

Hockey Zones

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



Concussion Awareness - Minor Hockey Week



Esso Minor Hockey week will run from January 11th to January 19th, 2013. It is recognized as the largest ice hockey



and 12,000 players ranging in age from 7 to 21 will take to the ice for this annual tournament. In addition 2,500 coaches and

4,000 volunteers will be involved to make sure the event runs smoothly.

Esso Minor Hockey week is just one example of how hockey is such a prominent part of the Canadian identity. As mentioned in a previous article published in the winter 2012 issue of Hockey Zones Newsletter the state of Canadian minor hockey as we know it today may look quite different in the next decade or so. Hockey Canada's membership peaked in 2008-09 when it hit 585,000 registered players. However, enrolment is dropping by a little more than 1%

No event of this size could run smoothly without a dedicated group of volunteers, parents, officials and players. So hats off to the countless number of volunteers each year who provide the kids in Calgary and across Canada with the opportunity to play. Over the week, more than 600 teams

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Look Inside for
More Great Sports Tips

Vision is not seeing things as they are but as they will be.

~ Gil T. Figaro

Tucker Hockey

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

Spring & Summer Elite Power Skating / Conditioning Camp A specialized power skating curriculum that includes extreme edges, striding - technique & speed as well as skating agility & mobility drills Elite Atom to Bantam Players	Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Spring & Summer Minor Super Power Skating & Hockey Skills Development A program which focuses on the technical skills of skating, puck control, passing and shooting plus scrimmage. Ages 7-14+
Summer July 10-24, 2013 Czech Hockey Exchange Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Bantam		Summer July 10-24, 2013 Czech Hockey Exchange Elite Training, exhibition games and sightseeing in Prague. Hockey Trip of a Lifetime! Top Calibre Bantam
Minor Hockey Group Programs Fall, Winter, Spring & Summer Power Skating Player Development Checking Clinics	Customized Programs Group & "1 on 1" Year Round Ages 5 to 20	Adult Recreational Group Programs (Ages 18 - 65+) Fall, Winter, Spring & Summer Power Skating Player Development

Rex Tucker Director, B.Comm

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

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

Contact
Tucker Hockey
(403) 998-5035

or online at
www.tuckerhockey.com

Tucker Hockey Identity

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

Experience the passion of Tucker Hockey!

www.tuckerhockey.com

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Minor Hockey Week (Cont'd from Cover)

a year, or 8,000 players, on the average, per year. The myth is that most Canadian boys play hockey, however, the reality is that the numbers are falling. Only 15.7%, or 1 in 6.4 boys, actually play the game in Canada. If the trend of young males deciding not to play hockey continues, the numbers are expected to continue to lower in the years ahead.

The Concussion Situation:

One of the major reasons behind the predicted reduction in minor hockey registrations is the perception of hockey as an increasingly violent sport in the public's eye. Hockey is often portrayed as a violent sport based primarily on the contact aspect, otherwise known as checking. With an increase of player concussions and enhanced media coverage this only magnifies the violent perception and issue within our game. This violence is enhanced and glorified in video games.

Vision is not seeing things as they are

but as they will be. Therefore, Hockey Canada became proactive and took a strong initiative this hockey season. It started a progressive awareness / education campaign to help keep players safe in our great game, as well as to sustain and to help grow player participation across our country. The theme is "Be Respectful of Everyone on the Ice". Team Canada Alumnus Sydney Crosby, who has seen his own career derailed by concussion problems, endorses and supports the New Concussion Awareness Campaign.

Sidney Crosby states "I feel very fortunate that hockey has been part of my life since I was very young and admire Hockey Canada's commitment to educating families and players about all aspects of the game. It is important to always give your best effort and yet always be respectful of everyone on the ice. Be smart, stay safe and have fun."

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Next Issue Spring / Summer 2013 Features

- Tucker Hockey Tips
- Meet the Instructor - Jeff Pickell
- Czech Hockey Exchange Program Updates
- Kids Hockey Advancement Society Golf Tournament
- The History of Women's Hockey

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Winter 2013 issue consists of fresh hockey education and teaching articles, an expression of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grass roots rink level", features upcoming Tucker Hockey Adult and Minor Hockey programs, and provides hockey quotes, stories and prize contests. In summary, it will create good hockey ... "Food for Thought!"

Enjoy your hockey - the World's Greatest Sport! - and I hope you enjoy our Tucker Hockey Newsletter!

- Past issues available at www.tuckerhockey.com -



SUMMER 2013 CANADIAN/CZECH HOCKEY EXCHANGE



EXCHANGE PROGRAM DETAILS:



- **JULY 10 TO 24, 2013**
- **SELECTION OF 20 ICE HOCKEY PLAYERS FROM WESTERN CANADA FOR ELITE HOCKEY TRAINING (YEAR OF BIRTH 1998 OR 1999)**
- **A QUALITY AND CUSTOMIZED 1 WEEK PLAYER DEVELOPMENT CAMP SCHEDULE**
- **CONDUCTED BY CZECH ELITE COACHES**
- **WHOLE DAY PROGRAM UNDER SUPERVISION**
- **DAILY SCHEDULE INCLUDES: ELITE POWER SKATING AND HOCKEY SKILLS DEVELOPMENT PRACTICES, DRY-LAND TRAINING, AND OFF-ICE LECTURES TEACHING CZECH TRAINING METHODS, THEORY AND TACTICS**
- **AIRFARE, ACCOMODATIONS AND MOST MEALS INCLUDED**
- **EXHIBITION GAMES AGAINST CZECH COMPETITION**
- **SIGHTSEEING IN PRAGUE AND SURROUNDING CZECH COUNTRY SIDE**
- **OPTION FOR PARENTS TO PARTICIPATE IN THE EUROPEAN CULTURAL EXCHANGE**

**SERIOUS INQUIRIES CONTACT COACH REX AT 403-244-5037 OR
EMAIL AT PROGRAMS@TUCKERHOCKEY.COM**

EXCEPTIONAL HOCKEY VALUE - EXPERIENCE THE HOCKEY TRIP OF A LIFE TIME!

2013 Canadian / Czech Hockey Exchange Program

July 10-24, 2013

Experience the hockey trip of a lifetime!!

Tucker Hockey is offering a unique opportunity to visit the Czech Republic from July 10 – 24, 2013. It's an incredible opportunity for top calibre bantam aged players born in 1998 or 1999 to experience elite Czech hockey training and enjoy the rich culture of the “Golden City” – Prague, Czech Republic with their parents.

Prague is one of the most beautiful cities in the world! Prague, pronounced Praha in the Czech language, is the capital city of the Czech Republic. Situated in the north- west of the country on the Vltava River, the city is home to about 1.3 million people.

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

Why Experience the Canadian / Czech Hockey Exchange Program?

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

Practice and learn an intensive type of hockey from highly trained and experienced elite Czech coaches - including the “Imaginary Model Opponent”, specific station

training of hockey skills development, as well as other innovative training methods based on the Czech tradition to develop a player's individual and tactical hockey skills.

The hockey camp is based at the top sports facility in the Czech Republic where the best Czech ice hockey players and other elite athletes train for their upcoming season.

Intensive on and off ice training as well as high quality relaxation and

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



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**“One's destination is never a place, but a new way of seeing things.”
~ Henry Miller**

Canadian / Czech Exchange (Cont'd from 5)



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

- Return airfare from Calgary to Prague
- 2 weeks accommodation in the Czech Republic
- Majority of meals included
- 1 week of professional Czech ice hockey training with Elite Coaches
- Access to all the sports facilities within the sport center for both players and parents
- 24 hour camp supervision by a staff of professional counsellors
- 3 exhibition hockey games against local Czech competition
- Guided sightseeing tours of attractions within Prague
- Guided sightseeing excursions to the Czech countryside
- A visit to the largest ice hockey store in Prague
- Group travel attire for all participants
- Personalized Home and Away Game Jerseys
- Arrival and Departure Receptions in Prague

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

Additional Features / Added Value included in the Exchange Package

Sightseeing trips to historic and cultural sites in the Czech Republic such as Karlovy Vary, Crystal Factory Nizbor or Karsteinjn Castle etc. Explore one of the most beautiful cities in the world – Prague! We will show you the beautiful center of Prague, historic Charles Bridge, Prague Castle, the old Astronomical clock in the

Old Town Square and Vltava River Cruise. Visit the largest ice hockey store in Prague as well!! Thanks to the Czech Republic's location at the crossroads of various cultures in the heart of Central Europe – it can provide opportunities to extend your stay and explore other countries near to the Czech Republic.

To ensure a wonderful time on and off the ice, the Hockey Exchange Program is professionally organized and managed by a friendly, dedicated support staff. Two unforgettable weeks consisting of elite hockey training balanced

and supplemented with unique Czech cultural experiences. Excellent opportunity to make new hockey friendships!

Sign Up Now! Only 20 Roster Spots Available!

**** 2 Goaltenders - 6 Defensemen - 12 Forwards****

*****If demand warrants, a selection camp will be necessary*****

Sign up on our website:

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

For further details contact:

Rex Tucker at 403-244-5037

****Canadian/Czech Hockey Exchange Program Price****

****Due to the unpredictability with international travel costs, the Czech Hockey Exchange Program price will not be confirmed until early 2013.**!**





Embracing the Philosophy – Life is Continuous Learning

He's 58 years old. He's not on Twitter. He doesn't get Facebook.

His daughter is grown, and he's been retired for over a year now. He could be old enough to be your father. He can certainly skate circles around you on a hockey rink. And he's your classmate at university. He's your classmate, that is, if you happen to be one of the 34 students enrolled in the Personal Fitness Trainer Diploma program at Mount Royal University this year.

He is David Mahoney: Head Skating-Instructor at Tucker Hockey, and a devoted lifelong learner.

David was born in Saskatoon, but grew up in Prince Albert, Saskatchewan. Like many young Canadian boys living in small towns and cities across the country, he started playing hockey around six years old, and dreamt of playing in the big leagues. By the time he was sixteen, however, he'd come to realize that such an event wasn't likely to happen. At 5' 5", he was too small to play high-level hockey and by his own admission lacked the necessary puck-handling ability to continue much past Junior B. This didn't diminish his love for the game, however, and what he lacked in some areas, he made up for in others. "I could skate. Mikey Kinderchuck and I were the fastest guys in our midget league. My skating was my greatest asset, but in my development it was my greatest liability. I failed to develop those puck skills because in the early years I didn't need them because of my speed. My ability to skate took me far beyond my skill."

At the behest of his parents, and against his own wishes, he enrolled in classes at the University of Saskatchewan in Saskatoon. While there, he was encouraged by friends to try out for the varsity football team, but chose instead to take another shot at the sport he loved the most—hockey. He tried out for the U of S Huskies, but didn't make the cut. Feeling overwhelmed by university academic life and struggling to pass his classes, he eventually left school after a disappointing academic year. At the age of nineteen, he left Saskatchewan altogether and moved to Edmonton, Alberta, where he enrolled at NAIT a year later in Business Administration.

If he felt any disappointment during these years at his hockey career being cut short, such disappointment was brief. "I think there's a great saving grace. By the time you realize you're not gonna make it; you discover other things in your life." Still, neither an active social life, nor a busy academic schedule prevented him from pursuing his love of physical sports. He continued to play hockey recreationally, and, having spent his summers in Prince Alberta swimming competitively, he started working as a part-time lifeguard and swim instructor at the NAIT pool. It was while working there that he started to show a natural aptitude for teaching. Despite this, however, he chose to leave his position at the pool in order to take a job as a rink-rat at a local hockey arena, mostly because it gave him the flexibility to study in between ice times, but, more importantly, because it came with an unexpected financial bonus—he discovered that he could more than double his income each weekend by cashing in all the empty beer bottles scattered throughout the dressing rooms. Hockey, it seems, didn't quite want to let him go.

After two years at college, and with a Business Administration Diploma in hand, he entered the nine-to-five work-world and spent the next years of his life working in commercial mortgage lending. He continued to devote his evenings and weekends to other pursuits though, and returned to the pool to work as a volunteer lifeguard and swim instructor at the local YMCA. Teaching was proving to be a very gratifying experience for him. It was as rewarding as it was challenging, so when the program director of West YMCA singled him out and asked him to teach a swimming class to adults with an intense fear of water, he jumped at the opportunity

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Kim Faires Bio

Kim Faires is an actor, writer, and rookie filmmaker with an obsession for recreational ice hockey. She recently wrote and directed an autobiographical short film called HOCKEYHEART, and is a longtime Tucker Hockey participant. She lives in Calgary with her partner Rob and her dog Blu. She can be found online at www.kimfares.com



The Language of Good Communication

One of the most important skills in our constant effort to improve our connections with others is that they understand the language that we are using. To improve communication and understanding it is imperative that we are on the same page. (i.e. the language is a building block that everyone understands.)

The age of the group that you are working with is immaterial and the setting is of no consequence. For example when you are working with a group of young people as a coach (once again, the age, gender and sport are of no concern), it is important when you speak that all concerned understand the language; including parents and other coaches, etc.

When the teaching and supportive suggestions are given to everyone using the same language around team concepts, individual skill development, discipline, game strategies, etc – the chance for individual improvement and team development increases. The atmosphere in the learning environment clears.

NB

Most participants change coaches every year. Because of this most are hesitant in some learning situations because they have not heard the language before. Once they understand what is being asked, the performance usually improves.

What do we mean by...?

- Protect the puck
- Take the man, play the man, hit him
- Roll your wrists
- Close the gap – what is a gap?
- Maintain the gap
- Pinch – stand up at blue-line
- Reverse the puck
- Play the box
- Top hand under – puck control
- Box plus one
- Diamond
- Use the inside edge of your skate
- Athletic position – sit tall and bend your knees

- Go wide
- Stay onside
- 2-1-2
- Touch pass – quick up
- Regroup
- Etc, etc, etc

It takes a lot of patience and effort to communicate to all involved, the language around the advancement of your group. When you stop and listen and all stakeholders are using the same language and same “we” words, you know that you are getting close to your goal.

Next article: As a Leader, is it important that everyone “likes” you?



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



Using Games and Play Practice to Teach, Rather Than Drills

I first started attending NCCP courses and coaching certification classes in the mid-1980's and continuously maintained my professional development to date, so I have experienced almost thirty years' worth of content. Rarely did I ever hear the word 'fun' mentioned, except in introductory coaching philosophy pieces. During this time, I have yet to hear the answer to, "How does a coach teach their players to improve their game sense?" or hear ways to improve the component elements of decision-making (through manipulating the parameters of games to encourage thinking, creativity, problem-solving, communication, teamwork, focus and intensity, adding competition and accountability). The focus of these programs is still based on the old, traditional coaching methodology. We were taught to first isolate skills and tactics using repetition; once the individual had shown some aptitude along the way, we could add more difficulty (pressure) or variations. Finally, once a certain competency had been achieved, we would put these individuals into a drill and occasionally, include the use of a mindless (purposeless) game that had little or no relation to a real game.

Courses are all about 'teacher, leader, organizer' and technique, tactics and systems. Coaches come to believe that patterned drills are the Holy Grail of development and this eliminates creativity and creates conformity. More patterned "X-Box" or "Play by Play" coaches are graduating to create another crop of dependent (not independent) athletes. Hockey drills are the antithesis of fun. What happened to fun along the way?

Up until about twenty years ago, the answer to "How does a coach teach their players to improve their game sense?" could be found in the local outdoor rinks, just like where Gretzky honed his skills and sport IQ through unstructured play, creative experimentation and pick-up scrimmages. Today, weather patterns have changed, community budgets or priorities have shrunk, there seem to be fewer volunteers to maintain outdoor rinks, societal changes see kids expecting to play on indoor ice / more organization and less opportunities for unsupervised play due to fears of

abduction or abuse, an overabundance of helicopter parents, the prevalence of electronic games ... there are a number of contributing factors.

One thing hasn't changed - kids love to play! Numerous studies show that the number one reason kids play hockey is to have fun! Taking it a step further, the IIHF recognizes four categories: excellence, affiliation, sensation and success. However, once kids register for organized sports, these reasons become minimized or eliminated altogether. Kids begrudgingly accept drills as the norm, just as coaches seem to equate fun and improvement as antonyms. How much fun are the kids – your kids - really having at practice?

I say it's time we give the game back to the kids! Kids want to skate around with friends and have fun. Why don't we focus on an alternative to traditional methods - teaching game play first instead of isolated technique, skill-and-drill? This approach replaces mechanistic training methods and mindless games with creative, enjoyable and purposeful practice that improves players' skills and enhances their tactical understanding; from beginners to elite players. Play practice provides answers to many of the problems that coaches face, such as motivating reluctant or resistant students. It transforms practice from drudgery to an educational experience participants look forward to. It can lead to more effective coaching and teaching while improving technical ability and developing game sense.

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Dean Holden Bio:

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



Tucker Tips

Forward Striding - Good Technique

What is the Proper Arm Swing?

For many years there has been a great deal of discussion, debate and confusion over arm swing as it relates to forward striding. What are the correct biomechanics for forward skating especially when it relates to correct arm swing?

Traditional North America hockey school instructors have emphasized a North to South movement of the arms whereas the scientific research community has shown support for a sideways – East to West motion of the arms. The sideways motion is similar to speed skaters which has been the European hockey teaching philosophy for many years as well. Who is right? After teaching power skating for over 15 years and dedicating more than 5,000 hours to the craft, here's an overview of my observations of the forward stride including the arm swing component. This article examines the Bio mechanics of the forward stride without getting too technical in nature. Note: There's no scientific research data included in this article:

Core Components:

The hockey player who performs best the following 3 components will win any skating race.

1) Length of the Stride

- Head Up
- Requires a deep knee bend / flexion at 90 degrees
- Long full leg extension from the hip, knee, ankle to the skate blade

2) Force or Strong Push off of the Drive Leg

- Forward lean of the body
- Greater angle of the skate to ideally 90 degrees
- Strength of the push from the gluts and thigh – larger muscles

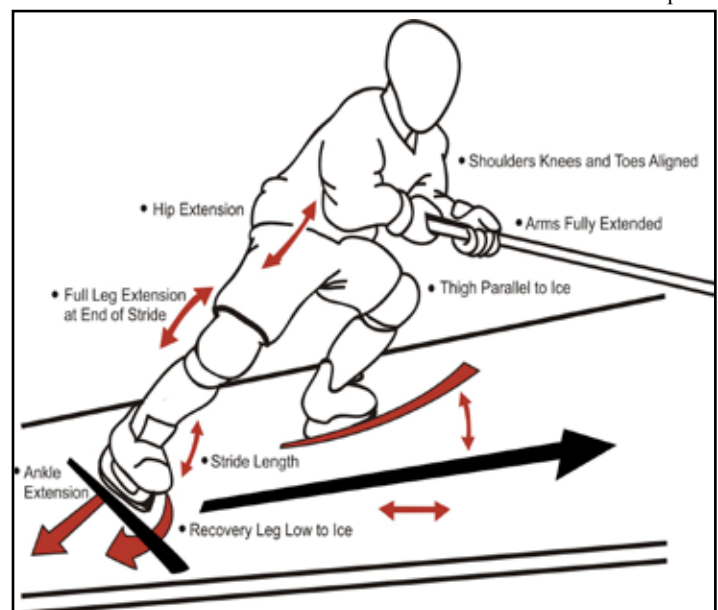
Most hockey players can use their gluts and thigh muscles and push harder than they do. The best skaters take advantage of this skill in their skating stride. For example, I remember

a former NHL defenseman discussing the deceptive speed of Anaheim Ducks forward Teemu Selanne. Selanne keep the same skating stride and frequency of the stride but could shift into another gear. How? The force or strong push off the skate allowed him to go faster without changing his skating style. The great Bobby Orr was very deceptive in this way as well – probably the best in being able to shift suddenly into a higher skating gear.

3) Frequency of the Strides

- Stride rate – speed which players move their legs
- Quicker return of the skates to the ice for the next pushing phase
- Skate recovery is low and quick - circle, circle back and recoil the skate under the body and drive the knee – straight forward to become the drive leg again. The degree of recovery is determined by whether a player is skating in a cruising mode or full speed mode (game situation where there is very little glide but constant pushing phase). In cruise mode the skate is ideally toe – knee – nose alignment under the body but under pressure going full out the skate is more the case of toe – knee – hip – shoulder alignment under the body.

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Tucker Hockey Profile

Meet The Instructor - Devin Mintz



Editor's Note: Recently, I had a good chat with Devin Mintz, Instructor for Tucker Hockey. Devin has been a valuable member of the Tucker Hockey team for the past 2 years. He has

helped teach power skating and hockey skills programs to various Spring and Christmas Minor groups. Here is a summary of our conversation.

Devin, tell us a bit about yourself and your family.

My family has lived in Calgary since 2000, I have 2 children playing hockey - Mason plays Atom for Trails West and my daughter Sydney Plays Novice for Girls Hockey Calgary. I grew up in Regina Saskatchewan with 2 brothers who also played hockey growing up.

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

I grew up playing hockey, soccer and golf while my wife ran track and played soccer as well. My son Mason has played hockey since he was 4 years old and my daughter Sydney has played hockey, soccer and tried skiing a few years back as well.

What is your hockey background?

I played my minor hockey in Regina and in my grade 11 and 12 years played for the Midget AAA Regina Pat Canadians. In 1988 we won the Air Canada Cup National Midget Championship defeating the Calgary North stars in the Final game in Thunder Bay Ontario. I earned a hockey scholarship and attended Cornell University in Ithaca New York and finished my hockey career with the University of Maine Black Bears in 1992.

How has hockey influenced your life?

Hockey has taught me so much about myself and what I am able to achieve with perseverance and hard work. My life long friends have come from hockey, not only from teammates but from my fellow competitors as well. Hockey allowed me to further my education and get my degree in Business and set me on the path of success in the corporate sector. I think this is why I coach, to give back to the sport that has given me so many lessons and opportunities in life.

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

I got involved with Tucker Hockey 3 years ago when I wanted Mason, my son to improve his skating and balance. I took power skating in Regina growing up from Cheryl Hembroff and realized how much this helped my development as a player. I wanted my kids to have the same opportunity for success with the Tucker Hockey program. My daughter Sydney has been involved now and I have been assisting on the ice for the past 2 years with the minor programs.



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

Instructing has taught me that many of our young players have similar problem areas that can be improved upon with a positive approach to learning. Tucker Hockey does not try to show you what you can't do

but shows you the breakdown of the skill so that you can have success.

Cont'd p. 32

Why Tucker Hockey "KNOWS" Power Skating Skating - The Foundation of Checking

Checking is a tactic aimed at gaining possession of the puck, not injuring an opponent. The purpose of a checking program is to introduce players to proper techniques and tactics so as to give as well as receive a body check.

It includes a five step progression from the basics of skating, to position angling, to stick checking, to body contact / confidence to body checking.

However, the importance of skating is often over looked by coaches, parents and players. If you cannot skate well – you cannot check well!

To give and receive a check properly a player requires good stability on his skates. This stability on skates starts with a good hockey stance. With a good stance (head up, knees bent, shoulder with stance and a low centre of gravity), strong edges and proper balance a player will be stable on his skates.

Even if a player is taller and or heavier than his opponent, there is no guarantee that he will win the 1 on 1 checking battles without a strong foundation of skating basics.

The basics of skating include a good hockey stance, strong edges, proper balance, quick starts and stops, efficient glide / crossover turns, good lateral movement, the ability to change direction which requires good agility and mobility. All of these basic hockey skills are essential to giving and avoiding checks.

When performing position angling, a player requires in his or her skating tool box efficient glide / crossover turns to angle an opponent towards the boards. As well, the checker may need to change direction, start up, speed up, and stop, move laterally, control or save his or her ice to be successful in the checking game.

For stick checking, a checker requires good stability on his or her skates. Good skating skills will allow the checker to time his stick checking moves, challenge and be more effective with his or her stick.

Body contact / confidence will be achieved by a player with

greater assurance and success if that player is stable on his skates. He will not be so insecure about falling down. A taller and or heavier player will not be so intimidating to a smaller player if the lighter player is confident in his skating. He will play less on the perimeter; will battle more for the puck and play more in the traffic areas of the ice. He will not fear being hit and will not shy away from the physical / rough aspects of the game. A prime example of a little guy and a great skater, who was very effective in the physical game was 5'6" Theo Fleury.

Good body checkers are strong and stable on their skates. They can give as well as receive a check. The basic elements of skating including changing speeds and directions are essential to their checking game.

Skating is the foundation of checking. If the basic skating skills are mastered, a player will be more confidence in a contact game, will be more physical, shy away less from the physical side of the game, feel more safe on the ice, ultimately become a more complete and effective player – able to play a physical as well as finesse game and become more valuable to his team's overall success. One of today's NHL stars, who truly fits this mold, is Alex Ovechkin.

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.

WHY TUCKER HOCKEY “KNOWS” POWER SKATING

- Extremely passionate about teaching and we care about the players who participate in our programs.
- Been a leader in power skating development in Calgary & Southern Alberta for the past decade.
- Taught skating fundamentals to all ages (5 to 75) & skill levels (tyke to semi –pro) for the past 15+ years.
- We teach; we just don’t run skating drills!
- Honed our teaching craft with 5,000+ dedicated hours.
- We have and will continue to customize our skating programs to the needs of the players.
- Developed a “Proven Formula” for Skating Improvement – we get results!
- We have a proven history of taking players to the next level.
- Read our website testimonials from many very satisfied customers.
- Compare our exceptional hockey value - we welcome Q & A Sessions from you!



Be Active - Have Fun - Learn - Excel

See you at the rink soon!

Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey Philosophy

Why Power Skating?

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

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



Tucker Hockey World of Instruction

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

Past participants have included the following categories of players:

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

Adult Recreational

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

Tucker Hockey Customized Programs Group and One-on-One

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

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

Here’s the easy way to set things up.

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

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

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



Tucker Hockey Customized 1 on 1 Program Testimonial

When I started working with Rex Tucker, my skating was a huge liability. With his comprehensive and customized program, my skating became a strength.

Not only did he help me with fundamental power skating, he helped me become a smarter, and stronger skater... He addressed every aspect of my technique including stride and foot speed. When I came to Tucker Hockey, I was playing Midget Division 6 and progressed to play in the Calgary Junior B Hockey League.

You don't realize just how valuable skating is as a skill until you improve it and can actually feel it. No one can have enough power skating lessons, not even the pros, and Rex Tucker is one of the best in the business.

~ Frank Portman

Thanks again for running such an awesome hockey camp for us! Everyone improved by leaps and bounds thanks to you! You guys were phenomenal and we all enjoyed the camp thoroughly. Thanks again!

~ Jamie Yu



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

TUCKER HOCKEY - TOP 10

WHY EXPERIENCE TUCKER HOCKEY?

BECAUSE YOU WANT TO...

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



Tucker Hockey Guarantee**

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

We Will Guarantee the Following:

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

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

Special Offer For Minor Hockey Teams, Coaches and Players

14th Annual

Tucker Hockey

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

Super Power Skating

OR

Player Development Sessions

Top 5 Reasons to Experience Tucker Hockey:

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



Rex Tucker

Head Power Skating Instructor

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

Testimonial

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

- Derek Dunn, Minor Hockey Coach & Parent

Call 403-244-5037 Today!

Get in Shape and Have Fun!

**15th
Annual**

Tucker Hockey

Programs that Deliver Results

**Spring
2013**

ADULT Recreational Programs

Level 101

This Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting plus scrimmage. Weighted more on the power skating side with the remaining 40% of the program devoted to hockey skills, it is ideally suited for the recreational hockey player wishing to enhance or tweak his or her skills. (10 Sessions)

Group 1: Westside Rec Centre

Wednesdays, May 1st to June 19th
7:00 to 8:00 AM

\$349 New Participants/\$319 Past Participants
(8 Sessions)

Group 2: Crowchild Twin Arenas

Wednesdays, April 10th to June 19th
9:15 to 10:30 PM
No Session May 15th

\$439 New Participants/\$399 Past Participants

Level 201

This Technical Skills and Tactical Player Development Program builds on the Program 101 technical skills of skating, puck control, passing and shooting and introduces individual offensive and defensive tactics, group tactics plus scrimmage. It's ideally suited for the recreational hockey player wishing to improve on their technical skills as well as to learn to play the game better. (10 Sessions)

Group 1: Max Bell #2

Mondays, April 15th to June 24th
9:15 to 10:30 PM

No session May 20th

\$439 New Participants/\$399 Past Participants

Group 2: Max Bell #2

Fridays, April 26th to June 21st
12:00 to 1:00 PM

No session May 17th

\$439 New Participants/\$319 Past Participants
(8 Sessions)

Specialty Clinics

Shooting: Will 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.

Stick Handling: Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Passing: Will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go Passing.

Controlled Scrimmage: Will cover offensive components that include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

Crowchild Twin Arenas

Thursdays, No session May 16th

Shooting - April 11th: 9:45 - 11:00 PM

Stick Handling/Passing - April 18th: 9:45 - 11:00 PM

Shooting - April 25th: 9:45 - 11:00 PM

Stick Handling/Passing - May 2nd: 9:45 to 11:00 PM

Controlled Scrimmage - May 9th: 9:45 to 11:00 PM

Shooting - May 23rd: 9:45 to 11:00 PM

Stick Handling/Passing - May 30th: 9:45 to 11:00 PM

Shooting - June 6th: 9:45 to 11:00 PM

Stick Handling/Passing - June 13th: 9:45 to 11:00 PM

Controlled Scrimmage - June 20th: 9:45 to 11:00 PM

\$439 New Participants/\$399 Past Participants

Testimonial

"I didn't start playing hockey until I was 45, I could barely stand up on skates when I signed up for my first Tucker hockey program 4 years ago. I sign up for at least one tucker program each season. I love playing hockey and everyone is always commenting how much I've improved year over year. Tucker hockey is the best adult hockey program out there."

- Rick Firth, Adult Rec. Hockey Player

Level 301

This Technical Skills and Tactical Player Development Program builds and expands on the Program 201 of technical skills and individual offensive and defensive tactics, group tactics plus scrimmage. The core content of the Program 301 curriculum although similar to the Program 201 is suited for players who wish to be challenged with a greater emphasis on advanced skating agility skills and a higher paced conditioning program. (8 Sessions)

Group 1: Westside Rec Centre

Saturdays, April 27th to June 22nd
4:30 to 5:45 PM

No session May 18th

\$349 New Participants/\$319 Past Participants

\$50 Drop-In Fee

Improve Your Hockey and Skating Skills!



Spring Super Power Skating Tucker Hockey

Programs that Deliver Results Hockey Skills and Development

Power Skating/Player Development programs which focus on the technical skills of skating, puck control, passing, and shooting plus scrimmage

Group 1: Ages 7 - 9

Saturdays, April 13th to June 22nd

Southland Leisure Centre

8:15 to 9:15 AM

(No Session May 18th)

\$399 New Participant / \$369 Past Participant

(Includes G.S.T. & Practice Jersey)

Group 2: Ages 10 -12+

Saturdays, April 13th to June 22nd

Southland Leisure Centre

9:30 to 10:30 AM

(No Session May 18th)

\$399 New Participant / \$369 Past Participant

(Includes G.S.T. & Practice Jersey)

Group 3: Ages 7 - 9

Saturdays, April 13th to June 22nd

Southland Leisure Centre

1:15 to 2:15 PM

(No Session May 18th)

\$399 New Participant / \$369 Past Participant

(Includes G.S.T. & Practice Jersey)

Only 25 Spots
Per Group!

Enhanced

TOP 5 REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Skating Skills in a Positive & Fun Environment
- Full Curriculum of Power Skating Skills with Unique & Innovative "Hockey Specific" Drills
- Guaranteed to Improve Hockey Skills
- Excellent player to instructor ratio; 5 to 1

Testimonial

Our son Brandt has dramatically improved his skating ability with each session he has attended. As his skills increase so does his confidence and love for the game. The instructors are excellent and great with the kids, nobody gets left behind, they work with each child individually until they understand and are able to complete each drill. Tucker Hockey will continue to be part of Brandt's development.

~ Mark Proctor, Minor Hockey Parent

Register and Pay
online at
www.tuckerhockey.com
or call
Tucker Hockey at
403-998-5035

Rex Tucker
Head Power Skating Instructor



<http://www.wallcoo.com> | April 2006

Register Today - Programs Fill Fast!

Spring 2013

**15th
Annual**

Tucker Hockey
Programs that Deliver Results

**Register
Today!**

Elite

Power Skating/Conditioning Camp

This program is for players who are serious about taking their skating to the next level

Rex Tucker
Head Power Skating
Instructor

A Power Skating Curriculum Consisting of:

- Extreme Forward and Backward Edge Control
- Foot Speed/Acceleration/Quickness
- Forward Striding - Technique & Speed
- Backward Striding - Technique & Speed
- Skating Agility & Mobility Drills
- Drill Progressions Without - To - With Pucks



**** Register Early - Spaces Fill Quickly! ****

Spring 2013

Group 1

Atom Div 1,2 & 3

Peewee Div 1, 2 & 3

Saturdays; April 13th to June 22nd

Southland Leisure Centre

12:00 to 1:00 PM

No Session May 18th

Group 2

Bantam Div 1, AA & AAA

Midget Div 1, A & AA

Saturdays; April 13th to June 22nd

Southland Leisure Centre

10:45 to 11:45 AM

No Session May 18th

\$439 New Participants / \$399 Past Participants

Group 3

Atom Div 1,2 & 3

Peewee Div 1, 2 & 3

Saturdays; April 27th to June 22nd

Westside Rec Centre - 8 Sessions

6:00 to 7:00 PM

No Session May 18th

\$349 New Participants / \$319 Past Participants

Testimonial

"After a few years in his programs I've improved a lot, really taken my game to the next level... the one piece of advice I leave here with: always keep your knees bent and keep strong edges. I can't count off the top of my head but I've done tons and just love his programs!"

- Darren Martin, Calgary Royals AA Player

Register and Pay online at **www.tuckerhockey.com**
or call **Tucker Hockey** at **403-998-5035**

S.A.M. - Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!

Special Summer Offer For Minor Hockey Players

**15th
Annual**

Tucker Hockey

Programs that Deliver Results

**Only 25
Spots!**

SUPER POWER SKATING

Hockey Skills Development:

Focusing on the technical skills of skating, puck control, passing, and shooting plus scrimmage.

Group 1: Ages 7 - 8

Monday, August 12th to Friday, August 16th
5:00 to 6:00 PM Southland Leisure Centre

Group 2: Ages 9 -12+

Monday, August 12th to Friday, August 16th
7:45 to 8:45 PM Southland Leisure Centre

Group 3: Ages 7-8

Monday, August 19th to Friday, August 23rd
5:00 to 6:00 PM George Blundun Arena

Group 4: Ages 8-9

Monday, August 19th to Friday, August 23rd
6:15 to 7:15 PM George Blundun Arena

Group 5: Ages 10-12+

Monday, August 19th to Friday, August 23rd
7:30 to 8:30 PM George Blundun

Group 6: 7 - 8

Monday, August 26th to Friday, August 30th
5:00 to 6:00 PM Max Bell #2 Arena

Group 7: 8 - 9

Monday, August 26th to Friday, August 30th
6:15 to 7:15 PM Max Bell #2 Arena

Group 8: 10 - 12+

Monday, August 26th to Friday, August 30th
7:30 to 8:30 PM Max Bell #2 Arena

Group 9: 7 - 8

Tuesday, September 3rd to Friday, September 6th
5:00 to 6:00 PM Max Bell #2 Arena

Group 10: 9 - 10

Tuesday September 3rd to Friday, September 6th
6:15 to 7:15 PM Max Bell #2 Arena

**5 Sessions: \$229 New Participants /
\$209 Past Participants**

**4 Sessions: \$199 New Participants /
\$179 Past Participants**

Register and Pay
online at
www.tuckerhockey.com or call
Tucker Hockey at
403-998-5035



Testimonial

"Our son has shown a great improvement in his skating after taking the Tucker Hockey Power Skating sessions. The instructors all do a wonderful job, the kids work hard but are having so much fun they don't even notice. Our son is much more confident in his skating now which makes hockey more fun. Thank you Tucker Hockey!"

- Christy Campbell, Mother of Nixon

Exceptional Hockey Value!

Introduction to Checking Tucker Hockey

15th
Annual

Programs that Deliver Results

Only 20
Spots

Summer Checking Programs

Group 1: Ages 10 - 13+

Tuesday, August 6th to Saturday, August 10th
6:00 to 7:15 PM Rose Kohn

Group 2: Ages 10 - 13+

Monday, August 12th to Friday, August 16th
6:15 to 7:30 PM Southland

\$279 New Participants / \$259 Past Participants
(Includes G.S.T. & Practice Jersey)

Our Introduction to Checking Programs:

- Checking is aimed at gaining possession of the puck, not injuring an opponent
- The purpose of this program is to introduce players to proper techniques and tactics to give as well as how to receive a body check
- The program covers a list of checking "Do's and Don'ts", emphasizing "**SAFETY FIRST**"
- This includes a five step progression from the basics to skating, to position angling, to stick checking, to body contact/confidence to body checking



Rex Tucker
Head Instructor

Register and Pay online at
www.tuckerhockey.com

or call
Tucker Hockey at
403-998-5035

Testimonial

My son participated in a checking clinic with Tucker Hockey. The instruction on proper hitting techniques, safety and how to take a hit boosted my son's confidence on the ice during games to a whole new level. It was a well structured program that challenged my son in all aspects of contact hockey with the emphasis on fun. A great clinic that I feel should be taken by all players to reduce the injury component of the game. A job well done!

- Clint Buckler, Minor Hockey Parent

Register Today - Programs Fill Fast!

Summer 2013



Tucker Hockey

Programs that Deliver Results



Elite

Power Skating/Conditioning Camp

This program is for players who are serious about taking their skating to the next level

Rex Tucker
Head Power Skating
Instructor

A Power Skating Curriculum Consisting of:

- Extreme Forward and Backward Edge Control
- Foot Speed/Acceleration/Quickness
- Forward Striding - Technique & Speed
- Backward Striding - Technique & Speed
- Skating Agility & Mobility Drills
- Drill Progressions Without - To - With Pucks



**** Register Early - Spaces Fill Quickly! ****

Summer 2013

Group 1

Atom Div 1,2 & 3

Tuesday, August 6th to Saturday August 10th

Rose Kohn

6:30 to 7:45 PM

Group 2

Peewee Div 1, 2 & 3

Bantam Div 1, 2, 3 & AA

Tuesday, August 6th to Saturday August 10th

Rose Kohn

8:00 to 9:15 PM

\$299 New Participants / \$279 Past Participants



Testimonial

"After a few years in his programs I've improved a lot, really taken my game to the next level... the one piece of advice I leave here with: always keep your knees bent and keep strong edges. I can't count off the top of my head but I've done tons and just love his programs!"

- Darren Martin, Calgary Royals AA Player

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or call **Tucker Hockey** at **403-998-5035**

S.A.M. - Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!

Special Summer Offer For Minor Hockey Players

**15th
Annual**

Tucker Hockey
Programs that Deliver Results

**Only 20
Spots!**

Shooting Clinic

Will cover the wrist shot, snap shot, slap shot, flip shot and back hand shot from both the stationary and moving situations, as well as one-timers and shooting under pressure.

Group 1: Ages 12-14+

Tuesday, August 6th to Saturday, August 10th

9:30 to 10:45 PM Rose Kohn Arena

\$299 New Participants / \$279 Past Participants

Group 2: Ages 10-14+

Monday, August 12th to Friday, August 16th

9:00 to 10:15 PM Southland Leisure Centre

\$279 New Participants / \$259 Past Participants

Group 3: Ages 10-14+

Monday, August 19th to Friday, August 23rd

8:45 to 10:00 PM George Blundun

\$279 New Participants / \$259 Past Participants

Group 4: Ages 10-14+

Monday, August 26th to Friday, August 30th

8:45 to 10:00 PM Max Bell #2

\$279 New Participants / \$259 Past Participants

TOP REASONS TO ATTEND:

- Experienced, Quality and Professional Instruction
- Improve Shooting Skills in a Positive & Fun Environment
- Guaranteed to Improve Hockey Skills
- Excellent Player to Instructor Ratio; 5 to 1
- Tucker Hockey Practice Jersey & G.S.T. Included

Register and Pay

online at

www.tuckerhockey.com or call

Tucker Hockey at

403-998-5035



Testimonial

""The camp was an excellent experience. The instruction level was top notch with a small ratio of players to instructors which allowed them to help each player on an individual basis as needed. The drills were excellent and they made sure all the players knew how to do them properly so they could progress to the next drill. I would not hesitate to put my son back in a Tucker Hockey clinic at any time."

Trevor Bell, Father of Ryan

Exceptional Hockey Value!

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 and/or hockey skills development sessions.

3) Evaluations

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

2) Customized Programs

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

4) Power Skating Mentoring Clinics for Minor Hockey Coaches

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

Rex Tucker Director, B.Comm

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

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



www.tuckerhockey.com

Life is Continuous Learning (Cont'd from 7)

and, along the way, discovered in himself the added ability to communicate and to think quickly on his feet. “The first day that I walked into the pool, I had my lesson plan for the day, but then I just looked at the faces of the people that were my students, and realized then that the plan was out the window. I spent the first twenty minutes standing in the water, in the shallow end—with all of them sitting on the edge of the pool—just talking to them.”

This quality—a driving need to problem-solve and help people, including himself, to improve and learn at the level they’re at—would propel many of his extra-curricular activities in the years to come, including his future role as Head Instructor at Tucker Hockey. “I like when I have to look at somebody and say, ‘She’s doing that right, but she’s doing this wrong—how do I explain to her how to do this, this, and this, so she does it right?’”

In 1984, at the height of the recession, David’s employer transferred him to Calgary. A new city meant new friends, and new activities, but hockey was an old standby, and it didn’t take him long to find people to play with. He joined a recreational team, and eventually ended up forming a weekly shinny group with his teammates. It was in the dressing room after a game, that David mentioned to the guys that he wished there were somewhere he could go to work on his skating. He felt he’d lost a step in his technique over the years, and openly wished he could find a place to work on his skating skills, to bring them back to where they were in previous years. “I wanted to be able to do something that I could practice. I knew I had weaknesses, and you never work on your weaknesses in a game. You always go to your strengths.”

A teammate pointed him in the direction of Tucker Hockey. He started mid-session, finished, and then signed up for a second session with Rex as the teacher. It wasn’t long before Rex spotted him instructing another skater on proper technique. “I’m standing in the group at the end, on the goal line. Somebody’s doing something, and I’m sittin’ there saying, ‘No, I think you need to do it this way. Here’s how you should do it.’ I look up and there’s Rex skating over towards me, and I’m thinking, ‘Shoot – here I am telling someone what to do, right?’” But getting him in trouble was not exactly what Rex had in mind that day. “He said, ‘You and me gotta talk later,’ and then he says, ‘Why don’t you come out and work with me?’”

David’s skill on skates was already apparent, but in addition to that, he was clearly an excellent communicator, demonstrated natural leadership ability, and seemed keen to learn as much as he could about the dynamics of good skating. The partnership stuck, and David has been a Tucker Hockey instructor since 2003. His path from those early years at Tucker Hockey to enrolling in Mount Royal’s Personal Fitness Trainer Program makes perfect sense, then, considering his personality.

“I have always been very active, and I have worked out all my life, and as time progresses people have become more knowledgeable, and I always wanted to know more about my own physical regime. I’d always thought about taking different courses and different programs. Just to learn. Period... I don’t even have to be an instructor, or just be a trainer. I just want to learn more for myself.”

This is what drives him—this need to keep developing his skills, to keep working on his weak points, to keep abreast of new information—and it is what has kept him actively involved in his activities of choice, whether it be on the side of a full-time career, or in direct conflict with what some would consider a more traditional ‘retirement’. “I’m too young to lie on the beach and do nothing,” he says. It’s also what helps him overcome his fears. After all, for an experienced business professional, and a seasoned instructor, to return to a campus environment as a student, after having been away from it for close to forty years, is not without some accompanying anxiety. “I’d been away from it for so long, and I had that tempered somewhat, but I just didn’t know if I could handle all of this stuff—all of the reading, all of the absorption of material, and be able to regurgitate it on an exam or for an assignment. And the first month was terrifying, as I just didn’t know how to do it. I probably wasted a lot of time on stuff that was not productive, in terms of studying, and trying to figure out what I was doing, and just getting settled. That first month was a challenge.” He was also unsure of the reception he’d get from his younger classmates. “I would’ve thought they would dismiss me as just an old guy. I’m not cool enough.” And did they? “I think some of them were a bit wary of me. You know, the old ‘don’t-trust-anybody-over-forty,’ but I think for the most part, that they realize we [the older students] are there for the same reason that they are. And some of the kids have come forward and asked for help with stuff that we know.”

Cont’d p. 33

Ice Time

Players at all levels want to play. They want ice time. When players are paid to play hockey they learn to accept their roles and their ice time. Minor Hockey players “Pay to Play” and when they do not get equal or fair ice time there is a serious problem. When Associations register 11 forwards there is an opportunity for coaches to use their most talented players by using 3 centers and playing 4 sets of wingers around them.

When the so-called 1st Line starts each period and play on special teams, ice time is significantly reduced for a number of other players. The more developed players get the opportunity to develop. The other players will lose their interest and spirit to play the game. Shortening the bench to Win should be unacceptable in Minor Hockey.

Managing the bench to Win is acceptable. Players’ need to experience reduced ice time (miss shifts) for the right reason ie. Staying out too long, taking a reaction penalty, lack of effort (back check or slow changing), disrespectful behavior, etc.. Good coaches reinforce this consistently with all players.

Players will receive extra ice time for exceptional play. When a line has scored they can get back on the ice after a shift off. When a unit keeps the puck in the opponents end and demonstrates tenacious forechecking, or outstanding defensive play (back checking or shot blocking) they will also be rewarded.

Good coaches manage their bench well and they use all players in all situations and they provide fair ice time building the spirit of a “team”. They start a different line each period and when there are 11 forwards they use 3 left-wingers in the first period, 3 right-wingers in the second period and 3 centers in the 3rd period. This balances the ice time and allows all Players to be energized for the 3rd period.

They “win “as Team and “lose and learn” as a Team. Players

are happier. If they Feel Good they will Play well. Parents are happier because all players have a fair opportunity to play, learn and develop when the bench is managed well.

Teams that shorten their bench often lose 3rd periods because the more developed players are too fatigued to play well.



Coaches look in the mirror. Are you managing the bench to build a team to win or are you shortening the bench to win? Think about it and consider being a “Win Win” Coach. You coach to win but more importantly you develop life skills necessary for success. When you shorten the bench you may win the game but will lose the spirit of the Team. When you manage the bench allowing all players an opportunity,

you provide an opportunity to “Win Win” which means win the game and the spirit of the team.

Google “Positive Coaching Alliance” and find out about Win - Win Coaching

<http://www.youtube.com/watch?v=0tofc389Sd8&feature=r>elated

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.



KIDS HOCKEY



ADVANCEMENT SOCIETY

Providing Opportunities To Play

Dear Friends,

Tucker Hockey is proud to support the Kids Hockey Advancement Society's 6th Annual Fundraising Golf Tournament, as the Event Sponsor. We fully endorse the Society as it endeavors to raise funds for such a great cause. Personally, I am committed as well as other dedicated team members to contribute the volunteer time and effort as required to ensure the continuing success of the Society.

We look forward with great anticipation to this year's tournament, scheduled for **Wednesday September 18th, 2013**, at the Inglewood Golf and Curling Club.

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

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

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

In September of 2012, the Society raised \$20,000 to help children acquire hockey gear and register for organized hockey through KidSport of Calgary. An additional \$800 was directly donated by adopting "Tuck" the Bear, a Hand Carved Wooden Bear that sits comfortably in KidSport Calgary's Corporate Office as their Mascot. He was introduced in 2010 and will continue to be adopted out each year, raising funds along the way!!

The goal in 2013 is to provide funds to KidSport of Calgary, while also personally funding individual children at the grassroots level in the community as well. The Society has once again set a high standard that we are committed to achieving, thus ensuring more deserving kids get the chance to participate in organized hockey.

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

Support the Society By:

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

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

Please get involved and feel good about giving back!

Rex Tucker
President, Tucker Hockey



Kids Hockey Advancement Society

6th Annual Fundraising Golf Tournament

Wednesday, September 18th, 2013

**Inglewood Golf Club
19 Gosling Way S.E.**

How You Can Help

- Participate with other hockey buddies - golf enthusiasts.
~ Individual entry fee \$229 includes:
 - ✦ Green Fees (18 Holes)
 - ✦ Power Cart
 - ✦ Full Use of short game facility and driving range
 - ✦ Dinner Buffet
- Be a Sponsor - Visit Our Website
- Donate Tournament & Live Auction Prizes

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

**Only 80 Spots
Available!
Register Early
to Avoid
Disappointment!**

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



So ALL Kids Can Play!



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



Coaches Required for the **2013-2014 Season**

The Calgary Royals Athletic Association is currently accepting applications for coaches for the upcoming 2013-2014 hockey season. We have teams competing at the Bantam AA, Bantam AAA, Minor Midget AAA, Midget AA, Midget AAA level and Junior B. We require highly motivated, technically sound head and assistant coaches. Experience is a requirement. Coaching levels are required.

We offer:

- Best honorariums in the city
- Game breaker & Drill draw Software for coaches' use
- We pay for your coaching certifications including HP1
- Coaching symposiums throughout the year
- Flexible ice schedules
- Player Development resources include:
 - Crash conditioning, off-ice conditioning
 - Dave Marcoux Goaltending coaching
 - I Got Mind - Bob Wilkie.

Thanks to all who express an interest, only those selected for an interview will be contacted.

Application can be found under the Coaches Corner tab on calgaryroyalsaa.com or sent through email upon request.

Deadline April 11, 2013

Send application electronically to vphockeyops@calgaryroyalsaa.com

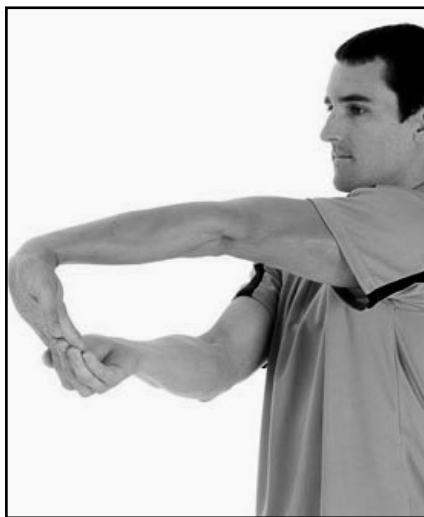
Calgary Royals - Coaches Needed



Stretching...the Truth

Question: what is the most important training tool that we don't have time for after practice? You guessed it, stretching! The truth is flexibility declines the most with age—more so than strength or stamina. To top that off, every time we contract a muscle, we cause it to become a little bit shorter, which also reduces our flexibility.

Don't fret though, we can counteract this with controlled flexibility training with the most powerful technique called PNF stretching. PNF stands for proprioceptive neuromuscular facilitation—but let's stick with PNF for now! Simply put, this method calls for a contraction or squeeze of



the muscle 'helping' the stretch, followed by a contraction of the target muscle, which is the muscle we are stretching. Here's an example (as pictured): Hold your arm out in front of you with your palm up. Use your other hand to bend your wrist downward. Now, contract the bottom of your forearm for 6 seconds

to 'help' the stretch. Relax and contract the muscles on the top of your forearm now for 6 seconds to resist the stretch. Finally, repeat the stretch with no contractions and notice an increase. Feels good doesn't it!

Here's the more challenging part; In order to gain flexibility you must train it 5 days per week for roughly an hour per day. That's right! If you're really serious about this goal, then you'll stick with it! The good news is, after 3 months of this regime you can maintain this hard work with just one day per week of stretching. Forget your 20 minutes per day—it won't be as effective! For best results, perform PNF flexibility exercises 4-6 hours after your training to help

your muscles relax.

Other techniques such as static stretching exist also however recent research notes that by holding stretches for a long period of time will not increase flexibility as much, if at all, and will make you temporarily weaker by up to 20%. My advice is to skip this method before you step on the ice because it can, and has been shown with tests, to cause injuries! PNF stretching on the other hand has been shown to decrease injury risk by building strength in a 'stretched' position. Best of all, PNF also has a high degree of results. Typically, you can gain 4-6 inches in range of motion in your hips if performed properly. Now that's progress!

**** Training tip:** Try lowering your dumbbells and barbells slowly within your training, as it has been shown to increase flexibility as well as dramatically help your strength gains. Use control and give it a try!



Jeff Mueller is a local fitness expert who specializes in sport-specific training and overall life balance. He can be reached at jeff@titanlife.ca, (403) 874-1818 or www.titanlife.ca.



Meet The Instructor (Cont'd from 11)



What is the most enjoyable part of instructing for you?

The smiles you get back from the players when they get a new skill are what I enjoy the most. The players I have seen through the program are very respectful of the instructional staff and are keen to learn. Giving something back and

helping the new developing players with the proper technique early is very instrumental for their future development in my opinion.

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

Sometimes a new player to the program is apprehensive with the first few ice times and making new friends. A little encouragement and one on one focus with them the first few sessions seems to get them over that hump and they do just fine for the rest of the program.

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

Every parent wants to see their player have success and be competitive with their peer group. Skating is the primary building block that all other skills come from. Hockey is a game that shifts quickly in many directions and being a well-balanced skater makes you better equipped to make things happen on the ice. I would suggest placing your kids in power skating early so that they get the correct muscle memory developed in the proper hockey stance and skating stride.

What other things interest you, outside of hockey?

I have started to enjoy fly-fishing on the Bow River on a yearly basis. My father has always enjoyed fishing and with some of the world's best fly fishing in our backyard we take advantage of this every year on my dad's birthday. We both enjoy the time spent on the Bow with each other and our fly fishing guides Bow River Hookers.

What does the future hold for Devin Mintz?

I am sure I will be coaching until my children decide they have gotten everything they can out of hockey. I would enjoy developing my skills as a coach and taking that to a higher level such as College Hockey. I really enjoyed my experience in the United States and would love an opportunity to join a college team in a coaching capacity sometime in the future.

Editor's Note:

Thanks Devin for taking the time from your busy family and work schedule to complete a Tucker Hockey Instructor Profile. Devin is a very pleasant and amiable coach who works quite well with the younger players especially the lower skill levels. He is a very good student of the game and his quite keen to hone his power skating skills and coaching knowledge. Devin is a very supportive father to both Mason and Sydney in their advancement and enjoyment of the game of hockey. This past Fall I had the pleasure to do some 1 on 1 on ice power skating sessions with Mason to help improve his backward edge control, backward skating and overall skating agility. Devin, 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. You have a very bright future in the coaching fraternity!



Devin's days in Maine with Paul Kariya, Peter Ferraro and Chris Ferraro



The Merits of One-on-One Coaching

Coaching Innovation

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

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

Top 10 - Advantages of 1 on 1 Coaching

1. More personable – players receive much closer attention from the coach
2. Coach connects better with each individual player
3. Able to provide a proper assessment of a player's skills
4. Players cannot hide when doing a specific drill – often they do not get the extra and needed attention in a group setting
5. Customized on – ice programs to suit skill needs and overall abilities
6. More hands on approach - input from parents / players welcomed
7. More effective way to bridge the skill gap - improve skills quicker / maximize every skate session
8. Times and dates determined by parents / players - better suited to your busy schedule (before and after school)
9. Enhance hockey skills as well as life skills, self confidence and self esteem
10. Qualified and experienced instruction to help achieve short and long term hockey goals – see proven results quicker!

Benefits Outweigh Costs

Concerns often addressed such as:

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

Tucker Hockey - Provides Proven One on One Coaching Results

Please call Rex Tucker at 403 - 244 -5037 to discuss potential programs, customized curriculums, hockey instruction and philosophies, schedules and rate structures, visit our web – site at www.tuckerhockey.com for more information as well.

One-on-One Testimonial

"A personal note of thanks for the exceptional work you did with my son... .. We saw tremendous growth and progress in his hockey abilities - and so did his team! The individual work and attention that you provided to him and his two team mates in your small group one-on-one coaching provided building blocks of skills and self-confidence development that he will carry forward with him."

- Trevor Wannop, Father to Spencer

Life is Continuous Learning (Cont'd from 26)

And if anyone is capable of teaching what he knows, it's David. That said, of course, he is always conscious of overstepping his boundaries. "There's a time to be a teacher, and there's a time to be a student. I don't want to be teaching someone that I shouldn't be teaching. It's the instructors' role to teach, not mine. Plus, just because I'm fifty-eight doesn't mean I can't learn from an eighteen-year old." And learning is what he does best. Whether he's playing the part of student or the part of teacher, learning is always the ultimate goal, regardless of the outcome.

"If I pass, that is great. I will be happy. But the simple fact that every day I am learning something new is gratifying to me." And this, in the end, is what makes him David Mahoney.

Excellence is the unlimited ability to improve the quality of what you have to offer.

**~American Basketball Coach
Rick Pitino**



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Minor Hockey Week (Cont'd from 3)

HOCKEY CANADA HAS LAUNCHED FREE CONCUSSION AWARENESS APPS FOR SMARTPHONES AND TABLETS

Source: Hockey Canada Website

The Hockey Canada Concussion Awareness apps are available in both English and French, with versions for adults and kids. The apps include a variety of resources and information on concussions, focusing on prevention, respect, rules, symptoms and return to play protocol. All these apps are available for Blackberry, iOS and Android devices and can be downloaded free on several websites and platforms including www.HockeyCanada.ca, Blackberry's App World, iTunes and Google Play Store.

"This app has a variety of very useful information on concussions for parents, players, officials and volunteers," said Hockey Canada President and CEO Bob Nicholson. "Download this app to your phone or tablet today, and you will have concussion information on prevention, rules, symptoms and 'return to play' protocol at your fingertips." One version of the Hockey Canada concussion awareness app was developed for kids, and is a great tool to teach children how to prevent concussions through respect and

playing by the rules. The app also puts important concussion information into easy to follow information for young players. It also contains an interactive game that features Hockey Canada's mascot, Puckster.


This Hockey Canada initiative is part of a national project bringing together Hockey Canada, ThinkFirst Pensez d'Abord Canada (TFC), a program of Parachute, leaders in injury prevention, the Canadian Centre for Ethics and Sport (CCES) and the Coaching Association of Canada (CAC). The project is aimed at reducing brain injuries in team sports in Canada and is funded in part by the federal government through its Active and Safe Initiative.

The project partners envision a country where all Canadian children and youth have access to safe team sport activities. It is expected that in collaboration with Canadian governments and their community partners, they can accomplish much over the next few years by focusing its collective efforts.

For more information on Hockey Canada, its programs and concussion awareness or download the new concussion awareness app, please visit www.hockeycanada.ca/apps

In the true spirit of Esso Minor Hockey week let's play hard, let's play to win, let's play to have fun but most importantly let's play safe!! Safety First! Let's make every effort to minimize concussions in the game!

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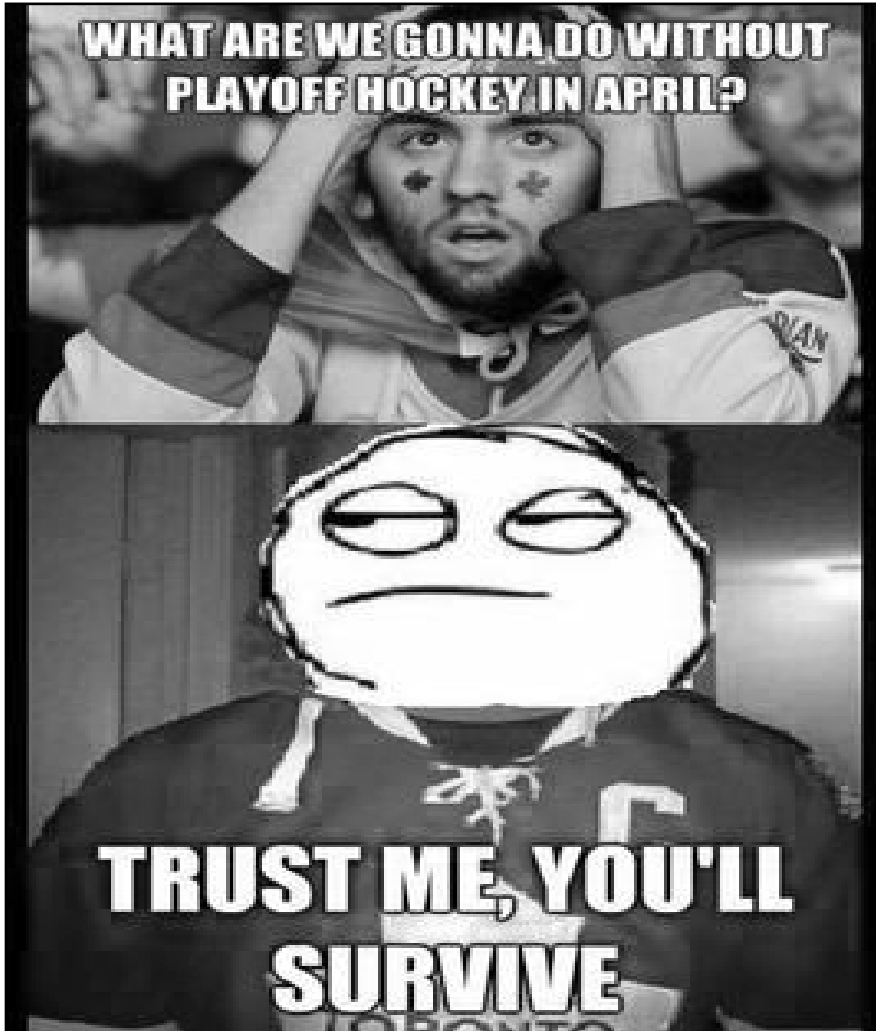
Marda Loop 3515 - 18 th St SW Ph: (403) 243-3663	Goalie Centre 3519 - 18 th St SW Ph: (403) 259-4144
Winter Store Hours	Winter Store Hours
Sun: 11-5 pm	Sun: 11-5 pm
Mon: 9-8 pm	Mon: Closed
Tue: 9-8 pm	Tue: 9-6 pm
Wed: 9-8 pm	Wed: 9-6 pm
Thu: 9-8 pm	Thu: 9-8 pm
Fri: 9-8 pm	Fri: 9-6 pm
Sat: 9-5 pm	Sat: 9-5 pm

Proud to Support Local Hockey

"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)



“NHL Lockout now in effect; Leafs fans are disappointed by the possibility of not being disappointed again this year.”



Proper Arm Swing (Cont'd from 10)

For many years prior to his retirement Scott Niedermayer was recognized and admired as one of the best skaters in the NHL if not the best. Then came along Sidney Crosby with a different skating style but just as effective. The Niedermayer stride consists of a deep knee bend and a very long smooth rhythmic stride consisting of an exceptional recovery (toe – knee – nose alignment) under the body from the drive skate. Whereas Sidney Crosby's stride involves a more power push on the drive skate and a quicker lower recovery with more of a wider track – skates further apart (toe – knee – hip – shoulder alignment) than the Niedermayer stride. Both are very effective and both have been world class skaters!

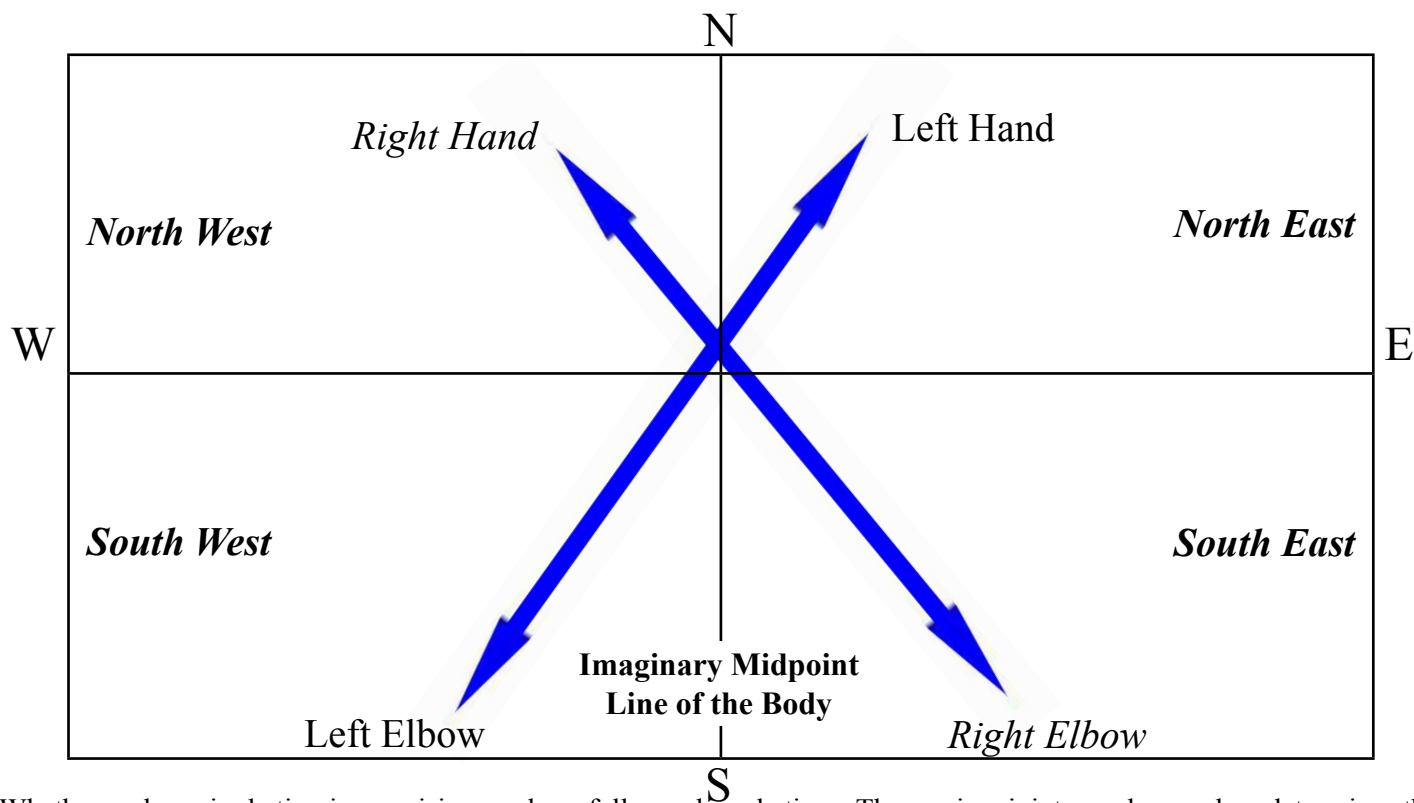
Secondary Components:

One of the secondary components of the forward stride is arm swing. As a power skating instructor, I do not look at effective arm swing as north – south or east – west but rather “quadrant” based. See illustration below:

quadrant (SE) and right hand in the north - west quadrant (NW) and left elbow in the south - west (SW) quadrant and left hand in the north - east (NE) quadrant . Yes, arms do cross the imaginary line or mid – point of the upper body but not in an east – west direction.

When you watch the forward striding of elite hockey players today most of the time players skate with two hands on the stick. It is not possible to move the arms in a forward backward direction when there are two hands on the stick. Sometimes skating without the puck they will have one hand on the stick often in the neutral zone, when fore-checking in the offensive zone or killing a penalty in the defensive zone. The majority of skating is done from the hips down – so the extension from the hip to knee to ankle flex to the skate blade is more important than arm swing.

So if the basic skating components are the same for every player, why can't everyone skate like Scott Niedermayer or Sidney Crosby? The problem is learning and properly applying the above mentioned components of forward



Whether a player is skating in a cruising mode or full speed (game situation where there is very little glide but constant pushing phase) will determine the degree and direction of arm swing motion. In cruise mode a skater's arm swing is more north – south motion but under pressure going full out the skater's arm swing is right elbow in the south - east

skating. The major joints and muscles determine the proficiency of the skater. Good power skating exercises (i.e. reps) develop skating skills along with good progressions to practice are the keys to developing a good forward stride. However, arm swing is only a secondary component. There are other more important components of the forward stride.

Using Games (Cont'd from 9)

The best coaches understand that to prepare for a game, you have to play a game. They use small area games or scrimmages to incorporate skill development opportunities while learning game sense under real life situations (so long as you provide parameters of play and purposeful objectives, keep score and hold the losing teams accountable.) They get more kids playing and mentally engaged in the games, and it is within this environment that kids will soon be so captivated by the thrill of playing, they won't notice how tired they are, how many times they fall down – but they will enjoy the passion of play while trying to get involved in the games!

Play practice helps bridge the gap between learning skills, tactics and game sense while preventing boredom. Games can be used to teach or train sport skills as varied as shot selection or creating a passing lane for the puck carrier. Games are incredibly useful in skill development and in helping young players better understand – think – and enjoy the game.

I hope this will challenge your thinking about how hockey should be taught, help you reassess your own methods, and provide a new, versatile and fun model you can apply with great success - one practice at a time.

Twelve Reasons Games are Great for Teaching
North American Simulation and Gaming Association:
<http://www.nasaga.org>

1. Games are fun. They enhance interest and spark motivation in learners.
2. Games are disarming. People are drawn into the play and begin learning before they have time to let their inhibitions about learning kick in.
3. Games build teams. In the activity of play, people create bonds that extend to the workplace.

4. Games provide practice and feedback. People can rehearse procedures and see the immediate results without serious consequences.
5. Games let people try out different roles. People can experiment with different leadership styles before using them in the workplace.
6. Games are memorable; they enhance retention. Games provide a context for what is being taught that is easy to recall.
7. Games have an emotional impact. When emotions are involved, learning is deeper and has a longer lasting impression.
8. Games fulfill multiple needs. They can be used to assess what people need to learn, to solve problems, to generate ideas, and to evaluate what people have learned.
9. Games make abstract concepts more concrete. They provide an in-the-moment application of the ideas being taught.
10. Games teach decision-making skills. Both individuals and teams learn techniques to evaluate data and make strategic decisions.
11. Games encourage holistic learning. You can use games to transfer information and knowledge, to practice skills, or to change attitudes.
12. Games provoke thought on multiple levels. Games can teach factual information but they can also encourage thinking on the deeper levels of “How?” and “Why?”
13. Games provide reinforcement and reward. People can gain immediate satisfaction and accomplishment in their learning.
14. Games appeal to different learning styles. People who read, write, draw, or learn through movement can find an outlet in games.
15. Serendipity! With a well-designed and well-run game, you always get more than you expected (Just like finding 15 reasons for using games instead of only 12)!

**All coaching is, is
taking a player where
he can't take himself.
~ Bill McCartney**



Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

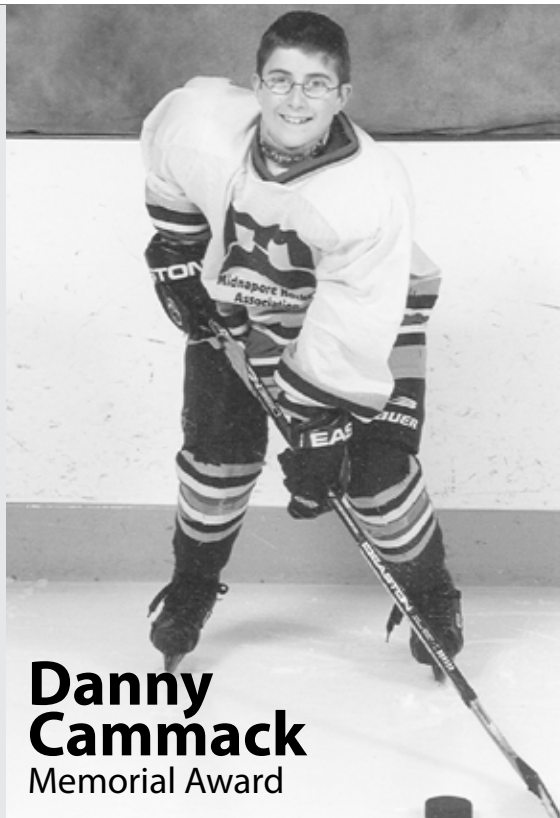
Since 2004, Tucker Hockey has offered over 70 free programs to various Minor and Adult Hockey Players. Giving back more than \$20,000.

You Could Win!

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

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

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



Danny Cammack
Memorial Award

Congratulations to Scholarship Recipients

Winter 2012 - Kohen Morrison

Spring/Summer 2012 - Aidan Bain

Fall 2012 - Nathan Bore

Winter 2013 - Govind Dhillon

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

Why I Love Hockey!

My name is Govind Dhillon. I am eight years old. I love hockey. It helps me grow stronger, and faster. I eat healthy foods only since I started playing hockey a year ago. Hockey has made me more confident. I love to watch NHL channel, scoring goals, and dream of playing in NHL. My favorite team is LA Kings, and my favorite player is Dustin Brown.

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Adult Recipients

Spring/Summer 2011 - Mike McCarthy

Fall 2010 - Margo Demerse-Berg

Winter 2012 - Kim Faires

Spring/Summer 2012 - Dennis Melbourn

Fall 2012 - Francois Le Bel

Winter 2013 - Lily Wat

What They're Saying About Tucker Hockey

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

- Tom Renney, Associate Coach - Detroit Red Wings

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

- Marie Lachance, Minor Hockey Parent

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

- Trevor Wannop, Minor Hockey Parent

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

- Murray Cotton, Minor Hockey Parent

"The very best thing was the encouragement. When I started with Rex I wasn't a very good skater and I found all the time I was encouraged to develop. I had had 2 or 3 positive comments and... instructed at a level I could deal with to move me up a notch. So rather than being bombarded with all of the things I needed to know... skating wise I was able to progress notch by notch and feel real comfortable all the time I was doing it. And Rex was able and his instructors were able to get that across to us, to everybody, individually while we were on the ice....."

- Nick Portman, Adult Rec. Participant

"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, Development - Canadian Women's National Teams

"As a player, you may not realize you are doing anything wrong, or you just think you are doing everything right. However, it wasn't until Rex Tucker, one of the best power skating instructors out there, tweaked my skating skills that I learned about my potential to improve... Rex is very passionate about the game and he cares about the players that he gets out. I think he's been awesome... I have to say I improved dramatically. I learned a lot of little things to get a step on an opponent. Even though I was a good skater to begin with, I feel I have reached another level of performance now.... There is no such thing as a perfect skater, but there are great skaters. I now feel that a player's skating skills will always have room for improvement.... no matter what level of play..... Thanks for your help Rexy !!..."

- Mark Bomersback, Semi-Pro Hockey Player

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

- Andrew Woolley, Father of Tim