

Power Skating

Tucker Hockey: Professional Hockey Development



Growing up in a community of less than 500 on Little Bay Island off the Northeast Coast of Newfoundland, Rex Tucker dreamed of a life playing hockey. Whenever there was a sheet of ice he was the first person on and usually the last one off. As he grew older the dream remained the same only the plans changed.

Graduating from Memorial University in St. John's, Newfoundland with a Bachelor of Commerce degree, Tucker moved to Toronto to pursue a job with Trans Canada Pipeline. After seven years the company decided to move their head office to Calgary, this is when Tucker decided to cut his ties with Trans Canada and follow his hockey dream. Tucker remained in Toronto but only for a short time. He moved to Calgary shortly after ending his career with Trans Canada, and with this decision Tucker Hockey was born.

Tucker Hockey was created in 1997 as a part time instruction school to try to improve the skill level and condition of hockey in Canada. Since August 2002 his childhood love of hockey has become his full time business. And with such an impressive resume this should come as no surprise. Since departing from Trans Canada, Tucker has been involved in a number of projects including; coaching Midget, Junior B, coach of the year honors in the Calgary Junior Hockey League, NCCP advanced level 1 coaching certificate, conducted coaching clinics for Hockey Alberta, as well as taught power skating camps in the Czech Republic for five summers. Tucker also has had on

ice training as a player with pro, semi-pro and Major Junior A players. He even pursued a tryout with Tom Renney's Canadian National Team in 1995—as a 34 year old. His attempt was in vain, but he did not look out of place.

Tucker Hockey provides services and consultation to players, teams, parents, coaches, associations, and organizations, in a positive, fun filled learning environment and Tucker says there is no age group he can't teach. "I'm always looking for more business, I'd like to recruit more people... we have people here as young as five and as old as in their 60's," says Tucker.

Tucker also says that his program is perfect for business executives looking to relieve stress on their lunch hour. "Lots of people show up with their suit on," says Tucker. "Studies have shown that employee productivity is better when they are involved in exercise programs." In fact Tucker has set up three adult classes to entice more business executives to join, with two of the programs running on weekends, and one of the programs running at the lunch hour every Wednesday.

While the prices vary depending on the program and the type of instruction needed, most adult programs run around \$300 and include instruction on player development including technical skills such as skating, puck control, passing and shooting. —MATTHEW BEAUCHAMP

Tucker Hockey . 403.998.5035 . www.tuckerhockey.com

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