Goalie**

From the beginning of the season the Flames have carried 3 goaltenders. Any one who has coached hockey is aware that a 3 goalie system just does not work. I really don't understand why they decided to start the season with 3 goalies on the roster. Hiller has played in 4 games (now injured), Orto 4 games and Ramo with 13 games. With a goals against

average league worst of 3.61 and save percentage of .880 it's not hard to see why the Flames are struggling especially in a low scoring league. Will they go outside the organization later this season or next to bring consistency to the goalie position? Currently, the team's overall defensive play is lacking and must be improved on to claim a playoff spot.

### **Lack of Offense from the Defensemen**

The Flames top 4 defensemen last season of Giordano, Brodie, Russell and Wideman were as good as any group in the league. The foursome accounted for 41 goals and 138 assists for 179 points last season. It was a big part of the team's overall success. This season the team's overall scoring is down especially from the defense core. Only 6 goals from the backend so far this season. Giordano -10, Russell -11, and Wideman -11 are not keeping the puck out of the Flames net either. Brodie missed 9 games due to an upper body injury and this sure did not help the team's cause.

### **New Additions of Dougie Hamilton and Michael Frolik**

The Flames motto last season was "Always earned nothing given". The additions of Hamilton (-7 ) and Frolik (4) goals were to enhance the skill of the team on the back end and up front. However their overall performance has been average at best and their presence on the roster may have affected the team chemistry. Hamilton playing on the 2nd defense pairing pushing Wideman away from Russell to the 3rd pairing, as well, Frolik is playing on the 2nd forward line. Both have not lived up to expectations yet but both are showing gradual signs of improved contributions.

### **Not a Surprise to Opponents Anymore**

Last year many of the teams did not know the Flame's rising personnel and underestimated their dogged never say die attitude and work ethic to win. This may have caught a few teams off guard but not this season. Opponents know what to expect. Players like Hudler, Monahan have been checked with greater degree of diligence this season. The will to win last season was incredible but it's not so apparent all the time

Cont'd p 28.

# Calgary Flames 2015 -16 2nd Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Sat. Jan. 16, 2016	Flames	Oilers	8:00 PM	HNIC
Tues. Jan. 19, 2016	Flames	Devils	5:00 PM	SNF
Thurs. Jan. 21, 2016	Flames	Blue Jackets	5:00 PM	SNF
Sun. Jan. 24, 2016	Flames	Hurricanes	4:00 PM	SNET
Mon. Jan. 25, 2016	Flames	Stars	6:30 PM	SNW
Wed. Jan. 27, 2016	Predators	Flames	7:30 PM	SN1
Wed. Feb. 3, 2016	Hurricanes	Flames	7:30 PM	SN1
Fri. Feb. 5, 2016	Blue Jackets	Flames	7:00 PM	SNW
Sat. Feb. 6, 2016	Flames	Canucks	8:00 PM	HNIC
Tues. Feb. 9, 2016	Maple Leafs	Flames	7:00 PM	SNW
Thurs. Feb. 11, 2016	Flames	Sharks	8:30 PM	SN360
Fri. Feb. 12, 2016	Flames	Coyotes	7:00 PM	SNW
Mon. Feb. 15, 2016	Ducks	Flames	2:00 PM	SNW
Wed. Feb. 17, 2016	Wild	Flames	8:00 PM	SN1
Fri. Feb. 19, 2016	Canucks	Flames	7:00 PM	SNW
Sun. Feb. 21, 2016	Flames	Ducks	5:00 PM	SNET
Tues. Feb. 23, 2016	Flames	Kings	8:30 PM	SNF
Thurs. Feb. 25, 2016	Islanders	Flames	7:00 PM	SNW
Sat. Feb. 27, 2016	Senators	Flames	8:00 PM	HNIC
Mon. Feb. 29, 2016	Flames	Flyers	5:00 PM	SNW
Tues. March 1, 2016	Flames	Bruins	5:00 PM	SNW
Thurs. March 3, 2016	Flames	Sabres	5:00 PM	SN360
Sat. March 5, 2016	Flames	Penguins	1:00 PM	SN
Mon. March 7, 2016	Sharks	Flames	7:00 PM	SNW
Wed. March 9, 2016	Predators	Flames	7:30 PM	SN1
Fri. March 11, 2016	Coyotes	Flames	7:00 PM	SNW
Mon. March 14, 2016	Blues	Flames	7:00 PM	SNW
Wed. March 16, 2016	Jets	Flames	8:00 PM	SNW
Fri. March 18, 2016	Avalanche	Flames	7:00 PM	SNF
Sun. March 20, 2016	Flames	Canadiens	5:00 PM	SNET
Mon. March 21, 2016	Flames	Maple Leafs	5:30 PM	SNW
Thurs. March 24, 2016	Flames	Wild	6:00 PM	SNW
Sat. March 26, 2016	Blackhawks	Flames	8:00 PM	HNIC
Mon. March 28, 2016	Flames	Coyotes	8:00 PM	SNF
Wed. March 30, 2016	Flames	Ducks	8:00 PM	SNET
Thurs. March 31, 2016	Flames	Kings	8:30 PM	SNW
Sat. April 2, 2016	Flames	Oilers	8:00 PM	HNIC
Tues. April 5, 2016	Kings	Flames	7:00 PM	SNW
Thurs. April 7, 2016	Canucks	Flames	7:00 PM	SNW
Sat. April 9, 2016	Flames	Wild	5:00 PM	HNIC



# A Salute to Minor Hockey Week

Esso Minor Hockey week is a prime example year after year of how hockey is such a prominent part of our Canadian identity. During this year's hockey season the event will run from January 8th to January 16th, 2016. 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 36th year as title sponsor. Kudos to Esso for their continued support. For Hockey Calgary, the tournament's opening ceremonies are taking place at the Max Bell Arena 1 on Friday, January 8th, 2016.

No event of this magnitude could run so well and for so long without a dedicated group of volunteers, coaches, officials and parents year after year. 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.

Make sure you get out to the local arenas and experience the passion and excitement of grass roots hockey! Feel the love of the game from our youth and remember...

## **RESPECT**

*Everyone in the rink deserves it!*

# Tucker Hockey - National *Back to the Homeland Again*

An exclusive "Annual" weekend with Tucker Hockey endorsed by Springdale & District Minor Hockey came to the Town of Springdale, Newfoundland again this Fall.

Coach Rex had the pleasure to return to his native province of Newfoundland and Labrador in November, 2015. Tucker Hockey held a 3 day mini camp from November 6th to 8th, 2015. This power skating and puck control 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 70 skaters within 3 age groups.

Special thanks are extended to Jamie Tizzard for his dedication and endorsement of Tucker Hockey which provided Coach Rex with an opportunity to visit his homeland again and run a camp. 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 felt gratifying to work with keen players and their coaches whose sole purpose was to help give the local

kids an opportunity to develop their skills and have fun!

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, Peter Lilly, Mark Lawlor, Sherman McKay, Jordan Snow, Roger Jacobs, Dave Edison, Darryl Robinson and Stephen Earle. Thanks to Heather Saunders for taking care of the camp registrations and to her helpers for their assistance to make the camp a success.

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*Registration Desk - Heather Saunders & Friend*

# Tucker Hockey - National (Cont'd from 6)



Players in the camp ranged in age from Squirt to Girls under 20 levels and were a joy to instruct. The players really watched, listened and worked hard throughout the weekend camp. Congratulations to Cole Williams winner of the Johnny Gaudreau Calgary Flames autograph jersey and Kira Clarke winner of the Sarah Davis Canadian National Team (Davis is the only Newfoundlander to date to play on the Canadian Women's National Team) autograph jersey giveaways. It was great to see so many big smiles from the two players who won the giveaway camp jerseys and the 24 players who won Team Canada giveaway hats awarded to the 2 hardest workers in each on ice sessions.



**To play the game is good  
To win is better  
But to love the game  
is best of all.**

Tucker Hockey's mission was to instil the love of the game, improve on the skating and puck control skills and

for the players and coaches while having fun on the ice. Also, to pass on a few new skating and puck control drills, including teaching points and coaching methods to the local minor hockey coaches from the pre camp coaches 4 hour classroom & on ice workshop and from a full weekend of on ice instruction.

Conclusion, Tucker Hockey salutes the many minor hockey coaches and volunteers within the Springdale & District Minor Hockey Association for stepping up, being enthusiastic and dedicated to help the kids play, develop and enjoy their hockey throughout the season! Several of the coaches are involved in coaching 3 different teams this season so the kids can play and enjoy their hockey! They are certainly to be commended for their efforts!



*Rex Tucker, Cole Williams, Kira Clarke, Jamie Tizzard*

Coach Rex is looking forward to an opportunity to visit again in the fall of 2016 for some more fun times on the ice. Best wishes to Bill Adams, the President of Springdale & District Hockey and his fellow executive members for an enjoyable Minor Hockey Week and many successes this hockey season. Go Springdale Braves Go!! Go Springdale Bravettes Go!!





# Tucker Hockey - International



A special thank you to Michael Grim, President of HC Hvězda Praha – HC Star Prague for his friendship and hockey alliance in making this hockey endeavour a reality. Thanks to on ice camp assistants David Ohnutek of Sedpo, Michael Dubsky and Jakub Grim. Also, to Jan Soukup for his dryland training help. Last but not least, a big thank you to my Czech wife, Marcela Tucker for her organizing, administration and language translation skills. Without her support, guidance and assistance this hockey project would certainly have never happened!

From 1997 to 2001 Coach Rex taught power skating for Canadian Hockey Camp – Europe in Most, Czech Republic each summer. It's where my power skating career began and developed and where the vision to create Tucker Hockey was born. After a 14 year sabbatical from teaching hockey instruction in Central Europe, Coach Rex started up the first annual Tucker Hockey camp in Prague, Czech Republic this past summer. Prague is a city of 1.3 million and one of the most beautiful urban centers in the world! Over the years I have always enjoyed and treasured my visits to Prague (latest trip no: 15 and counting) but very gratifying to be back again doing on ice instruction in the Czech Republic.

Tucker Hockey held a 3 day mini camp from July 24th to 26th, 2015. This elite power skating, puck control and hockey tactics camp consisted mainly of Czech players born from 1999 to 2008. Since the Czech kids are taught English at an early age, we decided to operate the camp using English rather than Czech as the official camp language.

Congratulations to Jan Janiurek the winner of the Jiri Hudler autographed Calgary Flames jersey giveaway. Additional NHL merchandise including Flames practice jerseys and hats were given away during the weekend sessions to the hardest workers on the ice. Good to see the smiles! Yes, hockey and smiles. It was a very rewarding experience working with the Czech players who are passionate about playing hockey too!

***Tucker Hockey is planning to have future international hockey camps in Prague. The next camp is scheduled for July 22nd to 24th 2016. Canadian parents and or players interested in visiting Prague, Czech Republic to experience elite hockey training and the rich culture of one of the world's most beautiful cities contact Coach Rex at 403 - 244 - 5037 to obtain additional information and enrolment. Note: This camp is ideally suited for Atom level players and higher.***





# Meet the Instructors

## *Jack & Jordan Evans*



**Editor's note:**

*Recently, I had a good talk with Jack & Jordan Evans, Instructors for Tucker Hockey. Jordan and his father Jack are a unique on ice instructor pair. Both have been valuable members of the Tucker Hockey team for the past 10 years. Jordan and Jack have worked well together on the ice helping minor players with individual skating and hockey skills development during Christmas, Spring and Summer Programs. As well Jack has worked extensively with various adult recreational groups including Fall, Winter and Spring Programs over the years. Here is a summary of our conversation.*

**Tell us a little about yourself.**

**Jack:** I am married to a special lady and we have 2 girls and a boy that have been the focus of our lives for the last 30 years. After getting my education I worked several places but finally ended up in the oil business. After working 8 years in-house I started my own consulting business which evolved into a software company over the next 13 years and my company was purchased in 2012 by Pandell Technology Corporation and I work there now supporting and developing applications. Our family has been sports oriented and I believe my second job has been coaching and supporting teams in which they participated. I coach high level hockey now but my real identity is with Tucker Hockey where I get a chance to help women and men from all ages to learn the right techniques to skate and play the game. I really enjoy helping and seeing the changes and growth they can make over 7 to 10 sessions. There is no competition, it is just about everyone learning to do things better and it doesn't get any

better than that.

**Jordan:** I have loved sports as long as I can remember. I competed at the top levels in soccer and hockey but had to make a decision when I turned 14 and chose to play hockey. I enjoy school but hockey has been my main focus for the last 7 years and while I have had success in school my marks have suffered. I enjoy meeting people and getting out of my comfort zone while trying new things.

**What sports do you participate in?**

**Jack:** I have always been an avid sports participant and fan. I played golf at Texas A&M in the early 70's and most any sport I could find. Marriage and children cut back my participation in most sports but I continued to play hockey on several teams. With children playing hockey, baseball and soccer I found myself in the role of coach but my passion was to play hockey. I continued until my late 40's when arthritis in my hip stopped me from participating in games but I continued as a coach in hockey. Since my hip replacement I play golf and a little hockey.

**Jordan:** As I mentioned I really enjoyed playing soccer and hockey but I had to choose hockey and other than some casual games with friends and team members I really just practice and play hockey. I work out in the summer and play in the winter. The one other thing I enjoy is working with Tucker Hockey to teach skating and hockey skills.

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# ***Coach Rex's Corner***

## **Guest Instructing with Minor Hockey Teams**

Since starting up my Tucker Hockey business 18 years ago, I have been a guest instructor working with many minor hockey coaches and their players from the Timbits to Midget AA levels. Minor hockey coaches, managers and or parents have hired me to work with their team on their practice ice times throughout the season. Often team's have raised funds throughout the season and wish to use these fund raising dollars to further the development of their players and coaches. The number of team ice sessions has varied from 1 ad hoc time to upwards of 10 sessions per season. The main focus has been power skating but I have taught other technical skills including puck control, passing, shooting and checking. Also offensive or defensive individual and team tactics have been instructed on some occasions to older ages and more skilled teams.

Over the years I have instructed more than 400 ice sessions on various minor hockey team practice ice times during the October to March hockey season. Weekend ice times have ranged from 7:00 am on a Saturday or Sunday morning, to late mornings, to afternoons and to early evenings as well as on weekdays Monday to Friday spanning from 4 pm to 10 pm. Of the approximately 60 rinks in the City of Calgary area, I reckon having conducted minor team practices on probably most if not all of them. As well, I have traveled to the following towns and communities near Calgary - Airdrie, Beiskerer, Black Diamond, Cochrane, Cross Fields, Indus, Morley, Okotoks, Strathmore and Turner Valley.

Sessions have been instructed on full ice, half ice as well as having 2 teams combine and participate in a full ice session with 2 Tucker Hockey instructors - myself and Coach Dave, a Tucker Hockey instructor for the past 12+ years. With 2 teams and 30 players we have to be conscious of keeping the players active! For minor teams we can run standard power skating sessions consisting of: hockey stance and balance, forward and backward edge control, forward striding, stopping and fun skating games etc or customized power skating sessions based on the team coaches or manager's specific requests such as backward skating, foot speed, lateral movement, skating agility etc.

Coming out and working with a group of coaches you have not met or players that you have not seen skate before can sometimes be a challenge. However, generally we have a pretty good idea of the skill level knowing the division level of the team. For example most peewee division 1 players can perform an outside edge drill but can they do the outside edge drill well with a puck? For peewee division 4 or 5 usually only a hand full of players have an outside edge while peewee division 9 or 10 none of the players have an outside edge! Often we may need to adapt the practice plan according to the skill level – progress at times or regress at other times. There's an art to it. Give the players what they need to know not what you know as an instructor. Right thing, right time and right amount is the development motto.

Over the years I have met some great people, dedicated parents following their child or children up through the minor hockey system. However, having worked with so many teams over the years I have been exposed to many different hockey team environments of which the majority of them have been quite positive but occasionally some have been rather negative.

Often the problems evolve around poor coaching or a lack of winning by a team throughout the season. These factors have created some unhappy campers! Big problems were losing streaks where parents and players get down on themselves and the coaches. Often the coaches were perceived as not being good coaches just because the team was not winning! Certainly not fair to the coaches! Sometimes it's the situation – not even Scotty Bowman could work a miracle every time! My coaching philosophy has been to come out and run a high tempo practice and try to raise the morale of the team to inject some positive energy to the coaches and players. Often coaches and parents need to lower their expectations about the team's success and keep the proper perspective on things especially at the lower age levels. It's only a game at the community level! A very small percentage of players will develop to play quadrant hockey. Even less will play pro hockey.

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# Guest Instructing (Cont'd from 10)

Here are a few observations. At the lower age levels between timbits to peewee and especially lower divisions 5 to 10 of these age levels, the norm is new volunteer coaches. Unfortunately, some of these coaches have limited experience playing or coaching hockey. They have generously agreed to volunteer their time to coach their son's or daughter's team because no one else has stepped up for the challenge. Sometimes they choose the position half heartedly but the team desperately needs a coach. They do the required weekend coaching certification course and jump into the minor hockey arena environment! Often it's a very thankless job from many parents who have been quite unrealistic about the team's success. Parents often are too focused on winning and not enough about having fun and getting the players ready for the next age level - for example advancement from novice to atom. Many coaches have run skating drills but do not teach proper skating technique or correct bad skating habits of the players.

We have worked with experienced coaches of 5 to 10 years who know what they don't know. They are very competent and good with the kids but realize they need help teaching skating skills. Also, we have worked with very inexperienced first year coaches who lack overall skating, hockey skills and coaching knowledge. The benefits to the minor hockey coaches of having Tucker Hockey guest instruct on their practice ice range from:

- Learning new drills
- Learning new teaching points to help skill development
- Learn what to look for so as to correct bad skating habits
- Possibly discover new and different teaching approaches with the kids
- Head coach receives a standard power skating handout

- Most times coaches have appreciated the expertise, a new voice or way of doing things on the ice. They have been keen to learn and wanted a professional coach to help their players develop and become better skaters.

After 25 years of coaching, it's still continuously learning for Coach Rex; learning from interacting with fellow coaches, players of all ages and skill levels and learning about myself. There's always room to improve and to learn new aspects of the game – its constant personal growth and development. Instilling the love of the game to the kids, helping the player's develop skills and the mentoring of minor hockey coaches is my passion and joy! See you at the rink! It's my sanctuary and where I like to hang out!

## The Road Not Taken

By Robert Frost

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I —  
I took the one less traveled by,  
And that has made all the difference.

*Acknowledgement:*

*This poem is submitted by Roy Stanley Rowsell of St. John's NL. Rowsell and I grew up and played hockey together on the harbour and ponds of Little Bay Island, Newfoundland. We have traveled such different roads in our adult lives. However, we are still the same - best of friends. A strong and valued friendship of more than 48+ years!*





# Behaviour Training (BT) vs. Decision Training (DT)

Think back to your minor hockey career (and beyond if you continued to play) – can you remember the coaching style that predominated your time as a player? I can; I have vivid memories about different coaches (good and bad) as well as their coaching styles. While the individual coaches differed, their principal coaching style did not – they were all similar in that they were almost exclusively drill based.

From bantam on up, my coaches essentially ran the same handful of drills (did they all have the same drill manual?), in fact, my last junior coach ran the same exact practice every time down to the minute! Made for a lot of boring ice times... featuring lots of standing around in line for minutes, waiting for a rep that could last a mere few seconds. The drills rarely featured game-like competition and the players weren't held accountable for their performance (no real scoring/evaluation system in place), aside from being yelled at occasionally for missing a pass, shooting wide, or making a mistake. Hey wait... don't most people learn by making mistakes?

This traditional form of coaching is called Behaviour Training (BT). It is very patterned, robotic and predictable. The players' minds become stagnant, dangerously dulled and habituated by routine. When BT is used, positive short-term gains are achieved, so this form of coaching appears to be the best approach, thus it appeals to coaches and players. In reality, research studies reveal that players trained primarily in a BT environment are unable to maintain high levels of performance in the long term. Skills and strategies that were mastered early in the season (mostly against zero or token resistance, IE: against tires, pylons, coaches, players with sticks upside down, etc.) seem to be forgotten as the season progresses. There is limited ability to utilize these skills later in new and unusual settings (like in a real game, where opponents put real pressure on you, with a real scoreboard, real officials and rules, in front of real spectators and scouts!) A 'real game' is chaotic and unpredictable, requiring spontaneity and creativity to come up with novel solutions on the spot! How will the poor BT robots cope? Not very well as it turns out...

Unfortunately, as BT is still taught within our current certification systems, it remains the dominant technique

in use. If you want an example of BT, head down to your local NHL, university or junior rink to watch a practice. The practices won't vary much from one another in content, but the skill levels/execution obviously will. Regrettably, minor hockey coaches watch these adult BT practices, think they are the best thing going, steal drills and then try to implement them with minor hockey kids and the cycle tragically perpetuates.

Here are a number of characteristics of highly behavioural coaching environments. As you read this list, I challenge you to do a self-assessment to see the extent to which your coaching style falls into BT:

- The player is not encouraged to provide input into their training program.
- There is an assumption that the best way to train is to induce a mindless state; where unconsciousness and automaticity are ultimate states. "Don't think... react!"
- A desire to create training conditions that produce automatic responses all too often lead to artificial training conditions, lacking of the realities of competition. The

Cont'd p. 26

## **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](http://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](http://www.GetSportIQ.com)





# ***Tucker Tips***     **A Better Way to Hockey Conditioning**

Back in “THE DAY” hockey conditioning was far from scientific. Coaches would often skate their players hard, right from the start of a practice, without a proper warm up or cool down, and with total disregard for potential injury. Skating hard, doing stops and starts between the lines for long periods without rest was the accepted way to condition. The standing joke was to wait and see whether the coach placed a bucket at center ice “just in case” it was needed, all the while yelling “push push, harder harder, faster faster!” Needless to say few players enjoyed the conditioning experience, but it was a requirement, a necessary evil to get in shape for tryouts. Fortunately, coaching methods have evolved for the betterment of the players with a more scientific and purposeful approach.

The human body consists of physiological systems (functions of the body), so when talking about physical conditioning, the scientific approach now recognizes the different physiologies. Each is unique and requires a different type of training (stimulus) to effectively improve overall conditioning. These systems include:

- Energy delivery systems; the aerobic system, the anaerobic lactic system, and the anaerobic alactic system. All fuel and re-fuel the muscles during different intensities of work, as well as during rest and recovery.
- Skeletal muscular system; different activities and situations require different responses from muscles. A muscle can be strong but still not able to perform effectively with continued and repeated movements, (poor muscle endurance) or a muscle can perform repeated movements but be weak (lacking strength).
- Central Nervous System “CNS”; to move muscles requires signals from the brain, and the speed of those signals determines the speed that muscles respond. A muscle can be strong but ineffective because it is slow. Muscles need to be trained to be both strong and to respond quickly; this combination is often referred to as power (force production and velocity of movement), a desired physical attribute in hockey players.
- Flexibility; flexibility is not a physiological system but to take advantage of an athlete’s strength and speed of movement, and to avoid injury, all major joints must move easily within their full range of motion.

There are two training intensities employed that refer to

how hard an athlete works; ‘steady state’ and ‘high intensity’. Intensity refers to the level, or amount of exertion/effort. Steady state is lower intensity training (75% – 85% effort) that uses lengthier drills and requires less rest between drills. Players are encouraged to pace themselves but keep moving. The focus of steady state is to improve the athlete’s;

- aerobic conditioning, that reduces recovery time after periods of high intensity and exhaustive work.
- flexibility that prepare the joints, ligaments, tendons and muscles to withstand the rigorous stresses of higher intensity training.
- muscle endurance which is the ability to generate force over extended periods of time.

Steady state conditioning is emphasized earlier on in a training program to shorten recovery times, minimize injury and prepare the athlete for increasingly higher training intensities as the program progresses.

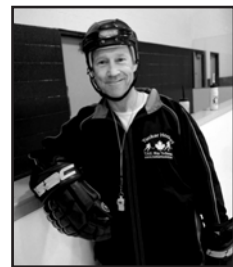
High intensity training requires the athlete to work at 85% to 100% of their maximum effort. This involves athletes working flat out for shorter periods of time. Rest between drills is longer, and athletes should be at, or near full recovery when repeating a drill so they can continue to work at maximum intensity. High intensity includes:

- Anaerobic lactic training; trains athletes to work at 85% to 95% intensity for 30 to 45 seconds and pushes them to exhaustion. The 30 to 45 seconds simulates the average length of a shift in hockey.
- Muscular strength training; trains athletes to generate maximum force for a single movement, the push of a

Cont’d p. 30

## **David Mahoney’s Bio:**

- Tucker Hockey - On Ice Instructor Last 12+ Years
- Tucker Hockey - Hockey & Fitness Consultant
- Mahoney Fitness Calgary
- Mount Royal University Graduate - Canadian Society for Exercise Physiology (CSEP)
- Certified Fitness Trainer (CFT)
- Personal Fitness Trainer (PFT)
- NCCP Certified



# 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](http://www.tuckerhockey.com)



## *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 4 to 75, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

Professional	Learn to Skate
Collegiate	Calgary Recreational Hockey - 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 -	<b>Adult Recreational</b>
Community	Ladies Teams
Midget	Men's Teams
Bantam	Male
Bantam Girls	Female
Pewee	Father and Son
Pewee Girls	Mother and Daughter
Atom	Grandfather and Grandson
Novice	Husband and Wife
Tyke	

# TUCKER HOCKEY

## What Makes Tucker Hockey Unique?

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

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

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

**Pay-It-Forward** - We offer Tucker Hockey Awards – since 2004 Tucker Hockey has offered over 75 free programs to various Minor and Adult hockey players, giving back more than \$25,000.

**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 to provide features on hockey individuals at the Calgary Grassroots Level – the overall theme is to create Goodwill within the Hockey and Business Communities.

**Altruism** - For 7 years from 2008 to 2014, Tucker Hockey was proud to be the Event Sponsor of the Annual Kids Hockey Advancement Society Golf Tournament which raised in excess of \$150,000 for various local charitable causes; 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.





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



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

### **1) Guest Instructors**

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

### **3) Evaluations**

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

### **2) Customized Programs**

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

### **4) Power Skating Mentoring Clinics for Minor Hockey Coaches**

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

### **Rex Tucker** Director, B.Comm

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

Call  
**403-244-5037**  
Today!



# **www.tuckerhockey.com**



# **Multi - Program Savings**

## **Make it a Combo!**

**Effective to August 31<sup>st</sup>, 2016**

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

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

***Family Discounts Apply - Both Adult & Minor Programs Qualify!***

## **Buddy Referral Program**

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

**\*Promotional Offers Can Not Be Combined\***

**This can include, but not limited to:**

- Using Gift Certificates
- Using Buddy Referral Program

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

**Promotional Offers Available for All Summer Minor and Adult Programs Advertised**

**Quality Year Round Hockey Services**

## **Adult Spring 2016 Programs**

*Level 101, 201, Ladies Only, Specialty Clinics*

## **Adult Summer 2016 Programs**

**Level 101**

### **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 Clinics**

*These 3/4 session programs covers shooting, puck control, backward skating and defenseman. 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 2016 Programs**

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

**Elite Power Skating & Conditioning Camps - Atom / Peewee / Bantam / Midget**

**Minor Summer 2016 Programs**

**Minor Super Power Skating & Hockey Skills Development - Ages 7 - 14+**

**Elite Power Skating & Conditioning Camps - Peewee / Bantam**

**Checking Clinics - Peewee / Bantam**

**Shooting Clinics - Ages 10 - 14+**



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

**Conditioning Camps - Peewee / 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, Peewee, 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

**18<sup>th</sup> Annual**

## Tucker Hockey

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

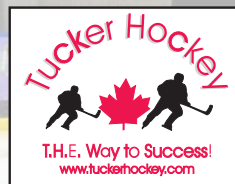
**Tucker Hockey provides customized power skating or hockey development mentoring with coaches and their players on their practice ice times.**

**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**

“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*

# **Call 403-244-5037 Today!**





# Coaching Innovation

## 1-on-1 Coaching Programs

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 the merits of 1 on 1 coaching.

### **Top 10 - Benefits of 1 on 1 Coaching**

- Customized on – ice programs to suit skill deficiencies and abilities.
- Coach connects better with 1 on 1 on ice setup.
- Receive a strong assessment of a player’s skill set.
- More personable setup – players receive much closer attention and immediate feedback from the coach.
- Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting.
- More direct coaching approach - input from parents / players are welcomed.
- More effective way to bridge the skill gaps - improve skills quicker / maximize every on ice session.
- Times and dates determined by parents / players - better suited to busy schedules (before or after school hours or after minor hockey season ends).
- Enhance not only hockey skills but life skills including personal traits such as self confidence, self esteem,

improved work ethic and love of the game.

- Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker! Get to the next level!

### **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](http://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 Midget AA, Junior A & Semi – Pro, Adult Beginner / Intermediate - Male & Female*

### **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

# Customized Programs

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

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

## WE DELIVER AND GUARANTEE RESULTS!

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

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

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

## HERE’S THE EASY WAY TO SET THINGS UP.

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

### **2: Establish Timing of Programs**

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

### **3: Determine Type of Program** - customized curriculum of:

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

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

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

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



## Minor Hockey Testimonial

“Connor made the Div 2 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

# Mental Toughness

In August I attended a seminar in Red Deer called the “mental Toughness University.” It was presented by the author, mentor and coach Steve Siebold.

The day was invigorating, practical, thought-provoking, insightful and encouraging. It was also frightening and made me angry at times. Allow me to reflect for a moment. I have spent the last 45 years of my life coaching, counselling and mentoring others. I have taken many courses and programs of study. I have taught many subjects. I have coached many teams and individuals. I did this, and we all take these steps because we want to be successful.

As I went through the course that day I realized, upon reflection, that all of this preparation does not guarantee success. It does not mean that we have never had success. However, by adding one important skill to the equation, our quest for success would have become more attainable. This skill is that of mental toughness. The definition, from the course is: taking control of our thoughts, feelings and attitudes... especially under pressure.

Under pressure, can we take:

- The No's
- The attitudes
- Being rejected or ignored?
- Being laughed at?
- Being yelled at? Especially children?
- Failing a course?
- Not reaching a goal?
- Do we give up when facing adversity?
- Do we always give it our best – or do we hold back, just in case?

As I said earlier, I was frustrated and especially angry. I was disappointed with myself because I could not honestly say that I had responded positively or confidently to these questions and others/ What other people thought of me was way too important in my life and this mentality restricted my personal growth in so many areas of my life.

This approval addiction is a big part of many of our lives – is it a part of yours? Do you back down from your beliefs and values just to look good to someone else?

What are your values?

What is important to you?

What are your goals?

What do you want others to think of you?

Do you have these written down?

To get some clarity around these questions, take some time to reflect upon and answer the following:

- List the three most positive emotional experiences of your life.
- You are on an airplane that is about to crash. You have 30 seconds to write a note and tell your children the 3 most important things that you learned in your life. What are they?
- List the three biggest heroes in your life. Why do you admire them?
- Your great-grandchild is writing a speech about you, what would the theme be?
- Write your obituary.

The answers to these have the potential to help bring some clarity to you about what values are important to you. Things that you are willing to fight for. Do you have the mental toughness to hold on to values? Especially under the pressure of being approved of by others.

## Power of the Mind

**“The mind is a powerful force. It can enslave us or empower us. It can plunge us into the depths of misery or take us to the highs of ecstasy. Learn to use the power wisely”**

### 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



# Meet the Instructors (Cont'd from 9)

## What is your hockey background?

**Jack:** I played hockey in late 50's and 60's and followed my dream to play professional Golf. By the age of 25 I had earned a living playing golf but I decided to get more education and played for 3 teams in the winter and 1 in the summer. Once married, I dropped several of the teams and remained with one team. As I approached my mid-forties I found I had dropped a step or two and decided take a course from Rex to possibly gain back a step. I reached this goal easily and I found the secret to success in hockey is skating. Since then I have coached a lot of AAA teams and now coach Junior as a Skating Coach, and I am just sorry there wasn't anything like this when I was young. When I was young power skating was a bag-skate until you drop. There was no technique involved and as a result, our game back then was a lot slower.

**Jordan:** I played community hockey until I was fourteen and then Quadrant AAA hockey at the Bantam and Midget levels and then I signed with the Okotoks Oilers and played half of the 2014-15 season before being traded to the Yorkton Terriers where I am still playing. I started taking Power Skating Instruction with Tucker Hockey when I was 5 or 6 years old and have worked with Rex as a student or teacher ever since.

## How has hockey influenced your life?

**Jack:** Many of my best memories of my childhood are hockey related. Because it has been part of my life for so long I cannot help but say it is a big part of who and what I am today. Learning to work together with others has taught me how to accept winning and losing, and more importantly that the reward is in the playing not the final score. I would never have been able to start and run a successful business without the lessons I learned from hockey. Not to mention the contacts I made over the years.

**Jordan:** It has been the main focus of my life and it has taught me what it takes to succeed. Sacrifice, patience, confidence and faith are just a few of the things I have learned but the one thing I do know is that I can do almost anything if apply myself. That gives me a lot of confidence for the future.

## When and how did you first become acquainted with Tucker Hockey?

**Jack:** When Jordan was 4 or 5 he took Power Skating with Susan Foster and I learned what it was all about. I still played on a team and while I was a top scorer through my thirties I found that I had lost a step and while Susan did not teach adults she recommended trying a session with Rex. I figured it couldn't hurt so I did. It helped me get a step back and I realized that we should have had this when I was a youth.

**Jordan:** My dad talked about the adult program he took and he enrolled me in Rex's programs for several years.

## What, if anything, has instructing for Tucker Hockey taught you?

**Jack:** Not just the right technique for skating but just as importantly how to teach it to others. It has taught me how to run practises, teach skating and hockey skills, and the confidence to coach at high levels. Rex has been very organized about the process and this has helped me understand that you need a plan to succeed.

**Jordan:** Now I know how to be a coach and instructor and I have the confidence to help Minor Hockey teams and players grow their skills.

## What is the most enjoyable part of instructing for you?

**Jack:** Seeing improvement in the skills of the students. Everyone comes in and leaves as a better skater and player. Watching them struggle and then conquer their issues is really rewarding. Not only are they getting better, so am I.

**Jordan:** I work with younger players and it is fun demonstrating drills and seeing what they think of where I am at as a player and skater, but mostly it is about them getting better and knowing I had a lot to do with that.

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

**Jack:** Skating is the most important skill in hockey. If you give them a chance to be the best skater they can be, you give them the chance to be the best player they can be. Hockey is a great game that we can play late into our lives and that

Cont'd p. 32



## **Business Development Opportunity**

Tucker Hockey, a growing and progressive hockey organization, is looking for a person to promote our quality and professional year-round services, including Minor Teams, 1-on-1 coaching, and the 2017 European Adult Hockey Tour

### **Requirements:**

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

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

Please forward resumes to  
[programs@tuckerhockey.com](mailto:programs@tuckerhockey.com).

Only qualified applicants will be contacted for an interview.

# COOL JOB 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\*\*](mailto:programs@tuckerhockey.com)

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



## (BT) vs. (DT) (Cont'd from 12)

- widespread belief that “practice makes perfect” does not recognize that modern sport requires full cognitive involvement by the athlete during training in order to produce long term results.
- Over time, the player becomes more and more dependent on their coach – a situation that can have negative/ disastrous results during games!
- Eventually, the player may develop the attitude that the coach is responsible for his or her success (and failure). Players do not assume responsibility for their own development and success. They move from a growth mindset to a closed mindset.

BT occurs when only the physical dimensions of performance are emphasized. These methods are used extensively in BT: simple-to-complex progressions, blocked or highly repetitive drills of the same skills, high levels of feedback, limited use of video models and video feedback, and an emphasis on specific drill perfection. High levels of physical work are required but the amount of thinking required by the athlete is low or non-existent.

Enter Decision Training (DT), a supercharged answer to rectify the shortcomings of BT while providing a stimulating learning environment for the players! Wait, why would we want the players to enjoy practice? Oh yeah, players of all ages voted ‘fun’ as the number one reason they play hockey and stay in sport! Shouldn’t minor hockey kids play hockey, not work hockey? Even adult players would appreciate this approach!

Within this new methodology, the coach designs practice activities and games such that the perceptual, attention, problem-solving and other cognitive skills needed to perform at the highest level are developed at the same time as the physiological, biomechanical and psychological aspects of the sport. In order to perform at the highest level, to maximize purposeful, deliberate practice and quality of time on task, the players need to train in an environment where all three of these aforementioned components are brought together. Talk about one-stop shopping and bang for your buck! Fitness! Technique! Attentional Focus! Learning! Problem-Solving! Creativity! Competition! Accountability! Fun! Needless to say, we need to educate more coaches about this methodology, for better development and enjoyment and retention of our players.

The training profile for DT is opposite to that of BT. Progress

is often slower at first – practices can appear chaotic and the coach will not always be yelling instructions and directing players - but greater performance gains are realized in the long term as the players themselves learn to Figure It Out (FIO) on their own! Research shows that for an athlete to achieve long term success in sport, they must be trained in a DT environment!

Here are a number of characteristics of DT coaching environments. As you read this list, I now challenge you to do a self-assessment to see the extent to which your coaching style falls into DT.

- Equal attention is given to both cognitive skills and physiological requirements.
- Instead of practices including only repetitive drills of the same skills, random and variable drills are used, which allows the complexity of the sport to be retained.
- Complex aspects of the sport are presented early in the season using hard-first instruction. This is continued throughout the season by using simulations, video models and / or video feedback. The creativity, spontaneity and complexity of the sport is maintained throughout the season.
- Feedback is deliberately delayed and reduced as the skill level develops.
- As feedback is delayed, the number of sports-specific questions directed to the player increases.
- Eventually, the players are required to answer complex questions that probe their comprehension of the sport. This process reveals their true level of understanding to the coach. It is not only expected that the player show a high level of physical performance, but also a high level of cognitive understanding.
- The player develops the ability to answer questions with a high level of knowledge about their sport. As Invasion Games (hockey, lacrosse, basketball, soccer, etc.) are similar in nature, this knowledge is transferable across games. It is through this process that the player learns to to analyze his or her own performance and provide corrective solutions. This is the genesis of the independent athlete; one who creates spontaneous solutions and fosters a growth mindset!
- The player learns how to analyze and correct their own performance using video models, video feedback and / or computer simulations. They become comfortable providing suggestions for their own and others’

Cont’d p. 28

# Fixes for Groin Troubles

Many of you reading know that one of the most troubling of issues for any hockey player is an injury to the groin muscles. As these muscles are constantly stressed during intense skating, they rarely get a break as they are both 'driving' the knee forward for each stride and 'slowing down' the glutes and hamstrings as they push. Thankfully, there is a fix.

The etiology or cause of a groin 'pull' comes down to insufficient capacity, namely in strength or repetition of motion, of the adductor muscle group located in the inner thigh. When overloaded with hundreds of strides, the groin musculature can become damaged. The result can be either a sudden, sharp pain immediately or a nagging ache hours after. The most common symptom is trouble lifting the knee forwards during a walking stride but can include difficulty bringing the knees together and rotating the leg internally.

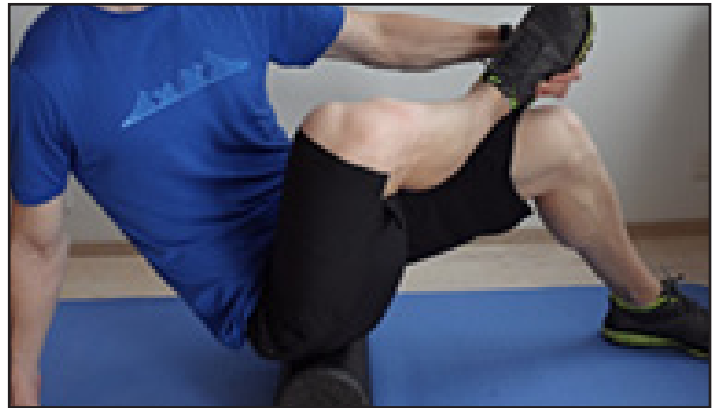


Once an injury has been diagnosed the first stage of rehabilitation is required. This entails intermittent cryotherapy (ice application), non-steroidal anti-inflammatory painkillers and plenty of rest for the affected area. As pain completely ceases, therapeutic exercises may be implemented beginning with bodyweight movements and progressing into higher resistances

over time. Perhaps the most important issue that creates this injury in the first place is weak, unconditioned hip flexor muscles, both deep below the viscera and as one of the four quadriceps muscles. By strengthening these muscles specifically with a multi-hip machine (as pictured) or cable machine an athlete can reduce if not completely eliminate the chances of this injury plaguing their on-ice performance. From my experience training thousands of hockey players, this is the key exercise to perform as I have had zero groin injuries throughout my entire career!

In addition to the typical causes, poor core (trunk) stability, poor pelvis stability and poor muscles mechanics (movement patterns) around the hip also contribute to this type of injury. A large part of the rehabilitation process has an athlete reprogram his/her hip joint movements in isolation with no core movement. This ensures that each skating stride is done precisely again and again and the stress is loaded onto

the large muscles, large bones and strong ligaments. The process should be supervised by a licensed therapist.



Other simple fixes that can reduce the chances of a groin pull include specific myo-fascial (muscle fiber) release (massage) coupled with stretching. Foam rolling the glutes (as pictured) followed by stretching them can help as tightness and over activity from the nervous system in this area can contribute to the problem as well. This habitually comes from extended periods of sitting and can halt the body's ability to move as it was meant to do. Couple this with anterior core (abdominal and hip flexor) work such as hanging knee raises or a plank with leg lift and you will have yourself a great combination for prevention.

The groin is a very integral part of the skating stride and should be taken care of appropriately. I hope this article helps shed some light on this injury and can help promote a stronger understanding of how a little preventative medicine can go a long way with regards to your health on the ice.

***Training tip: One of the absolute best ways to build a strong and healthy core is to perform heavy, multi-joint manoeuvres such as squats, deadlifts, chin-ups and dips. EMG, or electromyography, shows the highest spikes in core activity with low repetitions and heavy weight. Cycle this with higher repetition isolation exercises and you will be ready for anything!***

*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](mailto:mue@live.ca) or on Facebook at 'Healthy Living in Calgary'.*





## **(BT) vs. (DT) (Cont'd from 26)**

- development. Players are inspired to mimic and create from watching highlight reels on TV and YouTube!
- As a result of the DT process, communication increases between player and coach. The athlete now has more input into their personal development.
- DT leads to an increase in intrinsic motivation, independence and goal setting by the player. DT brings the player more fully into the training process. This increased initiative, responsibility and accountability build positive life skills through sport and help to prepare the player with the requisite abilities to succeed

in the 21st century.

DT is characterized by practices focused on the achievement of specific decision making skills. To achieve this, there is extensive use of variable and random drills, bandwidth feedback, questioning, use of video feedback, modeling and hard-first instruction.

I encourage you to further explore the benefits of DT. If I can be of help, please contact me.

## **Calgary Flames (Cont'd from 4)**

this season. Maybe the injury to Lance Bouma symbolizes what the Flames are missing. He was their poster boy for heart and hustle on the team.

### **Not Getting the Good Bounces / Breaks**

Last season the team received some really good bounces and breaks. Very timely goals and comeback wins to make it into the playoffs and win the first round of the playoffs. The team tied for 1st place in overtime wins with 9. The Flames ranked 2nd in third period goals differential of +31, and 3rd in wins when trailing after 2 periods with 10 and 5th in point percentage when leading after 40 minutes. However, the magic doesn't seem to be there yet. This season so far has been truly characteristic of inconsistent play.

However, when playing against the Blackhawks it may have been a turning point in the season? Probably the Flames best overall effort of the season. The Flames played a great puck possession game against the league's best puck possession team. The Flames puck possession rate was 59% and they played a great skating game from start to finish. Out shooting Chicago 16 to 10 on 5 on 5 play shots. The Flames played a spirited game winning 2 to 1 in overtime play. Johnny Gaudreau scored an awesome goal! He was selected first star, collecting 1 goal and 1 assist on the night. Karri Ramo was second star and Black hawks goalie Scott Darling was

the third star. The Flames outshot the Blackhawks 37 to 19. It was a complete game for the Flames something we have not seen on a consistent basis this season. It was inspiring but more games like this are needed!

### **Summary:**

The Calgary Flames have been inconsistent this season with a weak defensive team game. The team needs to play a complete game from start to finish. However, the margin between winning and losing on any given night in today's NHL is a so very fine. After the exciting win over the Black hawks the Flames are still only 5 – 5 at home. The team's goaltending must get better. Johnny Gaudreau with 5 goals and 15 assists is tied for 10th in league scoring. No sophomore jinx here! He is the brightest light so far this season. When the Flames played an intense skating, up tempo and puck pressure game last season they were very competitive and victorious most nights. This writer believes the Calgary Flames will be in a dogfight to make the playoffs. Currently, they are 7 pts behind for the last wild card spot. There are almost 60 more games to go in the season. It's not how you start but how you finish. It's still possible, but it will be a big up hill challenge. Either win or lose Flames fans will again see some exciting hockey!

**Success**  
**Obstacles are those**  
**frightening things that**  
**become visible, when we**  
**take our eyes off our goals.**

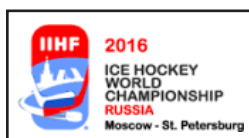
**~ Henry Ford**

**Harmony**  
**When we lose the right to**  
**be different... We lose the**  
**privilege to be free.**

**~ Nelson Mandela**

**Love**  
**We can not do great things**  
**in this world. We can only**  
**do small things with great**  
**love.**

**~ Mother Teresa**



# 2016 IIHF World Men's Championship

May 6 to May 22, 2016 - Russia

**MST**

## Preliminary Round

**Moscow Ice Palace - Group A**

**St. Petersburg Yubileiny - Group B**

Fri. May 6	9:15	Sweden VS Latvia	Fri. May 6	9:15	USA VS Canada
Fri. May 6	13:15	Czech Rep. VS Russia	Fri. May 6	13:15	Finland VS Belarus
Sat. May 7	5:15	Switz'land VS Kazakhstan	Sat. May 7	5:15	Slovakia VS Hungary
Sat. May 7	9:15	Norway VS Denmark	Sat. May 7	9:15	France VS Germany
Sat. May 7	13:15	Latvia VS Czech Rep.	Sat. May 7	13:15	Belarus VS USA
Sun. May 8	5:15	Kazakhstan VS Russia	Sun. May 8	5:15	Hungary VS Canada
Sun. May 8	9:15	Norway VS Switzerland	Sun. May 8	9:15	Finland VS Germany
Sun. May 8	13:15	Sweden VS Denmark	Sun. May 8	13:15	France VS Slovakia
Mon. May 9	9:15	Latvia VS Russia	Mon. May 9	9:15	Belarus VS Canada
Mon. May 9	13:15	Sweden VS Czech Rep.	Mon. May 9	13:15	Finland VS USA
Tues. May 10	9:15	Switzerland VS Denmark	Tues. May 10	9:15	Slovakia VS Germany
Tues. May 10	13:15	Kazakhstan VS Norway	Tues. May 10	13:15	Hungary VS France
Wed. May 11	9:15	Switzerland VS Latvia	Wed. May 11	9:15	Slovakia VS Belarus
Wed. May 11	13:15	Sweden VS Kazakhstan	Wed. May 11	13:15	Finland VS Hungary
Thu. May 12	9:15	Czech Rep. VS Norway	Thu. May 12	9:15	USA VS France
Thu. May 12	13:15	Russia VS Denmark	Thu. May 12	13:15	Canada VS Germany
Fri. May 13	9:15	Czech Rep. VS Kaz'khstan	Fri. May 13	9:15	USA VS Hungary
Fri. May 13	13:15	Denmark VS Latvia	Fri. May 13	13:15	Germany VS Belarus
Sat. May 14	5:15	Norway VS Sweden	Sat. May 14	5:15	France VS Finland
Sat. May 14	9:15	Russia VS Switzerland	Sat. May 14	9:15	Hungary VS Belarus
Sat. May 14	13:15	Kazakhstan VS Latvia	Sat. May 14	13:15	Canada VS Slovakia
Sun. May 15	9:15	Denmark VS Czech Rep.	Sun. May 15	9:15	Germany VS USA
Sun. May 15	13:15	Switzerland VS Sweden	Sun. May 15	13:15	Slovakia VS Finland
Mon. May 16	9:15	Russia VS Norway	Mon. May 16	9:15	Canada VS France
Mon. May 16	13:15	Denmark VS Kazakhstan	Mon. May 16	13:15	Germany VS Hungary
Tues. May 17	5:15	Czech Rep. VS Switz'land	Tues. May 17	5:15	USA VS Slovakia
Tues. May 17	9:15	Latvia VS Norway	Tues. May 17	9:15	Belarus VS France
Tues. May 17	13:15	Russia VS Sweden	Tues. May 17	13:15	Canada VS Finland

## Quarter Finals

Thu. May 19	9:15	Ice Palace	TBD
Thu. May 19	9:15	Yubileiny	TBD
Thu. May 19	13:15	Ice Palace	TBD
Thu. May 19	13:15	Yubileiny	TBD

## Semi - Finals

Sat. May 21	9:15	Ice Palace	TBD
Sat. May 21	13:15	Ice Palace	TBD

## Bronze Medal Game

Sun. May 22	9:15	Ice Palace	TBD
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## Gold Medal Game

Sun. May 22	13:45	Ice Palace	TBD
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## VOICE

"We want to hear your voice!"

**Tell Us What You Think!**

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

Articles from New Contributing Writers are  
Appreciated.

New Advertisers Welcome!  
[programs@tuckerhockey.com](mailto: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 Dubin Commission of Inquiry into the Use of Drugs and Banned Practices Intended to Increase Athletic Performance, 1990)*

# 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!**

## Conditioning (Cont'd from 13)

- stride, taking a shot, or pushing an opponent off a puck.
- Central Nervous System "CNS" training; trains athletes' CNS to improve the speed and quality of the signals from the brain to the muscles increasing the speed of the muscle's movements. The ability to get muscles responding and moving faster though faster CNS signalling combined with strength, equates to power; important for shooting and striding.
- Anaerobic alactic training; trains athletes for short spurts of up to 10 seconds, of work at 95% to 100% intensity for a breakaway race, a puck battle, or a shot.

Tucker Hockey's Conditioning Camp goal is to prepare participants for upcoming team try-out camps without players incurring any injury. At Tucker Hockey we follow the hockey conditioning philosophy previously mentioned in all our conditioning programs. When participating in a conditioning camp each player will perform a mix of skating, puck control, passing and shooting drills, as well as one on one battles, game situation drills and scrimmages in a challenging, positive and fun environment. However, the program is not just about the drills but about how to accomplish desired fitness outcomes. In today's hockey world, players, especially at the elite level face increasingly competitive and demanding environments and must be in top physical condition in order to showcase their optimal skills.



# Yelling, Telling and Asking

The puck is dropped and the game is on. Coaches have to Yell and Tell beginning novice players where to line up for a face off and tell them which direction they are going. The most common coaching point for the beginning players on the ice is to "Spread Out". They are learning to follow the puck while learning about playing positions. They cannot stop and start or turn both ways yet but they are having fun and that's what matters most. They will learn to skate properly forward and backwards and to stop and start both ways sooner than later. A coach's primary responsibility is making the game fun and teach the Individual skills necessary to play and enjoy the game. They are a long way from carrying or passing a puck and striding back wards to play a rush but they are thrust on to big ice to play an adults game on an adult size ice surface. A lot of Yelling from the bench may be necessary as players learn to play the game.

## Fast forward to more Competitive levels

There often is a lot more Yelling and Telling on the bench and in the stands. The players should possess the skills to play the game and coaches continue to develop skills that allow them to teach them to play as a team. At competitive levels Yelling at the players on the ice is not effective. Using a loud enough voice for the players on the bench to hear allows them to hear, see and learn the game through the "eyes of a coach". High Performance coaches see the game as it happens and they are able to teach while coaching on the bench. They are able to point out good plays and provide immediate positive feedback about the good plays as they happen. Good coaches remember to compliment the players when they come back to the bench. The Power of Positive Feedback is amazing.

## Addressing Mistakes

Mistakes are opportunities to learn and players must be allowed to make mistakes and the coach must address mistakes in a "constructive" fashion. Pointing out the mistake as it happens on the ice helps the players on the bench see, understand and learn what the coach wants to happen. The Tone of voice is very important. Telling them what you want to happen is very important. Players have a picture of the right play and are more likely to do it the next time.

## Don't say Don't

Always tell players what you want to happen. Avoid using the word "don't ". Telling them what not to do will result in them doing it again. Coaches would be wise to have their players help by holding their hands up every time the coach uses the don't word. It helps the coach become aware of a bad coaching habit. It will help us be a better coach.

## Asking a question is the highest form of Communication (coaching)

Questions you might ask after mistakes happen are ... What did we learn from that? What did you see out there? What could you have done differently? . Questioning engages the players and provides the coach an appreciation of the player's level of understanding. Questioning allows the players' time to process the situation, think and learn from the mistake. The coach will have a better idea of what the players know or don't understand.

Asking Players why is a most important question to ask at practice. They want to know the purpose of the drill and by asking what and why questions will develop their Hockey Sense more than coaches Telling or Yelling what to do. Coaches will know how to plan practices in the future from the lessons learned in the game.

## Coaches are in the Future

Cont'd p. 32

### 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.



## Yelling, Telling and Asking (Cont'd from 31)

Elite athletes are taught to stay in the present. They need to be totally focused on what is happening “now” and not worrying about what happened the last shift or what might happen in the future. If they are in the moment they will “play” the game and truly enjoy it.

Coaches must be conscious of what is happening as it happens and they must be aware of how they respond will affect the Players feelings. If the players feel good they will play well. Good coaches transmit belief.

Minor Hockey Associations, coaches, parents and players must be able to separate the business of sport from the larger purpose of amateur sport. Coaches with a proper perspective will bring out the best in their players. They have a responsibility to promote positive hockey experiences and in the process develop hockey and life skills. Good Coaches who teach and communicate well will win more games. It is most important that players will enjoy the game while developing important life skills.

## Meet the Instructors (Cont'd from 24)



is good on so many levels.

**Jordan:** I have been successful in hockey and my strong skating is a very big part of that. Letting young players learn the skill the right way will help them enjoy and have success at whatever level they play. An opportunity is all they need.

**What do you like to do for fun in your spare time? Activities? Hobbies?**

**Jack:** I play golf, watch movies and any sport I can. My hip replacement has put my hockey career on hold but when I get my leg back to where I was before I will be back on the ice playing again.

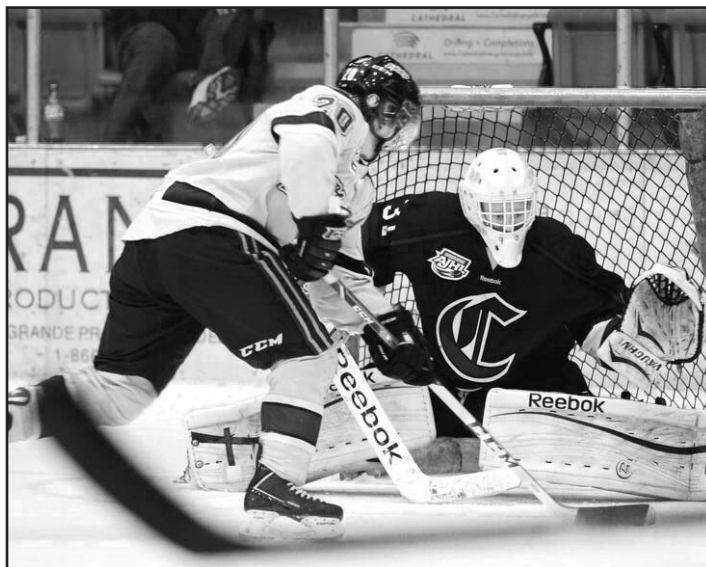
**Jordan:** I play golf, any sport my friends or teammates want, video games and working out.

**What are your plans or goals in the years ahead?**

**Jack:** The main goal is to play hockey again but I also plan on retiring and writing books on hockey and other interests I have. I will continue to coach and teach hockey as long as they keep wanting me.

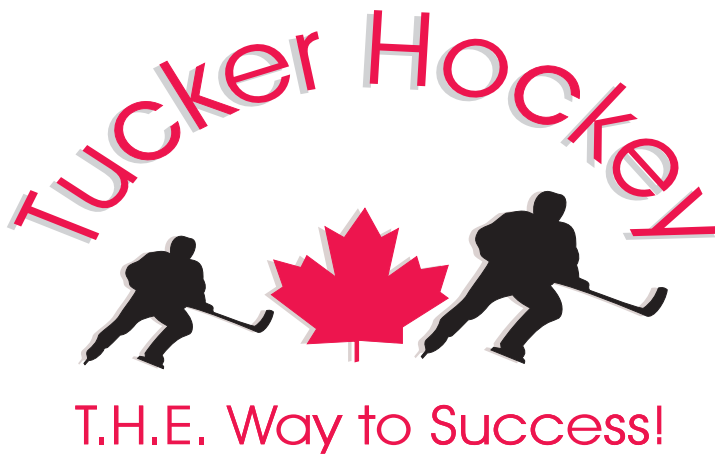
**Jordan:** I want to get a scholarship at a Division 1 US college and the education that will come with it, and I will play, coach and teach hockey. Who knows maybe marriage, kids and life at some point as well.

***Editor's note:*** Thanks Jack & Jordan for taking the time from your busy schedules to complete a Tucker Hockey Instructor Profile. Jack best wishes with your future retirement and writing endeavours. Jordan, all the best with your future collegiate hockey playing aspirations. Keep honing your skating skills, working hard and stay focused. Good things well happen! In the meantime guys, I look forward to working with you both again on the ice in the Spring of 2016!



# Tucker Hockey Awards

watch it  
hear it  
live it  
**LOVE IT!**



## In Partnership With

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

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

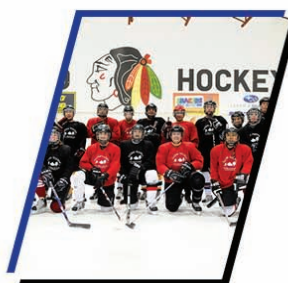
T.H.E. Way Award - 2 Free Year - Round Tucker Hockey Program Scholarships worth **\$4,000**

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

T.H.E. Tucker Hockey Way

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

For More Information Contact Us at **[programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)**





# Tucker Hockey Classic Awards

*"Giving Back to the Calgary Hockey Community"*

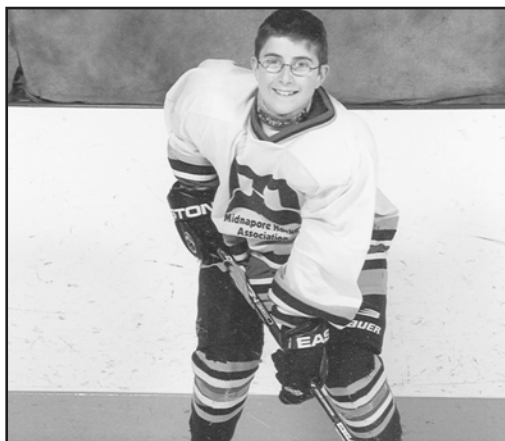
Since 2004, Tucker Hockey has offered over 75 free programs to various Minor and Adult Hockey Players. Giving back more than \$25,000.

## 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](mailto:programs@tuckerhockey.com).

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



### Minor Hockey Danny Cammack Memorial Award

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

hands and an uncanny puck sense.

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



### Adult Hockey Bradley Mersereau Memorial Award

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

#### Adult Recipients

Winter 2015 - Kelly Jamison  
Summer/Fall 2015 - Mike Smith  
Winter/Spring 2016 - Daniel Choy

## Congratulations to Scholarship Recipients

Summer/Fall 2015 - Ivan Rimdap

Winter/Spring 2016 - James Friesen

Thank you everyone who entered -

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

## Why I Love Hockey!

Hi my name is James. I love playing hockey! I have played hockey since I was 5 years old. I love playing hockey because it is fun, and I meet lots of new friends. I could not skate when I started but now I can go really fast. One of my coach's says if I practice and I could be one of the best on the team.

My dream is to play in the NHL with my two brothers. I want to play for Chicago Black Hawks and play center. Hockey is what I love to do all the time. My brother's and me play mini sticks in the basement and we play street hockey out side. My mom calls me a hockey monster.

~ James Friesen.

# 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**

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

~ **Karen Wills, Mother to Ryan**

