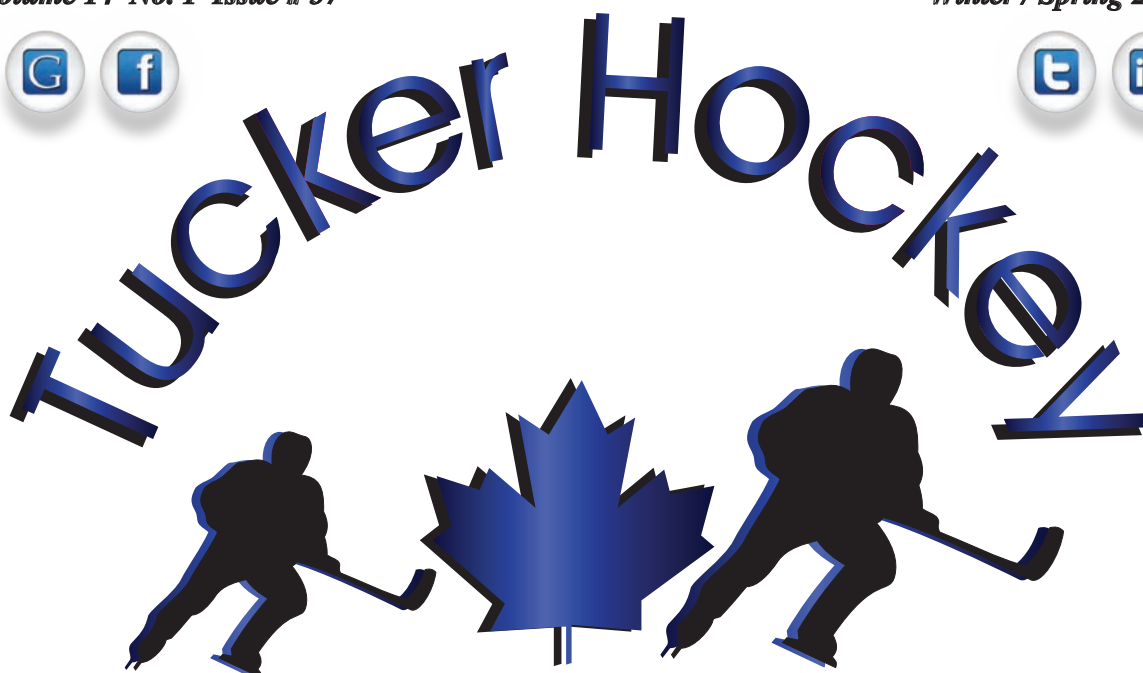


Hockey Zones

For the LOVE of the GAME

Volume 14 No. 1 Issue # 37

Winter / Spring 2017



T.H.E. Way to Success!

www.tuckerhockey.com

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

Tucker Hockey

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

Spring & Summer Elite Power Skating / Conditioning Camp A specialized power skating curriculum that includes extreme edges, striding - technique & speed as well as skating agility & mobility drills Elite Atom to Midget Players	Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Spring & Summer Minor Super Power Skating & Hockey Skills Development A program which focuses on the technical skills of skating, puck control, passing and shooting plus scrimmage. Ages 7 to 14+
2017 European Adult Hockey Tour May 7 - 20, 2017 Hockey Trip of a Lifetime!		2017 European Adult Hockey Tour May 7 - 20, 2017 Hockey Trip of a Lifetime!
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Rex Tucker President, B.Comm

- 25 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 (NCCP 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

Tucker Hockey Identity

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

Experience the passion of Tucker Hockey!

WWW.TUCKERHOCKEY.com

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Managing Editor's Message



Welcome to the 37th 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 2017 issue features many interesting articles including:

Calgary Flames First Half Report, Meet the Instructor – Liam McKay, Tucker Hockey Tips – Connecting with Players, Coach Rex's Corner – Troy Franks Profile; as well as other great articles from our seasoned

contributing writers.

Back in the Spring of 2004, nearly 13 years ago ...it's hard to believe... Hockey Zones had very humble beginnings - an 8 page newsletter! It has grown into a solid 40 page 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.

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 2017 Features

- Letter to the Editor
- Calgary Flames End of Season Report
- Meet the Instructor - Mark Howery
- Ken Berze - Losing 60 Over 60!
- Tucker Hockey Tips
- Tucker Hockey Upcoming Programs



Calgary Flames

A View From the Press Box

In the previous edition of Hockey Zones I wrote the following:

...With the existing young talent and rising prospects in the system, Flames fans are in store for an entertaining season under Coach Gulutzan. However, the team will need better goaltending, better speciality team play as well as improved team speed and overall depth if the team hopes to make the playoffs next season....

On Friday, December 16th, 2016 I attended the Calgary Flames vs the Columbus Blue Jackets game. It was game No: 33 and home game No: 16 of the Flames 82 game schedule. Columbus won the game 4 to 1. The Blue Jackets defeated the Flames in a dominant fashion and clearly showed why they are one of the top teams in the NHL this season. Yes, sporting an unbelievable league leading fewest lost record of just 5 games! The Blue Jackets team was very effective protecting their net and allowing few shots and scoring chances. They were quicker on the puck and just plain outworked the Flames!

Looking back at the first half of the season I have identified a few major issues / story lines that come to mind so far. You may have others?

Slow Start to the Season:

When Glen Gulutzan was hired as the new Head Coach, he was crystal-clear about his plans for this season's Calgary Flames. "In order to survive in the Western Conference," Gulutzan said "The Flames have to play fast and play big. In the West you need a blend" Gulutzan said. "I see us playing a real fast; defend fast, speed-type game where our big players are going to have to play big. We're going to have to be strong along the walls, our fast players are going to have to be fast and our role players are going to have to be role players. That means the team needs to stay connected in all three zones. There will definitely be a little bit of style change in how we play, and it will lead to an exciting game."

However, the Flames did not start the season well with only 11 points after 16 games. Like any new coach to a

team, Coach Gulutzan has been assessing, evaluating and learning about his players. Discovering their strengths and who can be trusted in certain game situations? Gulutzan has experimented with many different line combinations and defensive pairings in the first half. T.J. Brodie has played most of the season with Dennis Wideman not Mark Giordano but Brodie has now the worse plus / minus on the team at -19. Mark Giordano has been paired mainly with Dougie Hamilton, who is prospering because of it, with 6 goals and 11 assists - offensively leading all Flames defensemen. But overall offensive contributions from the Flames back end are down this season. Maybe they miss Kris Russell? The top 4 needs to step up and play better as a collective group. Under the current team system the defence core is not as active or as effective in the both the defensive and offensive zones?

After evaluating his team personnel and being subjected to Johnny Gaudreau's 10 game injury this Fall, Coach Gulutzan's team is now playing a conservative brand of hockey. It's a team comfortable playing a containment, low shot, and low scoring brand of hockey. Granted – it is not a very exciting brand of hockey! However, they have managed to be more competitive, win enough games and currently occupy the last wild card playoff spot.

Chad Johnson - rises to No: 1 Goalie

The Flames had signed two new goalies, Brian Elliott and Chad Johnson in the off season. The plan was for Elliot to be the No: 1 guy playing 50 - 55 games and Johnson a very capable back up. However Elliott had a tough start to the season and Johnson has since become the No: 1 goalie. Johnson, drafted in 2006 by the Penguins in the 5th round at 125th overall, had only played in 101 NHL games since starting his career in 2009. 45 of those came last year as a backup in Buffalo, and this writer isn't alone when he says that couldn't have been a fun place to play. Prior to the start of the Columbus game, Johnson's record was 13 - 5 - 1 with a goals against average of 2.12 and a save percentage of .928. 3 of those wins came as shut-outs, in one month, a feat that hasn't happened since December 1999 with Calgary's Fred Brathwaite. A nice surprise for the Flames - Johnson's

Cont'd p. 10

Calgary Flames 2016 - 17 2nd Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Mon. Jan. 9, 2017	Flames	Jets	6:00 PM	SNW
Wed. Jan. 11, 2017	Sharks	Flames	7:30 PM	SN1
Fri. Jan. 13, 2017	Devils	Flames	7:00 PM	SNW
Sat. Jan. 14, 2017	Flames	Oilers	8:00 PM	HNIC
Tues. Jan. 17, 2017	Panthers	Flames	7:00 PM	SNW
Thurs. Jan. 19, 2017	Predators	Flames	7:00 PM	SNW
Sat. Jan. 21, 2017	Oilers	Flames	8:00 PM	HNIC
Mon. Jan. 23, 2017	Flames	Maple Leafs	5:30 PM	SNW
Tues. Jan. 24, 2017	Flames	Canadiens	5:30 PM	SNW
Thurs. Jan. 26, 2017	Flames	Senators	5:30 PM	SNW
Wed. Feb. 1, 2017	Wild	Flames	8:00 PM	SN360
Fri. Feb. 3, 2017	Flames	Devils	5:30 PM	SNW
Sun. Feb. 5, 2017	Flames	Rangers	12:00 PM	SN360
Tues. Feb. 7, 2017	Flames	Penguins	5:00 PM	SNW
Mon. Feb. 13, 2017	Coyotes	Flames	7:00 PM	SNW
Wed. Feb. 15, 2017	Flyers	Flames	7:30 PM	SN360
Sat. Feb. 18, 2017	Flames	Canucks	8:00 PM	HNIC
Tues. Feb. 21, 2017	Flames	Predators	6:00 PM	SN1
Thurs. Feb. 23, 2017	Flames	Lightning	5:30 PM	SNW
Fri. Feb. 24, 2017	Flames	Panthers	5:30 PM	SNW
Sun. Feb. 26, 2017	Flames	Hurricanes	1:00 PM	SNW
Tues. Feb. 28, 2017	Kings	Flames	7:00 PM	SN1
Fri. March 3, 2017	Red Wings	Flames	7:00 PM	SNW
Sun. March 5, 2017	Islanders	Flames	2:00 PM	SNW
Thurs. March 9, 2017	Canadiens	Flames	7:00 PM	SNW
Sat. March 11, 2017	Flames	Jets	5:00 PM	HNIC
Mon. March 13, 2017	Penguins	Flames	7:00 PM	SNW
Wed. March 15, 2017	Bruins	Flames	7:00 PM	SN
Fri. March 17, 2017	Dallas	Flames	7:00 PM	SNW
Sun. March 19, 2017	Kings	Flames	7:30 PM	SN1
Tues. March 21, 2017	Flames	Capitals	5:00 PM	SNW
Thurs. March 23, 2017	Flames	Predators	6:00 PM	SNF
Sat. March 25, 2017	Flames	Blues	5:00 PM	HNIC
Mon. March 27, 2017	Avalanche	Flames	7:00 PM	SNW
Wed. March 29, 2017	Kings	Flames	7:00 PM	SN
Fri. March 31, 2017	Sharks	Flames	7:00 PM	SNW
Sun. April 2, 2017	Ducks	Flames	7:30 PM	SN1
Tues. April 4, 2017	Flames	Ducks	8:00 PM	SN1
Thurs. April 6, 2017	Flames	Kings	8:30 PM	SN360
Sat. April 8, 2017	Flames	Sharks	8:00 PM	HNIC

Meet the Instructor

Liam McKay



Editor's note:

Recently, I had a good chat with Liam McKay, Instructor for Tucker Hockey. Liam has been a valuable member of the Tucker Hockey team for the past 5 years. He has helped teach power skating, hockey skills, shooting, checking and conditioning programs to various Minor groups. Here is a

summary of our conversation.

What is the most enjoyable part of coaching/teaching the kids?

I love seeing little improvements in the kids' skating throughout the program, it feels good knowing I can help others improve and have more confidence on the ice.

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

It has taught me that skating is the most important skill in hockey. As well, it has shown me that improving a skill takes time and persistence.

What is the most enjoyable part of on ice instructing for you?

Having fun with the kids during the fun games and puck drills.

What is the most challenging part of being an on ice instructor?

Trying to teach someone who is not willing to keep trying.

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

The best skater on the ice immediately stands out. Coaches typically don't have enough time to teach skating through the season, so supplemental skating instruction will pay dividends and lead to more confidence and fun.

Any other tips would you pass on to coaches who are involved in hockey?

Always keep in mind that we play hockey because it's fun!

summary of our conversation.

Liam, tell us a little about yourself and your family.

Currently I am playing NCAA D3 hockey for Wentworth Institute of Technology and am working towards a bachelor's degree in biomedical engineering. My family members all have a love of the game and are involved in sport.

What types of sports do you participate in?

Growing up I played soccer and ran track in the summer, every winter I played hockey.

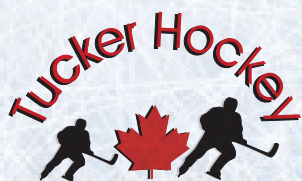
How did you get into the sport of Hockey?

When I was around 3 years old there was a little rink down the road from my house, my parents taught me to skate and I loved the game!

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

When I was younger I participated in lots of Tucker Hockey

Cont'd p.26



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Tucker Hockey Presents



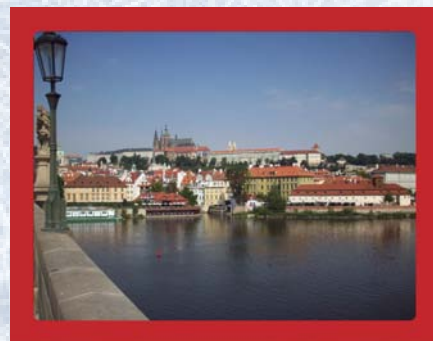
2017 European Adult Hockey Tour



Tour Details



- May 7 to 20, 2017
- Awesome Experience for avid Adult "Intermediate" Recreational Players.
- 2 Country Tour of Europe – Czech Republic and Austria.
- 5 Game Hockey Series and Tour in the fabulous cities of: Prague, Nymburk, Plzen, and Karlovy Vary, Czech Republic and Salzburg, Austria.
- 2 weeks accommodations in 3 - 4 star hotels with most meals included.
- Opportunity to meet legendary Czech hockey players, participate in Czech off-ice training, and exposure to elite, Czech coaching methodology.
- Group, day excursions in Prague, Vienna & Salzburg.
- Identifiable European Tour, silk-screen golf shirts for all participants and a personalized game jersey for all players.
- Complimentary arrival and departure group functions.
- Book your own flight - Opportunity to extend your stay in Europe.
- Bring spouse, family members or friends along too!!
- Professionally organized by a friendly and dedicated support staff.
- **Don't miss out, only 16 Player Spots Left!!**



Prague, Czech Republic

Tour Price
\$4,999 Per Person
(GST Included)

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

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

CZECH IT OUT:

Calling All Adult Intermediate-Level Recreational Players

By Jon Hagan

Rex Tucker is a proud Canadian hockey man, but he has a passion for all things Czech.

As a hockey instructor and owner of Tucker Hockey in Calgary, Rex spent seven summers (including the last two) across the pond in the Czech Republic teaching the game he loves to people who share his passion. As a head coach, he traveled with a Canadian under-18 select team on a 5 country European hockey tour of (Germany, Czech Republic, Austria, Italy and Switzerland) in 2002. As a global citizen, he has been a frequent traveler to Europe, staying in Prague, the capital city of the Czech Republic, on 16 different occasions. To cap it off, he married Marcela, a Prague native.

The Czech Republic may not be in Rex's blood, but coming this spring he wants to show you why it's in his soul. And for a Canadian hockey man, what better way to introduce fellow Canadians to the Czech Republic than by using our sport as the backdrop?



Prague Castle

A HOCKEY TOUR LIKE NO OTHER

In May 2017, Rex, Marcela and some Tucker Hockey staff will lead participants on a once-in-a-lifetime hockey tour to experience the sights, sounds, and the ice of seven storied Czech and Austrian cities.

"The cities we'll be visiting on the tour are quite beautiful, but nothing like what we have in Canada," says Rex. "Prague -- where we'll be spending most of our time -- is one of the most beautiful cities in the world. It has incredible architecture, and the culture, just like the beer, is second to none."

The tour, which runs from May 7 to May 20, is open to male and female intermediate-level recreational players. It will include a number of hockey and non-hockey-related activities, such as arrival and departure receptions for all tour participants, a five-game hockey series in cities in the Czech Republic and Austria, and three to four-star hotel accommodations along the way. The cost of the tour will also include most meals, travel to and from various attractions, and group travel attire for all participants, including a personalized game jersey.

TIME FOR YOURSELF

From tours and dinners to practices and games, each day will have a Tucker Hockey event planned, but that doesn't mean you won't have spare time to branch out on your own. There will be plenty of opportunity for you to set out and explore the sights for yourself, if you so choose.

"The tour will feature something for everyone. It will be a great opportunity for tour participants to play hockey against players they normally wouldn't get a chance to play against, learn from Czech coaches and build new friendships and expand their cultural boundaries," says Rex.

"And in the remaining time, which we've certainly allotted, if they want to get out and explore on their own, Marcela and I will be there to provide them with any information they need to help them get around."



Charles Bridge

ABOUT TUCKER HOCKEY

Tucker Hockey (1997) based in Calgary, Alberta, Canada, provides quality year round professional ice hockey instruction including power skating, and hockey skills development to players of all ages, backgrounds and skill levels to grow their love of the game while improving their hockey skills.



Marcela and Rex enjoying the IIHF World Hockey Championship festivities in Prague.

BLAST OFF!

The next step is for all participants to make their own way to Prague for May 7. "We wanted to give a day for everyone to orient themselves.

Then we'll all come together the next day on May 8 for the welcome reception, which should be a great time," says Rex. Rex and his team at Tucker Hockey have put a significant amount of planning into the tour.

Rex has drawn on the contacts he has made over the years in the Czech hockey community to create a truly unique event for everyone who participates. Beyond that, the Tour offers an introduction to Prague as a great home base for exploring other parts of Europe.

"Prague offers flexibility in that it's so centrally located," says Rex. "You're basically an hour away from Paris, Venice, or Zurich, for example, so if people want to come a bit earlier than May 7 or stay later than May 20 they'll be able to visit other places as well." While family members can certainly register, there's only space left for 16 players to represent the hockey team in the practices and games.

STAYING INFORMED HAS NEVER BEEN EASIER

Once a down payment is received and registration is finalized, Rex will hold information meetings in Calgary with participants to discuss itinerary and other details.

"These meetings are pivotal," says Rex. "They help everybody get on the same page and to make sure everyone's questions are answered."

Don't despair, if you're unable to attend any of the meetings, though. Rex has you covered.

"People can always call me up and I'll spend whatever time is needed to make sure I answer all their questions and give them the most up-to-date information I have," he says

“ *What better way to introduce fellow Canadians to the Czech Republic than by using our sport as the backdrop?* ”



Old Town Square

So, if you're an avid intermediate-level recreational hockey player and you're interested in learning more about Tucker Hockey's 2017 European Adult Hockey Tour, call Rex at (403) 244-5037 or visit

<http://www.tuckerhockey.com/PDF/Adult%20European%20Tour%202017.pdf>

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 and heritage. During this year's hockey season the event will run from January 6th to January 14th, 2017. In the City of Calgary, the tournament has brought teams together for over 40 years and this year will be Esso's 37th year as title sponsor.

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.

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...



Flames (Cont'd from 4)

stellar play is the main reason the Flames are in a wild card spot at this time.

Big contracts for Sean Monahan & Johnny Gaudreau

The Flames' best two forwards were signed to big multi level contracts prior to the start of the season. Expectations were very high and the pressure placed on their shoulders to carry the team can be enormous when signing big contracts. For the tender ages of 22 & 23 respectively, I believe they felt this pressure. Monahan is now on a 9 game scoring point streak and Gaudreau a 7 point streak. They are getting back on track. Monahan is similar to a past Calgary great, Jarome Iginla who was always a slow starter. After scoring in the Columbus game, Monahan is now at 10 goals. I believe he will still finish the season with 25 to 30 goals again. However his plus / minus of -11 is the worst of all the Flames forwards.

Injury to Johnny Gaudreau

Johnny missed 10 games due to a hand injury. It was a major loss but the team seemed to play better as a collective group without him. His injury helped improve the team's chemistry, other players stepped up their game and the results were a

6 - 3 - 1 record. For Johnny, it was an opportunity to look at his past performance and re-focus after starting the season with very high expectations after signing such a big contract. The time away seemed to have helped him. Gaudreau had an assist in the Columbus game and he has points now in 6 straight games i.e. two goals and eight assists since returning from his broken finger.

Forward Line of Backlund - Frolik - Tkachuk

Another nice surprise to the team has been the play of the Mikael Backlund, Michael Frolik & Matthew Tkachuk line. This unit was in the starting line-up for the Columbus game and deserved it! Tkachuk, the 19 year old rookie, has been playing with skill, grit, tenacity and sandpaper all season. He is great in front of the net and especially welcomes opportunities to go to the dirty areas to battle for the puck. He has contributed with 6 goals and 9 assists for 15 points with a team high 60 minutes in penalties including a good scrap with Alexander Wennberg of Columbus. This so called pencilled in 3rd line has become the Flames best unit so far this season. Backlund and Frolik have contributed 15 points each as well. This line has played more minutes than all but

Cont'd p. 26

Why do kids play Hockey?

“Sport is a double-edged sword. Swung in the right direction, the sword can have some positive effects, but swung in the wrong direction it can be devastating. The sword is held by adults who supervise children’s sports. Whether sport is constructive or destructive in the psychological development of young children greatly depends on the values, education and skills of those adults”--- Rainer Martin

From Changing the Game Project – Founder John O’Sullivan

A Novice 7 team was up 5 - 1 at the end of the 2nd period. The two star centers were double shifted as 3 sets of wingers rotated around them. In the 3rd period their team took a number of penalties. One or both of the star players were on the ice to kill those penalties. My friend’s son was not on the ice for 14 minutes and he did not complain. He like many other parents was afraid to speak up. I brought my concerns to the coaching staff after the game. The next day I received an e mail from the hockey association board member telling me to” mind my own business”. I replied that it is my business and that is why I am sharing this story with you.

If coaches shorten the bench for the sake of winning they have a lot to learn about how to win. The best players are too tired to perform in the third period and the team often loses the game but more importantly loses the spirit of the “team”.

Win - Win Coaching:

The “Positive Coaching Alliance” is a USA sports organization that advocates WIN -WIN coaching suggesting that the best coaches are “double goal” coaches. They coach with the intention of being the best they can be trying to WIN the game while teaching valuable Life Lessons through playing the game.

When delivering coaching clinics for Hockey Canada we talk about Fair Play. All players deserve a chance to develop hockey and life skills by playing, not sitting on the bench. Some where we have lost track of why our kids play hockey.

Ask your child why he or she plays hockey and listen to what they say to you.

According to the University of Notre Dame’s Center for Ethical Education, research shows that kids play sports for the following reasons:

- To have fun (always #1)
- To do something they are good at
- To improve their skills
- To get exercise and stay in shape
- To be part of a team
- The excitement of competition

Why kids play:

They do not play to win, they enjoy competing, but they do not play to win. They play to have fun, to be with friends, to feel good about themselves and because it is exciting.

John O’Sullivan founder of a “Changing the Game “ project recently spoke to Minor Hockey Associations in Calgary, Cochrane and Airdrie. His message to the adult leaders, coaches and parents was to join the Movement and serve the good of the game by:

“Leading, Developing and Promoting Positive Hockey Experiences.”.... Hockey Canada’s Mission Statement.

Wally Kozak Bio:

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

Teacher, Coach, Mentor: Over 20 years

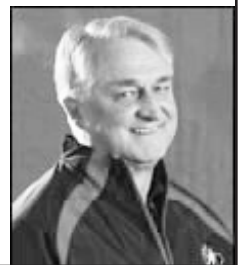
International, University, Major Junior and Minor Hockey.
High School Football, Wrestling and Track and Field.

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.



The Core Principles of Building a Successful Community

Hello Hockey Fans in Calgary and area! I sometimes struggle to find a topic that might add value and be worth the 5 minutes that it will take you to read the article. Over the past three months I have attended seminars, tuned into webinars and read a couple of personal development books. The following are excerpts from these resources that have given me pause to consider the potential impact on my goal to be a stronger leader. Hopefully they will give you pause to reflect.

- “Great vision is about wisdom – not intelligence.”
- “We have an abundance of information (more today than ever before) but a scarcity of wisdom.”

Grounded, happy people have these qualities at the core of their team, family and community building success:

1. Common Sense

A simple, straight-forward thought process that allows clear thinking. The thought process is always attached to your personal values (honesty, integrity). What is my (your) language around the goal to build a positive team environment?

Some observations and comments to ponder that might enhance your language:

- “Kids do well if they can.”
- “Do children or adults want to be excluded, isolated, removed or included?”
- “Some children, depending on their environment, are looking to confirm that adults are controlling, violent, aggressive, unsafe and disrespectful.” What am I?
- “Being positive is better than being negative.”
- “Humility gets better results than arrogance.”
- “None of us perform well when we are fearful.”

2. Relationships

At the heart of all successful communities:

- “What goes around comes around.” If we do not do what we say we are going to do, how can we expect a strong commitment from others?
- “When people feel good, they do good.”
- “Mentoring changed my life.” Who was your mentor? Am I a role-model or mentor to others?
- “Relationships require time, positive communication

and proximity.”

- “We all have the hope and internal belief that life could be better if we all treated each other more respectfully.”

We are all at a severe disadvantage if we are living our lives in “relationship poverty”.

When we are with others, let’s be present, attuned, attentive, responsive.

3. Strength of Character

Character helps us live by the Golden Rule.

- “Goodness is about character made up of integrity, kindness, generosity, moral courage, mental toughness. More than anything it’s about how we treat other people!”
- “Character governs all important decision making that enters your life. It helps create your own ‘Personal Brand’ that is powerful.” What is your brand?

Some of the challenges of leadership are:

- Be strong – but not rude.
- Be kind – but not weak.
- Be bold – but not a bully.
- Be humble – but not timid.
- Be proud – but not arrogant.

These statements have opened my eyes to personal reflection as I continue to strive to build a positive personal brand. Hopefully they can help you in this worthwhile, life-long process.

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



Coach Rex's Corner

The Circle of Life - Making a Difference

I have been quite active for over 25+ years within Calgary's hockey coaching fraternity. While operating my full time Tucker Hockey business for more than 14+ years, I have instructed over 7,000 hockey sessions / practices in almost all of the 60 or so Calgary area rinks. This has provided opportunities to connect with many hockey people in our city. It's not uncommon for me to run into someone I know within the local hockey community.

Such was the case during the winter of 2016 at the largest arena in Calgary, the Saddledome. I was watching a Calgary Flames game from the press box when Troy Franks said hello. I had coached Troy within the Calgary Junior Hockey League. As it was more than 20 years ago, I initially didn't recognize Troy at first. It was a pleasant moment seeing him again. Troy was working in the Flames press box as an NHL off Ice Official taking game stats.

Reflecting back over the past 20 years I must admit it made me feel a little old! I have many fond memories of coaching Troy. I recall adding Troy as the last player to our team roster that year. He was a very polite, pleasant, hard working young man and was quite mature for his teenage years. On occasion throughout the season, Troy would phone to say he had an exam the next day and if it was ok, he would miss practice that night to study. I would say yes and emphasize...just give you're "A game" next time we play. Troy inspired his teammates with his strong work ethic and two way play. That season, Troy won our team's most improved player award. I won the league's coach of the year award but would have given up this honour to make it to the playoffs. We missed the playoffs by 3 points – it was very a tough ending to a very rewarding season.

The rest of the 1995 year was a challenge for me because I spent the year unemployed. So in September prior to the start of the 95 – 96 season, I decided to resign from my volunteer head coaching position. I just couldn't commit to coaching due to the uncertainty and demands of not working. I remember receiving a phone call from Troy that particular September asking if I would be coaching the team again. I was saddened to say no. I felt the disappointment in

his voice. His kind words at the time during a very difficult period of my life meant a great deal to me. I felt that I had made a positive influence / difference in his young life with my coaching philosophy and ways.

After brief chats with Troy in the Flames press box this year, I thought we should get together, catch up, and talk some hockey and learn about the NHL off ice official's world too.

Here's a summary of our recent conversation.

Troy, tell us a little about yourself and your family?

Well I'm a born and raised hockey enthusiast. I come from a family of very loving and unbelievably supportive parents Pat and Shirley, along with an older (5 years older) sister Jill who is like a best friend and an amazing aunt, and an older brother Mark of 4 years who made it to a couple NHL camps back in the early 90's and played overseas for a few too.

Today I am engaged to a stunning gal Carlie who has been very supportive and keeps this household together. Along the way we created our own little crew and we have a couple boys who happen to be the newest inspiration to my life. Kaden is my 15 year old step-son who has been a solid part of my life since he was 9 and my son Jacko (Jack) who is 3 ½.

Cont'd p. 31



Tucker Hockey Tips

Connecting With Players

In today's fast paced and information filled world, one of the buzz words is connecting. We can connect via phone, email, texting, as well as social media such as Twitter, Instagram and Facebook. It seems we have many communication tools to reach out and connect with people but it will never replace face to face interaction / connections. Face to face contact is real, interactive and by far the best way to connect with anyone especially within the coaching fraternity.

As a professional hockey coach who has taught power skating and hockey skills to ages 4 to 75 and learn to skate to semi pro levels, I pride myself on my ability to be a good mixer with people. I strive to be a strong communicator and work towards having a good connection on and off the ice with each of my students.

Each individual is unique in their skill set and how they understand and learn skills. As a coach it is discovery time the first time working with a player or players. It's important to assess a player's or group skills and work on eliminating bad habits and bridging the skills gap. A coach must always be adapting to one's audience. A coach must impart to give each player or players what he or she needs to know not what the coach knows after many years of being in the profession.

To connect with my players depending of course on their age and skill levels, I will often incorporate many of the following into my coaching methodologies:

- Create a partnership between coach and player to achieve optimal results
- Ask if there's any specific requests the player or parent would like me to work on to customize the upcoming session or program
- Talk to the players - not at them - with open conversations
- Ask questions - get the player or players talking about what we are doing on the ice and why?
- Relate - ask them off ice questions about their favourite player, team, school subject or interests in other activities besides hockey
- Try to understand and enjoy each players individual and unique personality

- Search for what buttons to push to enhance on ice success
- Read their energy and interest levels as it can vary greatly from session to session
- Mix up the drills - provide a variety of high tempo practices and challenge / stretch the player's minds and athletics
- Conduct practice plans with a mix of skill development and fun games
- Friendly 1 on 1 scrimmages for older players or shootouts for younger players
- Have fun - keep the smile and enjoyment in playing hockey

Connecting - to have strong relationships with different individuals especially hockey players requires caring, patience, empathy, insightfulness and expert advice. It takes hard work! But a coach's due diligence can lead to many special and rewarding hockey relationships. It's about teaching life skills as well. Work towards developing good citizens not just hockey players is the main goal. To make a "difference" in the life of a child / player!



Spring Hockey 3 on 3

**3 - on - 3 Full Ice Play
3 - on - 3 Short Games
Skill Development
Referreed - Scorekeeping - Scoring Stats!**

**Fast
Paced**

**2 Ice Sessions Per Week
Saturdays 2:30 or 3:45 PM
& Tuesdays 6:00 or 7:15 PM
April 8th to June 24th, 2017
20 Hours On - Ice**

**Improve
Skills**

Fun

**Atom & Peewee Levels
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**High
Tempo**

**Handle the Puck and Skate More in
ONE Game than in Five Regular Games**

More Puck Possesion - More Shots - More Scoring - More FUN!



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Previous Tucker Hockey Camp Locations

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

Tucker Hockey Promotional DVD

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

Check it out on our website



Tucker Hockey 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
WHL	Ringette
Junior A	Minor Hockey
Junior B	Coaches' Clinics
Midget AAA	Minor Teams
Midget AA	Minor Hockey Association Projects
Midget AA (Girls)	Customized Minor & Adult Hockey Programs
Midget A	Adult Recreational
Bantam AAA	Ladies Teams
Bantam AA	Men's Teams
Minor Hockey -	Male
Community	Female
Midget	Father and Son
Bantam	Mother and Daughter
Bantam Girls	Grandfather and Grandson
Pewee	Husband and Wife
Pewee Girls	
Atom	
Novice	
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 Classic Awards – since 2004 Tucker Hockey has offered over 75 free programs to various Minor and Adult hockey players, giving back more than \$25,000. In addition, each year, we distribute over \$20,000 to the Calgary Grassroots Hockey Community, via KidSport Calgary & each Calgary minor hockey association.

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

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

T.H.E. Tucker Hockey Way

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



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

- 25 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 (NCCP Coaching Clinics)
- Taught Czech, German, and Austrian Players in the Czech Republic for 5 Summers

Call
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Effective Starting January 1st, 2017

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

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

Family Discounts Apply - Both Adult & Minor Programs Qualify!

Buddy Referral Program

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

Promotional Offers Can Not Be Combined

This can include, but not limited to:

- Using Gift Certificates
- Using Buddy Referral Program

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

Promotional Offers Available for All Yearly Minor and Adult Programs Advertised

403 - 998 - 5035

www.tuckerhockey.com

Quality Year Round Hockey Services

Adult Spring 2017 Programs

Level 101, 201, Specialty Clinics

Adult Summer 2017 Programs

Level 101, Hybrid 101/201

Program Descriptions

101 Program

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

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



201 Program

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

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

Hybrid 101 / 201 Program

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

Specialty 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.

Promotions

The 2017 Combo Promo and Buddy Referral Program can be used towards the attendance of any program.

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 - 12+

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



Guest Instruction on Minor Team Practice Ice

19th Annual

Tucker Hockey

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

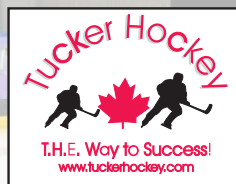
Tucker Hockey provides customized power skating or hockey development mentoring with coaches and their players on their practice ice times.

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

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

Top 5 Reasons to Experience Tucker Hockey:

- Your Players Need a Skating/Hockey Skills Tune-Up**
- Your Team or Coaches Need a Morale Booster to Take their Game to Another Level**
- Coaches Open to Expanding Their Skating Drills and Teaching Point Knowledge**
- High Energy Power Skating Sessions**
- Customized Power Skating Curriculum - You Decide!**



Rex Tucker

**Head Power
Skating Instructor**

- 25 Years + Hockey Instruction Experience**
- 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 (NCCP Coach Clinics)**
- Taught Czech, German and Austrian Players in the Czech Republic for 5 Summers**

Price:

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

Testimonial

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

~ Aris dePeuter, Manager - McKnight Senior Timbits Royal

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

Call 403 - 244 - 5037 Today!



Coaching Innovation

1-on-1 Coaching Programs

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

Book with Coach Rex and get to the next level!

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

Limited availability this Winter, Spring & Summer 2017.

Winter - Weeks of Availability

- **January 16th to March 24th, 2017**

Spring - Weeks of Availability

- **April 10th to June 23rd, 2017**

Summer - Weeks of Availability

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

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

Top 10 - Benefits of 1 on 1 Coaching

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

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

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

Call Coach Rex at 403 - 244 - 5037

To discuss any of the following:

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

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

Busy Summer & Fall Schedule Ahead -

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

The Johnson's 1 on 1 Coaching Testimonial:

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

~ Tim & Dawn Johnson April 2012

Customized Programs

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

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

WE DELIVER AND GUARANTEE RESULTS!

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

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

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

HERE’S THE EASY WAY TO SET THINGS UP.

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

2: Establish Timing of Programs

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

3: Determine Type of Program

- customized curriculum of:
Power Skating, Hockey Skills Development, Body Checking, Conditioning or Combo Programs

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

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

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

Dan Argento, Minor Hockey Parent

Ern Rideout Memorial - On - Ice Instructor Apprenticeship Award



This award is in memory of Ern Rideout. Ern was the first Tucker Hockey on ice assistant instructor. He began in 1999 to assist Coach Rex with his on ice programs. Ern was a major contributor to the early success and growth of Tucker Hockey on and off the ice. He will be remembered for his strong character, integrity, loyalty, dedication and amicable personal traits.

This Tucker Hockey Award will be given out each year to the on ice instructor apprentice who exhibits improved personal growth and development and a strong potential to be a quality on ice instructor within the Tucker Hockey team.

Meet Connor Michaud, 2016 Recipient



Connor, tell us a little about yourself and your family.

I am 14 years old and in grade 9 and attend the EDGE School for Athletes. I have one sister Lauren who is 12 and who also attends the EDGE school. We live in the SW of Calgary and we also have a dog named MOXI.

What's the best part about playing hockey for you?

The best part of playing hockey for me is stepping on the ice and being able to focus on improving my skills on a daily basis. I also enjoy the competitive play of Hockey in a team environment and playing on a team with team mates which I can play with on the same team over multiple seasons.

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

My family moved from Montreal in 2011 when I was only 8 and I wanted to continue to develop my hockey skills in Calgary. My parents identified Tucker Hockey as a program which could help me to further develop my skating and hockey skills, so we signed up for a first program where I first meet David Mahoney and Rex and I then attended numerous development programs over the next 4 year period. The tucker program helps me to reach my initial gold of playing Bantam AA hockey in the 2015-2016 season. I was then asked by Rex Tucker if I was interested in begin an Apprenticeship as an On Ice instructors in the summer of 2016. It has been a very rewarding experience.

What is the most enjoyable part of coaching/teaching the younger players?

The most enjoyable part of coaching/teaching

Cont'd p. 30

Tell us a little about your current hockey team and playing this season.

This season I play with the EDGE Bantam AAA (Prep) Mountaineers as a center. It is a fun program because the entire team attends the school and we have team hockey practices daily and also skills development on a weekly basis. We travel extensively during the season to play hockey in different provinces in Western Canada and also have Showcase weekends at EDGE where we get to play in front of the school.

Meet the Instructor (Cont'd from 6)

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

The first drill I demo'd for Tucker Hockey I was skating backwards and fell into the net; everyone cheered and laughed because everybody falls.

What's the best part about hockey for you?

Being part of a team and improving specific skills to help the team.

What other things interest you, outside hockey?

Playing guitar and drums to relax, as well as dryland training.

What does the future hold for Liam?

I hope to finish my bachelor degree in biomedical engineering and hopefully work for a medical devices company.

Editor's note:

Thanks Liam for taking the time from your very busy academic and hockey schedule at the Wentworth Institute of Technology to complete a Tucker Hockey Instructor Profile. Having spent many hours on the ice with hockey player and instructor Liam, I have seen him mature and

grow over the years. The following personal traits come to mind about Liam. He is a very polite, very steady and mature young man - beyond his years. He's had great parenting! Liam shows strong leadership skills and works quite well with the younger players. Since Liam has participated in many Tucker Hockey group programs, he is very knowledgeable about the Tucker Hockey - on ice philosophy, curriculums, practice plans, drills and many of the teaching points. Liam is quite skilled at demonstrating power skating drills as well. Liam, I have valued your contributions to Tucker Hockey...much appreciated! Look forward to many fun times on the ice again next spring. In the meantime, best wishes with your future academic and hockey endeavors this year!



Flames (Cont'd from 10)

5 trios in the league to date. The line is winning 57 % of the shots, 59 % of the scoring chances and 67 % of the goals per Corsi% stats against their opponents. This group punishes defensemen in the defensive zone and tends to stay there until their shift is over on most nights.

In Conclusion:

The mediocre play of teams in the Western Conference has left the door wide open for the Flames to get back into the playoff race. As of December 17th, 2016 the Flames occupy the last Wild card spot. They are tied with Edmonton for the best Western Conference road record at 9 – 6 – 2 for 20 points. However, they sit second last just ahead of Colorado for the worst home record in the Western Conference with a 7 - 9 record for 14 points! That's just not good enough if they wish to make the playoffs. The team needs to play a

more up-tempo style of hockey and compete harder at the Saddledome. This quiet building needs to be a more difficult place for visitors! Looking at some of the team stats - there's lots of areas for improvement. Goals For are 85 and Goals Against 96 - a goal differential of -11; Flames have power play goals in 7 straight games for the first time since 2005 - 2006 season. The PP which really struggled early in the season is finally starting to get going. However, they entered the game 17th in the league at 16.8 % level. Even worse, the PK is only 25th in the league at 78.8%.

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

Cont'd p. 35

Training Environments Must Mimic Game Realities

While watching the 2016 IIHF's Women's World Championships in Kamloops on TSN last spring, I was struck by an exchange between the TSN host, Tessa Bonhomme and colour commentator, Karla McLeod (both former Team Canada players) during the first period intermission in a Team Canada vs Russia game. The score was 1-0 for Russia and Canada was stymied by the Russian's neutral zone checking pressure and determination.

Commentator: NZ clog-up. It's a frustrating thing to play against ... for a team like Team Canada who loves to possess the puck and skate with it. Karla what's caused some problems here today?

Karla McLeod: It's so frustrating as you said... right now we are forcing it.

Commentator: It's so often Hockey Canada runs these drills, even in morning skates, and throughout their tryouts, that you kind of have this pattern engrained in your mind and obviously TC is a very young team. Karla, do you see them sometimes, just going through these patterns as opposed to maybe trusting their instinct?

Karla: That's the thing. They are all here for a reason. They are great hockey players... We want them to use their instinct, make plays, be creative, and I think that will help them both in the NZ and in the OZ.

Commentator: At the beginning of the tournament, Laura Schuler said that she wants her team to be creative within a structure; well, it's almost a little bit too structured here. It seems like they are stuck in a stationary pattern.

This exchange mirrors the state of coaching in Canadian hockey today: we have an idealized concept of how we want our team to play, and think we have prepared them well, but don't truly know the best way to get there! (We don't know what we don't know!)

These comments made me reflect on the gap between what we idealize as exemplary play and how we try to get there. Reflecting more deeply, it reveals how sluggishly the hockey practice environment (and coach certification training) has

evolved since I started as a player (1960's) and began my formal post-secondary education as a professional coach (1984). Canadian hockey remains a bastion for the traditional skill-and-drill instruction-led approach that creates robotic, thoughtless, coach-dependent athletes ('yelling and telling') rather than inspiring creative, independent problem-solvers who rely on their instincts gleaned from environmental cues and experience. I know because I too was a product of my environment and was one of these traditional coaches!

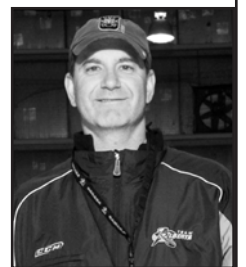
'Patterned drills engrained into the players for game day skates and tryouts (practices). Can't break the NZ trap due to a lack of creativity or unwillingness to go outside the coach's system or structure.'

Team Canada was demonstrating their inability to adapt to the opposition, make the correct decisions under pressure, respond creatively outside the box because they hadn't practiced in context and were handcuffed by the instructions ('structure') of their coach. Perhaps they were also fearful of doing something outside the prescribed 'structure' and if it wasn't successful, might result in a goal against, or a

Cont.d p. 28

Dean Holden Bio:

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



Training Environments (Cont'd from 27)

penalty... or a seat on the bench. I too have been there, done that, while wishing for some magical elixir to get my team from where they were to get to the Promised Land! I was embracing the definition of insanity – doing the same thing and hoping / wishing for different (better) results.

I have watched Team Canada train extensively at Winsport over the past several years, and similarly to almost every other professional team I have watched practice, it is apparent that they have not optimally prepared their players for their penultimate competition: the World Championships.

They have practiced ‘patterns’ (systems) repetitively against no pressure or little pressure in training (against their own team members who know all their systems and tendencies) and this doesn’t transfer into times of stress (scoreboard, psychological expectations about performance and outcome, opponents, crowd atmosphere, etc.) Regardless of who is on their coaching staff, there is an epidemic lack of deep understanding, so this is not a criticism against any one specific individual. If anything, the coaching certification system is to blame. The challenge for any coach is to design individual learning environments that ultimately lead to extremely skilled technicians with highly developed game intelligence.

While it is difficult to duplicate World Championship conditions exactly, I believe a much better job can be done. (Canada and the USA are world powers based on their membership numbers and available arenas and usually finish 1-2, but other countries are doing far more with less... and as Tom Renney once told me, “If you rest on your laurels, soon you will find yourself sitting on the seat of your pants.”)

While hockey certification and typical practices seen in Canadian rinks everywhere today from Timbit to Team Canada seems to be stuck in a skill-and-drill instruction-led time warp, applied coaching research itself has been rapidly advancing and making important gains in creating ways to overcome tradition. Until coaching certification progresses, it will be up to the most curious, self-motivated, successful coaches to discover these and adapt them into their coaching practice. Are you one of these coaches? If you are reading this, I am hoping you are!

The critical challenge for coaches remains - at all levels,

from Timbits to pro, across all nations - is to design training and create learning environments that mimic the game, while maximizing technical, tactical, mental and physical engagement of their players. Ask any coach about their most desired player qualities and the one characteristic that seems to be frequently prioritized is ‘game sense’ – the ability to make and successfully execute the best / correct decision, at the right time, under pressure, at speed, even when tired, consistently, on demand (like at a World Championship) – to essentially make other players (and their team) around them appear better.

The best way for coaches to do this is to provide training activities or games that closely replicate real game situations, ensuring that these situations contain the cues that actually occur in real life. Players have a far better chance of making good decisions and displaying good skills in a game if they have previously practiced them in a similar environment. The lessons learned in implicit games stay with players longer and are less likely to be affected by pressure or fatigue in games. Research by the U.S. Olympic Committee claims that athletes who receive quality coaching in ‘game sense’ can have the potential for improvement up to 30%!

I have never seen a game played 5v0, or against static orange pylons or stickhandling devices! Yes, skills are important and you need to work on these – I spend ¼ of my time in minor hockey on deliberate skills practice (recommending that kids do more ‘sport homework’ on their own) with the rest under game-like conditions. You first need to understand what are the most commonly occurring situations in hockey (1v1, 2v1, 1v2 = 90% of the game.) Then design the environment with these in mind (including constraints surrounding time, space, risk, execution), train against real people providing real opposition to maximize learning and for meaningful decision-making transfer to occur.

Sounds wonderful... wouldn’t you as a coach want to use a one-stop shopping technique to prepare your players in the optimal way so that they perform at their best in games? Of course you would!

By evolving from a skill-and-drill instruction-led approach to one designed to reproduce commonly-occurring game-like situations, players experience variable and random

Cont’d p. 32

Nautilus Machines and Free Weight

Among many popular debates within the training world is the notion that using free weights will always be superior to using Nautilus resistance training machines. From my personal experience, each of these has their place within an athlete's training as they move through specific phases in their career.

For most training staff, free weights have been touted as the best training equipment on the market. Dumbbells, barbells, kettlebells and weight plates have earned a top spot as they are extremely versatile in offering numerous methods to be lifted, held, turned, swung and gripped. In fact many trainers have themed workout sessions around a specific piece of equipment in the way of barbell complexes and dumbbell circuits. In general, free weights will take up less storage space and can be quite easy to use in basic patterns. More complex exercises will require the specific instruction from a qualified strength training professional for a novice lifter to build up their experience. The sky can truly be the limit as you can continue to add weight to the barbell.

One other very important benefit to be noted is the recruitment of stabilizer muscles while using free weights. Feet need to be planted firmly on the floor to perform a front squat for example and despite the prime movers doing virtually all of the lifting, each stabilizer will need to contract to ensure that these movers can do their jobs effectively.

On the down side, it can take longer to groove movement patterns with these weights which can make it less likely for a novice lifter to choose a free weight exercise over a machine-based lift. I will continue to incorporate these with younger lifters provided their technique remains consistent with added resistance and/or speed to a specific lift. I also generally cycle my lifts after four weeks to prevent the staleness of pattern overload, which will be touched on more below.

On the other side of the fence lies the nautilus machinery. With use of these larger apparatuses, novice lifters can seek more refuge knowing that all they have to do is 'sit & push' essentially for a seated bench press machine. Though patterning can take on a different effect here, the ease of use doesn't stop there as a quick change of the weight selector pin will increase or decrease the resistance. Some air-

based circuit machinery even allows a lifter to do this by the push of a thumb switch. This can really increase the effectiveness of specific exercises as drop-sets and super-sets can be performed with no break at all.

With certain athletes of mine I have been able to incorporate machine work to isolate specific muscles groups when needed, such as hamstrings, triceps or even the tibialis anterior (front of the shin) and it can have a very strong effect on balancing a joint, which in turn leads to the nervous system and muscular system releasing the brakes so to speak on further strength development. These machines can be very helpful to lifters of any skill level to 'reboot' their training and break through strength plateaus that stall their progress.

Nautilus training however can be costly as you will need more space to house these machines and will need many machines to hit the major muscle groups in the human body. Similarly, by training on a machine over a long period of time, an athlete can develop pattern overload which is the body's way of regressing from a lack of training variety. A simple solution is to change the pattern by way of changing the stimulus (ie. using a new angle, training method, machine or free weight on the muscle).

As both methodologies have their benefits and drawbacks, I do see each training means as a "tool in the tool belt". As one is neither better nor worse than the other, a needs analysis of each athlete will allow you to select which tool is a better suited based on their training age, physical development and current training phase. No single tool is the best fit as you cannot "hammer everything"!

Training Tip: for exercises that involve the biceps and triceps, have your athlete use a supinated (palm facing up), neutral or pronated (palm facing down) grip in order to break through any strength plateaus they may have.

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





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"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!**

Connor (Cont'd from 25)

younger players is seeing them improve their skills and watching them having fun in the process.

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

Apprenticing as an On Ice instructor with Tucker Hockey has taught me to be more patient and has made me feel like I am part of the Tucker hockey family.

What other things interest you, outside hockey?

Outside hockey the things that interest me are reading, playing my video games, spending time with my family, friends, and dog MOXI and on occasion watching my sister play ringette.

Connor, what are your future hockey goals?

My present focus is on continually improving my skating and hockey skills. In the short term, is to be selected to play in the 2017 Alberta Cup and make the EDGE Mountaineers MIDGET AAA (Elite 15) team next season. In the longer term my goals are to play Junior Hockey in the Alberta Junior Hockey League (AJHL) and possibly earn an NCAA scholarship to play hockey in the US while attending university.

Circle of Life (Cont'd from 13)

As for myself, well, I'm now a 40 year old who plays the odd men's recreational game and I play in the spring with 25 old buddies who for the most of them I played with through all the years of minor hockey, Junior and all different stages.

I grew up playing this game of hockey since I could walk and on my first team at 4. I scored my first goal by lying on the ice in a pile of kids in front of the net and I happened to be the one lucky boy who swung his stick along the ice and knocked that puck into the net. Ever since that day, I grew up loving and living this game more and more.

It always got harder and harder to make the big squad as I got older, but that's a good thing. It made me realize that it's up to me to make the big team and not anyone else. I was always one of the "smaller players" on the team as I had a very late growth spurt and my birthday is in November and as corny as it may sound, 4-9 months difference in growing can make or break a players size and his ability to crack the team. Not always making the cut, I tried to never give up. It wasn't easy putting on a smile every game knowing that you didn't make the #1 team, but my thought was "at least I'm playing hockey". I played all levels but also missed a year. My parents are very supportive people as I mentioned, but they were and are still strong willed people who taught me a lot through the years. Not only do you have to like what you're doing, but you also have to put in the effort and do well in school as well. Well my grade 8 didn't fair to well for me and I had some pretty low grades and my dad told me that if I didn't improve, I wouldn't be playing hockey next year. It happened. My grades didn't improve because I didn't put in the effort and all I wanted to do was hang out at the ODR (outdoor rink) and play street hockey after school and on nights or weekends I didn't have my own hockey to go to. Grade 9 was a year that was hockey free. It was a long winter to say the least. It's safe to say that my grades improved in grade 9 and I was back on skates in grade 10. That was a huge lesson learnt for myself and I'm glad my parents stood their ground with it. Even if we don't want to admit it at the time, a time will come when we realize just how good we had it as kids playing this game and how the hard lessons our parents taught us weren't always easy for them to make either. I could tell it crushed them inside to take hockey away from me. Through the next few years, I fought my way onto teams, got cut from teams and even switched quadrants to make the next level. That's where Rex Tucker came into play; going from the Buffalo Association to the NE Association for my start in Junior B with the Canucks.

Rex gave me a shot as a 17 year old in the fall of 1994 after I was released from the Junior B Rangers the week before. He ended up teaching me more about life's efforts than just hockey. Rex never gave up on me even when I was out played. I wasn't the biggest guy on our team and certainly wasn't the most talented. I was what people called "The Grunt". The guy that went into the corners even against the biggest players and blocked many shots. Rex had trust in me to put me on the PK (Penalty Kill) and every so often, maybe even on the PP (Power Play). Practice was important to Rex as a coach. He ran good hard practices. It made us a team that never gave up. The will of our coach gave us the strength to prove that we could win. Some games we proved it, and some we didn't. This Junior B season was the year when I did my most personal growth. The next year I made the Canucks as a first liner and penalty play quarterback, but I didn't continue to play for the Canucks after November. It wasn't the same and it was only because Rex wasn't a part of it. I decided to join some good buddies and relax a bit in another junior league. It was fun, but just not the same.

I had a lot of coaches through the years and a couple were good. A couple of them became friends. But no other coach had the mental capacity and will of Rex Tucker!

You mentioned you are now a restaurant business owner – tell us about your business set up / endeavours?

Since I came out of high school in 1995, I started working in the restaurant industry while going to college. I had my own marketing company in Promotional Merchandise for a few years and I fell in love with being my own boss. In 2009 a small and short recession ended that episode in my life and got me back into the restaurant industry once again. Since then I've worked for a couple different companies and it opened doors to where I am now. I'm the Managing Partner of the Original Joe's in Kensington here in North West Calgary since August 2012. It's been an adventure and well worth the investment. It's always fun and makes me happy daily.

Can you describe your role as an NHL off ice official?

The role I was hired for is in the HITS department. That's where myself and a few others keep the following stats -Hits, Shots, Giveaways, Takeaways, Plus Minus, Penalties, Fights and Stoppage of Play. This also includes Time on Ice

Cont'd p. 32

Circle of Life (Cont'd from 31)

as well. It's a true privilege to be a part of the NHL as there's only approximately 670 of us in North America.

Can you expand on your involvement with concussion monitoring at each Calgary Flames home game?

As one of the Concussion Spotter's, it's a new piston brought into the league in 2015/2016 season in order to assist the team trainers on looking out for head injuries to these players. If a player or ref or linesman gets hit to head in any way, i.e. a flying elbow, shoulder to head hit, head butt, punch to the head, puck to the head or a high stick, it's our responsibility to report this event to the Neurologist in New York and they'll look over the incident from their point of view and report back to us and advise us if the trainer of that specific players team needs to pull the player off the bench and put him through the mandatory concussion protocol. It's important to know that I'm not a brain surgeon or head expert, but I did have several concussions myself and can relate to the symptoms and procedures of the injured player(s).

After monitoring the game stats such as hits, giveaways, turnovers etc, what have you discovered / learned about the NHL game?

Since joining the NHL, I have learned there are so many details that go into every play and every game. It really is a well greased machine and there's dozens if not hundreds of people involved in every play from every angle of the game. I've learned more rules that not even a die hard fan would know to look for. The Rule Book is thick, well organized and documented.

Training Environments (Cont'd from 28)

situations, and this optimally prepares them for game day. As the coach gains a deeper understanding of the game (the principles of offensive and defensive play), and marrying these with the latest learning and coaching research, he or she can effectively design situations where the athlete is empowered to make decisions in real time.

Adopting such an approach will require effort, practice, failure and learning and will take time. As the saying goes, "If it was easy, everyone would do it!" I started adapting to this in the early 1990's and am still a work in progress; however, my players are the benefactors of experiencing more fun, competitive game-like situations every practice

What do you like best about being an NHL off Ice Official?

Being asked to become a part of the league that I had dreamed about playing in was a pretty awesome feeling. Even though it wasn't as a player or coach, it was something that I couldn't say no to. It doesn't pay the big bucks. There's no fame or fortune or endorsement contracts, but it does allow all of us Off Ice guys to feel that we a part of the game and in reality we do our part to bring the experience for all different levels to not only Flames fans, but also hockey fans in general with the stats we keep. With all of these "Fantasy Leagues" going on, it's amazing how much attention can be paid for every stat recorded from the public's point of view.

From the bird's eye view in the press box – how do you see the game differently from say the average Flames fan sitting in the stands?

The play itself is much faster and looks so much more open than it actually is on ice. It's easy to say "How did he not shoot that puck?" when we see the time or space he had or "How did he not see that hit coming?", but actually he probably only had 1 second or less to gain control and release the puck or dodge a big body coming hard at him. We can definitely see the big hits about to happen most of the time, and they can be BIG!

How do you see the NHL game changing / evolving over the last few years from your seat in the press box?

The game has sped up and got a lot less scrappy that's for

Cont'd p. 34

and this positively transfers into good decision-making in 'real' games.

Both the coach and the athlete (and parents) have to understand there will be challenges, setbacks, plateaus and 'eureka' moments mixed together and it will look messy more often than not because the learning process is not linear; there will be peaks and valleys. Long-term (over a season), there will be a dramatic improvement. Have patience to stay the course. The ultimate benefits will drastically separate your team from the pack, while providing the best possible training for your athletes!

2017 IIHF World Men's Hockey Championship



May 5th to 21st, 2017
Cologne, Germany & Paris, France



Preliminary Round			Group A - Cologne			Group B - Paris	
	Date	Time (MST)	Home	Visitor		Home	Visitor
Friday	May 5	8:15 AM	Sweden	Russia		Finland	Belarus
		12:15 PM	USA	Germany		Czech Rep	Canada
Saturday	May 6	4:15 AM	Latvia	Denmark		Switzerland	Slovenia
		8:15 AM	Slovakia	Italy		Belarus	Czech Rep
		12:15 PM	Germany	Sweden		Norway	France
Sunday	May 7	4:15 AM	Italy	Russia		Slovenia	Canada
		8:15 AM	USA	Denmark		Finland	France
		12:15 PM	Latvia	Slovakia		Norway	Switzerland
Monday	May 8	8:15 AM	Germany	Russia		Belarus	Canada
		12:15 PM	USA	Sweden		Finland	Czech Rep
Tuesday	May 9	8:15 AM	Italy	Latvia		Slovenia	Norway
		12:15 PM	Slovakia	Denmark		Switzerland	France
Wednesday	May 10	8:15 AM	USA	Italy		Switzerland	Belarus
		12:15 PM	Slovakia	Germany		Finland	Slovenia
Thursday	May 11	8:15 AM	Russia	Denmark		Czech Rep	Norway
		12:15 PM	Sweden	Latvia		Canada	France
Friday	May 12	8:15 AM	Sweden	Italy		Czech Rep	Slovenia
		12:15 PM	Denmark	Germany		France	Belarus
Saturday	May 13	4:15 AM	Latvia	USA		Norway	Finland
		8:15 AM	Russia	Slovakia		Slovenia	Belarus
		12:15 PM	Italy	Germany		Canada	Switzerland
Sunday	May 14	8:15 AM	Slovakia	USA		France	Czech Rep
		12:15 PM	Denmark	Sweden		Switzerland	Finland
Monday	May 15	8:15 AM	Denmark	Italy		Canada	Norway
		12:15 PM	Russia	Latvia		France	Slovenia
Tuesday	May 16	4:15 AM	Sweden	Slovakia		Belarus	Norway
		8:15 AM	Russia	USA		Czech Rep	Switzerland
		12:15 PM	Germany	Latvia		Canada	Finland
Quarter-Finals							
Thursday	May 18	8:15 AM	TBD	TBD		TBD	TBD
		12:15 PM	TBD	TBD		TBD	TBD

All Remaining Games Played in Cologne, Germany

Semi-Finals - Saturday, May 20

Game 1: 7:15 AM Game 2: 11:15 AM

Sunday, May 21

Bronze Medal: 8:15 AM

Gold Medal: 12:45 PM

Circle of Life (Cont'd from 32)

sure. Players seem to have more speed and hand talent, but with the speed of the game now and the leg strength of the players, that “space” can be closed very quickly. I think there’s more stick work and small hacks/slashes than 10-15 years ago, but there’s also a lot less big hits and fights. In saying that, there’s still a certain mental strength and commitment a player needs in order to stay in the big league and that’s probably the hardest part to maintain. The commitment to physical strength is stronger now than ever. It’s a must.

Troy, I felt we had a very good player – coach relationship back in 1994-1995 more than 20 years ago, do you have any fond memories playing for the Junior B Canucks in the Calgary Junior Hockey League? Any life skills learned from this hockey experience?

Even after 20 years ago, I still have many fun memories. Off ice, we had a variety of guys from different areas of the city and even FUJI, one of 3 Japanese players who were brought over to Calgary by Dave King to learn the more aggressive Canadian junior game. We had shinny games on ponds and on a farm just out of town. We had team social events. It was a good year for team bonding.

On the ice, the memories are many. Some during practices and working harder than ever to prove I belonged on the PK and out working teammates in order to get ice time. Going up against the best teams in town; some of the best and biggest in the province were always nerve racking, but exhilarating. I didn’t score many goals that season, but the goals I did, I remember to this day like it was yesterday. To be completely honest to everyone reading this article, my best memory is really of having the kind of coach we all wish we had every year, every game and every shift during our playing days. Rex Tucker is to this day my favourite coach, the guy that truly believed in me at a young age in junior hockey and gave me the chance and ability and most of all, the confidence to go out and compete with the big guys and make heads turn and make him proud of his team. He had the understanding that I was still in high school and I had grades to keep up and that grade 12 was important.

Our team lead by Rex was a good team, brought together by him and a team that was taught to be proud no matter what the outcome of the game. Rex Tucker is my favourite memory of the Junior B Canucks!

What other interests do you have besides your current

business and hockey positions?

I love playing most sports. I’m interested in business and growth; and obviously trying to plan for retirement.

I’d have to say that golf, BBQ’s and biking riding with the family are my summer activities. Winter includes hitting the gym; skating every so often and staying healthy/fit are a huge priority. I’ll always look for the next step in business but I’m happy where I’m at now!

I’m also doing a bit of acting on the side. I’ve been a background actor on an HNO U.K. show called Tin Star where I played an “Oil Worker” in the background of a bar scene, and most recently I played a Sheriff in a series titled “Psycho Recreated” which will be aired on CTV through Canada and REELZ in the U.S. in the spring of 2017... It’s been a lot of fun and I look forward to possibly being in some commercials along the way as well.

Troy, do you have any other future goals and ambitions?

Yes, to provide a nice life for my family and continue on the same track to even bigger and better success.

Editor’s Note:

An example of the circle of life; Troy, it was great to catch up after so many years, to talk a little hockey and to know that you are doing great! Seeing you now as a mature family man and a success within the Calgary business community – is very heart warming. Troy, thanks for taking the time to do a Hockey Zones article and for your very generous and kind words. I wish you the very best my friend both in and out of our great game! Happy trails! See you again soon at a Flames game! Take care.



Flames (Cont'd from 26)

Gulutzan said at the Columbus post game press conference “Our compete level has to come up... I thought our performance today... they were quicker than us... out-worked us... out-battled us in certain areas... executed better... it’s frustrating.” Gulutzan is a very good coach and it was apparent after the Columbus defeat that he was disheartened with his team’s performance. The team’s effort, especially at home, must be better! For the first 10 minutes of the second period during the Columbus game the Flames had zero shots and only 5 shots at the end of the middle period. That’s just not good enough. Loyal Flames fans deserve a better team effort and more entertaining brand of hockey in the second half. It starts with every player on the team being more accountable for their efforts on a game to game basis. Let’s see what gives in the second half!



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Problem or Opportunity?

As the game plays out on the ice, have you the hockey player ever thought how your problem solving skills are an asset or liability to your overall game? Develop your game so that obstacles you come up to can be dealt with in a proactive nature. Create a strong mind set to embrace challenges, to compete and learn to get better.

If you find that your assigned opponent seems to be outplaying you on ever shift, you must dig down deep into your tool box and decide how you will face the adversity that is coming at you at that time. You can decide just by your attitude if this will be a problem or an opportunity.

Are you up for the challenge to better your play – your compete level? For example if you are a centre man who is losing the majority of your face-offs. What do you do? Do not lose your motivation for playing to be disheartened because of another player's superior skills or good fortune. Rather switch up your approach because what you are doing is not working. On your next shift on the ice change your faceoff approach / tactics. Learn from your setbacks/ mistakes - adapt - make adjustments. Learn to not repeat actions that do not work. Become a student of the game - to observe, learn and improve.

If you are a proven scorer who has been shut down by your opponent's superior checking, you must maintain a strong work ethic and belief as well to keep making offensive plays and to keep shooting the puck on net. Keep the faith that you

will score! Cultivate a mindset to embrace challenges and learn to get better. Persevere!

Take your game to another level of performance - strong competition will bring out your best efforts.

Do not give into a fear of failure. Avoid letting it paralyze your best efforts. Positive self talk - you have control of the situation. Trust your instincts that you will value the right decision at the right time and you will prevail with all the team focusing on the obstacles presented. Each obstacle that presents itself can be seen as a way to build your character. Look to other players for assistance / insight and to personally build up a character of resiliency. Resiliency will always bring strength. Believe in yourself; take personal responsibility to raise your game to another level and create opportunities!

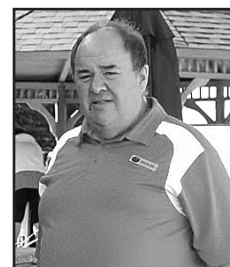
Michael White Bio:

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

Extensive writing experience producing articles for Hockey Zones and other publications

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

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



With Each Day...

*May I positively impact the life of another, and smile more than frown;
Put service and compassion before my own renown;
Meet adversity with courage, sorrow with hope;
Have faith to face uncertainty and resiliency to cope;
With joy as my companion and truth as my guide;
May I walk the path of excellence,
gaining knowledge with each stride;
To see the good that lies within each person in suppression and through love and
understanding, bring it forth into expression;
Though this day may bring new challenges, yet not manifest;
May I ever be reminded how much my life is blest;
Lord, help me to appreciate each new day you give;
And in its every moment, may I rejoice, love and live.*

Written by Robert Akers

Tucker Hockey Awards

watch it
hear it
live it
LOVE IT!



T.H.E. Way to Success!

In Partnership With

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

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

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

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

T.H.E. Tucker Hockey Way

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

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



Tucker Hockey Classic Awards

"Giving Back to the Calgary Hockey Community"

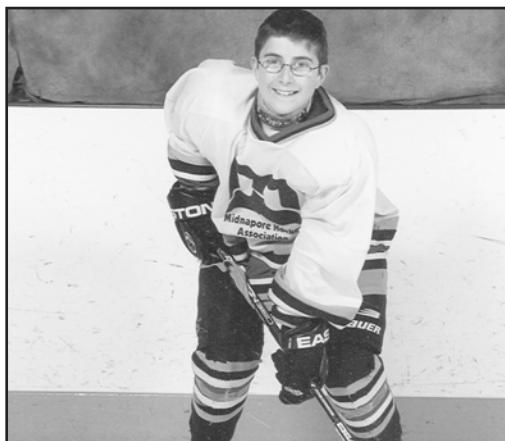
Since 2004, Tucker Hockey has offered over 75 free programs to various Minor and Adult Hockey Players. Giving back more than \$25,000.

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 50-100 word essay on why you love playing the game of hockey. Send your submission along with your name and phone number to programs@tuckerhockey.com.

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



Minor Hockey Danny Cammack Memorial Award

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

hands and an uncanny puck sense.

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



Adult Hockey Bradley Mersereau Memorial Award

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

Adult Recipients

Winter/Spring 2016 - Daniel Choy
Summer/Fall 2016 - Tim Flaman
Winter/Spring 2017 - James Shai

Congratulations to Scholarship Recipients

Summer/Fall 2016 - Darrren Ma

Winter/Spring 2017 - Noah Quan

Thank you everyone who entered -

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

Why I Love Hockey!

My name is Noah Quan and I am 9 years old. I play in the Symons Valley house league. This is my second year of organized hockey. In hockey I like to play defence because while playing defence I don't need to worry about scoring as much and I am a fast skater to help stop break aways.

I like hockey because it helps take my mind off of other things in life. It also helps me learn about team work. Playing hockey also gives me confidence. Hockey is the reason I can skate too.

~ Noah Quan

Why Tucker Hockey "Knows" Power Skating

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



Be Active - Have Fun - Learn - Excel

See You at the Rink Soon!



What They're Saying About Tucker Hockey

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

~ **Tom Renney, 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**

