

# Hockey Zones

*For the LOVE of the GAME*

Volume 13 No. 2 Issue # 36

Summer / Fall 2016



# Tucker Hockey



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

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

### *What's Inside*

Calgary Flames Year End Review & Schedule	4 - 5
Player Tryout Checklist	9
2017 Adult European Hockey Tour	11
Meet the Instructor - Paul Riley	15
Tucker Hockey Upcoming Programs	16 - 24
2016 World Cup of Hockey Schedule	33

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

# Tucker Hockey

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

## Summer & Christmas Elite Power Skating / Conditioning Camp

A specialized power skating curriculum that includes extreme edges, striding - technique & speed as well as skating agility & mobility drills

**Elite Atom to Midget Players**

## Individual Minor Hockey Team Practice Sessions

**October - March**

Power Skating  
Player Development  
Checking Clinics  
Player Evaluations

## Summer, Fall & Christmas 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+**

## Prague Hockey Camp July 2017

Elite Hockey Training and Sightseeing in the Czech Republic  
Hockey Trip of a Lifetime!



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

## Prague Hockey Camp July 2017

Elite Hockey Training and Sightseeing in the Czech Republic  
Hockey Trip of a Lifetime!

## Minor Hockey Group Programs

*Fall, Winter, Spring & Summer*

Power Skating & Player Development  
Checking Clinics  
Shooting Clinics  
Conditioning Clinics

## Customized Programs

**Group & "1 on 1"**

**Year Round**

**Ages 4 to 75**

## Adult Recreational Group Programs

**(Ages 18 to 65+)**

*Fall, Winter, Spring & Summer*

Levels 101 - 102 - 201

Specialty Clinics

Hybrid Groups & Ladies Only

## 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**

# Managing Editor's Message



Welcome to the 36th 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 of hockey people at the Calgary grass roots level.

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

The Summer / Fall 2016 issue features many interesting articles including:

Calgary Flames Year End Review, Meet the Instructor – Paul Riley, Tucker Hockey Tips – Player Tryout Checklist, Coach Rex's Corner – 1 vs. 2 Games, Becoming a Better Coach through Reflective Practice etc.

## *Next Issue: Winter / Spring 2017 Features*

- Letter to the Editor
- Calgary Flames Season - 2nd Half Schedule
- Meet the Instructor: Liam McKay
- Tucker Hockey Tips
- Tucker Hockey Upcoming Programs

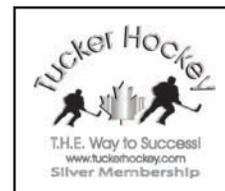
Back in the Spring of 2004, 12 years ago Hockey Zones had very humble beginnings - an 8 page newsletter! It has grown into a solid 40 page publication, with – Winter / Spring and Summer / Fall editions each year. The average hard copy and electronic circulation range from 6,000 to 7,000 copies per issue.

Past issues can be found on our website [www.tuckerhockey.com](http://www.tuckerhockey.com).

Letters to the Editor are always of interest and welcomed. Share your opinions and thoughts about our great game. Offer 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



P.S.  
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!

## Tucker Hockey

**President** ..... Rex Tucker  
**Assistant**  
**Business Manager** ..... Christyne Kavanagh  
**Hockey Consultant** ..... Bob Tuff  
**Administrative Assistant** ... Marcela Tucker  
**Business Development** . Hannah McDonald  
**Hockey &**  
**Fitness Consultant** ..... David Mahoney

### On-Ice Instructors

Kris Bramall ..... Jack Evans  
 Jordan Evans ..... Mark George  
 Jim Hepburn ..... Matt Heseltine  
 Mark Howery ..... Alannah Jensen  
 Noah Kelly ..... Sheila Kelly  
 Frank Lyall ..... David Mahoney  
 Liam McKay ..... Ben McGinn  
 Brett Pinder ..... Paul Riley  
 Rob Swart ..... Rex Tucker  
 Sean Wallace ..... Ash White  
 ..... Ron Wong

### Apprenticeship On-Ice Instructors

Dallas Adderson ..... Bobby Coles  
 Megan Carver ..... Brayden Dunn  
 Alex Jones ..... Connor Michaud  
 Kurtis Nystrom ..... Michael O'Sullivan

## Hockey Zones Newsletter

**Managing Editor** ..... Rex Tucker  
**Publisher** ..... Christyne Kavanagh  
**Advertising Sales** ..... Rex Tucker  
**Contributing Writers** ..... Wally Kozak  
 David Mahoney ..... Bob Tuff  
 Dean Holden ..... Rex Tucker  
 Michael White ..... Jeff Mueller  
**Official Photographer** ..... Terence Leung

### Ad Rates

One Page Color ..... \$749  
 One Page Black & White ..... \$449  
 Half Page ..... \$349  
 Quarter Page ..... \$249  
 Business Card ..... \$149  
 One Page + One Page Advertorial ..... \$749  
 Half Page + Half Page Advertorial ..... \$449

Advertising Enquiries: Christyne at  
[programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)

### **Mailing Address**

P.O. Box 46014 Inglewood RPO  
 Calgary, AB T2G 5H7 Ph: (403) 998-5035



# Calgary Flames

## *A View From the Press Box*

On Tuesday, April 5th, 2016 I attended the Calgary Flames vs. L.A. Kings game at the Saddledome; team game No: 80 of the Flames 82 game schedule. It was a close contest with the Kings finally winning out in over time from a goal scored by Jeff Carter. It was a typical Flames game - close but not quite good enough - this past season. After a very surprising and promising 2014 - 2015 season which saw the Flames advance to the second round of the Western Conference playoffs, expectations were quite high going into the 2015 - 2016 campaign. However, the Flames regressed in 2016 and finished 12th in the Western Conference standings. The team missed the playoffs for the 6th time in the past 7 seasons and this unsatisfactory result unfortunately cost Head Coach Bob Hartley (Jack Adams Award - Coach of the Year Winner in 2015) his job. The harsh realities of the professional coaching world!

### **Why did the Flames have such a disappointing season?**

Here are a few reasons that come to mind. You may indeed have others?

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

At the start of the season the Flames carried three goaltenders. Both Karri Ramo and Jonas Hiller struggled early in the season. Ramo rebounded to finish 17 - 18 - 1 in 37 games with 2.63 goals-against average and .909 save percentage before sustaining an ACL tear in February. However, Hiller had career lows of 3.51 GAA and a .879 save percentage while Joni Ortio was inconsistent all season. In 37 career games Ortio's save percentage of .901 does not appear good enough to warrant a full time NHL job. However, given an opportunity he may develop into a capable back up goalie next season. Yes, the goaltending wasn't stellar but the overall lack of good defensive team play certainly didn't help the goals against. Calgary allowed 260 goals against; the worst in the NHL. The team regressed from a +25 differential between goals for and goals against in 2014 - 2015 to -29 in 2015 - 2016. The team's overall defensive play and confidence was a weakness from start to finish last season. Both Hiller and Ramo will be unrestricted free agents (UFA) and Ortio a restricted free agent (RFA) in the

off season.

#### **Lack of Speciality Team Success**

The Calgary Flames ranked 22nd out of 30 NHL teams on speciality teams. On the power play they had 43 power play goals on 248 power play opportunities for 17.0 % success rate while killing penalties they were short handed 279 times and allowed 53 power play goals against for a penalty killing percentage of 75.6 %. Note: The best NHL team was Anaheim with 56 power play goals on 243 power play opportunities for 23.0% and the Ducks allowed 37 power play goals against for a penalty killing percentage of 87.2%. With the Flames best skilled player's being the youngest on the team, this lack of experience at times hurt the Flames' productivity on the speciality units especially their power play.

#### **Inability to Win Face-offs**

As a team, Calgary had the fourth worst face - off percentage (48.6%) in the league. It was tough to defend when they lost face-offs and the puck ended up in their end and net. Over the season, the Flames allowed 11 goals in the first 12 seconds of their opponent's power plays!

#### **Lack of Puck Possession**

In today's game, teams need to have the puck. They work hard to get it and they have to make a play with it. The Flames were one of the worst puck possession teams in the league (in the bottom third) while Stanley Cup finalist Pittsburgh and San Jose (in the top third) and as mentioned, this starts in the face - off circles. Yes, puck possession doesn't tell the complete story - sure it's a game of bounces, and some luck to define breaks and winning. However, today's NHL is evolving into more of a puck possession game; as evident by the success of the Pittsburgh and San Jose respectfully in this season's playoff run.

#### **Hiring of a New Head Coach - New Expectations, Game Plan and Style of Play**

Cont't p. 29

# Calgary Flames 2016 - 17 First Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Wed. Oct. 12, 2016	Flames	Oilers	8:00 PM	TBD
Fri. Oct. 14, 2016	Oilers	Flames	7:00 PM	TBD
Sat. Oct. 15, 2016	Flames	Canucks	8:00 PM	TBD
Tues. Oct. 18, 2016	Sabres	Flames	7:00 PM	TBD
Thurs. Oct. 20, 2016	Hurricanes	Flames	7:00 PM	TBD
Sat. Oct. 22, 2016	Blues	Flames	8:00 PM	TBD
Mon. Oct. 24, 2016	Flames	Blackhawks	6:30 PM	TBD
Tues. Oct. 25, 2016	Flames	Blues	6:00 PM	TBD
Fri. Oct. 28, 2016	Senators	Flames	7:00 PM	TBD
Sun. Oct. 30, 2016	Capitals	Flames	7:30 PM	TBD
Tues. Nov. 1, 2016	Flames	Blackhawks	6:30 PM	TBD
Thurs. Nov. 3, 2016	Flames	Sharks	8:30 PM	TBD
Sat. Nov. 5, 2016	Flames	Kings	8:00 PM	TBD
Sun. Nov. 6, 2016	Flames	Ducks	7:30 PM	TBD
Thurs. Nov. 10, 2016	Stars	Flames	7:00 PM	TBD
Sat. Nov. 12, 2016	Rangers	Flames	8:00 PM	TBD
Tues. Nov. 15, 2016	Flames	Wild	6:00 PM	TBD
Wed. Nov. 16, 2016	Coyotes	Flames	8:00 PM	TBD
Fri. Nov. 18, 2016	Blackhawks	Flames	7:00 PM	TBD
Sun. Nov. 20, 2016	Flames	Red Wings	5:30 PM	TBD
Mon. Nov. 21, 2016	Flames	Sabres	5:00 PM	TBD
Wed. Nov. 23, 2016	Flames	Blue Jackets	5:00 PM	TBD
Fri. Nov. 25, 2016	Flames	Bruins	5:30 PM	TBD
Sun. Nov. 27, 2016	Flames	Flyers	5:00 PM	TBD
Mon. Nov. 28, 2016	Flames	Islanders	5:00 PM	TBD
Wed. Nov. 30, 2016	Maple Leafs	Flames	6:30 PM	TBD
Fri. Dec. 2, 2016	Wild	Flames	7:00 PM	TBD
Sun. Dec. 4, 2016	Ducks	Flames	7:30 PM	TBD
Tues. Dec. 6, 2016	Flames	Stars	6:30 PM	TBD
Thurs. Dec. 8, 2016	Flames	Coyotes	7:00 PM	TBD
Sat. Dec. 10, 2016	Jets	Flames	8:00 PM	TBD
Wed. Dec. 14, 2016	Lightning	Flames	7:30 PM	TBD
Fri. Dec. 16, 2016	Blue Jackets	Flames	7:00 PM	TBD
Mon. Dec. 19, 2016	Flames	Coyotes	7:00 PM	TBD
Tues. Dec. 20, 2016	Flames	Sharks	8:30 PM	TBD
Fri. Dec. 23, 2016	Canucks	Flames	7:00 PM	TBD
Tues. Dec. 27, 2016	Flames	Avalanche	7:00 PM	TBD
Thurs. Dec. 29, 2016	Ducks	Flames	7:00 PM	TBD
Sat. Dec. 31, 2016	Coyotes	Flames	8:00 PM	TBD
Wed. Jan. 4, 2017	Avalanche	Flames	8:00 PM	TBD

# How Low Should - Can You Go?

**BEND YOUR KNEES! GET LOWER!** These are common cues by coaches and parents to prompt individual hockey players into a deeper or lower hockey stance. As coaches we are giving the right direction but is this always achievable for all players?

The Good Hockey Stance (GHS) is hockey's version of an athletic stance, and like any other sport's athletic stance, it has its foundation in a squat.

It is the fundamental posture that enables a player to fully utilize the strength in her/his legs whether to start, stride, stop, shoot, pass or battle for the puck.

A good hockey stance is where a player simultaneously flexes (bends) at the hips, knees and ankles while maintaining a straight back/torso.



*Bad Hockey Stance*



*Good Hockey Stance*

of structural and/or physical characteristics that limit a player's ability to flex as needed, which until identified and addressed will continue to impair a player's ability to execute and maintain a GHS.

When executed properly, the hips, knees and ankles are all flexed and the torso is straight with a slight tilt forward. But when some players attempt a GHS, their leg joints (ankles, knees and hips) won't flex enough and they either remain rigidly upright or bend at the waist and lean forward thinking they are getting lower.

There could be any number

of structural and/or physical characteristics that limit a player's ability to do a squat and maintain a GHS?

So what is a good squat? From a standing position, feet shoulder width apart; the athlete sits, pushing his/her hips back while flexing the knees and ankles. The spine remains neutral (back stays straight), but to compensate for the hips moving back the torso tilts forward slightly and the chest moves towards the knees. The athlete remains balanced with their weight evenly distributed along the length of their feet; they are not on the heels or on the toes.



So what limits a player's ability to do a squat and maintain a GHS?

**Ankle mobility.** This is the easiest problem to spot, and if it is the only issue the easiest to correct. In order for the knees to travel forward to compensate for the flex at the hips, the athlete needs to be able to flex (dorsi flex) his/her ankles. The reason for ankle inflexibility could be as simple as a

Cont'd p. 7

## David Mahoney's Bio:

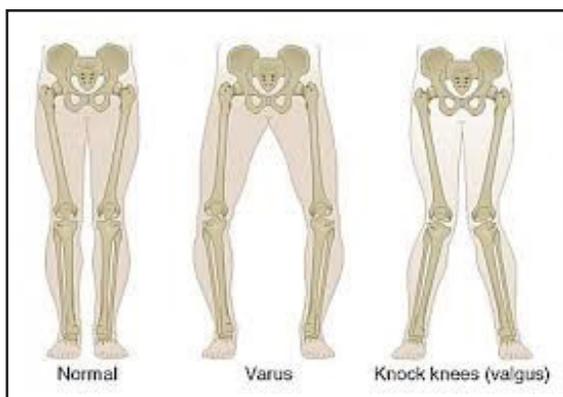
- Tucker Hockey - On Ice Instructor Last 13+ Years
- Tucker Hockey - Hockey & Fitness Consultant
- Mahoney Fitness Calgary
- Mount Royal University Graduate - Canadian Society for Exercise Physiology (CSEP)
- Certified Fitness Trainer (CFT)
- Personal Fitness Trainer (PFT)
- NCCP Certified



## How Low? (Cont'd from 6)

skater having his/her skates tied too tightly at the ankles, having laces wrapped around the ankles or bound too tightly with tape. Players often bind their ankles in an effort to create more stability but in doing so it restricts the ability to flex at the ankle and inhibits the ability to squat. Improving ankle flexibility can be as simple as loosening the laces at the top of the skate and/or eliminating the use of tape. There are also stretching and ankle mobility exercises that can improve ankle flexibility.

**Valgus knee and hip alignment:** There are three recognized

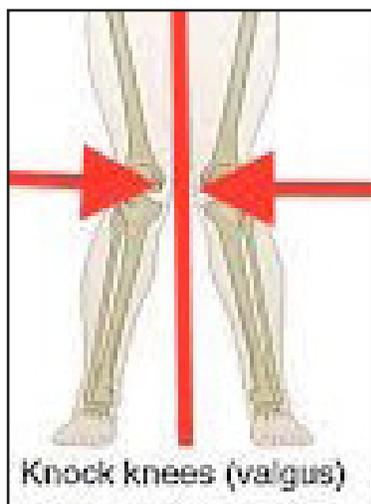


knee/hip alignment structures, normal/neutral, valgus (knock kneed), and varus (bow legged) knees.

For athletes with normal or varus (bow legged) knee alignment, the knees freely track forward or laterally with a full range of movement allowing for a deeper squat.

But valgus knees act as an impediment to achieving a deeper GHS stance.

When an athlete begins to flex the hips and knees for a squat/GHS, the knees track inward toward the midline, and eventually the knees can even meet at the midline. The result is the athlete cannot flex their knees any further, inhibiting the knees' range of motion and limiting the depth of their squat. The inward tracking can



also put abnormal stress on knee ligaments inhibiting the knee's range of motion, limiting its flexion and increasing the risk of knee injuries.

Athletes with valgus knees tend to also have weaker gluteus minimus and gluteus medius muscles. These muscles are located on the lateral sides of the legs, and their primary function is leg abduction, the lateral side movement of a skating stride. Strengthening these muscles is important, as stronger lateral muscles will allow the athlete to push harder in a stride and to push his/her knees laterally away from the midline improving the knee's range of motion. It should be noted that some athletes, who appear to be valgus at a younger age do grow out of it as they develop.

**Leg length:** Athletes with longer legs will have a longer femur (thigh bone). Longer femurs require a greater degree of flexion (bend) at the knee and ankle than a shorter femur to achieve the same depth in a GHS. That greater degree of flexion might be past the knee's comfortable range of motion increasing the stress on the joint. Mobility exercises and flexibility stretches can increase the range of motion and increase the depth of their squat but not significantly. An athlete with longer legs, most of the time, will be limited in the depth of their GHS. An example of such a case is Calgary Flame's Joe Colborne who at 6 foot 3 inches has a very shallow hockey stance.

**Leg strength:** Lastly, some skaters, more often younger players just learning to skate, might simply lack leg (buttocks, hamstrings, thighs) and core strength and the confidence to get into a GHS. For younger players 6 to 9 years, play activities like running, tumbling, or jumping promotes muscle development. For older children, ages 8 to 13, activities like soccer, basketball, judo, gymnastics, track and field, dance or wrestling help build strength and confidence.

When teaching a Good Hockey Stance, each athlete's physical and structural characteristics need to be first understood and assessed so training can be modified to meet the needs of the individual's abilities.

“BEND YOUR KNEES! GET LOWER!” maybe the correct cue to give, but at face value might not be attainable for every player.

# It is the off-season. What is next?

Confidence comes from continued learning and by becoming more competent. There is never a time that is not a good time to learn. Preparing to be the best that you can be is an ongoing and lifelong process. We all should strive to become what we are capable of becoming. Do not regret that you did not give it your all to succeed.

Are we going to fight the tendency to be average and ordinary, when we know that we cannot win by holding back? Most of us do not challenge ourselves enough and because of that we do not change or grow. Some of us are fearful of change and we are quick to dismiss new learning because it may upset the status quo. In reflection, I often let my ego get in the way of new learning. Having some recognition and success in the past should not have gotten in the way of new ideas.

All along this journey we have come to realize that winning is an inside job. You learn and grow and that is how you win. Spending most of my life comparing myself to others only led to frustration and focusing on my weaknesses. It has been a learning experience to change this habit and focus on my strengths. It has really been beneficial in building a new team by focusing on my teammates strengths rather than berating them for their inadequacies.

I have noted that I have given my best efforts and have received the best efforts from others when we have all been provided with a safe environment to learn and grow. What do you need from others to grow?

- Patience
- Belief – recognition
- Attention – be listened to
- Understood – come compassion
- Gratitude

If you need these things and others to grow, then the people who come into your life need the same from you. One of the new strategies that I am focusing on is that of positive self-talk. I had heard that this was an impactful, life-changing skill but I did not take the time to research this personal growth idea. It is a work in progress after many years of doing the opposite. When I focus and practice this skill, here is what I have found:

- Improved mental imagery
- Improved energy

- Improved posture – walking taller
- Improved eye contact – more confidence
- Improved countenance – smile on your face / approachable

We all know that erratic personal performance and team performance is the result of an erratic thought process and poor planning. To have consistency in performance we need to practice the strategies that will help us get better. NOT ONLY IN THE OFF-SEASON BUT AS LIFELONG GOALS FOR LEARNING.

Some thoughts (Any investment you make is yourself is a good investment):

- Attend coaching seminars
- Join online coaching discussions
- Read personal development books
  - \* “How to Win Friends and Influence People”
  - \* “Slight Edge” – Daily disciplines that make a difference
  - \* “Flight Path”
- Join influential groups – community, city, clubs
- Volunteer – always give back

*“Success, when achieved with honor is one of the few things in life that is worth its price. It is even better than is should be.”*

*~ Napoleon*

## **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



# Tucker Hockey Tips

## *Player Tryout Checklist*

The month of September means the start of school, summer is nearly over and for many kids - it's again minor hockey evaluations !

Player evaluations can be a very uncertain, stressful and anxiety filled time for many players and their parents.

To help players and parents increase their education and

awareness, Tucker Hockey offers below a player tryout checklist.

We trust it will help players become better prepared and more confident to do their best on the ice!

Enjoy the read and good luck this minor hockey season!

### **1 Preparation**

- a) Get plenty of rest the night before
- b) Equipment is ready - Skates sharpened, equipment bag checked for all items
- c) Good pre-game meal, minimum 3 hours prior to competition
- d) Arrives at the rink minimum 45 minutes prior to competition - not rushed
- e) On the bench, keep head in game
  - i) Talk to line mates - the better they play, the better you look
  - ii) Watch the play on the ice - measure your competition for making the team
  - iii) Avoid dehydration - drink before you're thirsty!!

### **2 Remember the important "cue words" when you get to the rink**

- a) **Relaxed** - not too nervous or anxious
- b) **Focused** - Concentrate on the on-ice activities and success
- c) **Confident** - in your ability to make the team, building on past successes
- d) **Energized** - you feel good, ready to handle any challenge

### **3 Three major criteria which all coaches/evaluators use to select their team are:**

- a) Skating - quickness, speed, agility
- b) Hockey sense - Reads the play well, makes good quick decisions, positional play
- c) Character - Strong work ethic, leads by example, competitiveness

### **4 Know and show your strengths**

- a) If you're a skater - "skate", shooter - "shoot", passer - "pass", etc
- b) Know what you bring to the team

### **5 Believe in your hockey abilities**

- a) You're good enough to make this team
- b) That you want it - willing to pay the price
- c) Put it all out on the ice - don't have any regrets

Cont'd p. 28

# Becoming a Better Coach through Reflective Practice

Many coaches develop their skills and knowledge through experiential learning, by observing other coaches and/or by attending clinics. Simply acquiring experience does not guarantee coaching competence as it may not be used correctly or appropriately - if used at all! It is the integration of experience and knowledge in a meaningful way that promotes learning and ultimately builds coaching expertise... this is the art of coaching!

The coach must embrace a growth mindset and admit there is room for self-improvement. It is the ability to be humble, park one's ego, lower one's defenses and receive constructive criticism from oneself (and respected others) for the sake of self-improvement; in turn, this will not only benefit that coach, but also their players. Coaches must be authentic; that is they must understand how they learn best and this comes from the process of reflective practice.

So what is reflective practice? Reflection links experience and knowledge by providing an opportunity to explore areas of concern in a critical way and to make adjustments based on these reflections. It can be done during an event (training session or game) or afterwards.

Reflection during an event involves the consideration of what is happening as it is happening, so they are 'living in the moment' and being able to apply their critical eye in real time. Coaches learn to read their environment and respond accordingly. For example, during training, a coach may see an activity isn't being performed properly by some of the group, so they choose to talk to these players while they are resting rather than stop the entire activity. Another time, if most of the group demonstrates they 'don't get it', the coach can decide that it would be best to stop the activity entirely to clarify the concern. This ability relies on their sport-specific knowledge and they use this knowledge to take action.

Reflection after an event involves thinking about what actually happened in relation to the purposeful goals of the activity. This post-reflection allows for more time to assess the situation and consider potential alternatives or review other resources in order to improve upon or progress the activity. For example, after a training session, the coach might realize that they need to adjust the time and space of

the activity, or tweak some rules in order to truly achieve what was originally desired! (After all, the ultimate goal of coaching is to help your athletes learn!)



Cont'd p. 34

## Dean Holden Bio:

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





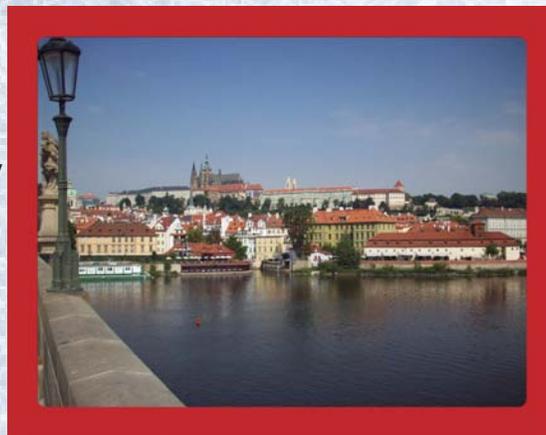
# 2017 European Adult Hockey Tour



## 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 also Vienna and Salzburg, Austria.
- Sightseeing, brewery tours and other attractions available on the tour
- Group travel attire for all participants
- Personalized Home and Away Game Jerseys
- 2 weeks accommodation and most meals included
- Arrival and Departure Group Receptions
- Professionally organized by a friendly and dedicated support staff
- An outstanding hockey, travel vacation, cultural, and friendship exchange experience
- Opportunity to extend your stay in Europe
- Bring family members along as well
- Don't miss out, only 16 Player Spots Available!!



Prague, Czech Republic

**Tour Price  
To Be Confirmed  
Fall 2016**

Serious inquiries contact Coach Rex  
403 - 244 - 5037 or email [programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)

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

# Coach Polo's Advice

Dennis Polonich, a former NHL player and coach was recently speaking to the players and coaches of a Pee Wee team after a game. Dennis knows that many parents like to give their kids advice on their car ride home.

Dennis had some advice for the players. If your parent starts to talk about another player or the coach he advised the players to stop them by saying "don't go there". This caught the player's attention. The kid's expressions made it obvious that players on the team had heard parents criticize their coach and teammates. The kids "got it".

Dennis sent this letter to parents of a Pee Wee team he was coaching in Spring hockey.

*"I appreciate players playing out of position....in the long run it will do them good. We have made much progress and have been building on the words and homework that I gave them..... COMPETE... COURAGE... RESPECT... HUMBLE... RESPONSIBLE and ACCOUNTABLE, INTENSITY! I want to build and start with a good well rounded kid that has most or all of the mentioned qualities.*

*Yes, you need to have skating, puck control, shooting, checking, anticipation, support, timing, transition, composure, patience, puck possession and protection, EFFORT, perseverance, determination.*

*An awful lot for a Pee Wee hockey player!*

*I look and want core qualities... coachability... competitiveness... emotional control... assertiveness... and resiliency... again a lot for a Pee Wee!*

*I ask you, as a parent, to PLEASE make your, self-evaluation, on yourself and your player as honestly as you can? Your expectations and your players expectations NEED to be real and realistic! Please refrain from comparing..... EVER! In the short months that I have with your child, yes, I will establish an undeniable impression! I will be one of their Role Models but I will not be their biggest Role Model..... YOU ARE..... what you say and how you conduct yourself matters.... as they say..."the apple doesn't fall far from the tree." Your little player has to develop his own identity and character..... therefore.....*

*slowly you need to distance and as we say cut the cord. I know, I was a parent also.*

*Players and kids in general..... need to experience some hardship and adversity to some degree..... how else will they know the other side..... if you want a SOFT kid.... then just keep doing everything for him!!!!*

*We learned this weekend.... to try and play and compete consistently on every shift..... not to be in LAAHHH... LAAHHH land.... on some shifts! In close games, there is a fine line and small difference in winning or losing... a small mistake or turnover.... or not being able to execute at the proper time or under pressure... or being out worked or pushed off the puck.... those are things we can try improve on.... sadly some will get it and some will not! That there, are thousands and thousands of kids playing at this level and what are some of the finer things we need to learn to separate us as we move up in the hockey world and in real life..... yes, it's a competitive world..... lots of people out of jobs now so you better be good at whatever you do..... and grateful!*

*I have a good feel for most of the kids now and with more time as we move on I will get to know the parents..... feel free to come and chat... at the appropriate time.*

*Again, I thank you for your support. It is much appreciated.*

*... Cheers Coach Polo"*

## Wally Kozak Bio:

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

Teacher, Coach, Mentor: Over 20 years

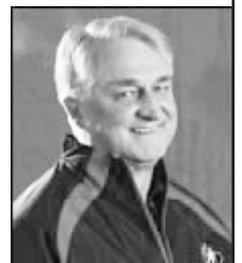
International, University, Major Junior and Minor Hockey.  
High School Football, Wrestling and Track and Field.

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.



# Coach Rex's Corner

## 1 - on - 2 Games

As coaches we are always looking for new drills and ways to teach skating and hockey skills. We desire to provide a positive learning environment so players can have fun training and enhancing their enjoyment from the game.

Over the years I have tried different teaching methods, innovative drills, skating games and varied scrimmages to accomplish the above. One of my favourite games is 1 vs. 2 player scrimmages.

### Setup:

- This game can be played in a defined area on the ice – defensive zone, neutral zone, offensive zone, below the ringette line, below the circle hash marks, below the goal line or on a circle etc.
- Having 1 group or many groups going at the same time factoring in the number of players on the ice and rest to work ratios etc. As a coach, you decide the dynamics of space and players active at any one time.
- Players can compete to keep the puck away from their opponents, try to score on an empty net, skate with the puck to a designated finish line or try to score on a goalie in the net. With timbits and novice players, I have had them play with a sponge puck and I play in net for a little fun!!
- Play - who scores first, three or five goal games etc.

### Purpose:

- So much of hockey today involves the short game. Playing in a small area on the ice. So this scrimmage teaches short game tactics.
- Short game tactics such as 1 on 1 battles, and evasive skating.
- Evasive skating involves being unpredictable / changing directions – turning, stopping, and pivoting etc.
- The game provides opportunities for players to use defensive tactics such as stick checking – poke, lift, and press to secure the puck from their opponents.
- Offensive tactics such as puck protection, being strong on the puck, keep away, fakes, dekes and toe drags etc

can be honed.

- Besides enhancing the tactical part of skating, this game teaches competitiveness and a no quit attitude which is very important at any age especially at the early stages of development. Bragging rights!
- With a game dynamic of every player for his or her self, it creates continuous 2 vs. 1 battles most of the time in the scrimmage.
- Exposing and training players in this type of scrimmage / games will better prepare and elevate players in real games when it counts!
- Players will have increased exposure and more tools in the tool box to excel and have success in real game situations.
- Learning when to use pressure or when to use containment against the puck carrier.

### Final Comments:

These 1 vs. 2 player games do not replace deliberate practice. The value of deliberate practice cannot be understated or undervalued with regards to overall player technical skills development. Players still need to be taught good technical skills such as proper skating and puck control. However, 1 vs. 2 player games provide opportunities for players of all ages to test their technical skills while under pressure ( two other players competing for the same puck in a scrimmage environment ) as well as have some fun. Game on - enjoy!!



# 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.

## The Train of Life

At birth we boarded the train and met our parents,  
and we believe they will always travel on our side.

However, at some station  
our parents will step down from the train,  
leaving us on this journey alone.

As time goes by,  
other people will board the train;  
and they will be significant  
i.e. our siblings, friends, children,  
and even the love of your life.

Many will step down  
and leave a permanent vacuum.

Others will go so unnoticed  
that we don't realize  
they vacated their seats.

This train ride will be full of joy,  
sorrow, fantasy, expectations,  
hellos, goodbyes, and farewells.

Success consists of having a good relationship  
with all passengers  
requiring that we give the best of ourselves.

The mystery to everyone is:

We do not know at which station  
we ourselves will step down.

So, we must live in the best way,  
love, forgive, and offer the best of who we are.

It is important to do this because

when the time comes for us to step down  
and leave our seat empty  
we should leave behind beautiful memories  
for those who will continue to travel on the train of life.  
I wish you a joyful journey on the train of life.  
Reap success and give lots of love.  
More importantly, thank God for the journey.  
Lastly, I thank you  
for being one of the passengers on my train.

Carpe Diem! (Seize the Day)  
Enjoy Life!



# Meet the Instructor

## Paul Riley



*Paul with his two sons:  
Griffin & Sullivan*

### Editor's note:

*Recently, I had a good chat with Paul Riley, Instructor for Tucker Hockey. Paul has been a valuable member of the Tucker Hockey team for more than 2 years now. He has helped primarily with teaching power skating and hockey skills to various Spring and Summer Minor groups as well as assist on occasions with our Adult 101 program. Here is a summary of our conversation.*

When I was 6 years old, my Dad signed me up for hockey. Hockey, in the early 1970's was much different than today. There were not as many ice times, and early morning practices before school. My Dad was a big hockey fan so that's why I think we were put in hockey and not other sports. Winters were long and cold in our small town, but hockey made it seem like the most fun season of all. I played hockey in Belleville, Ontario from 6 to 18 years of age. The best years were when I played midget hockey. It was fast paced and brought out my competitive side. It was a lot of fun. I found at that level of hockey, the game did not build character anymore, it revealed it. I made some great friendships. I still play hockey with my linemate from midget hockey today. He runs the league we play in and we call him "The Commissioner". Together, we even made our own "Stanley Cup" for our league.

### **What is your coaching background?**

I have been coaching minor hockey for 8 years - Timbits for 4 years, Novice for 3 years and Atom for 1 year. I completed the Hockey Canada Coach Development and Safety programs. I have really enjoyed following and helping my boys in hockey. The last 2 or more years I have enjoyed learning more about power skating and the technical part of the game being with Tucker Hockey.

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

About 3 years ago, I met Coach Rex. He had been hired by our minor hockey association to run some power skating practices for our team. I was coaching first year novice hockey and I found Coach Rex's approach to skating inspiring. I had registered my oldest son in Tucker Hockey prior to meeting Rex and I was pleased with the results.

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

I feel that skating properly is the most important skill to master if you want to be a better hockey player. Rex and I

### **Tell us about yourself and your family**

I am married to a beautiful lady, Karen and we have 2 boys, Griffin and Sullivan who have been the focus of our lives for the last 10 years now. It is amazing how time seems to fly! I studied chemistry at university and after obtaining my degree, I worked in the industry for about 10 years. Karen and I decided to start a small company making custom cabinets in 1993 and we still run it today. Our family is very involved in sports, with both boys playing hockey and soccer. I help coach each of the boy's teams in both of the sports. Although it is very time consuming I enjoy it immensely.

### **What sports do you participate in?**

I still play hockey whenever I can, but it is difficult to do because I love watching my kids play and practice sports. The boys both play hockey and soccer but they also like tennis, basketball, baseball and football. I am glad to see them try different sports and activities. I think that it is important that they try many different things as young athletes. I do not agree with one sport training for children.

### **How did you get into the sport of Hockey?**

Cont'd p. 26

## Previous Tucker Hockey Camp Locations

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

## Tucker Hockey Promotional DVD

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

Check it out on our website



## Tucker Hockey World of Instruction

Since 1999, the spectrum of past participants in Tucker Hockey Power Skating, Hockey Skills Development and 1-On-1 Coaching programs have varied from beginner to professional players. Thousands of registered players have ranged in age from 4 to 75, with a broad level of hockey skills and background as well as personal goals.

Past participants have included the following categories of players:

Professional	Learn to Skate
Collegiate	Calgary Recreational Hockey
WHL	Ringette
Junior A	Minor Hockey Coaches' Clinics
Junior B	Minor Teams
Midget AAA	Minor Hockey Association Projects
Midget AA	Customized Minor & Adult Hockey Programs
Midget AA (Girls)	<b>Adult Recreational</b>
Midget A	Ladies Teams
Bantam AAA	Men's Teams
Bantam AA	Male
Minor Hockey -	Female
Community	Father and Son
Midget	Mother and Daughter
Bantam	Grandfather and Grandson
Bantam Girls	Husband and Wife
Pewee	
Pewee Girls	
Atom	
Novice	
Tyke	

## Tucker Hockey Philosophy

### Why Power Skating?

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

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

# **TUCKER HOCKEY**

## **What Makes Tucker Hockey Unique?**

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

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

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

**Pay-It-Forward** - We offer Tucker Hockey Classic Awards – since 2004 Tucker Hockey has offered over 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 \$150,000 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.

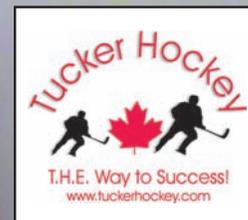
### ***4) Power Skating Mentoring Clinics for Minor Hockey Coaches***

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  
403-244-5037  
Today!



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

# Multi - Program Savings

## Make it a Combo!

Effective to December 31<sup>st</sup>, 2016

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

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

Family Discounts Apply - Both Adult & Minor Programs Qualify!

## Buddy Referral Program

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

\*Promotional Offers Can Not Be Combined\*

This can include, but not limited to:

- Using Gift Certificates
- Using Buddy Referral Program

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

Promotional Offers Available for All Yearly Minor and Adult Programs Advertised

**403 - 998 - 5035**

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

www.TUCKERHOCKEY.com

**Quality Year Round Hockey Services**

## Adult Summer 2016 Programs

Level 101

## Adult Fall 2016 Programs

Level 101, 201, Specialty Clinics

# Program Descriptions

### 101 Program

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

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



### 201 Program

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

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

### Specialty Clinics

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

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

Register & Pay Online Today!



# CALL 403 - 998 - 5035 TODAY



**Quality Year Round Hockey Services**

**Minor Summer 2016 Programs**

Minor Super Power Skating & Hockey Skills Development - Ages 7 - 12+ (Daytime & Evening)

Elite Power Skating & Conditioning Camps - Peewee / Bantam

Checking Clinics - Peewee / Bantam

Shooting Clinics - Ages 10 - 14+

Defenseman Clinic

Conditioning Camps - Peewee / Bantam / Midget



**Minor Fall 2016 Programs**

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

**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 Peewee & Bantam 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

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

## Tucker Hockey

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

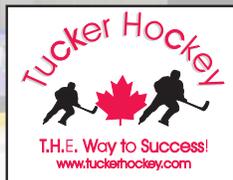
Tucker Hockey provides customized power skating or hockey development mentoring with coaches and their players on their practice ice times.

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

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

### Top 5 Reasons to Experience Tucker Hockey:

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



### Rex Tucker

Head Power  
Skating Instructor

- 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.

**Note: Limited availability this Summer and Fall 2016.**

### Summer - Weeks of Availability

- August 2nd to August 5th
- August 8th to August 12th
- September 6th to September 9th

### Fall - Weeks of Availability

- October 17th to December 23rd

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](http://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

# Customized Programs

## Gerry Kim & The Rice Kings Adult Recreational Hockey Team



*Editor's note: Recently, I had a good talk with Gerry Kim, Captain of the Rice Kings Adult Recreational Hockey Team. After participating in our Adult 101 program in the Fall of 2015, Gerry hired Tucker Hockey to do several Customized Programs (4 sessions each) for his recreational team during the*

*Winter and Spring of 2016. After working with Gerry on this project, I thought it would be interesting to obtain a hockey perspective from a recreational hockey player's point of view and obtain some feedback on the Customized Programs as well. Here is a summary of our conversation.*

**Gerry, tell us a bit about yourself and your family.**

I'm a 39 year old accountant, married to Tammy with two kids (Michael age 12 and Leah age 10). My kids both play minor hockey here in Calgary with Glenlake. I'm a life-long Calgarian and an avid Flames fan!

**What is your hockey playing background?**

Up until two years ago – none. I could skate forward, but couldn't stop or turn right. I took a beginner hockey program in 2014 so that I could play with my kids. Since that time, I have been hooked on hockey. I have played on three different adult recreational teams, and taken as many lessons as I can fit into my schedule.

**Why did you choose to play hockey over other sports?**

I love hockey. I've always wanted to play, but didn't know that starting to play as an adult was possible. Watching my kids play hockey sealed the deal for me, and I finally took the leap to learn how to play myself.

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

There are so many good things that come from playing hockey. Most importantly, I love being able to play with my kids and it's a huge part of our lives now. Since I started playing, I can appreciate how hard it is to play the game and I'm much less critical of my kids now. I think it has made the game more fun for everyone in my family.

Playing and managing my team has also been incredibly fun and rewarding. I love the camaraderie of a hockey dressing room. Playing hockey has also helped me see the game on a much deeper level. I've always enjoyed watching hockey, but now I can appreciate the "game within the game".

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

Keeping your head up and learning not to panic with the puck! It took a long time for me to have any awareness of where my teammates are on the ice. Sadly, blind passes and giveaways are still a big part of my game.

**Tell us about your recreational hockey team which you play on?**

The Rice Kings are an incredible group of guys and girls who, like me, are excited to play recreational hockey, and continuously improve. We are mostly middle-aged professionals with school aged kids, many of whom play minor hockey. The notable exception is our goalie, who is a younger guy we found on Kijiji (naturally his nickname is "Kijiji"). We've become a tight knit group and often play family shinny together with our kids and spouses. We are low in skill, but high in effort and enthusiasm.

Cont'd p. 36

# Meet the Instructor (Cont'd from 15)

got along well at the practices and he liked my approach to coaching the kids. He asked if I would like to become involved with Tucker Hockey and I am glad that I did! Not just showing people how to do things, but encouraging them in a positive and non-threatening way can yield amazing results. Different players have many different skill levels but they all have the same ability to smile. Bringing out the true joy from learning hockey is what we should all strive for. Happy athletes perform much better!

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

Bonding with people and helping them to get better and learning new skills is a great thing. I get to see the progress that they make. Teaching the children to be brave and to try difficult skating techniques, regardless of the result on the first of many attempts, but trusting you when you say “You can do it”, or “I know you can” and then watching them achieve that goal is amazing!

## **What challenges or difficulties have you experienced while being an on ice instructor?**

The biggest challenge can be getting a child that may be nervous or uncertain to feel included and comfortable enough to give you their best and most focused effort. Once they trust and respect you, players will give you their all and you just have to be genuine and honest when making that connection. If the teacher is not having fun teaching then the students won't have fun learning.

## **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?**

Skating is the most important skill in hockey. With proper instruction students can achieve a high level of skating competence. This will create a very confident athlete, that when playing hockey, focuses on play making and positioning, confident in their ability to be able to skate to any position with ease. This can only be achieved through proper instruction, with practice and repetition to make it second nature. It is truly amazing to watch great skaters in action!

## **Any other tips would you pass on to coaches who participate in hockey?**

It's a game with many highs and lows and being a true champion is not defined by a number on the score board but by the amount of heart you put in the game and the praise you receive from your peers. Even if the whole game is not a great one, it can still have great moments.

## **What other things interest you, outside hockey?**

Our family likes to go camping in our spare time. The boys love fishing and bike riding. We also like a good movie with a big bowl of popcorn at home on the sofa.

## **What does the future hold for Paul?**

My plan is to continue to watch my boys grow up playing sports and having fun. I enjoy coaching and I hope to be a part of many teams in the years to come. Maybe even retire soon!

## **Editor's note:**

*Thanks Paul for taking the time from your busy family and work schedule to complete a Tucker Hockey Instructor Profile. After conducting a power skating session for Coach Paul's Novice team, I discovered Paul had great passion and love for the game of hockey. I was impressed with his fun loving approach with the kids and the positive team learning environment that he had created. This was refreshing to see in the minor hockey system. Maybe the reason he relates and connects so well with his players is because he's a big kid at heart himself! Paul projects a very appreciative and positive view on life. He is a very approachable coach and works really well on a 1 on 1 basis with participants in our Tucker Hockey programs. With his strong people and communication skills, Paul excels helping the younger age skaters get to the next level. Over the past few years Coach David and I have enjoyed mentoring Paul to the role of a strong assistant on ice instructor. Paul has shown a strong interest to learn more about the technical part of the game especially skating. He has a bright future in the coaching fraternity. Paul my friend, I have valued your contributions to Tucker Hockey...much appreciated! I look forward to many more "fun times" on the ice in the years ahead.*

# Strength Training Distinctions Between Players & Goalies

Among the hot topics within the strength and conditioning world of hockey is the constant debate of whether players and goalies should train differently. In my opinion, I believe their training should be different on three main levels.

1) Energy Systems – While both offensive and defensive skaters require shifts varying from 30-45 seconds, goalies are required to last in net for the entire game. You may think aerobic endurance like a marathon runner would be the most important factor but in fact prolonged endurance work can be a disservice as it produces a slower reaction time. Instead, they require speed, quickness and the ability to react. The precision to which a goalie must move is second to none and because of this factor, we must train them differently than their striding teammates.

I will focus on higher-intensity, shorter-burst drills with them once we have evolved past the typical off-season general physical preparedness of aerobic & anaerobic work. A goaltender will need to cover it as quickly as possible as players move the puck around so the ability to anticipate should be built into their drills and typically involve hand-eye coordination and/or foot-eye coordination.

2) Movement Patterns – As noted, goalies do not typically cover a large amount of ice during their games and thus their movements must be as such. As they work within a small area, there must be focus on lateral movements involving the hip abductors (outside of the hip) as well as the adductors (inside of the hip) to drop into the butterfly.

My goal with all goaltenders is to ensure their hips are flexible for a stretched toe saves as well as a large amount of range of motion when reacting to an odd shot that requires more acrobatics. Once this foundation is built, we then progress towards a moderate amount of strength throughout all sides of the hip musculature so their movements can be accurate and fluid. Here I use the staples (squat, deadlift, glute ham raise, hip flexion among a variety of bodyweight manoeuvres) with a moderate strength focus of 4 sets of 4-5 repetitions.

3) Strength & Power – “All-out sprints” do not happen often for a netminder and their training should reflect this.

Therefore, the balance of their overall body musculature should be more suited to a high-end SUV as opposed to a formula 1 race car.

As noted above, strength & power will still be incorporated into their routine however it needs to be regulated as they too need to regulate their ability to stop the puck. Olympic lifts will be heavier for players as they require the ability to sprint down the ice and back again. Goalies will require more body awareness on how to implement the most appropriate movement of various types. The buzz term ‘functional strength’ of the early 2000’s strength training world, though more recently labelled ‘relative strength’, comes to mind.

Though many differences exist in their training programs, net minders are still able to train alongside their defensemen and forwards as many similarities are required for all hockey athletes. These include the ability to produce a high amount of force rapidly (Power), stabilize and control their base, develop leg strength for their roles, exert themselves maximally and recover rapidly, and be able to move fluidly without restriction.



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



# Tucker Tips (Cont'd from 9)

## 6 Stand out from the crowd - get noticed

- a) Give 110% during every shift or drill
- b) Want the puck - play around the puck, not on the perimeter

## 7 Play with intensity - elevate your game to the next level

- a) Don't take "shifts off"
- b) Finish the scrimmage as good as you started
- c) Be consistent with all drills from start to finish, no "cheating on a drill"
- d) The pain of fatigue is only temporary - it goes away
- e) Don't be a cheater or pouter, be a worker and a leader

## 8 Overcome adversity

- a) Making a bad play/decision
- b) Making a mistake during a drill - stumbling/falling
  - i) Park the mistake and move on - learn and grow

## 9 Objectively evaluate your on-ice session

- a) Build on your successes - a good goal, pass, or check
- b) Look at areas for improvement for a better next session

## 10 Be proud that you gave it your very best



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

#### Ideal Qualifications Include, but not Limited to:

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

#### Personal Traits:

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

**Send Hockey Resumes to: [programs@tuckerhockey.com](mailto:programs@tuckerhockey.com)**

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

# Calgary Flames (Cont'd from 4)

As the new Head Coach, Glen Gulutzan is crystal-clear about his plans for next 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," he added. Gulutzan, who hails from Hudson Bay, Sask., has spent the last three seasons as an assistant coach with the Vancouver Canucks. He previously led the Dallas Stars as head coach for two seasons. "It became very clear, meeting with Glen early, that this was a perfect match," GM Brad Treliving said. "This is an individual who is smart. He's intelligent about the game, tactically, structurally. He's a communicator. In today's game I think he answers the questions of why and how, and those important questions in today's game. Players want to know the information and why we're doing things and how it's going to be a benefit." Coach Gulutzan and his coaching staff have a good core of players to work with next season to implement a fast paced style of play.

## Trading for a New Goalie - Bringing Stability to the Position

During the 2016 NHL draft, the Flames acquired Brian Elliott age 31 6' 2" 200 lbs net minder from the St. Louis Blues for a 2nd round pick and a conditional 3rd round pick. Last season Elliott played in 42 games had 23 wins, 8 losses and 6 ties with an impressive 2.07 goals against and .930 save percentage. The salary hit will be \$2,500,000 next season.

## Team Strengths Moving Ahead - Top Core Players / Prospects

### Core:

- 22 year old Johnny Gaudreau has scored 143 points in his first 160 NHL games; he ranks 12th in scoring over the past two seasons. Johnny Hockey will continue to excel in the new NHL game of increased speed and skill.
- 21 year old Sean Monahan had a career high 63 point season and is a solid two way No. 1 centre for the Flames.
- 32 year old captain Mark Giordano had a career high

of 21 goals and 56 points last season. He displays solid skill and strong leadership abilities every game.

- 27 year old T.J. Brodie is a strong skater and puck mover. He has averaged 25 minutes per game over the last two seasons.
- 19 year old Sam Bennett is displaying high end skill and should become a strong offensive threat. He will develop into the Flames No. 2 centre in a couple more years.
- 22 year old Dougie Hamilton started the season slow but played well in the second half of the season. He should progress to a top 4 defenseman role.
- 27 year old centre Mikael Backlund, who finally stayed healthy, delivered a career best season with 21 goals and 47 points. He had excellent puck possession numbers and was an underrated strength on the Flames.
- 28 year old winger Michael Frolik has rounded into a solid two-way, versatile player. He contributes both offensively and defensively to the team.

### Prospects:

- 2016 NHL Draft - 6th pick - Matthew Tkachuk 6'1" 195 lbs from the Memorial Cup Champion - London Knights. Tkachuk scored the winning overtime goal in the championship game. Scouts describe him as a complete left winger with elite hockey sense, who competes at a high level with grit and skill especially down low.
- Signing of Daniel Pribyl, 6' 3", 23 year old winger who had 45 points in 45 Czech league games last season.

### What are the important signings in the off season?

- Finalize primary contract signings of: Sean Monahan (RFA) and Johnny Gaudreau (RFA), the team's top 2 scorers plus secondary contact signings of: Josh Jooris (RFA) , Joe Colborne (RFA), possibly Jakub Nakladal (UFA) and Joni Ortio (RFA).

The Flames have approximately \$49.1M committed to the 2015 - 2016 salary cap structure for 15 players prior to the pending signings of Monahan and Gaudreau. The 2016 - 2017 salary cap will be \$73 million with the floor at app: \$54 million. The Flames have monies to spend in the off season. Free Agents - Kyle Okposo, Milan Lucic, Andrew Ladd, David Backes or Mikkel Boedker are looking for new contracts. The team needs to add more speed and experience;

Cont'd p. 31



## Voice

"We want to hear your voice!"  
**Tell Us What You Think!**

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

Articles from New Contributing Writers are Appreciated.

New Advertisers Welcome!  
programs@tuckerhockey.com

"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!**



# Calgary Flames (Cont'd from 29)

especially up front - solid role players with size to help the younger skilled players.

## In Conclusion:

After watching the Pittsburgh Penguins win the Stanley Cup this past season, the blue print for their success was:

- Great goaltending
- Team speed - speed kills on the attack and on defense as well,
- Playing a puck pressure / possession game - the team wanted and always pursued / getting the puck.
- Depth - 4 lines & 6 defenseman - rolled them over / high

tempo / constant movement and pressure on the ice

- Complete team play - 5 players working together, blocking shots etc. especially on defence in their own zone.

This is the future success model of the NHL. New Head Coach Glen Gulutzan embraces this coaching philosophy. With the existing young talent and rising prospects in the system, Flames fans are in store for an entertaining season under 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. It will be an exciting season ahead!

## Tribute to Gordie Howe

*A Hockey Legend*  
*March 31, 1928 - June 10, 2016*



Gordie Howe was most famous for his scoring prowess, physical strength, mean streak, competitiveness, and career longevity. He redefined the ideal qualities of a hockey player. Many hockey experts regard him as the best all round player to have ever played. He could do so many things so well. He was called Mr. Hockey.

As great a player as Gordie Howe was on the ice it was over shadowed by the man off the ice. Many words can define him – loyal family man, gentleman, class act, humble person, humanitarian, a tremendous ambassador of hockey, and someone who was very respectful of everyone associated with the game. In fact, he would not turn away any hockey fan seeking his autograph.

Mr. Hockey was a tremendous role model for hockey and an upstanding citizen. His legacy is surely inspiring to today's players and the public in large. Imagine what a better and more beautiful world we would live in if more people exhibited the personal traits and qualities of Mr. Hockey. Just imagine what kind of society we would have if everyone lived that way? We could close up our jails! Parents certainly can use Gordie Howe as a positive role model for their

children, a standard of character to live up to, such a kind and decent man. He touched so many lives with his class and gentlemanly ways. He will never be forgotten in the hockey world. Rest in Peace. You will be truly missed Mr. Hockey.

### Summary of Career Accomplishments:

- Named 3rd overall on The Hockey News List of Top 100 NHL Players of All Time (1998)
- 4th All Time NHL Regular Season Points Leader - 801 goals, 1049 assists and 1850 points
- Most NHL Regular Season games played - 1767
- Played 26 seasons in the NHL and 6 seasons in the WHA
- 4 time Stanley Cup Winner
- 6 time Art Ross Trophy Winner – Leading Scorer
- 6 time Hart Memorial Trophy - MVP
- Top 10 in NHL scoring for 21 consecutive years
- 20 times named to the NHL First or Second All – Star Teams
- Made a comeback at the age of 45 to play with his two sons – Marty and Mark (1973)
- Only player to have played in the NHL in five different decades (1940s through 1980s).
- Played in the NHL until the age of 52
- Inducted into the Hockey Hall of Fame (1971)

# Tucker Hockey Initiatives

## *For the Betterment of the Game*

The objective of this Hockey Zones section is to always offer ways to improve our great game. This installment will focus on the following topic.

### **NHL Scoring Woes Continue**

*“For the fourth consecutive 82 game season, the NHL has failed to top 6,600 goals scored. More troubling is this year’s total is a whopping 858 goals less than 2005 - 2006, when the NHL revamped its rules to eliminate clutching and grabbing in a bid to open up offence. What’s happened since is coaches have adapted to the new rules by devising ways to clog up the area in front of the net, and teaching defenders to steer puck – carriers toward the boards without drawing interference penalties.”*

*Source: The Associated Press.*

Here is some thinking outside of the box to create more offense in our game especially at the NHL level. The game’s rules and happenings at the NHL level will often filter down to the lower levels of hockey.

### **Reduce Goalie Gear Size**

After a great deal of deliberation, the NHL will finally reduce the size of the goalie equipment for next season. For the last 100 years the size of the nets has not increased but the overall size of the goalies and their equipment has certainly gotten larger. The skill level is so much better at this position now and with the increase in equipment size it’s been very difficult for shooters to score. This initiative should help to some degree with the scoring woes.

### **All Penalties Served in their Entirety**

Back in the 1940’s such was the case. However, the Montreal Canadiens had such a lethal power play the NHL changed their rules. Going back to the old format of teams serving the mandatory full 2 minutes regardless of how many power play goals scored will create more goals and teams will play a cleaner brand of hockey. It will reward teams who have more offensive creativity and effective power play units.

### **3 Points for a Regulation Win**

The International Ice Hockey Federation has used the 3 point system with great success for many years now. 3 points for a regulation win and 2 points for overtime win. With an extra point on the line it should motivate teams to play to win and not play not to lose. This would generate more of a puck pursuit pressure game and less of a defensive posture containment game. More excitement for the fans and increased offensive flare and goal production is the objective.

### **Ban the Neutral Zone Trap - Team Play Tactic**

The New Jersey Devils took the trap to another level in the mid 90’s however it had been around for many years prior. Being passive and playing containment hockey by blocking up the neutral zone produces low scoring and boring hockey. Why not implement rules and penalties to force all teams to pressure the puck, puck pursuit and play a “set the pace” game. If teams do not fore-check aggressively with 3 players below the opponents blue line they will receive a 2 minute penalty each time there’s a violation. Being short handed will force teams to switch from a containment mode to pressure mode style of play. We need more North - South flow in our game. Even though it was a tough loss, it was a joy to watch the USA vs. Canada Women’s WHC Gold medal game in April 2016. Lots of excitement!! Such end to end game action – reminded me of watching one of the NHL classic games from the 1960’s when the games had a greater flow.

### **Player Changes Only on the Fly**

This measure will allow less structure and more flow within the game. Coaches will be less able to match up lines and suppress offensive creativity in the game. Creating a little more “run and gun” and yes – on ice action and excitement! This will prevent coaches from devising ways to clog up the net and slot zone (prime scoring areas), tired players can’t change up and it will allow more breakdowns, scoring opportunities and goals.

Cont’d p. 34

# 2016 Men's World Cup of Hockey

Sept. 17 to Oct. 1, 2016 - Toronto, Ontario



**WORLD CUP OF  
HOCKEY 2016**  
TORONTO



## Preliminary Round

MST

Date	Visitor	Home	Time (MTN)	Group
Sat. Sept. 17, 2016	USA	Europe	1:30 PM	A
Sat. Sept. 17, 2016	Czech Republic	Canada	6:00 PM	A
Sun. Sept. 18, 2016	Sweden	Russia	1:00 PM	B
Sun. Sept. 18, 2016	Finland	North America	6:00 PM	B
Mon. Sept. 19, 2016	Europe	Czech Republic	1:00 PM	A
Mon. Sept. 19, 2016	Russia	North America	6:00 PM	B
Tues. Sept. 20, 2016	Sweden	Finland	1:00 PM	B
Tues. Sept. 20, 2016	USA	Canada	6:00 PM	A
Wed. Sept. 21, 2016	Sweden	North America	1:00 PM	B
Wed. Sept. 21, 2016	Europe	Canada	6:00 PM	A
Thurs. Sept. 22, 2016	Russia	Finland	1:00 PM	B
Thurs. Sept. 22, 2016	USA	Czech Republic	6:00 PM	A

## Semi - Finals

Date	Visitor	Home	Time (MTN)
Sat. Sept. 24, 2016 (13)	TBD	TBD	TBD
Sun. Sept. 25, 2016 (14)	TBD	TBD	TBD

## Championship

Date	Visitor	Home	Time (MTN)
Tues. Sept. 27, 2016	W13	W14	6:00 PM
Thurs. Sept. 29, 2016	W13	W14	6:00 PM
Sat. Oct. 1, 2016	W13	W14	5:00 PM

## Better Coach (Cont'd from 10)

Here are some ways you can use regular reflection to increase your own coaching expertise:

- **Personally journal your insights about an event.** Using a 'start' – 'stop' – 'continue' style of assessment, you need to ask which activities worked well and why, which need improvement and why and which need to be discarded.
- **Talk things over with your coaching staff.** Gain their insights into these areas utilizing a similar questioning format. How can you and your group get better during training or games?
- **Create a 'focus area' for yourself to improve upon over the course of the season.** For example, you can designate a question about coaching or learning to which you would like to explore possible solutions. Throughout the season you then attempt to address the question through various strategies and approaches. For example, perhaps you want to improve upon your teambuilding skills so you develop and implement a plan, then reflect upon it; ask the other coaches and players for their perspective as well.
- **Attend a practical coaching clinic.** These provide an opportunity to experiment with different ideas and

receive feedback from other coaches. Coaches are assigned case studies or role plays and then are required to present them to the class. These most likely will be offered outside of your sport; these are readily available under the categories of business / communication and teaching categories... you will just have to adapt the lesson to sport!

- **Video analysis (training or events)** provide you with benefits from reviewing them with your coaching staff, or mentor coaches. The addition of a remote microphone to pick up your communications is a great idea as it provides greater context and insights to the video. The process promotes reflection on elements that are sometimes more subtle and not immediately recognized by you, such as body language and tone of voice. How do you appear to others?

To conclude, I have found that by integrating reflection during and after my coaching events that I have greatly accelerated my learning process. It wasn't easy at the start; it required effort and a consistent commitment to making reflection a daily habit but in so doing, myself and my players have benefitted. I hope you will consider integrating some of these ideas into your own coaching practices.

## Initiatives (Cont'd from 32)

### Make the Rinks Bigger

The standard NHL arena is 200 feet in length and 85 feet wide while the international surface is 200 feet in length and 100 feet wide. That is a difference of 3,000 square feet. The extra area should allow the more skilled and faster players to generate more offense. This size increase will only work if the coaching strategies do not include trapping. The 2014 Olympic hockey tournament in Sochi, Russia revealed that the bigger ice does not provide more offensive and entertaining hockey unless the coach's tactics are in line. Hockey lobbyists like Brian Burke and others suggest moving to a hybrid size of 93 feet wide. To make the rinks bigger in the NHL, it's something that should have been done years ago when many of the new rinks were built. To increase the size of the rinks today, this will take millions of capital expenditure dollars by the league and owners as well as result in millions of loss revenue from the hundreds of seats displaced - it will be a very hard sell indeed moving

forward. Especially in the NHL the dollar is king! Remember the size of the NHL rink has not changed in 100 years but the size, and speed of the players has greatly increased. In today's game players are restricted on the same size surface as the pioneers of the game 100 years ago! In today's game, there's very little room available before a puck carrier is checked by an opponent. More time and space for the truly gifted players – will result in more offensive creativity and goals scored but it's a long shot indeed!

### In Conclusion:

Keep the dream alive for ways to improve our great game and this certainly starts with more offensive plays, more goals scored and better entertainment value for the fans!

We welcome your opinions and thoughts on the above discussion points, email us at [programs@tuckerhockey.com](mailto:programs@tuckerhockey.com). Tell us what you think! The "best" letter submitted to the editor will receive a hockey prize!

# EPIC

There is an old adage that you get out of life, any activity or any program what you are prepared to put into it. Hockey instruction definitely follows that stream of thinking. Tucker Hockey has always endeavoured to achieve the greatest potential of its program participants. On ice instructors take small steps to reinforce proper technique to achieve great strides in a player's hockey development.

To get the most out of a program, it's beneficial for a player to remember the acronym EPIC.

An EPIC experience is:

## **Experiential – Participation – Innovation – Congruity**

**Experience** is the best teacher. The optimum way to learn a new skill is to get hands on instruction regardless of your level. Endeavour to get to the next skill level that will allow you to stretch and enhance your play. At practice be willing to try new ways of taking the skills you have been taught and try them in different situations and under more demanding circumstances. Try to add to your development tool box of skills and progress from deliberate practice to applying the new skills learned in game type situations.

**Participation** - Get involved in the playmaking. Be an active player not a spectator in the game. When you learn new skills don't be afraid to attempt new plays and practice them again and again. Failure or lack of success is part of the development journey. Don't worry if the first few times don't bring instant success. All successful players will tell you it was practice and more practice – hours and hours of deliberate practice that got them to that acquired skill level.

**Innovation** - Most achieving hockey players will tell you that it isn't just the current play on the ice that is important. But being able to see the next play before it happens. It's important to be an innovative player willing to try to use the new skills you are learning to expand your playing level. Yes, be creative and try new things on the ice. You should be able to change your style of play to what is required of you on the ice at the time. Read the situation and adapt to the play – find ways to contribute, to build and to gain a variety of successes.

**Congruity** - Being in harmony with the whole. As a team player are you positioning yourself in the most optimum area of your position; to optimize the effectiveness of all the players on the ice at the time. For example, does your centre know where his left winger is when he has the puck or vice versa. You will notice as you work to improve your skills that the best players seem to be those who have a hidden sixth sense to know where their “Go to” players will be positioned at any given time so that their natural reaction is to pass off the puck rather than taking a longer time to try to find someone in the clear who is open to receive the pass. On ice awareness - this can only come from hours and hours of hard work i.e. practice on the ice and everyone is participating together in the play. Each member of the team is on the same page of the playbook so to speak. “All for one and one for all” to quote from the Three Musketeers by Alexandre Dumas.

Be EPIC in your future hockey and personal development and enjoy the journey!

**“The best preparation  
for tomorrow is  
doing your best  
today”**

**~ H. Jackson Brown Jr.**

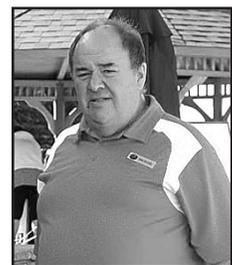
### **Michael White Bio:**

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



## Rice Kings (Cont'd from 25)

### **When and why did you initially get involved with the Tucker Hockey Adult 101 Recreational Hockey Program?**

I have taken many of the hockey programs and power skating lessons that are available in Calgary. I took the Tucker Hockey Adult 101 program in the fall of 2015, based on a recommendation from a teammate. The instruction I received was a game changer for me and helped bring my game to a higher level. Most hockey instructors will run the same or similar drills, but not all of them will take the time to correct your mistakes and provide immediate feedback. This was very important for me as I could not identify what I was doing wrong on my own. I knew my teammates could also benefit greatly from this type of instruction.

### **Your team participated in a number of Tucker Hockey “Customized On Ice Sessions” for your team in 2016? What is unique or different about customized on ice sessions?**

The customization aspect of the sessions has been great for us. Rex was diligent in seeking out feedback and customized each session based on what we wanted to learn. In addition to the skating and hockey skills, we really wanted to learn positional play. We are learning to play our positions properly, which has helped immensely, and allows us to have more fun on the ice.

### **Can you describe a little your overall hockey experience with the customized on ice sessions?**

The sessions have been one of the best things we have ever done. The feedback I have received has been overwhelmingly positive. Best of all, we are playing better as a team, having more fun and winning more games!

### **Gerry, what have you and your teammates gained or benefited from exposure to Tucker Hockey instruction?**

Almost none of us have a background playing hockey, so this experience was the first formal instruction many of us received. In a short amount of time, we received a strong foundation of hockey fundamentals which we can build upon. There is only so much you can improve on your own without formal instruction. The Tucker Hockey experience brought us together as a team and reinvigorated our desire to improve.

### **What advice would you like to offer other adult recreational hockey players and / or teams about the importance of skating, and why they should consider investing the time and money towards quality skating and hockey skills instruction?**

Your enjoyment of the game improves greatly by learning to play hockey the right way – from the fundamentals onward. Like anything else, practice and repetition are important, but if you keep practicing the wrong way, you will not improve and you will get frustrated. A good hockey instructor will identify your bad habits and help you correct them. Your teammates won't necessarily be able to do this for you.

### **What does the future hold for Gerry Kim?**

The South Korean national team is looking for players for the 2018 Winter Olympics. I may be slightly too old, but a guy can dream!

#### *Editor's note:*

*Thanks Gerry for taking the time from your busy family, work and hockey schedules to share your thoughts and involvement within hockey. Gerry, the Tucker Hockey on ice team of Jimmy, Frank, Ron and myself have truly enjoyed working with your recreational group to help you and your teammates improve on skating, hockey skills, team play and obtain a better understanding of the game within our Customized Programs. All the very best with your future family, career and hockey endeavours! See you on the ice again soon! Take Care.*



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



# Tucker Hockey Classic Awards

*"Giving Back to the Calgary Hockey Community"*

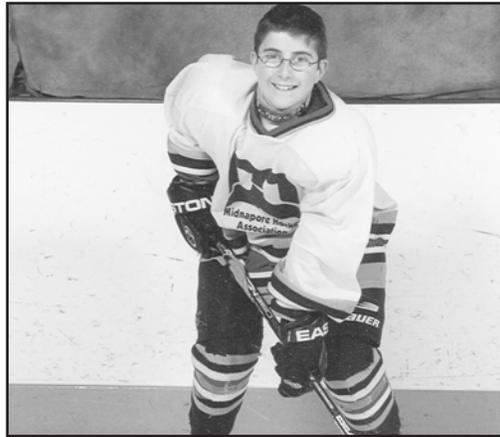
Since 2004, Tucker Hockey has offered over 75 free programs to various Minor and Adult Hockey Players. Giving back more than \$25,000.

## You Could Win!

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

To enter, show us your passion! Write a 50-100 word essay on why you love playing the game of hockey. Send your submission along with your name and phone number to programs@tuckerhockey.com.

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



### Minor Hockey Danny Cammack Memorial Award

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

hands and an uncanny puck sense.

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



### Adult Hockey Bradley Mersereau Memorial Award

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

#### Adult Recipients

Summer/Fall 2015 - Mike Smith  
Winter/Spring 2016 - Daniel Choy  
Summer/Fall 2016 - Tim Flaman

## Congratulations to Scholarship Recipients

Summer/Fall 2015 - Ivan Rimdap

Winter/Spring 2016 - James Friesen

Thank you everyone who entered -

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

## Why I Love Hockey!

I like hockey because I can control puck and skating better after I participated Tucker Hockey. Tight turn, and stick handling are another favor of the program. Beside, system and team work are the one of training focus on. I have been joining Tucker hockey for two years since I was in Timbits. I will return to Tucker hockey which not only improves my hockey skills but also increase my passion of hockey.  
- Darren Chan, age 7

# 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**

