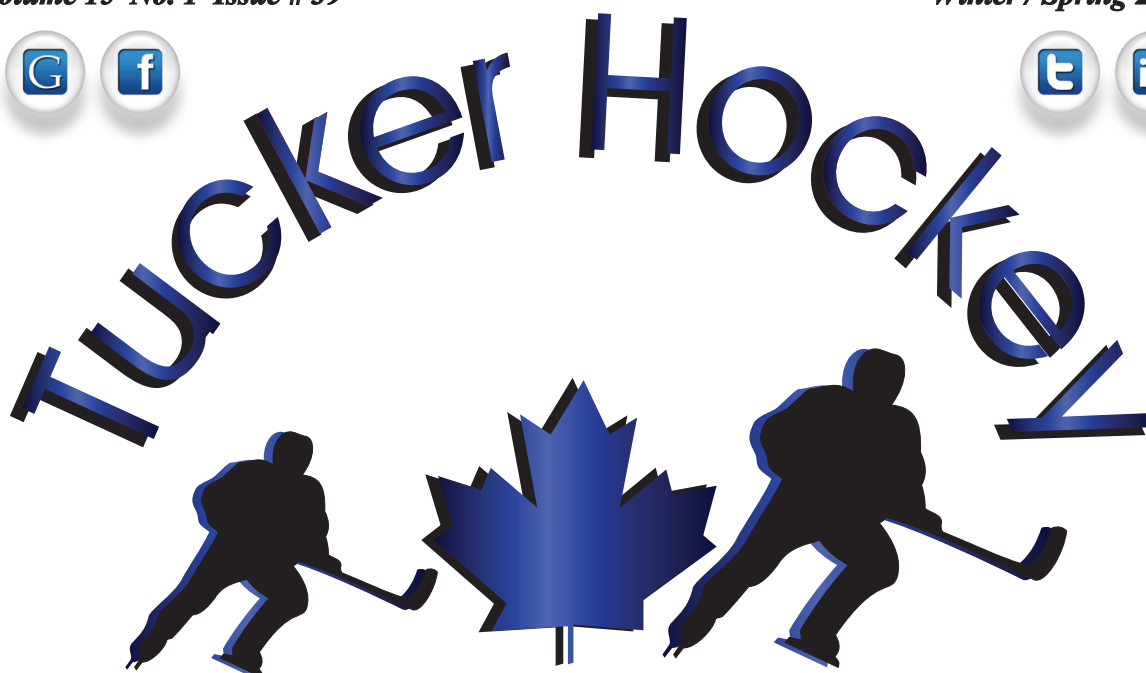


Hockey Zones

For the LOVE of the GAME

Volume 15 No. 1 Issue # 39

Winter / Spring 2018



T.H.E. Way to Success!

www.tuckerhockey.com

What's Inside

Calgary Flames - First Half Report	4
Calgary Flames - 2nd Half Schedule	5
Proper Perspective on Coaching	8
Tucker Hockey Upcoming Programs	16 - 22
2018 Olympic Hockey - Men's & Women's Schedule	28 - 29

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

Tucker Hockey

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

Summer Elite Power Skating / Conditioning Camp A specialized power skating curriculum that includes extreme edges, striding - technique & speed as well as skating agility & mobility drills Elite Atom to Midget Players	Individual Minor Hockey Team Practice Sessions October - March Power Skating Player Development Checking Clinics Player Evaluations	Summer Minor Super Power Skating & Hockey Skills Development A program which focuses on the technical skills of skating, puck control, passing and shooting plus scrimmage. Ages 7 to 14+
Coach Mentoring Customized Programs & Sessions for Associations and Teams		Coach Mentoring Customized Programs & Sessions for Associations and Teams
Minor Hockey Group Programs <i>Fall, Winter, Spring & Summer</i> Power Skating & Player Development Checking Clinics Shooting Clinics Conditioning Clinics	Customized Programs Group & "1 on 1" Year Round Ages 4 to 75	Adult Recreational Group Programs (Ages 18 to 65+) <i>Fall, Winter, Spring & Summer</i>

Rex Tucker President, B.Comm

- 25 Years + Hockey Instruction Experience
- Calgary Junior Hockey League Coach of the Year (1995)
- NCCP Advanced 1 Certified Coach (1996)
- Past Hockey Alberta Instructor (1996)
- Head Power Skating Instructor Canadian Hockey Camp - Europe (1997 - 2001)
- A Professional Power Skating Instructor (1997 - Present)
- Full Time Professional Hockey Coach (2002 - Present)

Tucker Hockey Philosophy

Adult Hockey

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

Minor Hockey

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

Contact
Tucker Hockey
(403) 998-5035

Tucker Hockey Identity

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

Experience the passion of Tucker Hockey!

www.TUCKERHOCKEY.com

Managing Editor's Message

Tucker Hockey

President & CEO Rex Tucker

Assistant

Business Manager .. Christyne Vanofwegen
Business

Development Hannah MacDonald
Hockey &

Fitness Consultant David Mahoney

Hockey Consultant Bob Tuff

Administrative Assistant ... Marcela Tucker

On-Ice Instructors

Kris Bramall Jack Evans

Jordan Evans Jim Hepburn

Matt Heseltine Mark Howery

Alannah Jensen Noah Kelly

Sheila Kelly Frank Lyall

David Mahoney Ben McGinn

Liam McKay Paul Riley

Rex Tucker Ron Wong

Apprenticeship On-Ice Instructors

Darrin McCallum Connor Michaud

Kurtis Nystrom Michael O'Sullivan

Adam Oates Adam Rosen

..... Kevin Soroachak

Hockey Zones Newsletter

Managing Editor Rex Tucker

Publisher Christyne Vanofwegen

Advertising Sales Hannah MacDonald

Contributing Writers Wally Kozak

David Mahoney Bob Tuff

Dean Holden Rex Tucker

Michael White Jeff Mueller

..... Christyne Vanofwegen

Official Photographer Terence Leung

Ad Rates

One Page Color \$749

One Page Black & White \$449

Half Page \$349

Quarter Page \$249

Business Card \$149

One Page + One Page Advertorial \$749

Half Page + Half Page Advertorial \$449

Advertising Enquiries: Hannah at
hannah@tuckerhockey.com

Mailing Address

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



Welcome to the 39th edition of Hockey Zones – the Official Newsletter of Tucker Hockey.

2018 marks the 20th year for Tucker Hockey. Over the years we have helped players of varied background and ages improve their hockey skills. Thousands of players have participated in our year - round group and 1 on 1 programs.

The mission of our newsletter is to promote Tucker Hockey's year-round programs, to publish hockey education and teaching articles, to express hockey philosophies and viewpoints, to address various hockey issues for public discussion and to provide profiles and features on hockey people at the Calgary grass roots level.

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

This Winter / Spring 2018 issue features many interesting articles

including:

Calgary Flames First Half Review and 2018 2nd Half Schedule, Critical Years of Hockey Development Ages 7 to 12, Hockey IQ Development, 2018 Winter Olympic Hockey Schedules, 10 Coaching Tips from Season to Practice & Beyond... as well as other interesting articles from our seasoned contributing writers.

Back in the Spring of 2004, nearly 14 years ago... it's hard to believe... Hockey Zones had very humble beginnings - an 8 page newsletter! It has grown into a solid 36 page publication, with – Winter / Spring and Summer / Fall editions each year.

Past issues can be found on our website www.tuckerhockey.com

Enjoy the read!

Sincerely,
Yours in Hockey,
Rex Tucker

Managing Editor
Hockey Zones

PS: For the love of the game - I will often joke with people and say..."You may love hockey but not as much as I do"! Remember to instil and grow the love of this great game to others especially our youth! Hockey and smiles!



Next Issue: Summer / Fall 2018 Features

Letter to the Editor

Meet the Instructor - Mark Howery

Calgary Flames Season 1st Half
2018 - 2019 Schedule

Tucker Hockey Upcoming
Programs

Tucker Hockey Tips



Calgary Flames

A View From the Press Box

In the Summer / Fall 2017 of Hockey Zones edition I wrote the following:

... As last season unfolded the Flames managed to be more competitive, win enough games and secure a wild card playoff spot. For next season improved play in goal and more depth on the blue line are major necessities for the team to advance again to the playoffs. Nashville proved this past season anything is possible if a team can secure a playoff spot! It will be an interesting, and competitive season ahead...

On Thursday November 30th, 2017 I attended the Calgary Flames vs. the Arizona Coyotes game. It was game No: 25 and home game No: 13 of the Flames 82 game schedule. Calgary won the game 3 to 0. Mike Smith stopped 28 shots for the win and shutout. Smith was picked the first star of the contest. I'm sure it was a very sweet win for Smith against his former teammates on the Coyotes. Smith spent many years in Arizona honing his goaltending craft. Here are the main story lines from the Calgary Flames first quarter of the season.

MVP Performances – From Mike Smith & Johnny Gaudreau

Where are the Flames without both Mike Smith and Johnny Gaudreau this season? After the game against the Coyotes the Flames were positioned in 3rd place in the Pacific Division. Without the stellar performances of both players, the Flames are definitely close to the bottom of the conference.

After not being pleased with Chad Johnson and Brian Elliott's goalie performances from last season, the Flames searched for the best goalie available. According to Flames management team it was Mike Smith. Yes indeed Mike Smith has delivered! The team's goaltending has certainly been upgraded from last season. Prior to the game he had a save percentage of .921 and is arguably the Flames best player this season.

Up front, Johnny Gaudreau with 11 goals and 23 assists for 34 points which places him third in league points. He has been the best Flames forward. Along with Sean Monahan 14

goals 12 assists for 26 points and Michael Ferland 10 goals and 4 assists for 14 points, the first line have really carried the team's scoring so far this season. Last year Gaudreau struggled after delays in signing a new contract and an early season injury but this season he's one of the brightest, consistent and most productive players in the game.

Goals For and Against

After 25 games, the Flames have scored fewer goals for 73 vs. 76 goals against. Leading the way going into the Coyotes game was T.J. Brodie with -11 and his partner Travis Hamonic -7. However, both had a good game with a +2 in the Coyotes contest. Sean Monahan leads the team with +7. Starting the season on paper the Flames defensive core was seen has one of the best back ends in the league if not the best by most hockey experts. But the back end, especially the pair of Brodie and Hamonic has struggled with their on ice chemistry and underachieved.

Newcomers - Jagr & Jankowski

45 year old Czech legend Jaromir Jagr signed with the Flames late this season and missed the team's training camp and exhibition games. Therefore at his reaper age, it's been a real challenge for him to contribute the way Jagr and the coaching staff expected. Nevertheless, his positive influence on young players – Gaudreau, Monahan, Tkachuk, Bennett and Jankowski et al has been worth is \$1,000,000 salary already!

Jagr in the second half of the season will provide more secondary scoring and continue to provide more valuable mentoring especially with his line mates Bennett and Jankowski. Mark Jankowski 6'4" 202 23 year old center looks like he's staying with the parent team for the rest of the season. He scored two goals including the game winner in the Flames win over the Coyotes and received the 2nd star of the game. Head Coach Gulutzan joked at the post game press conference that they are impressed with Janowski's play but will still keep him in the hotel just to keep him hungry!

Lack of Scoring From 3rd & 4th Lines

(Cont'd p. 26)

Calgary Flames 2017 - 2018 2nd Half Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Thursday, Jan. 11	Flames	Lightning	5:30 PM	SN-West
Friday, Jan. 12	Flames	Panthers	5:30 PM	SN-Flames
Sunday, Jan. 14	Flames	Hurricanes	1:00 PM	SN-West
Saturday, Jan. 20	Jets	Flames	1:00 PM	HNIC
Monday, Jan. 22	Sabres	Flames	7:00 PM	SN-West
Wednesday, Jan. 24	Kings	Flames	8:00 PM	SN360
Thursday, Jan. 25	Flames	Oilers	7:00 PM	SN-West
Tuesday, Jan. 30	Golden Knights	Flames	7:00 PM	SN-West
Thursday, Feb. 1	Lightning	Flames	7:00 PM	SN360
Saturday, Feb. 3	Blackhawks	Flames	8:00 PM	HNIC
Tuesday, Feb. 6	Flames	Blackhawks	6:30 PM	SN-West
Thursday, Feb. 8	Flames	Devils	5:00 PM	SN-West
Friday, Feb. 9	Flames	Rangers	5:00 PM	SN-West
Sunday, Feb. 11	Flames	Islanders	4:30 PM	SN
Tuesday, Feb. 13	Flames	Bruins	5:00 PM	SN-West
Thursday, Feb. 15	Flames	Predators	6:00 PM	SN-West
Saturday, Feb. 17	Panthers	Flames	8:00 PM	HNIC
Monday, Feb. 19	Bruins	Flames	2:00 PM	SN-West
Wednesday, Feb. 21	Flames	Golden Knights	8:30 PM	SN-Flames
Thursday, Feb. 22	Flames	Coyotes	7:00 PM	SN-West
Saturday, Feb. 24	Avalanche	Flames	2:00 PM	SN-West
Tuesday, Feb. 27	Flames	Stars	6:30 PM	SN-West
Wednesday, Feb. 28	Flames	Avalanche	7:30 PM	SN360
Friday, March 2	Rangers	Flames	7:00 PM	SN-West
Monday, March 5	Flames	Penguins	5:00 PM	SN-One
Wednesday, March 7	Flames	Sabres	5:00 PM	SN
Friday, March 9	Flames	Senators	5:30 PM	SN-West
Sunday, March 11	Islanders	Flames	4:30 PM	SN
Tuesday, March 13	Oilers	Flames	7:00 PM	SN-West
Friday, March 16	Sharks	Flames	7:00 PM	SN-West
Sunday, March 18	Flames	Golden Knights	2:00 PM	SN360
Monday, March 19	Flames	Coyotes	8:00 PM	SN-West
Wednesday, March 21	Ducks	Flames	7:30 PM	SN-West
Saturday, March 24	Flames	Sharks	2:00 PM	SN-West
Monday, March 26	Flames	Kings	8:30 PM	SN-West
Thursday, March 29	Blue Jackets	Flames	7:00 PM	SN-West
Saturday, March 31	Oilers	Flames	8:00 PM	HNIC
Tuesday, April 3	Coyotes	Flames	7:00 PM	SN-West
Thursday, April 5	Flames	Jets	6:00 PM	SN-West
Saturday, April 7	Golden Knights	Flames	8:00 PM	HNIC

Salute to Minor Hockey Week

Meet the Player - Kjell Moller



Editor's note:

Recently, I had a good talk with Kjell Moller, Bantam AAA Royals hockey player and his two parents Rhondda and Troy. Over the past two years I have worked with Kjell doing 1 on 1 coaching sessions to help him improve on his skating skills

and his overall play as a defenseman. I have found Kjell to be a very conscientious, dedicated and coachable young man and both his parents have a refreshing approach to raising their children within the game of hockey and other sports as well as their general outlook on life. I thought it would make for a good read. Here is a summary of our conversation.

Troy & Rhondda, tell us a little about yourself.

We are big proponents of an active lifestyle. Growing up we each developed a love of sport and we try to weave that into our family lifestyle as much as possible. We have 3 active young kids (ages 14, 10 & 8) so life is busy at the moment.

Kjell, tell us a little about yourself.

I am 14 years old attending grade 9 at Rideau Park School in Calgary. I am currently playing hockey for the Bantam AAA Royals hockey club. I enjoy hockey a lot and lead a simple, active life.

Kjell, tell us about your minor hockey background and road to Calgary quadrant hockey?

I commenced community hockey in 2nd year Timbit after a season in Grassroots. From Novice all the way to Pee wee for every age group I played division 3 (first year) and division 1 (second year), encountering many familiar faces and good friends along the way. I was a "late bloomer" as some say,

and once my Bantam year came along I really improved and managed to make AAA Royals as a first year.

Troy, did you influence Kjell's choice to play hockey and pursue quadrant hockey?

Not so much. When Kjell was younger skiing was our main winter-sport. We introduced Kjell to grass roots hockey as a bit of an afterthought when we saw its popularity in our community. Through community hockey, Kjell was reunited with his hockey pals each fall and throughout the winter hockey season. I think it is these friendships that fuelled his interest in hockey (and ultimately city quadrant hockey) far more than anything I had done.

Kjell, what other sports have you participated in and enjoyed over the years?

Before committing to hockey I was a very competitive ski racer. I now enjoy skiing as a secondary sport when I have the time. For many years I played soccer in the spring season. I have also played on my school basketball team and participated in and won all of the school's cross country events and won my events during the city track & field meet. I also enjoy biking and running a lot. Despite not being very good at it, I also love to get outside and toss around a baseball.

Rhondda, what has been your families approach to supporting Kjell in his hockey and other sport endeavours?

I suppose it's been to introduce him to a number of different sports and now that he's older, our role is to get him to all of his practices and team events, attend his games and offer our moral support as much as possible.

Rhondda, what are your thoughts on hockey development at an early age and involvement in sports at an early age? Is developing the athlete the first approach rather than specialization at an early age?

I strongly believe in exposure to multiple sports at an early

Cont'd p. 23

10 Coaching Tips - From Season to Practice and Beyond!

Coaching is a process and it takes time to master and for that matter, do we ever really master it? Reflecting back on thirty-plus years of coaching and facilitating training courses, I thought it would be appropriate to share some suggestions that I have found to be highly effective from initiation to pro.

1) Define your coaching philosophy! Most often, we are products of our past environment; we take on characteristics of our previous coaches, the good and less desirable attributes. I highly recommend that you take the time to think about who your best AND worst coaches were, and why. What personal characteristics, attitudes and behaviours did they express? What do you want to keep and what do you want to eliminate? Now, write down your philosophy. It must include your beliefs and values. Think about coaches you admire – what do they stand for and how do they act? Would their mom and dad and kids be proud of how they carry themselves? Your philosophy will have an overall impact on what you teach and how you teach. It will act as a foundation for your behavior and actions when dealing with challenging situations. How will you demonstrate this philosophy in action? Review this at least twice a year – prior to the start of the season and again at the end. Parts of your philosophy should and will evolve as you gain experience, and that is normal. Ultimately, you want it to be an authentic expression of ‘you’.

2) Keep things in perspective. We aren’t surgeons. We aren’t dealing with life and death issues here – we are coaches! We don’t ‘work’ hockey, we ‘play’ hockey! You must include FUN throughout the season, throughout each practice / training session. Things are never that bad, or that good; keep an even emotional keel. Celebrate the achievements, learn from the challenges. Be mindful, practice self-awareness. The most successful coaches are passionate lifelong learners and take ideas from different areas: sports, business, military, science, art, religion. Stay open-minded, possess a growth mindset, and demonstrate grit. Maybe one day you will find your Holy Grail of Coaching!

3) Get to know and understand your players and coaching staff relative to what skills and attributes they bring and where they are in their development or experience cycle. For players, consider their age, level of play, maturity,

motivations, expectations, and existing skills. For your coaching staff, also consider their experience (coaching and work), strengths, skills, and expectations / motivations. Try to connect with both your players and staff on a personal level; get to know them and their interests outside of hockey. These regular interactions build a common understanding, better communication and facilitate trust.

4) Plan with the end in mind, and work backwards. The golf pro sees the putt go into the hole, sees the approach shot land near the hole, and sees the drive propel the ball towards its intended target. The coach understands how many training sessions are typically available in a season with respect to the number of games, and what the end of the year should look like in terms of the players and the team as an entity. They can extrapolate what individual skills, tactics, team tactics and principles of play are necessary to provide a strong base for the season, and then starts to assign needs (what and when to work on) after becoming familiar with the players. With time and experience, a complete picture gets filled in and allows an experienced coach to adapt to different situations more easily.

(Cont’d on p.26)

Dean Holden Bio:

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



Proper Perspective on Coaching

“Coaching the NHL ain’t no different than coaching pee wee hockey” - Brian Sutter

Brian Sutter, highly regarded former NHL player and coach was joined by Greg Millen, former NHL goaltender and TV color analyst and Fran Gow, a successful coach in the AJHL at a recent Development Seminar in Sylvan Lake, Alberta. The seminar was the first of its kind bringing together coaches, goalie coaches and development directors to prepare and educate them for the upcoming season.

The “Hot Stove” session captivated the audience as the stories provided insights into the importance of leadership and the role that coaching philosophy plays in the game at every level. Brian Sutter’s underlying message was a reminder of the importance of a “TEAM” first philosophy which was supported by Greg Millen’s story about attending a Minor Hockey banquet where 5 out of 7 parent head coaches had selected their own son as MVP’s for the year.

Brian reinforced the importance of impartiality and knowledge when selecting and coaching a team. He was asked to help select players for a Midget AAA team and was given a list of 9 returning players that he was told should be on the team. He only selected 3 out of 9 of the returning players. The qualities that he looked for were coachability and work ethic. A number of community Midget players as well as A and AA players demonstrated good skills and superior work ethic and coach ability.

Greg Millen was released from an NHL try out and decided to go to school to complete his education. He got a call from his former OHL Junior team wanting him to come back and play as an overage player. His father who never really talked too much to him about hockey suggested that he should go back to Junior and just play and have fun. He did and his team won the Memorial Cup and he had a 12 year career as an NHL goalie which led him into becoming a sportscaster while completing his Masters degree in Leadership. The exchange of stories between Greg and his former teammate and coach Brian Sutter was both inspiring and entertaining. Greg in his Keynote talk on “Leadership” mentioned how Brian, the captain of Greg’s new team introduced himself to the “rookie” and introduced Greg as well 1 on 1 to all

players. Brian reminded everyone that Greg was their new Teammate. Greg immediately felt part of the team.

Early that season when players broke curfew they were required to do a “Bag Skate” at practice. Brian was the captain and when the guilty players were skating he joined them followed by everyone on the team. It was a big part of them becoming a “Team”. Through Brian’s leadership as a former captain and his philosophy as the youngest head coach of that time he was able to experience a many successful NHL seasons.

Brian’s father always reminded him of the following. “Hockey is just a game and that he was just a farmer. You are only as good as the people around you”. Brian shared stories about getting the most out of players by putting them into positions to succeed. He gained the trust and respect of his players by getting to know them. Brett Hull was a player not wanted by a number of teams. However, when playing for Brian, he scored over 100 goals in a season (including exhibition and play offs). He challenged players to play different situations such as (off wing / center) and different roles (penalty kill / power play and take face offs etc.) Everyone had a role and was trusted to play different situations. He never regarded lines as being 1st, 2nd 3rd, or 4th. They all played their roles feeling valued as a person and a player.

Cont’d p. 27

Wally Kozak Bio:

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

Teacher, Coach, Mentor: Over 20 years

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

Olympic Gold Medalist 2002.

Past Head Scout and manager of Player Development for Team Canada Women’s program.

Author of numerous articles used in
Hockey certification programs.

Chinook Hockey Consulting: Providing
Leadership, Mentorship for Associations,
Parents, Players and Coaches.



Coach Rex's Corner: Critical Years of Hockey Development - Ages 7 to 12

Editor's Note:

For an aspiring hockey player, the timeframe between the early years of 7 to 12 are extremely important for hockey development, especially if a player dreams of someday playing city quadrant hockey, junior A, collegiate, semi - pro or ultimately in the NHL.

Yes, the higher the level of play the greater are the incredible odds of reaching one's lofty goals.

This article was originally published in the Winter 2007 edition of Hockey Zones newsletter.

To mark the 20th Anniversary of Tucker Hockey I have decided to give this prior article a tune up.

With another 10 years of on ice instruction for Coach Rex in the hockey trenches which includes an additional 5,000 hours honing one's craft, here are 10 components which I feel are most significant for proper early hockey development.

There are many different schools of thought on hockey development. I trust you will enjoy the read....opinions to the editor are truly welcomed!

Positive Initiation

- Receives the Right Start - learns to skate and acquires the right taste / love for the sport of hockey as a beginner.

Proper Equipment

- It makes a difference in a player's development and performance. It's difficult for parents to keep up, even for parents, who know about proper equipment because of growth spurts and more than one child playing in the family. Equipment issues include correct fitting of skates, proper stick length, proper helmet fit and hockey pants that are not too short - equipment fitted for safety first and good performance.

A fun, positive, learning environment

- Fun for players, parents as well as coaches

- An environment that allows the development of the player's self - esteem, self confidence as well as hockey skills
- Coaches and instructors who teach good skills in a fun not too serious atmosphere
- Players want and look forward to going to the rink

Friendships and Social

- Early exposure to the game with their friends and family in a positive and enjoyable environment
- Buddies like to play with buddies especially in the early years - good camaraderie
- Being part of a team environment surrounded by good hockey people is critical

Acquires a Love for the Game

- Starts with fun and the challenges of improving which morphs into a love for the game. A player has a burning desire to go to the local rink to practice and to play and to get better each and every day. Spends extra time outside structured hockey to play, play and play some more...

Healthy Family Support

- It plays a very important part in a player's development, but many players have succeeded in a very negative environment. In fact, hockey can be an escape for some players, who live in a negative home environment. Parents should offer good, positive feedback and sincere encouragement - not too high and flattering and not too low and negative. Parents need to listen to their child's wants and needs to avoid burn-out i.e. playing too many games etc., and to offer proper guidance and support. Avoid too much pressure to play and to perform. Keep the fun in the sport! A player's success will affect his or her supporter's lives. Family members will have to make many sacrifices for an individual to go far in any competitive sport.

Good Instruction / Coaching / Mentoring

- Teach learn to skate, scrimmage and have fun

(Cont'd p.32)

Celebrating 20 Years

Tucker Hockey turns 20 in the year 2018, and we want to celebrate this major milestone with our loyal current and past participants!

Year-Round All-Access Pass:

Adults:	\$1000
Minors:	\$2000
Family:	\$3000

As a yearly pass holder, you'll have access to every group program Tucker Hockey runs during the calendar year: Winter (January to March), Spring (April to June), Summer (August to September), Fall (October to December) and Christmas Break (Minor). Conditions Apply.

Terms & Conditions:

Please note, due to unpredictability, some programs offered may not run, and Tucker Hockey will not issue a monetary credit to pass holders. We will guarantee, however, at least one program will run each season.

A Family pass can be used for a maximum of 3 participants – 1 adult, 2 children or 2 adults, 1 child or 3 children. All pass members must reside in the same residence; however exceptions can be made and must be discussed with Tucker Hockey prior to payment. Family pass members must be provided prior to commencement of programs.

Participants must qualify for the program (eg. A Novice player can not attend an Elite Power Skating program for Atom & Pee wee players.)

Note: Minor Participants are limited to one free program per week in the summer.

Adult Hockey Enthusiast Nelly Matlala



Editor's note:

Since the Fall of 1999, Tucker Hockey has been helping adult recreational hockey players develop their skating, hockey skills, individual and game tactics. Players' skill levels have ranged from beginner to intermediate including young and old - from 18 to 75! We have had a

grow, I thought it would be interesting idea to share Nelly's hockey story with other aspiring hockey players etc. Here is a summary of our recent conversation.

Nelly, tell us a bit about yourself.

I was born and raised in South Africa and moved to Canada when I was 14 years old. Growing up I watched and played a variety of sports including soccer, track and field, swimming, and a lot more. I have 3 younger brothers, Seun (15 years), Tomi (11 years) & Tumi (7 years). They drive me absolutely nuts but I love them like crazy. Throughout the years I've lived in Canada I have bounced around from city to city but I now call Calgary my home and I absolutely love it.

What is your hockey playing background?

I don't really have a lot of background with playing hockey. When I was 14 I wanted to learn how to skate so I signed up for beginner's lessons for figure skating, which I did for a year. After I realized that I hated spinning and twirling and wearing cute outfits on the ice I wanted to try hockey. When I was 15 I played for a team in Edmonton for a year and that

(Cont'd p.24)

diverse mix of male and female skaters enrol in our varied schedule of year – round programs. A fine example is Nelly Matlala. Nelly has been an avid participant in our Tucker Hockey Adult Technical Skills Fundamentals Program for several years now. Nelly started out as a novice level adult player and she has worked diligently on her skills to become a much better hockey player. After working with Nelly on the ice and seeing her skills and love of the game

Tucker Hockey Tips

Hockey IQ Development

Hockey players of all ages and skills need to work on their hockey fundamentals i.e. skating, puck control, passing, shooting and checking. Sidney Crosby, arguably the best all round player spends time each day on the fundamentals of his game. However, fundamentals are not enough. A player will not become a great player if he or she can't apply these skills effectively in a game. Hockey sense separates the very best from the rest. Hockey sense is the tactical thinking part of the game. Hockey sense is a learned skill and players are not born with this trait. Over the years the term hockey sense as evolved into "Think Hockey" and "Hockey IQ".

Playing the game is the best way for player's to train hockey sense. The more a player plays under game like conditions, making decisions under pressure, the better prepared that he or she will be to handle the stresses of real competition. Therefore, every coach needs to spend a portion of their practice doing drills or games that will teach Hockey IQ.

When instructing 1 on 1 sessions with atom players and higher ages, besides working to improve on their technical skills, I will often teach them better Hockey IQ. For example, after developing their technical skills of skating and puck control we will often practice ways to improve the "thinking part / understanding of their game" - within the drills and skills they are doing on the ice.

An Example: Evasive Skating & Evasive Puck Control Drill

Set Up: 1 vs. 1 or 1 vs. 2 players – where the emphasize is to keep the puck away from opponents in a small area such as below the goal line, or within a circle etc.

While doing this drill on the ice, I will question players on the purpose of the drill.

- ***What are you doing?***

What is being evasive? It's being unpredictable, shifty with

one's skating and puck control skills. The puck carrier is trying to keep the puck away from one player, two players, or multiple players etc.

- ***How are you doing it?***

A player is performing evasive skating - by changing direction via (stopping, turning, pivoting, crossovers, 3 & 9 skating moves etc.) and getting away from their opponents. Creating time and space. A player is performing evasive puck control

by using good body position, protecting the puck i.e. keeping his or her body between the puck and their opponents, showing lots of moves, fakes, toe drags etc. in a small area of space on the ice.

- ***Why are you doing it?***

To avoid being checked i.e. losing control of the puck and enhance your ability to maintain possession of the puck and make good plays on the ice. The ability to create more time and space and get away from your opponents is a very valuable skill. If you control

the puck you control the game. A good offense is the best defence indeed!

- ***When are you doing it?***

Any time during a game a player may be forced to do evasive skating and puck control. Sidney Crosby is probably the best in the game doing this in his offensive zone; down low below the opponent's goal line or near the half boards to maintain possession of the puck, to make a play and create offense for his team. It's extremely difficult for opponents to take the puck away from Crosby. He's a beast with the puck!

- ***Where are you doing it?***

For example, a defenseman can be doing evasive skating and puck control when an opponent pressures him or her in a game. In the defensive zone - below the hash marks or

(Cont'd p.27)



The Test

The test of a man is the flight he makes,
The grit that he daily show;
The way he stands on his feet and
takes fates numerous bumps & blows
A coward can smile when there's naught
to fear, when nothing his progress bars;
But it takes a man to stand, and cheer
while the other fellow stars
It isn't the victory after all,
But the fight a brother makes;
The man who, driven against the wall,
Still stands erect and takes
The blows of fate with his head held high
bleeding and bruised and pale
Is the man who'll win and fate defy
For he isn't afraid to fail
It's the hurdles you mount, and the breaks you get,
And the shocks your courage stands;
The hour of sorrow and vain regret
For the prize that escapes your hands
That test your mettle, and prove your worth
It isn't the blows you deal
But the blows you take on this good old earth
That show if your stuff is real.

Previous Tucker Hockey Camp Locations

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

Tucker Hockey Promotional Video

Contains on ice footage of our Hockey Programs and Services, including drill selection.

Check it out on our website



Tucker Hockey World of Instruction

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

Past participants have included the following categories of players:

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

Tucker Hockey Philosophy Why Power Skating?

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

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

TUCKER HOCKEY

What Makes Tucker Hockey Unique?

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

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

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

Pay-It-Forward - We offer Tucker Hockey Classic Awards – since 2004 Tucker Hockey has offered over 100 free programs to various Minor and Adult hockey players, giving back more than \$30,000. In addition, each year, we distribute over \$20,000 to the Calgary Grassroots Hockey Community, via KidSport Calgary & each Calgary minor hockey association.

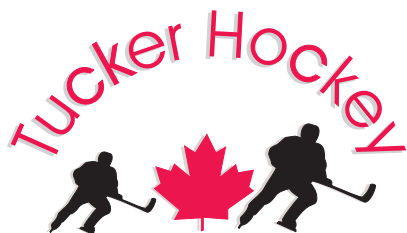
Good Karma - Since 2004 we've published Hockey Zones Newsletter for the purpose of hockey education, addressing various hockey issues for public discussion, as well as to provide features on hockey individuals at the Calgary Grassroots Level – the overall theme is to create Goodwill within the Hockey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

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

T.H.E. Tucker Hockey Way

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





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

Tucker Hockey

Your Instructors



Alannah



Ben



Connor



David



Frank



Jack



Jim



Jordan



Kris



Kurtis



Liam



Mark



Matt



Michael



Noah



Paul



Rex



Ron



Sheila



You?



COACH MENTORING

We offer customized coach mentoring programs/sessions for minor hockey associations and teams.

Package 1:

Coach Mentoring - Association Workshops

Our workshops can consist of both on ice sessions and classroom.

On - ice sessions can consist of coach mentoring modules such as:

- Power skating, hockey technical skills and game tactics etc.

Classroom sessions can consist of coaching mentoring modules such as:

- Communication, leadership, teaching techniques, hockey technical skills tips etc

Package 2:

Coach Mentoring - Guest Instruction on Minor Team Practice Ice

Our customized, on ice sessions are designed to not only help the players develop but equally as important the coaches as well. It's a win - win setup.

Coaching Mentoring Team Package Levels:

Bronze - 2 sessions, Silver - 4 sessions,
Gold - 8 sessions & Platinum - 10+ sessions

Call Coach Rex at 403 - 244 - 5037

25 + years of coaching expertise - connecting and helping coaches and players of all ages and skill levels in Calgary, Rural Alberta, Newfoundland and Prague, Czech Republic.

Busy Fall & Winter Schedule Ahead

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

Past Tucker Hockey Clients Have Included Associations and / or Teams From:

Blackfoot, Bowriver, Crowchild, Crowfoot, Glenlake, HC Hvezda – Prague, Lake Bonavista, McKnight, Midnapore, Saints, Shaw Meadows, Siksika Nations, Simons Valley, Springbank, Trails West, Westwood and Springdale, NL Minor Hockey Associations; Girls Hockey Calgary and Cal - East Ringette

2018 Promotions

Make it a Combo!

Effective Starting January 1st, 2018

**First Program of 2018
Every other Program in 2018**

**Pay Regular Price
10% off**

Family Discounts Apply - Both Adult & Minor Programs Qualify!

Promotion valid for Calendar Year Only

Buddy Referral Program

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

Note: Money will not be refunded for a referral - a credit will be placed on your account.

Credits can be shared within a group - Call for details and set up.

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

Small Groups

Recruit 5 or More players to participate in the same program and all participants in the Group receive \$50 off of the cost of the camp.

For Past Participants Only

Promotional Offers Can Not Be Combined

This can include, but not limited to:

- Using Gift Certificates**
- Using Combo Promo**
- Using Buddy Referral Program**

Quality Year Round Hockey Services

Adult Spring 2018 Programs

Technical Skills, Advanced Technical/Tactical, Specialty Clinics

Adult Summer 2018 Programs

Technical Skills

Program Descriptions

Technical Skills (Fundamentals)

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

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

Advanced Technical/Tactical

This technical skills and tactical player development program builds on the skills taught in the Adult Technical Skills Hockey Program and also introduce individual offensive and defensive tactics plus group tactics. This adult hockey program is ideal for the recreational hockey player wishing to improve his/her technical skills and learn more about playing the game.

Note: We would encourage participants in our Adult Technical Skills Hockey Program to discuss their progress and competence with a Tucker Hockey head instructor prior to registering for Advanced Technical & Tactical Hockey Program

Specialty Clinics

***Backward Skating/D-Man:** Will cover proper hockey stance, starting and stopping, edge control, striding, crossovers and cross-unders and forward to backward and backward to forward pivots. Defensive tactics include: D to D and breakout passing, shooting from the point, net play and active stick, defensive positioning and angling, 1-on-1, 2-on-1 play and gap control.*

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

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

For Current & Upcoming Program Times, Dates & Arenas, Visit us Online - Register & Pay Online Today!



CALL 403-998-5035 TODAY



Quality Year Round Hockey Services

2018 Minor Programs

Checking Clinics (Peewee/Bantam)

Spring & Summer

This program covers a list of checking "Do's and Don'ts", emphasizing Safety First. The program includes a 5 step progression from the basics of skating, to position angling, to stick checking, to body contact/confidence to body checking.

Conditioning Camps (Atom & Up)

Summer

Designed to get players ready for September evaluations and the upcoming season. The curriculum includes a broad range of drills to increase a player's muscle endurance, flexibility, core strength, and aerobic/anaerobic recovery.

Defenseman's Clinics (Peewee & Up)

Summer

These clinics cover various drills for defensive players such as, but not limited to: D to D passing, breakout passing, net play and active stick, positioning and angling, 1-on-1, 2-on-1 play and gap control.

Elite Power Skating / Conditioning Camps (Atom & Up)

Spring & Summer

A specialized power skating curriculum that includes extreme edges, striding - techniques & speed as well as skating agility & mobility drills. For Elite Atom, Peewee, Bantam and Midget Division 1, 2, A, AA and AAA players.

Explosive Skating & Extreme Edges (Atom & Up)

Summer

A technical skating program that takes elements of our Conditioning and Elite Power Skating curriculums to improve a player's ability to start faster, pivot quickly, and create more time and space on the ice.

Offensive Tactics & Scoring Clinics (Atom & Up)

Spring & Summer

These clinics cover various drills for offensive players such as, but not limited to: goal scoring tactics and secrets, shot selection & location, shooting in stride, drive skating, deking, deflections, delays, puck protection and support.

Puck Control Clinics (Novice & Up)

Spring & Summer

These clinics include a 5-Step progression of stationary puck control, moving puck control, use of teaching aides, puck protection/keep-away and handling the puck under pressure/game situations.

Shooting Clinics (Atom & Up)

Spring & Summer

These clinics cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Super Power Skating & Hockey Skills Development (Timbits & Up)

Spring & Summer

This program will focus on the technical skills of power skating, puck control, passing and shooting plus scrimmage. It will include a curriculum of power skating skills with unique and innovative hockey specific drills.

For Current & Upcoming Program Times, Dates & Arenas, Visit us Online - Register & Pay Online Today!



CALL 403-998-5035 TODAY



Guest Instruction on Minor Team Practice Ice



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

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

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

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

Top 5 Reasons to Experience Tucker Hockey:

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



Rex Tucker

**Head Power
Skating Instructor**

- **25 Years + Hockey Instruction Experience**
- **Calgary Junior Hockey League Coach of the Year (1995)**
- **NCCP Advanced 1 Certified Coach (1996)**
- **Past Hockey Alberta Instructor (1996)**
- **Head Power Skating Instructor
Canadian Hockey Camp - Europe (1997 - 2001)**
- **A Professional Power Skating Instructor (1997 – Present)**
- **Full Time Professional Hockey Coach (2002 – Present)**

Price:

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

Testimonial

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

~ Aris dePeuter, Manager - McKnight Senior Timbits Royal

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

Call 403 - 244 - 5037 Today!



Coaching Innovation

1-on-1 Coaching Programs

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

Book with Coach Rex and get to the next level!

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

Limited availability this Winter & Spring 2018.

Winter - Weeks of Availability

- January 22nd to March 23rd, 2018

Spring - Weeks of Availability

- April 19th to June 22nd, 2018

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

Top 10 - Benefits of 1 on 1 Coaching

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

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

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

Call Coach Rex at 403 - 244 - 5037

To discuss any of the following:

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

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

Busy Summer & Fall Schedule Ahead -

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

The Johnson's 1 on 1 Coaching Testimonial:

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

~ Tim & Dawn Johnson



1 ON 1 COACHING INNOVATION

Looking for something new & better for your future Hockey Development?

Experience the 1 on 1 coaching difference!

All programs are customized.

On – ice curriculums can consist of:

Power skating, puck control, passing, shooting, offensive & defensive tactics including conditioning.

Learn valuable life skills - to enhance work ethic, improve self-esteem & confidence - improve your love of hockey, hockey IQ and get to the next level.

Coaching Packages Options:

Bronze - 5 sessions
Silver - 10 sessions
Gold - 20 sessions
Platinum - 30 sessions

Call Coach Rex at 403 - 244 - 5037

25 + years of coaching expertise – connecting and helping players of all ages and skill levels

Busy Fall & Winter Schedule Ahead - Limited Dates and Times Available - Don't Miss Out!!

***The Spectrum of Tucker Hockey
Proven 1 on 1 Coaching Results Have Included:***

***Learn to Skate, Novice to Midget AA, Junior A & Semi - Pro,
Adult Beginner / Intermediate - Male & Female***

Kjell Moller (Cont'd from 6)

age. There are so many great sports and endeavours for young kids to try. Specialization at an early age concerns me. As parents I think we need to be mindful of burnout and repetitive sports injuries. In the past when we would see signs of burnout with Kjell we would try to get him up to the mountains for some time away from the game. It's amazing how bombing around on the hill with his ski buddies for a day or two would reset the dial for him and put the game back in perspective, leading to improved play on the ice.

Troy, when and how did you first become acquainted with Tucker Hockey and why?

Through word of mouth. A parent on one of Kjell's community hockey teams mentioned that he was impressed by the quality of instruction so I thought we would give it a shot. We have been equally impressed.

Kjell, why participate in Tucker Hockey 1 on 1 sessions? Coach Rex saying with a smile... Because your parents said you had too! Lol

Rex offers a very high quality, flexible, high intensity and elite training program. Through my time in his program I have learned a lot about the game and have had tremendous improvements. The 1 on 1 instruction allows me to really focus on the little details and deficiencies in my game that I otherwise couldn't work on in team practices.

Kjell, what has 1 on 1 instruction from Tucker Hockey taught you so far?

My skating has greatly improved, and Rex has also enhanced my hockey IQ quite a bit. My stick handling, shooting and passing ability have also taken big strides forward. It has also taught me some management and personal assessment as I design my own program.

Troy, what advice do you offer parents and players about the importance of skating, and the benefits of extra skating instruction?

It occurs to me that skating is the cornerstone of the game of hockey and the key to improvement. With his ski racing, soccer and other sports, Kjell was late to the spring hockey team racket. As he got a little older, the extra skating instruction, together with some determination and perseverance, has allowed Kjell to achieve his quadrant hockey goals.

Kjell, what has been your favourite hockey moment so far in hockey?

In my second year of Pee wee our team attended the Tournoi Internationale du Quebec. We travelled and stayed as a team in the heart of Quebec City, played some of the most exciting hockey games I have ever been a part of (one at the Videotron Centre) and made countless lifelong memories. It definitely takes the top of my list here.

Kjell, what NHL players do you watch / study and why?

Personally I enjoy watching Erik Karlsson & Alex Pietrangelo. Their game encompasses so many positive aspects that I attempt to pattern myself after, including quality passes and a join the rush offensive mindset while still being responsible defensively.

Kjell, what life skills have you learned from the game of hockey?

So much comes out of the game that translates directly to my lifestyle. Hockey teaches respect for yourself & others, responsibility, teamwork, accountability, time management and most importantly, the ability to have fun doing something you love.

Rhondda, you had mentioned to me that Kjell travels to the rink on his own for hockey practices. Thought it was a rather unique setup – can you tell us a little more about it and why?

We set Kjell up with his own transport system so he could get himself to practices & games. He pulls his hockey bag/sticks behind his bike on a trailer all season long. It only works for his home rink (Stu Peppard), but that is where most practices and games take place. It relieves some of the

(Cont'd p.32)



Nelly Matlala (Cont'd from p. 10)

was when I fell in love with being on the ice. Unfortunately, after almost a year of playing on the team I got injured while playing and I never put skates on again... not until October 2015.

Why did you choose to play hockey over other sports?

It honestly seemed like the easiest way to fit in with the other students when I was in high school, but I continue to play because I absolutely love it.

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

The feeling I get when I'm on the ice playing hockey isn't something I put into words, it just feels right. To be honest, the absolute best thing about playing hockey for me is being able to play with my brothers and also teach them what I know.

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

Well besides mastering outside edges, I think the hardest thing about playing is trusting yourself. This is honestly the hardest thing for me right now. Trying not to be scared and trusting myself on skates. I always think about something I was told when I first started with Tucker hockey, "fear no drill" and that has gotten me through all the drills and games I've played the last 3 years.

Nelly, when and why did you initially get involved with our Tucker Hockey Adult Recreational Hockey Programs?

Ever since I got injured playing hockey I've been terrified of getting back on the ice, but a few years ago I realized how much I missed being on the ice. I knew I wouldn't be

very good so I looked online and found a class that teaches beginner hockey and I knew I had to try it.

Why do you still enrol every Fall and Winter in our Tucker Hockey Adult Programs?

I want to keep learning and I want to keep building on what I have learned in the previous classes. I really enjoy being on the ice doing drills that help develop my skating skills, stick handling skills and just hockey skills all together.

What is the biggest enjoyment over the years with the Tucker Hockey experience?

My biggest enjoyment about taking Tucker Hockey is that it has really helped me get my confidence back after not playing for so long. And let's be honest the coaches make Tucker Hockey so enjoyable; they are just so patient and helpful.

What are your other interests, sports or hobbies besides playing hockey?

Hockey is a huge part of my life and also my family's life and it takes up about 80% of my time. The rest of the time I love baking, cooking, basketball, and just being with family & friends.

Nelly, what are some of your future goals in the years ahead?

I really want to keep learning and keep building on the hockey skills I've learned so far. Hopefully in the future I would like to become a coach for young kids learning the game. Besides hockey, my future goals also include opening up my own business and traveling the world.

Editor's Final Comments:

Nelly, thanks for taking the time to do a Hockey Zones player profile. Coaches Rex, Ron, Jimmy, Jack and Kurtis want you to know that we have enjoyed teaching you skating and hockey skills over the past two years. You have made great strides with your hockey development because of your hard work, dedication and enthusiasm for the game. Remember the good hockey stance – knees bent, strong edges, head up, and stick on the ice! Keep working on those outside edges!! Best wishes for future success on and off the ice! Take Care!



Ern Rideout Memorial - On - Ice Instructor Apprenticeship Award



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

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

Meet Kurtis Nystrom, 2017 Recipient

Kurtis, tell us a little about yourself.

I am a slightly taller than average, Alberta-born, male at more or less the statistical halfway point of life.

Tell us a little about your interest in the sport of hockey.

I've been a participant and a fan for 82% of my life, so far. Although inertia from the 80s keeps me hoping that the Oilers will rise again, I'm more interested in watching games for creative plays than worrying about a particular team winning or losing. As for my own participation, I've opted to not play in leagues for the past decade and play purely for fun with a very skill-diverse, but more importantly, friendly and pacific, shinny group.

What's the best part about hockey for you?

Finding line mates who have similar play-sense. It's akin to finding people with the same sense of humor – everything seems effortless and fun.

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

I'd heard a bit about it from Master Wong. About a year-and-a-half ago, I wanted to be a little more involved in the world,

so I simply asked Ron if he'd inquire about the possibility of my participation, and things got-rolling from there.

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

Seeing a beginner get to a point with a skill where he or she is comfortable with it instead of "fighting" it. Each advance will likely enhance their subsequent game involvement and enjoyment.

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

That people are never too young or too old to learn. And that people are even more one-sided in their movements than I had

imagined.

What other things interest you, outside hockey?

Travel, chess, and all things chocolate (except garlic and chocolate as a sweet treat - they can successfully combine in savory cooking, but as a dessert, bleeeearghh).

Kurtis, what are your future goals or aspirations?

To set up a business somewhere south of the US to facilitate a warm, vitamin D-rich, retirement.



Calgary Flames (Cont'd from 4)

The Flames third line of Mark Jankowski, Jaromir Jagr and Sam Bennett are starting to slowly jell. Jankowski had two goals in the game and as mentioned seems to have earned a regular spot on the roster. He's gaining more chemistry with both Jagr and Bennett. Jankowski GP 17 - 5 goals, Bennett GP 25 - 1 goals and Jagr GP 15 - 1 goal

However, this can't be said about the 4th line which is arguably the worst in the league. Troy Brower GP 25 - 0 goals, Freddie Hamilton GP 6 - 0 goals, Matt Stajan GP 15 - 0 goals, Curtis Lazar GP 17 - 0 goals and Kris Versteeg GP 22 - 3 goals. This lack of contributions from players on the 3rd and especially 4th line has really hurt the team when playing stronger and deeper balance teams.

Penalty Killing Woes

With 74.4% P.K. rating it's the 30th in the NHL. This has been a real sore spot for the team. The opposition has scored 18 goals on 84 power play changes. It's an area the team must strengthen if they wish to be competitive and make the playoff again this season.

Top 10 (Cont'd from 7)

5) Design purposeful practices. How do you know if your practice has achieved its purpose of working toward your learning outcomes? By identifying measurable, challenging, yet realistic targets and assigning checkpoints at various times of the season. Purposeful practices ensure the training is working toward accomplishing meaningful, pre-planned goals. If you simply show up and try to 'fill time', you are babysitting, not coaching! Be prepared and stay focussed.

6) Study the science behind learning. Development can be made more efficient and more effective. There is no such thing as muscle memory. Muscle can't remember anything! It is a process called myelination. The more practice one achieves (including good and bad reps), the more myelin is built. Experts have established more robust myelination than lesser performers over many hours, seasons and years of practice. This point is easily a topic onto itself; for more ideas around the notion of enhancing talent and skill acquisition, here are a selection of books: The Talent Code and The Little Book of Talent (both by Daniel Coyle), Talent is Overrated (Geoffrey Colvin), Bounce (Matthew Syed), The Gold Mine Effect (Rasmus Ankersen), Perfect Practice (Doug Lemov), The Sports Gene (David Epstein), Peak: How to Master

Final Comments

At the start of the season after upgrading their goaltending and defensive corps I personally thought the Flames would secure 3rd place in the Pacific Division behind probably the Ducks and Oilers. However, the defensive pairings have lacked chemistry and seem to make many bad decisions with and without the puck. The team needs more secondary scoring from their 3rd and 4th lines and the P.K. must certainly improve. As well the team overall seems to lack confidence and are tentative / often seem tight in many of their games especially at home. It looks like the Flames will be fighting until late March or even early April to make the playoffs. But as Nashville shown last season when securing the last playoff spot and going to the Stanley Cup playoffs, anything is possible in a very competitive balanced NHL. It should make for some exciting hockey in the second half of the season. Stay tuned!

Almost Anything (Anders Ericsson), The Genius in All of Us (David Shenk), Mindset (Carol Dweck).

7) Understand what 'actually' happens in a game! Now the numbers: a recent season-long analysis on European junior players (16-20 years of age) showed that the game itself is composed of a few commonly occurring game situations: 45% 1v1, 35% 2v1, 10% 1v2; all of which equals 90% of the game! Everything else fit into the remaining 10%! Even though I have been coaching at younger and older age categories than the European data set the past several years, after thirty-plus years of coaching, I see similarities across all ages. I have come to recognize the importance of training (and winning) the 1v1, 2v1 and 1v2. A smart coach who is trying to maximize efficiency will use this knowledge to their advantage. Spend time on the most commonly occurring situations; therefore, your practice structure should mirror the data! Ultimately, we are training to compete in a game, not win a skills competition! Your players will have way more fun and perform better in a shorter period of time than their counterparts who spend most of their practice on 'traditional skills and drills' with little or no real game simulations (less transferability in learning from practice to game.) Cont'd p.30

Tucker Tips (Cont'd from 11)

advance the puck into the offensive zone or from the point area while in the offensive zone to keep the puck deeper in the zone, make a pass or take a shot on net.

- *Are you doing it?*

Assess your individual game. How confident and effective are you at protecting the puck and keeping the puck away from opponents? Are you just a north – south player who just likes to go wide on an opponent? If you are often turning over the puck then this is an area of your game that you certainly need to work on. Due to the increased speed and size of players, the playing area is getting smaller and being

able to effectively evade your opponents is more critical than ever to have success in today's game.

Final Thoughts:

Players with strong Hockey IQ play the game with their head up, and make good decisions on the ice with speed while under pressure. Even while in a state of fatigue. Players are consistent each shift, period, and game throughout the season in making good decisions with the puck and when they don't have the puck. If you are not doing it - start making it more a part of your game - develop into a "complete" hockey player.

Think Hockey - develop your Hockey IQ.

Coaching Perspective (Cont'd from 8)

Brian Sutter's "Take Home thoughts":

1. Never forget that hockey is just a game
2. In a position of authority - don't let the players down
3. Good people make good players
4. Believe in people. A Coaches job is to find out how good they are.
5. The good Lord made everyone of us different. EVERYONE is IMPORTANT.
6. Care for your teammates.
7. Don't dwell on weaknesses.
8. Never say anything to your team that you would not say to yourself
9. Be accountable to yourself first.
10. The Game is a reflection of your soul.
11. The game with good coaching will make better people

Greg Millen's spoke academically about the Importance of Character identifying important traits that everyone (parents, players and coaches have to work on).

It takes time and effort. Brent Sutter quotes complimented these Character traits.

1. Humanity - "Care about each other"
2. Humility - "The Team matters most."
3. Integrity - "Honesty builds Trust."
4. Courage - "In War be first to stick your head out of a fox hole"

Greg Millen has a Masters degree in Leadership.

Brent Sutter has a Doctorate in Common Sense.

Minor hockey coaches have a special responsibility. The development of the person is more important than the development of the player. Developing character is achieved by good parenting and good coaching. The challenges of playing a Team Sport provide a tremendous opportunity to prepare players for the challenges of life.

Thanks to Hockey Alberta for its leadership in conducting events to educate coach leaders. Good coaches "transmit belief" to find the best in each player and inspiring them to listen, work hard and have fun. May all readers' support coaches so they can make the game better for players of any age and at all levels.

The best "Team" - always wins!



2018 Winter Olympics

February 9th to February 25th, 2018

PyeongChang, South Korea



Women's Hockey Schedule

#	Time (MT)	Game	Grp	Round
Saturday, February 10, 2018				
1	12:40 AM	Japan vs. Sweden	B	Preliminary
2	5:10 AM	Switzerland vs. South Korea	B	Preliminary
Sunday, February 11, 2018				
3	12:40 AM	Finland vs. U.S.	A	Preliminary
4	5:10 AM	Canada vs. Russia	A	Preliminary
Monday, February 12, 2018				
5	12:40 AM	Switzerland vs. Japan	B	Preliminary
6	5:10 AM	Sweden vs. South Korea	B	Preliminary
Tuesday, February 13, 2018				
7	12:40 AM	Canada vs. Finland	A	Preliminary
8	5:10 AM	U.S. vs. Russia	A	Preliminary
9	8:10 PM	Sweden vs. Switzerland	B	Preliminary
Wednesday, February 14, 2018				
10	12:40 AM	South Korea vs. Japan	B	Preliminary
11	8:10 PM	U.S. vs. Canada	A	Preliminary
Thursday, February 15, 2018				
12	12:40 AM	Russia vs. Finland	A	Preliminary
Friday, February 16, 2018				
13	8:10 PM	TBD		Quarter-final
Saturday, February 17, 2018				
14	12:40 AM	TBD		Quarter-final
15	8:10 PM	TBD		Placement
Sunday, February 18, 2018				
16	12:40 AM	TBD		Placement
17	9:10 PM	TBD		Semifinal
Monday, February 19, 2018				
18	05:10 AM	TBD		Semifinal
19	9:10 PM	TBD		7th
Tuesday, February 20, 2018				
20	12:40 AM	TBD		5th
Wednesday, February 21, 2018				
21	12:40 AM	L17 – L18		Bronze
22	9:10 PM	W17 – W18		Gold

Broadcasting Rights will be shared between CBC, Sportsnet & TSN - Broadcast Stations N/A at Time of Publication



Men's Hockey Schedule



#	Time (MT)	Game	Grp	Round
Wednesday, February 14, 2018				
1	5:10 AM	Slovakia vs. Russia	B	Preliminary
2	5:10 AM	U.S. vs. Slovenia	B	Preliminary
3	8:10 PM	Finland vs. Germany	C	Preliminary
Thursday, February 15, 2018				
4	12:40 AM	Norway vs. Sweden	C	Preliminary
5	5:10 AM	Czech Republic vs. South Korea	A	Preliminary
6	5:10 AM	Switzerland vs. Canada	A	Preliminary
7	8:10 PM	U.S. vs. Slovakia	B	Preliminary
Friday, February 16, 2018				
8	12:40 AM	Russia vs. Slovenia	B	Preliminary
9	5:10 AM	Finland vs. Norway	C	Preliminary
10	5:10 AM	Sweden vs. Germany	C	Preliminary
11	8:10 PM	Canada vs. Czech Republic	A	Preliminary
Saturday, February 17, 2018				
12	12:40 AM	South Korea vs. Switzerland	A	Preliminary
13	5:10 AM	Russia vs. U.S.	B	Preliminary
14	5:10 AM	Slovenia vs. Slovakia	B	Preliminary
15	8:10 PM	Germany vs. Norway	C	Preliminary
Sunday, February 18, 2018				
16	12:40 AM	Czech Republic vs. Switzerland	A	Preliminary
17	5:10 AM	Canada vs. South Korea	A	Preliminary
18	5:10 AM	Sweden vs. Finland	C	Preliminary
Monday, February 19, 2018				
19	8:10 PM	TBD		Qualification
Tuesday, February 20, 2018				
20	12:40 AM	TBD		Qualification
21	5:10 AM	TBD		Qualification
22	5:10 AM	TBD		Qualification
23	8:10 PM	TBD		Quarter-final
Wednesday, February 21, 2018				
24	12:40 AM	TBD		Quarter-final
25	5:10 AM	TBD		Quarter-final
26	5:10 AM	TBD		Quarter-final
Thursday, February 22, 2018 - Day Off				
Friday, February 23, 2018				
27	12:40 AM	TBD		Semifinal
28	5:10 AM	TBD		Semifinal
Saturday, February 24, 2018				
29	5:10 AM	L27 – L28		Bronze
30	9:10 PM	W27 – W28		Gold

Broadcasting Rights will be shared between CBC, Sportsnet & TSN - Broadcast Stations N/A at Time of Publication

Top 10 (Cont'd from 26)

8) Establish a culture of learning within your practice.

I find it helpful to establish a routine that starts with a fun 'signature move' where the players get some time to practice some moves they saw on YouTube for 5 minutes (with the goal being to showcase their new move in front of the coaches or players each month), then focus on skill development for 10-15 minutes through deliberate practice (that which requires focused attention and is conducted with the specific goal of improving performance), using short, focussed bursts of between 1-3 minutes before switching the task (up to 10-15 minutes of skills), followed by at least half the practice (30+ minutes) of game-like activities, focusing on 1v1, 2v1, 1v2 (the single player starts with the puck) situations, as per the point above. I may mix in 2v2, 3v2 and 3v3 situations based on time and space constraints: I want to get more people active and create more chaos in a small area to overstress the players in practice so when it comes to games, it seems easier.

9) Recognize the importance of using Decision Training

to allow more reps under game conditions; after all, we are training for a game, not a skills competition! Having players compete in realistic, commonly-occurring game situations forces them to make decisions – good and bad

– and this knowledge of performance provides immediate feedback to them and they don't have to rely on the coach for feedback. "That move didn't work, yet." "That pass was right on the tape." As coaches, we should be trying to create independent-thinking athletes who make their own decisions in a game, not yelling at them from the bench! "The game is the best teacher of the game."

10) Ensure you set up competition and accountability within your practice.

It has to be measurable to be meaningful. Keep score! I will always remember a couple of young pro players asking me, "Who won?" after various game-like drills and was amused when none of the older pros knew, or seemed to care because it was 'only practice' - they had never kept score in practice before! Wow! That experience showed me how much coaching at the pro level could be easily improved! Some potential categories to be tracked include scoring, successful completions, shots on goal, passes on the tape, etc. Determine your own metrics based on the age, level, skill and your perceived needs for the team. With scoring comes accountability. Make sure you reward the winners, and/or hold the losers accountable. For losing at the younger ages, this might mean performing

(Cont'd p.31)

Hiring "Mentoring Head Instructor"

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

Ideal Qualifications Include, but not Limited to:

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

Personal Traits:

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

Send Hockey Resumes to: programs@tuckerhockey.com

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



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.

Email us: programs@tuckerhockey.com



"It is impossible to underestimate the importance of the coach in the development of an athlete. From the youngest peewee player to the elite athlete, the coach is a pivotal character in the moral as well as the physical development of his/her charges.

The more intensive the training, the greater the opportunity for moulding the athlete's character and personal philosophy as it pertains to his/her athletic career. Elite athletes appear to cleave to their coaches as mentors, guardians, and in some cases, almost as surrogate parents. They are fortunate indeed if their coach is concerned with their moral and intellectual development as well as their training."

(Report of the Dublin Commission of Inquiry into the Use of Drugs and Banned Practices Intended to Increase Athletic Performance, 1990)

TUCKER HOCKEY'S MISSION STATEMENT

Tucker Hockey has a special and unique love for the game of hockey. It is the mission of Tucker Hockey to share our passion for the sport. Through the Tucker Hockey Way, we provide opportunities for hockey players of all ages, backgrounds, and skill levels to grow their love of the game while improving their hockey skills.

WE ENJOY AND PRESERVE WHAT WE LOVE.

WE LOVE WHAT WE UNDERSTAND.

WE UNDERSTAND BECAUSE WE HAVE BEEN TAUGHT

THE TUCKER HOCKEY WAY!

10 Tips (Cont'd from 30)

some fun ABC's (timbits, novice, atom). At older ages, it might mean assigning some extra work in practice for those individuals, establishing a criterion of successful execution of an individual technical skill or tactic with a coach. At older levels, one could consider using a brief fitness incentive to 'help make the losers stronger for the next situation' (you need to spin it in a positive way) but of course, some people would argue that this might be taken negatively in a classical conditioning way. However you implement accountability into your training will be a reflection of your coaching philosophy in action.

Coaching is a wonderful opportunity to put your knowledge and philosophy into action. I hope the reader will be mindful of the points I have presented and experiment with their own team. The challenge is to take one (or more!) of these and apply them for a month to see the benefit for themselves. The key is to take that first step and try!

Coach Rex's Corner (Cont'd from 9)

- Teach proper technique especially balanced skating
- Teach basic hockey skills / fundamentals of the game
- Teach fair play, the value of hard work and doing a player's best
- Teach how to play the game – positional play / strategies
- Foster creativity in players – to enhance development and stretch their game / potential
- Teach not only hockey skills and hockey IQ but life skills as well
- Players will require good mentors and role models – no one can go it alone.

Athleticism

- Gifted - god given natural talent
- Often inherited and often dormant
- Individual players show athletic development occurring at different stages in their life. This is why the 7 to 12 year old stage is so critical. It sets the base for later development and success.
- Plays other sports throughout the year until specializing later at the Bantam or Midget ages

Personality Traits of the Player

- Shows dedication, persistence, discipline and determination. Level headed emotions - a team player

- pays attention to coaches and other players to improve one's game. Realizes good is never good enough and that he or she needs a big commitment to be the best. Yes, many hours of practice - the 10,000 hour rule to master and excel at something is often a mentioned standard.

Luck and Fate

- It has forever played a role in sports. It is sometimes called the unseen hand. For example, when the puck hits the post or crossbar and goes out. One quarter of an inch and it would have gone in. It occurs every game. Time after time - deflections, bounces and missed pucks etc. Near misses and near goals, being in the right place and at the right time in a game and in life has defined many a hockey success / failure. Having a coach who believes in you and gives you an opportunity to excel has shaped many a hockey career.

In summary, there are so many variables which determine whether a player will be successful in the game of hockey. Many things the player can control while other things are completely out of his or her hands. The key is always enjoying and doing your very best if you wish to achieve success. When you do your best you should not have any regrets but countless fond memories from participating in the wonderful sport of hockey.

Kjell Moller (Cont'd from 23)

pressure on us to drive him, and gives him some independence, teaches responsibility & time management. We all love it, it's awesome!

Kjell, what do you like to do for fun in your spare time? activities? Hobbies?

I always enjoy improving my hockey game and take time to shoot in the basement and what not. Otherwise in my free time I hang out with friends, finish all of my schoolwork and then watch some sports on TV. I also quite enjoy reading, and unless it is late and I need to get to bed I will often read before I go to sleep.

Kjell, what are your plans or goals in the years ahead?

Short term I hope to have a good season this year and get drafted in the WHL Bantam draft. I know it's a long shot,

but in my following year I hope to make Major Midget AAA as an underage player, and from there hopefully move on to Major Junior or Junior A hockey. Overall I am trying to keep my grades high, and with the aid of hockey try for a scholarship through the WHL or at a top tier university. Who knows, maybe along the road I could even take the step into the NHL, but currently I am just focussed on the task at hand, which is maintaining good grades at school and playing & developing to the best of my abilities on the ice.

Editor's note: Thanks Kjell, Rhondra and Troy for taking the time from your busy schedules to complete a Tucker Hockey Player Profile. Kjell, you are a very coachable young man and I have enjoyed helping you develop your game over the past couple years. Keep focused and keep working hard - good things will happen! All the very best with your academic and hockey endeavours! Take Care.

Tucker Hockey Awards

watch it
hear it
live it
LOVE IT!



2nd
Annual

T.H.E. Way to Success!

In Partnership With

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

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

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

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

T.H.E. Tucker Hockey Way

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

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



Tucker Hockey Classic Awards

"Giving Back to the Calgary Hockey Community"

Since 2004, Tucker Hockey has offered over 100 free programs to various Minor and Adult Hockey Players.
Giving back more than \$30,000.

You Could Win!

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

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

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



Minor Hockey Danny Cammack Memorial Award

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

hands and an uncanny puck sense.

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



Adult Hockey Bradley Mersereau Memorial Award

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

Adult Recipients

Winter/Spring 2017 - James Shai
Summer/Fall 2017 - Nelly Matlala
Winter/Spring 2018 - Rob Maclean

Congratulations to Scholarship Recipients

Summer/Fall 2017 - Eric Maina

Winter/Spring 2018 - Pious Butts-Heide

Thank you everyone who entered -

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

Why I Love Hockey!

Hockey is a Canadian sport!

Also, hockey unlike some sports that can only be played outside (Football) this sport is able to be played in both. In hockey when I got my first shot my heart rose and my stick was up as teeth were shown with a smile on my face.

~ Pious Butts-Heide

Why Tucker Hockey "Knows" Power Skating

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



Be Active - Have Fun - Learn - Excel

See You at the Rink Soon!



What They're Saying About Tucker Hockey

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

~ **Tom Renney, CEO of Hockey Canada**

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

~ **Marie Lachance, Minor Hockey Parent**

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

~ **Aris dePeuter, Manager - McKnight Senior Timbits Royal**

"Rex Tucker is a dedicated coach and teacher of hockey. He has dedicated his life to the game and like all good hockey people is always learning and sharing his knowledge to help others and make the game better."

~ **Wally Kozak, Past Consultant - Hockey Canada**

"Rex is very knowledgeable and possesses exceptional coaching and mentoring skills. His understanding of the game of hockey is unquestionably ranked at the "Expert" level. We are very fortunate to have Rex in our hockey community!"

~ **Perry Cavanaugh, Past President Hockey Calgary**

"Rex has worked with my two sons as well as many players that I have coached in the past. He is great with the kids, runs great ice sessions and makes learning fun. Rex is highly recommended by myself and many hockey parents looking to get their children great training."

~ **Bill McKenzie, Minor Hockey Parent**

"I was impressed by all the instructors. The directions were clear and well demonstrated and the instructors followed up when my son needed clarification on the drill. They watched each child and really worked with them to encourage them to use proper form.

We will definitely send my son to another Tucker Power Skating Program again. Thank you for a great week!"

~ **Linda Cote, Mother to Jeremy**

Tucker Hockey has helped my son improve on his skills and confidence in hockey. We have been using your program for the last 3 years and my son has gone from the bottom of his level now to the middle. My son loves the program and can not wait to join again in the spring once regular season is over. Thanks to Rex and all the other instructors for taking the time to show my son that hockey is a great sport.

~ **Karen Wills, Mother to Ryan**

