

TUCKER HOCKEY - MAKING A DIFFERENCE ON & OFF THE ICE!

By: Ern Rideout

For the past 12 years, Tucker Hockey has provided professional on-ice instruction for Minor and Adult hockey organizations, teams, and players both in Calgary and throughout Southern Alberta. Over those years, thousands of registered players have participated in Tucker Hockey's various programs with ages ranging from 5 to 75 and with a broad skill level from Tyke to Semi-Pro.

According to Founder, Owner and President, Rex Tucker "Our teaching philosophy has been and always will be..."

We enjoy and preserve what we love

We love what we understand

We understand because we have been taught

The Tucker Hockey Way!

"Skating is the most important hockey skill. It is the foundation upon which all skills are built. Skating is to hockey as running is to Soccer" says Coach Rex.

The Tucker Hockey power skating program consists of a full power skating curriculum with unique and innovative hockey specific drills. It is a quality and professional skating program that has delivered proven results to a variety of skill levels.

"We operate a full customized and comprehensive power skating program. It is important to teach proper technique first and then speed, without pucks and with pucks. Proper demonstrations, emphasizing key teaching points, good repetitions, correction of errors, positive reinforcement and encouragement in a fun learning environment plus we adjust to your audience's skill level. We try to reinforce the importance of skating and instill the love of the game."

"I have been an NCCP Advanced 1 Certified Coach since 1996, a Professional Power Skating Instructor since 1997, and a full time Professional Hockey Coach since 2002. As well, I have over 15+ years of Hockey Coaching / Instruction experience, with organizations such as Hockey Alberta and Canadian Hockey Camp - Europe, where I taught Czech, German, Austrian, and Canadian players in the Czech Republic for 5 summers from 1997 to



2001" states Coach Rex. "It is truly my passion being on the ice as often as I am" which he indicated has been over 500+ times per year for each of the past 7 years.

"We provide quality year-round professional consultations, instruction, and services to hockey enthusiasts/stakeholders such as minor hockey and adult recreational groups, where we can customize group programs for power skating, player development, and checking. We also have programs for teams of all levels and skill sets, and can customize sessions for elite power skating or conditioning, as well as one on one coaching." Rex emphasizes "We have the right program for you!"

"We also have our own newsletter that we publish three times per year, Hockey Zones. We like to think that it reinforces hockey's positives to all ages." Published three times per year; Fall, Winter and Spring/Summer, with a circulation of 4,000 copies per issue, Hockey Zones is available at various

Calgary arenas and sporting goods stores. This publication consists of fresh hockey education and teaching articles, expressions of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grassroots rink level", upcoming Tucker Hockey Adult and Minor Hockey Programs, and provides quotes, stories and prize contests. In summary, it creates good hockey food for thought. Contributing writers, letter to the Editor, and advertisers are always welcome. Past issues are available at www.tuckerhockey.com.

"Our latest endeavour is the release of our first Promotional DVD. The DVD contains on-ice footage of our hockey programs and services, as well as providing detailed information on our background, philosophy, and contact information," proudly states Tucker.

"In 2008 Tucker Hockey and some very dedicated volunteers, created a non-profit society named the Kids Hockey Advancement Society. The first goal of the Society is to give deserving children the chance to play organized hockey" says Rex.

In 2009, funds raised from the second annual Golf Tournament, increased by 20%. KidSport and The Calgary Flames Foundation for Life each received \$6,000. Also in 2009, the Society added a No Limit Texas Hold'em Poker Tournament as a second fundraiser. Seisware International Inc. was the event's major sponsor, and Murray Brack was the key volunteer behind the success of this event. The tournament raised \$8,700 for KidSport. The Kids Hockey Advancement Society will continue to seek new opportunities to fulfill its goals outlined in its mission statement.

This year's Golf Tournament will again be held at the Inglewood Golf Course on Wednesday July 28, 2010. Rex indicates that there are still opportunities for Golfers, Sponsors, and Prize Donors to contribute to the success of this year's event.

For further information about Tucker Hockey's year-round power skating and hockey programs, archived copies of their Hockey Zones newsletter, copies of the new promotional DVD, and the upcoming Kids Hockey Advancement Society fundraising Golf Tournament check out their website at www.tuckerhockey.com. For additional information, contact Christyne at 403-998-5035.