



Hockey Zones

Volume 8 No. 3

Issue # 23

Fall

2011

For the LOVE of the GAME!

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



Zero Tolerance

Over the years many players, administrators, coaches, parents and fans at all levels of hockey from minor to the NHL have discussed and debated about the safety of our great game. There definitely appears to be an increase in concussion related injuries throughout hockey from head shot incidents. The players have become stronger and faster. However, the playing surface dimensions have not increased in size. With hockey equipment built like armour, increased physical forces generated by often illegal / contact hits with multi – use facilities at the professional level these factors only added to the problem. The question is: Have we progressed to the zero tolerance for headshots yet?

With his recent press conference to disclose his ongoing issues with Post-Concussion Syndrome, Sidney Crosby has added his name to a growing list of notable players that have seen their careers derailed by unnecessary blows to the head. Luckily,

for Crosby, he has been able to participate in the early stages of the Penguins 2011 – 2012 training camp without a recurrence of his concussion symptoms. That is one of the key factors in a return to action. The team is still debating with the notion of exposing him to contact in practices though. A wise move, no doubt!

Marc Savard, Patrice Bergeron, Keith Primeau, Pat LaFontaine, and Eric Lindros have all lost seasons, parts of seasons, and / or their careers due to the lasting effects of concussions. And the list of affected players goes on from there. Eric Lindros was “The Next One”, the next superstar after Gretzky and Lemieux. His career, and that of his younger brother Brett, was cut short by the cumulative effects of concussions. Part of that can be possibly attributed to their style of play. Eric was a power forward after all, but he was also on the receiving end of some pretty violent hits. Towards the end of his career, the hits didn't even have to be directed at his head to cause a new concussion, a clear sign of the cumulative

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Look Inside for
More Great Sports Tips

**“Prepare and prevent,
don't repair and repent”**
~ Author Unknown

Tucker Hockey

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

Minor Hockey Group Programs Easter, Spring, Summer & Christmas Power Skating Player Development Checking Clinics	Elite Power Skating	Adult Recreational Group Programs (Ages 18 - 65+) Fall, Winter, Spring & Summer Power Skating Player Development
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- 20 Years + Hockey Instruction Experience
- A Professional Power Skating Instructor since 1997
- Full Time Professional Hockey Coach since 2002
- NCCP Advanced 1 Certified Coach since 1996
- Past Instructor for Hockey Alberta (Coaching Clinics)
- Taught Czech, German, and Austrian Players in the Czech Republic for Five Summers

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
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(403) 998-5035

or online at
www.tuckerhockey.com

Tucker Hockey Identity

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

Experience the passion of Tucker Hockey!

www.tuckerhockey.com

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Zero Tolerance (Cont'd from Cover)

effects of previous concussions.

One of the items approved by Hockey Canada's board of directors during this year's 92nd Annual General Meeting was zero tolerance measures for all head contact or checks in minor, female, junior and senior hockey. In minor and female hockey, a minor penalty shall be assessed for all accidental hits to the head, while a double minor penalty, or a major and game misconduct at the discretion of the referee based on the degree of violence impact, shall be assessed for any intentional contact to the head. In junior hockey (Junior A, B, C, & D) and senior hockey, a minor and misconduct or a major and a game misconduct shall be assessed for all checks to the head, at the discretion of the referee. A major penalty and a game misconduct, or a match penalty shall be assessed to any player who injures an opponent under this rule.

As well, Hockey Canada has recently joined the growing list of sports organizations that look to reduce the occurrence of concussions among

their players. The introduction of a website that looks to educate all of those people associated with hockey in Canada is a major step forward in the battle to prevent concussions in hockey. The above measures are great steps to making our game—a safer game throughout the hockey development system. Basically, every governing body of hockey has been looking at the head shot issue. For example, the 3 Canadian Junior Leagues are adopting their own programs to eliminate hits to the head, including training players on how to properly deliver a body check. Another change being considered is adopting softer player protective equipment, such as elbow and shoulder pads without hard plastic caps.

Another contributing factor may be related to equipment, or the improper wearing of equipment. Helmet manufacturers have made great strides in the development of helmets that reduce the possibility of suffering a concussion. However, these helmets do not provide enough

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Next Issue Winter 2012 Features

- Tucker Tips
- Kontinental Hockey League (Russia)
- Hockey in the Czech Republic Part 2
- Highlights from the World Junior Tournament
- A Salute to Minor Hockey Week

Welcome to Hockey Zones

The official newsletter of Tucker Hockey. The Fall 2011 issue consists of fresh hockey education and teaching articles, an expression of hockey philosophies and viewpoints, addresses various hockey issues for public discussion, provides features on hockey people at the "Calgary grass roots rink level", features upcoming Tucker Hockey Adult and Minor Hockey programs, and provides hockey quotes, stories and prize contests. In summary, it will create good hockey ... "Food for Thought!"

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

- Past issues available at www.tuckerhockey.com -



A Practical System for Off-ice Training

By Jeff Mueller

As a strength & conditioning coach for the last decade, I've seen many trends come

and go—shoes, machines and programs that promise you 'incredible' results. Consistency in training however, is still the most important part. Be consistent with your training principles and you are sure to get into great shape for this year's hockey season. Here are the principles that you will need to succeed:

Overload: This means you must perform more 'work' than you typically do. If you are just starting a training program, start with a total training time of 20-30 minutes, 3 times per week and add 10% per week. If you already train, try increasing one of the following: the length of time you train, the resistance you use for your exercises (cardio or strength) or the density. If you're really serious about results, try increasing the density of your training session—meaning do the same exercises you're already doing in less time! Yes, reduce your rest time! Trust me, density works very well, just be focused.

Recovery: There's 2 types here: recovery between sets and between training sessions. Generally, the heavier weight you lift or faster you move, the more rest you'll need between sets. If density is your goal, put 2 exercises back-to-back and then rest for 60-90 seconds. The recovery you need between sessions should include an extra 15-30 minutes of sleep per night, active recovery between sessions (like a very light 20 minute spin on a bike on your day off) and a solid nutrition platform. Remember, eat 'food' and not chemicals, additives or genetically modified ingredients!

Progression: As you get into your regime, you'll notice your strength will increase and each workout will not be as taxing on your body as it used to be. This adaptation is what we want initially but after roughly 6-8 weeks of consistent training, you'll need to increase the overload yet again by changing your entire routine to different exercises. If you're really ready, you could add another day per week.

Records: Keep a training book or a spreadsheet on your

computer / Iphone and log all your numbers, how you feel that day, sleep, nutrition, etc. This is very critical in getting to know yourself and where you need to improve, which is what you need to do in order to train most effectively.

Here are some training specifics for the movements found in hockey:

- Hip flexibility and strength for powerful strides / stops / starts. We must also keep the knees and hips bent roughly 75 degrees in order to obtain the proper stretch of our glutes, hamstrings and quadriceps. This stretch, like a rubber band, allows us to store elastic energy and utilize it with each stride.
- Core stability and rotation for striding, corner battles and shooting. The core plays an important role in reacting to our strides and armswing and must allow a smooth transfer of motion between the arms and legs.
- General shoulder and arm strength. The higher levels of hockey demand more out of the arms as far as body contact and moving players when needed. For the rest of us, we need a base level of strength for armswing, shooting and holding onto the puck.

Although this is merely a foundation for training, there are many more details to implement based on your position, history, daily habits, etc. If you still require more info, don't be afraid to hire a professional. Spending an hour with a trainer and a notebook could help you make significant progress and a professional will be able to assess you and find out what you really need to work on.

**** Strength tip:** your armswing can help your skating stride and speed by as much as 15% so utilize their help when you're looking for acceleration and top-end speed bursts.

Jeff Mueller is the Director and founder of Titan Health & Lifestyle here in Calgary. He has a decade of training experience with clients from grassroots hockey to pro / semi-pro and currently works with clients of all walks of life and sports.

He can be reached at jeff@titanlife.ca, (403) 874-1818 or www.titanlife.ca



Wally's Wisdom

Experience in coaching and education is valuable only if it serves some purpose. Coaches and players who take advantage of the Andrew's Growth Hockey programs and site: www.hockeygrowth.com will serve the "good of the game", developing better players and citizens for the future. Here is the first "BLOG".

Life Long Learning

Age and Wisdom:

"When I was young if I knew how much I didn't know, I would have got discouraged and quit. After 50 years of coaching I totally realized how little I know and that's why I keep trying to learn".

~ Allan Andrews, President of Andrews Hockey

Allan did not get discouraged and quit. He realized how much little he knew and he became a student and studied the game. He researched all facets of skating and learned how to teach fundamental hockey skills. Allan's Hockey Growth programs are the result of his willingness to study and learn. His programs affect thousands of players and coaches and make them and the sport of hockey better.

Confucius said:

"To know what that we know, and that we do not know what we do not know, that is true knowledge."

Confucius was a wise man and his quotation written centuries ago tells it all. Life long learning will be possible to anyone who "Knows what they do not know" and is willing to listen and learn. You must study; ask for help to improve as a coach.

Learning provides a satisfaction to living. As you apply what you learn to whatever you do you will become more effective. One's zeal for learning will constantly grow as you realize how much there is to learn and how little we know.

Coaches enjoy your journey. It will go by to fast and in the end you will finally understand what Confucius and Allan Andrew's are saying. Good luck and keep serving the "good of the game".

Stages of Competence:

1. Unconscious Incompetence.

Everyone has to start at some point. For those beginning to use a computer, plugging the computer in and turning it on is a challenge. If you continue to make mistakes you will likely give up and quit. If you continue and not realize that what you are doing is not working you will do more harm than good for the players you coach.

2. Conscious Incompetence:

Good coaches must get to this stage. They know what they are doing is not working and they understand what they do not know and seek help.

3. Conscious Competence:

Over time with study and experience good coaches know what they are doing that works and they will continue to make it better. They will change a drill to make it more effective and they will create new drills make the players and the team better.

4. Unconscious Competence:

The ultimate level of coaching does things automatically. They do not have to think about it too long. They are able to think on their feet and adapt in practices and games. They are constantly and instantly learning in every practice and game. They are Life Long Learners. They succeed by learning from their failures.

Wally Kozak Bio:

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

Teacher, Coach, Mentor: Over 20 years

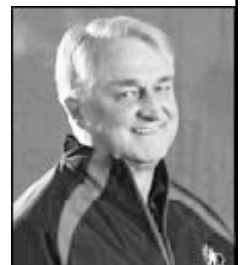
International, University, Major Junior and Minor Hockey.
High School Football, Wrestling and Track and Field.

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.



2012 IIHF World Junior Championships

December 26, 2011 to January 5, 2012, Calgary/Edmonton, Alberta, Canada

National Junior (Under 20) Team

Gm #	Time (Local)	Group/Round	Game/Result	Location
Monday, December 26, 2011				
1	1:30 PM MT	B - Preliminary	Canada VS Finland	Rexall Place
2	3:30 PM MT	A - Preliminary	Sweden VS Latvia	Saddledome
3	6:00 PM MT	B - Preliminary	USA VS Denmark	Rexall Place
4	8:00 PM MT	A - Preliminary	Russia VS Switzerland	Saddledome
Tuesday, December 27, 2011				
5	6:00 PM MT	B - Preliminary	Denmark VS Czech Republic	Rexall Place
6	8:00 PM MT	A - Preliminary	Latvia VS Slovakia	Saddledome
Wednesday, December 28, 2011				
7	1:30 PM MT	B - Preliminary	Finland VS USA	Rexall Place
8	3:30 PM MT	A - Preliminary	Switzerland VS Sweden	Saddledome
9	6:00 PM MT	B - Preliminary	Czech Republic VS Canada	Rexall Place
10	8:00 PM MT	A - Preliminary	Slovakia VS Russia	Saddledome
Thursday, December 29, 2011				
11	6:00 PM MT	B - Preliminary	Canada VS Denmark	Rexall Place
12	8:00 PM MT	A - Preliminary	Russia VS Latvia	Saddledome
Friday, December 30, 2011				
13	1:30 PM MT	B - Preliminary	Czech Republic VS USA	Rexall Place
14	3:30 PM MT	A - Preliminary	Slovakia VS Sweden	Saddledome
15	6:00 PM MT	B - Preliminary	Denmark VS Finland	Rexall Place
16	8:00 PM MT	A - Preliminary	Latvia VS Switzerland	Saddledome
Saturday, December 31, 2011				
17	2:00 PM MT	B - Preliminary	Finland VS Czech Republic	Rexall Place
18	4:00 PM MT	A - Preliminary	Switzerland VS Slovakia	Saddledome
19	6:00 PM MT	B - Preliminary	USA VS Canada	Rexall Place
20	8:00 PM MT	A - Preliminary	Sweden VS Russia	Saddledome
Sunday, January 1, 2012 - Day Off				
Monday, January 2, 2012				
21	11:00 AM MT	Relegation	4A VS 5B	Saddledome
22	3:00 PM MT	Quarter-Final	2A VS 3B	Saddledome
23	7:00 PM MT	Quarter-Final	2B VS 3A	Saddledome
Tuesday, January 3, 2012				
24	11:00 AM MT	Relegation	4B VS 5A	Saddledome
25	3:00 PM MT	Semi-Final	1B VS W22	Saddledome
26	7:00 PM MT	Semi-Final	1A VS W23	Saddledome
Wednesday, January 4, 2012				
27	11:00 AM MT	Relegation	5A VS 5B	Saddledome
28	3:00 PM MT	Relegation	4A VS 4B	Saddledome
29	7:00 PM MT	5th Place	L22 VS L23	Saddledome
Thursday, January 5, 2012				
30	1:30 PM MT	Bronze	L25 VS L26	Saddledome
31	6:00 PM MT	Gold	W25 VS W26	Saddledome

Rexall Place - Located in Edmonton, Alberta

Saddledome - Located in Calgary, Alberta



Hockey from a Czech Republic Perspective – Part 1

Editor's note:

Each summer from 1997 to 2001, I had the opportunity and pleasure to visit the Czech Republic and to help operate a hockey camp in Most; a Czech town near the German border. At the Canadian Hockey Camp – Europe, I honed my power skating skills and cultivated the idea to startup my Tucker Hockey business, and experienced one of the most beautiful cities in the world Prague. Prague is the capital and the largest city in the Czech Republic. Situated in the north-west of the country on the Vltava River, the city is home to about 1.3 million people, while its metropolitan area is estimated to have a population of over 2.3 million. Last Summer I returned to Prague for my 9th visit...still counting... and held a meeting with Michael Grim, President of Hockey Club (HC) Hvezda in Prague 6 to gain insights into the Czech Hockey system within the City of Prague. Here's a summary of our conversation.

Michael, tell us a little about yourself.

I was born in 1969. I studied at the Czech Technical University within the Engineering field. I am married to Klara and we have 3 sons, ages 9, 11, and 14 and all 3 play hockey. I work fulltime with a construction company.

What is your hockey background....from player to coach?

I played hockey from 1978 in HC Hvezda Praha 6 up to Junior level. I played in 2 Czech semi-pro leagues with HC Slavia, HC Slany, and HC VS Prague. I started coaching in 2002.

What are some of the highlights from your hockey background?

Hockey is my hobby. From 2009 I have been President of the HC Hvezda. I have overseen the day to day operations of the organization for the last three years. My favorite activity is coaching. I enjoy bench management and employing strategies during the games.

What is the structure in place – specifically what does the breakdown look like for different areas of Prague, how many hockey associations/academies etc?

In Prague, we have 10 hockey clubs and 5 smaller clubs, mostly in satellite areas.

Are the various hockey associations/ academies run privately per Prague area i.e. Prague 6 etc. or are they publicly run by the City of Prague?

Hockey clubs are private. We receive monies from city council to cover 20 to 30% of our expenses. Clubs must make extra monies by renting out the rink for functions. In prime time, we sell ice to companies like HP and Siemens. Players pay fees to the club, these registration fees cover 30-40% of our expenses. Other sources of revenue come from corporate sponsors, renting out the rink, our rink restaurant facility etc.



(Editor's Note: Called "Kanada" Restaurant & Lounge – see picture. It's an example of the respect and friendship Czechs have towards the Canadian game! Quite a pleasant surprise when I discovered this gem at the local Czech arena!!)

In the City of Calgary, with a population of 1.2 million we have approximately 13,000 kids playing minor hockey. How many are currently participating in the Prague minor hockey system?

In HC Hvezda, there are 300 kids playing hockey, ages 6 to 18 years old. In the city of Prague, we have approximately 3,000 kids playing in the minor hockey system. HC Hvezda has 11 categories or teams. Every year the club invites kids to play together, say kids born in 2004, for example. At the Bantam level, each club recruits from the whole city not just its district i.e. Prague 6 and often many players stop playing.

How much does it cost per minor hockey player to play in the Prague minor hockey system?

Money from parents....it is up to the management of the

Cont.d p. 30



Kids Hockey Advancement Society

4th Annual Fundraising Golf Tournament



For the past four years in a row, the Kids Hockey Advancement Society held its annual golf tournament on Wednesday, July 27th, 2011 at the Inglewood Golf Club. The weathermen predicted a day of rain, but to the delight of the 91 golfers who participated, there was only two brief showers, while the rest of the day was sunny and warm!

Once again, the Kids Hockey Advancement Society donated the funds raised to the much deserving KidSport of Calgary. We gladly handed over a \$15,000 cheque, largely in part from our Sponsors who once again opened their pocketbooks and generously donated the much needed funds. "Tuck" the Wooden Bear, whom the Society introduced last year, was also sponsored for an additional \$1,700, and will sit on display, proudly in the KidSport Corporate office.

The Kids Hockey Advancement Society would like to take this opportunity to send out a giant, much appreciative Thank You to the following:

The Golfers – We couldn't have had a tournament without you!

Event Sponsor – Tucker Hockey; Rex Tucker

Day Sponsor – Tourmaline Oil Corporation; Mike Rose

Friends of the Society Sponsors – Manulife Securities; Chris Heaman, Shaganappi Chevrolet; Gary Sartorio and Valentine Volvo; Paul Valentine

ACE Sponsor – Western Securities; Sean O'Connor

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Tokpella Resources Ltd; Rob Pryde

Tournament Donors

Mark Barrett (Strong Cowboy)

Mike Bigland (A & W Cochrane)

Barry Blithe (Spartan Controls)

Dave Burton

Paul & Betty Cammack

Liz Davis (Aspen Properties)

Elaine Defresne (Done Right)

Dave Edwards (Optisol)

Brent Fasick (B & P Cycle)

Jack Gregory (Tuxedo Sports)

Cont. p. 9

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."

~Flora Edwards

Lynn Gregor (EnCana)
 Bernie Hargrave (Calgary Flames)
 Robert Hayes (Bank of Montreal)
 Cliff Hendrickson (Stick Fix)
 Jim Hepburn (Pre Pak Meats)
 Darcy Hulston (Canoe Financial)
 James Kelly (Hockey North America)
 Todd Kurio (No Sweat)
 Pat Laughton (Crowchild Arenas)
 Jeffrey Lim
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 Rick Murphy (Professional Skate)
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Mark Kosak - KidSport

*From Left to Right: Rex Tucker of KHAS, Our Wonderful MC's
 Scott Coe, Derek Bidwell & Local TV Personality Camilla Di Guiseppe*



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 Don Phelps - McMahon Stadium
 Devin Baxter - Molson Breweries
 Jim O'Rourke - O'Rourke Engineering
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Masters of Ceremonies

Derek Bidwell – Co-Host Sports Talk
 AM770, CTV-CFCN Sports Anchor
 Scott Coe – Former Calgary
 Stampeder, Color Analyst CJOB
 AM680 Winnipeg

Once again a fabulous job! Thanks so
 much for your continued support, we
 very much appreciate it.

Guest Speakers & Live Auction Auctioneer

Carla Macleod & Colleen Sostorics
 – Canadian Women's Olympic Gold
 Medal Hockey Team

Jon Montgomery – Canadian Men's
 Skeleton Olympic Gold Medalist
 Aprill Wade – KidSport Ambassador
 Ladies and Gentleman, we appreciate
 the time you all took to answer the
 questions our Golfers asked; you went
 above and beyond for us!

Local Celebrities Attending

Camilla Di Guiseppe – CFCN News
 Anchor

Eric Francis – Calgary Sun Columnist,
 CBC Hockey Analyst, Jack FM Radio
 Personality

Dwayne Hay – Calgary Flames
 Alumni

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*Cheque Presentation - Rex Tucker, President of The Kids Hockey Advancement
 Society and Mark Kosak, Regional Manager of KidSport Calgary*



Letters to the Editor

Recently, I picked up your 2011 winter newsletter.... what caught my attention was the headline - "Missing the Cut". Upon reading the article, I found it very well done. I am a retired educator and midget hockey coach. I lived the trails and disappointments of young athletes, academic students, and parents.I would not ask ... the player, student or parent of how they feel, because I know how they feel. I would start with the statement, I know how you feel but you have to learn one thing that, as you move from one level of sports or academics there is multiple feeder sources, converging to higher level, this applies to sports, academics etc. ...When students, athletes, and parents have the opportunity to digest the disappointing circumstances.... the remarks were the same that you included in your story. "I wasn't given a chance, the coach was a bad coach, the teacher didn't not like me... that is why I received a lower mark etc." Parents' main questions were. "But my child was an MVP at Junior High, my child was top honors in all subjects?" The students and parents have to realize that the next level, that is where all MVPs and top Honors meet. As student you still will be earning high marks, as before, but competition consists of averages 90, 90.1... so you are 4th not #1 any longer. Welcome to the real World. Excellent Journalism Mr. Tucker!

Respectfully Yours, Orest Haydey

Editor's Note: *Thanks Orest for your insightful comments about the competitive pyramids of sports and academics... it's so very true!*

I grew up on a farm outside a small, small hamlet....population of 25. We didn't have much - a post office, an elevator, but we did have a rink. The rink was a dome wooden structure with natural ice.....with a low population here wasn't much competition for ice time. I remember playing 2-on-2 shinny in - 20 for hours. I remember laying on the ice with my sister listening to the ice crack. I love hockey because it reminded me of a time when we could play for hours and no one kept score. I love hockey because when I break up the boards fast.....I have a sense of freedom that is rare to find. I appreciate Tucker Hockey as it gives adults who did not have the playing and coaching opportunities earlier in life to try and better themselves at this great game.

Margo Demerse Berg

Editor's Note: *Margo your childhood hockey story is very*

inspiring....it reminded me of my own childhood days playing hockey on Little Bay Island, Newfoundland! Yes, we played for countless hours just for the pure fun of playing!

Yes, there's concussion talks going on again...I have a friend who's son has been suspended on numerous occasions for bad hits....he just turned 15. He is not the next "99" believe me! I have often asked my friend, so what does the coach think about his bad hits? What are you, his dad, trying to do to promote the clean body checks? Do you think maybe if that was your son on the opposite side of the hit maybe you might look at things differently? Nothing changes, the boy keeps getting bigger and hits keep coming and the penalty minutes keep adding up...yet his dad tells me he is the motivation of his team...huh!!

There are many websites where we can get valuable information on the results of concussions, symptoms of concussions... long term effects of concussions but nothing on how to prepare a child for the kid whose dad taught him how to play hockey and who is coming full force to blind-side a child with a headshot!

The game is still exciting, however we are losing players more and more to concussions at a younger age. A recent article I read in the Science Daily proves my point: The cumulative and long-lasting effects of sports concussions have been the subject of recent heightened attention, including Congressional hearings in the U.S. In Canada, ice hockey is a major cause of sports-related concussions. "The aftermath of a concussion can impact memory, judgment, social conduct, reflexes, speech, balance and coordination. Epidemiological studies have suggested an association between sport concussions and both immediate and later-life cognitive impairment. As such, this is a public health issue that needs to be taken more seriously by players, parents, coaches, and medical professionals," said Dr. Echlin.

I believe some changes need to take place within the coaching staff first. We can't just put our kids or grandkids in the hands of people that are just flying by the seat of their pants. Yes, I know these are not paid positions.... just volunteers. We send our child to daycare and check out the daycare...

Cont. p. 35

Coach Tuff's Corner

Stopping Progressions for Skating

- Hip Flexibility – toes in, toes out
- Balance: Posture – knees bent, shoulder width, sit tall, knees over toes
- Edges – inside

I) Beginners Skill

Standing Still: Make snow (place hands on boards for support). Stopping is actually a sliding skill. Whole blade is on the ice but the weight should be toward the front of skate. Inside edge of skate is used – turn knee inward to get inside edge of skate on the ice.

A. Slide right foot – make a pile of snow – bring foot back to shoulder width (repeat 5 times, 10 times, 1 minute, etc.).

Note: One of the biggest errors is to leave foot and then try to push or slide again (for students that struggle – kneel in front and grab the skate with one of your hands. With your hand guide the student through the proper process)

B. Slide left foot – make a pile of snow – bring foot back to shoulder width (repeat 5 times, 10 times, 1 minute, etc.)

II) Novice Skill

Standing Still:

A. Transfer weight from left side to right – sliding to a stop on right foot. Bring left back to a balancing position. (Repeat 5 times, 10 times, 1 minute, etc.)

B. Transfer weight from right side to left – sliding to a stop on left foot. Bring right foot back to a balancing position. (Repeat 5 times, 10 times, 1 minute, etc.)

Note: Keep toes pointed straight ahead at all times. Do not allow front hip to open. Then slide on front foot.

Note: Bring feet back to balancing position. Do not do the next repetition until the balancing position has been achieved. It is not a race.

Next Progression:

A. Transfer weight from left side and slide onto right side. Pause. Transfer weight from right to slide onto left skate. Pause. Repeat – choose number of repetitions.

Next Progression:

A. Slide from left to right skate and from right to left skate without pausing.

Note: Do not open hips – keep toes pointed straight ahead.

Note: After sliding to a stop – bring the power leg back to the balancing position.

Note: After sliding to a stop – your weight is now on your power or pushing leg, allowing you to transfer your weight

and slide onto the other skate.

Note: This is not a race. Good balance and posture must be maintained throughout the drill. It will ensure that other skills (puck handling, passing, shooting, checking) can be accomplished more successfully.

III) Advanced Skill

Standing Still

A. Jump from left foot to right foot – sliding to a stop on right skate (remember)

- Good posture
- Shoulders square
- Toes straight ahead
- Repeat (choose number of repetitions)

Jump from right foot to left foot - sliding to a stop on left skate (again remember)

- Good posture
- Shoulders square
- Toes straight ahead
- Repeat (choose number of repetitions)

B. Alternate. Jump from left and slide onto right foot. Pause. Jump from right and slide onto left skate. Pause. (Repeat as many times as required)

C. Alternate. Same as above without the extended pause. However, do not go so fast that you're giving up the most important teaching points: good posture – sit tall. (Repeat as required).

**** Extension – for Novice and Advanced add pucks to the progressions. Talk to Coach Rex about the puck handling skills that would be required to do these drills properly with pucks.**

Next Edition: “Stopping progressions while moving.”

Bob Tuff Bio:

- University of North Dakota Graduate & Hockey Team Captain
- Professional Hockey Player in Austria
- Assistant Coach University of North Dakota, Calgary Wranglers Junior A Tier 2, Calgary Canucks Junior A Tier 2
- Minor Hockey Coach Hockey School Instructor – for 35 Years
- Vice President & Director North West Calgary Athletic Association – responsible for professional coach development
- Manitoba Hockey Hall of Fame



TUCKER HOCKEY'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!**

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

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

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

Tucker Hockey Guarantee**

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

We will guarantee the following:

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

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



Star Player

*Talents disguised in a parka and jeans,
he asks a hotel clerk for directions
using a second language that can barely skate.*

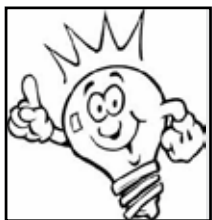
*At practice, talk hardly matters at all.
Here he is free to play in the truest sense,
to try out new creations with stick and puck.*

*He smiles like a schoolyard scamp,
veers around a teammate
in a one on one sleight of hand,
picks up the puck on the other side
and scores top shelf.*

*He finds a stray one in the corner,
flips it in the air
and conjures a gentle landing
on the shaft of his stick.*

*The rink—his homeland—
where such gifts speak for themselves.*

*Keith Worthington
from Poet on a Cargo Plane Copyright 2010
email: languageartstudio@gmail.com
Facebook Group: Language Art Studio*



Coach Rex Says...

Tucker Tips

Skating is the most important hockey skill. Below are some skating tips from Coach Rex to help players improve their skating ability and take their game to the next level.

Proper Stick Length - as a general rule, the length of a hockey stick - when a player places the tip of his or her stick on the ice - should be between the sternum / above the armpits and definitely below the chin of the player. A shorter stick will force the player to sit more while skating i.e. create a deeper knee bend which will result in longer and better skating strides.

Hockey Stance - every sport has an athletic stance. In hockey, it's called the "Ready Position". A player's head is up; knees bent i.e. hiding the toes, skates hip width apart, toes pointed forward, two hands on the stick and the stick on the ice. The player is in a sit position - ready to receive a pass, give a pass or shoot. The basic hockey stance is used for skating, passing, puck control and shooting. Note: Sidney Crosby has one of the best hockey stances in the game today!

Proper Ankle Flex - for the forward stride, a player's leg extension is from the hip, knee, and ankle to the full blade on the ice. Players will often place tape or skate laces around the ankles. Not a good idea it a bad habit! It restricts the ankle flex. The skates need to support the feet, not act as a cast and inhibit good movement. A player will then get proper edging on the ice and a full forward stride. To ensure proper ankle flex, the top three eye lets are tight and nothing else around a player's ankles.

Good Knee Bend - besides keeping the head up, the most important thing a player must do when skating is bend his or her knees. Good knee bend - knees hide the toes - improve a player's overall balance and overall skating ability.

Balance & Edge Control - are the foundation of skating. In order to become a strong skater, a player requires tremendous balance and edge control. Many of the essential skating skills such as starting, striding, crossovers, turns and stopping will not be performed well by a player without strong balance and edge control. Mastery of the inside, outside edges and balance on the flat of the blade is critical to good skating.

Strong Outside Edges - the weakest edge in skating is the outside. Balancing on the outside edge is more difficult for players than balancing on either the flat of the blade or the inside edge. The outside edge is so important for good tight turns, forward crossovers, backward crossovers and even forward two foot stopping. Often players will progress through the ranks of the minor hockey system to Bantam or Midget levels and still have a weak outside edge because minor coaches do not emphasize and spend enough time on it.

Lateral Movement - are the skating skills by which a player moves sideways (laterally) to the left or to the right, in a straight line using one's legs and feet while the upper body stays square to the front. This is the weakest skating skill in hockey because most hockey coaches do not teach the skill but focus mainly on forward and to a lesser degree on backward skating. Therefore, players do not have an opportunity to practice good lateral movement. Lateral movement is critical for players especially defensemen. Lateral skating drills create a strong foundation of skating - edges, and balance, leading to forward and backward crossovers as well as agility and mobility skating.

Sculling - a forward edge control technique which will improve the effectiveness of a player's gliding skills in a game. It is almost effortless skating. Paul Coffey was probably the best ever at sculling. The ability to keep both blades on the ice and push on the inside edges with most of the body weight on the heels is a very effective skating technique. Many players especially Sidney Crosby can maintain speed and great stability on their skates while sculling. Crosby will often protect the puck and create scoring opportunities by maintaining his skating speed by sculling on his outside skate and going around an opponent, who is an inferior skater.

**A teacher is one
who makes himself
progressively
unnecessary.
~Thomas Carruthers**

Tucker Hockey Promotional DVD

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

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

Individual copies are available on request.



Tucker Hockey World of Instruction

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

Past participants have included the following categories of players:

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

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

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

Here’s the easy way to set things up.

- 1: Parents / groups / teams just need to determine times, dates, guaranteed budget and recruit a minimum 1 to 10 players
- 2: Tucker Hockey will find the ice, set – up a “ customized curriculum ” (based on parents / organizers direction / input) and provide professional instruction.
- 3: Type of Programs - customized curriculum will specialize in
 - a) power skating
 - b) hockey skills development
 - c) conditioning or
 - d) combo programs
- 4: Frequency of Programs -
 - 1 session per week for 10 weeks
 - 2 sessions per week for 5 weeks
 - 5 sessions per week etc.
- 5: Time of Programs -
 - a) Week days before 4:00 pm (Non Prime Time)
Only \$329 per player, includes 10 on ice sessions (based on 10 players)
 - b) Weekday after 4:00 pm and weekends (Prime Time)
Only \$399 per player includes 10 on ice sessions (based on 10 players)

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

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



Tucker Hockey Customized 1 on 1 Program Testimonial

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

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

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

~ Frank Portman

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

~ Jamie Yu



VOICE

“We want to hear your voice!”

Tell Us What You Think!

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

Articles from New Contributing Writers are Appreciated.

New Advertisers Welcome!

programs@tuckerhockey.com

TUCKER HOCKEY - TOP 10

WHY EXPERIENCE TUCKER HOCKEY?

BECAUSE YOU WANT TO...

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



A TUCKER HOCKEY ENDORSEMENT

"The relationship between Rex and me began in the early '90's when Rex attended, as a player, my Chinook Elite Conditioning Camps for Professional and Junior players. I have been working with Rex Tucker and his Tucker Hockey staff for the past year as an on-ice Hockey Consultant. I have been observing and assisting Rex in mentoring his on-ice staff and refining his well-established programs.

The Tucker Hockey Programs are excellent for developing players. The focus on the technical skating skills of edge control, lateral movement, starting and striding, etc. creates a solid foundation for the development of all other hockey skills. I highly endorse the quality of the Tucker Hockey Way, through their complete technical power skating programs and instruction and am pleased to continue to participate in helping to bring the programs to a world class level."

Wally Kozak – Former Coach, Canadian Women's Gold Medal Olympic Hockey Team

A "World Class" Technical & Tactical Elite Power Skating Program

A Partnership of Tucker Hockey & Wally Kozak

Wally Kozak's coaching experience at all levels of hockey, including Olympic Hockey, offers added expertise and value to this new program level of power skating development. Wally's "tactical skating expertise" in the area of game situations and group tactics will augment Rex's specialized teaching in the area of technical power skating, to take players and their game to the next level. Working together their programs will enhance one another for the development of the "Complete Player".

Program Details

Rex Tucker - Technical Skating Head Instructor

Technical Components

Apply and improve skating skills to perform in game situations

- | | |
|---|---|
| • Extreme Forward & Backward Edge Control | • Backward Striding - Technique & Speed |
| • Foot Speed / Acceleration / Stopping | • Skating Agility & Mobility Drills |
| • Forward Striding - Technique & Speed | • Drill Progression - Without to With Pucks |
| • Forward & Backward Crossovers | |

Wally Kozak - Tactical Skating Head Instructor

Tactical Components

Game like tactical skating drills to test player's individual skills and hockey sense

Offensive tactical skating (allows players to make plays and create opportunities to score goals)

- Drive skating, evasive skating , puck protection, and deking
- 1 on 1, 2 on 1, 2 on 2 situations

Defensive tactical skating (allows players to learn when and how to pressure or contain)

- Playing 1 on 1 or odd man rushes

This New Program is being offered starting in October 2011

2011-2012 Minor Hockey Season

(October to March)

- Teams - Minimum 2 Sessions
- Associations - Minimum 10 Sessions
- Private/Customized Groups - Minimum 5 Sessions

Tucker Hockey Group Programs

- Spring 2012 (April to June) - 10 Sessions
- Summer 2012 (August) - 5 Sessions

Skating with the Best!

For further information please call Coach Rex at 403-244-5037

Fall 2011

**13th
Annual**

Tucker Hockey

Programs that Deliver Results

Enhanced

ADULT

Recreational Programs

Level 1 Beginner/Intermediate

Power Skating/Player Development Programs which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage.
(10 Sessions)

Group 1: Father David Bauer
Sundays, Oct. 16th to Dec. 18th
9:45 to 11:00 PM

\$399 New Participants/\$359 Past Participants

Group 2: George Blundun
Wednesdays, Oct. 19th to Dec. 21st
7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants

Group 3: Stu Peppard
Wednesdays, Oct. 19th to Dec. 21st
12:15 to 1:15 PM

\$399 New Participants/\$359 Past Participants

Group 4: Optimist
(8 Sessions)
Tuesdays, Nov. 1st to Dec. 20th
10:15 to 11:30 PM

\$329 New Participants/\$299 Past Participants

Level 1.5 Intermediate

These programs will focus on the technical skills of skating, passing, puck control and shooting as well as individual tactics and team tactics plus scrimmage. For players who want to improve on their technical skills as well as learn to play the game.
(10 Sessions)

Group 1: Optimist
Mondays, Oct. 17th to Dec. 19th
7:00 to 8:00 AM

Group 2: Stu Peppard
Fridays, Oct. 14th to Dec. 23rd
No Session November 11
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

Level 2 Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 and 1.5 programs and who wish to be challenged with more advanced skating skills and a higher paced conditioning program. The level 2 program includes advanced technical skills, individual tactics, breakouts, regroups and defensive zone coverage, and scrimmage.
(10 Sessions)

Group 1: Henry Viney
Thursdays, Oct. 20th to Dec. 22nd
12:00 to 1:00 PM

\$399 New Participants/\$359 Past Participants

Rex Tucker

**Head Power
Skating Instructor**

Register and Pay online
at
www.tuckerhockey.com
or call

Tucker Hockey at
403-998-5035



**** Drop In Fee: \$50/Session ****

Testimonial

"This program has given me a chance, as an adult female hockey player, to develop my skating and hockey skills in a non-threatening, encouraging, yet challenging environment. Rex and his assistants were fantastic in encouraging and developing my weak points while pushing us to excel in our strengths."

- Michelle Copithorne, Hockey Player

Specialty Clinic

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

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

Group 1: Henry Viney
(8 Sessions)
Wednesdays, Nov. 2nd to Dec. 21st
10:15 to 11:30 PM

Shooting: Nov 2, 16, 30 & Dec. 14

Stick Handling: Nov. 9, 23, Dec. 7 & 21

\$329 For All 8 Sessions

\$199 For 4 Shooting or 4 Stick Handling Sessions

Improve Your Hockey and Skating Skills!

Special Fall Offer For Minor Hockey Players!

**13th
Annual**

Tucker Hockey
Programs that Deliver Results

Enhanced

Super Power Skating

Super Power Skating and Hockey Skills Development

Power Skating/Hockey Skills Development program which focus on the technical skills of skating, passing, puck control and shooting plus scrimmage
(10 Sessions)

**Only 15
Spots!**

Group 1: Ages 9 to 13+

Fridays, October 14th to December 23rd
No Session November 11th

6:45 to 7:45 AM Rose Kohn

\$369 New Participants / \$349 Past Participants
(Includes G.S.T. and Practice Jersey)



TOP 5 REASONS TO ATTEND:

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

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Testimonial

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

- Murray Cotton, Minor Hockey Parent

Register Today - Programs Fill Fast!

Christmas Season Program

13th
Annual

Tucker Hockey
Programs that Deliver Results

Enhanced

Elite

Power Skating/Conditioning Camp

PROGRAM OF EXCELLENCE

This program is for players who are serious about taking their skating to another level.

A Power Skating Curriculum Consisting of:

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

Testimonial

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

~ Darren Martin, Calgary Royals AA Player

**Register
Early -
Spaces Fill
Quickly!**

**Only 20
Spots
Available!**

Group 1

**Atom Div 1 & 2
Peewee Div 1 & 2**

**Tuesday, December 27th
to**

Friday, December 30th

4:15 to 5:30 PM

Southland Leisure Centre

**\$279 New
Participants
\$259 Past
Participants**

Rex Tucker

Head Power Skating Instructor

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

S.A.M. - Stability, Agility and Mobility
Improve your quickness and speed with and without the puck!



Christmas Season Programs

**13th
Annual**

Tucker Hockey

Enhanced

Programs that Deliver Results

SUPER POWER SKATING

Group 1: Ages 7-8

Tuesday, Dec. 27th to Friday, Dec. 30th
9:00 to 10:15 AM Southland Leisure Centre
\$249 New Participants/\$229 Past Participants
(Includes G.S.T.)

Group 2: Ages 9-10

Tuesday, Dec. 27th to Friday, Dec. 30th
10:30 to 11:45 AM Southland Leisure Centre
\$249 New Participants/\$229 Past Participants
(Includes G.S.T.)

**Only 25 Spots
Per Group!**

Group 3: Ages 11-14+

Super Power Skating & Hockey Skills Development

A curriculum that focuses on the technical skills of skating, passing, puck control and shooting plus scrimmage

Tuesday, Dec. 27th to Friday, Dec. 30th
2:45 to 4:00 PM Southland Leisure Centre
\$249 New Participants/\$229 Past Participants
(Includes G.S.T.)



TOP 5 REASONS TO ATTEND:

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

Rex Tucker

Head Power
Skating Instructor

**Register Early
- Spaces Fill
Quickly!**

Register and Pay online at
www.tuckerhockey.com
or call

Tucker Hockey at
403-998-5035

Testimonial

"I highly recommend Tucker Hockey School as I saw significant development in my son's skill level in one week. He also enjoyed it, not because it wasn't hard work but because he saw his own skill level improve and that gave him a sense of accomplishment. I will definitely be signing him up again!"

- Greg & Kerri Varga, Minor Hockey
Parents of Ryan

Makes a Great Christmas Gift!

Winter 2012

**14th
Annual**

Tucker Hockey Programs that Deliver Results

Enhanced

ADULT

Recreational Programs

Level 1

Beginner/Intermediate

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

(10 Sessions)

Group 1: Father David Bauer

Sundays, January 15th to March 18th

9:45 to 11:00 PM

\$439 New Participants/\$399 Past Participants

Group 2: George Blundun

Wednesdays, January 18th to March 21st

7:00 to 8:00 AM

\$439 New Participants/\$399 Past Participants

Group 3: Stu Peppard

Wednesdays, January 18th to March 21st

12:15 to 1:15 PM

\$439 New Participants/\$399 Past Participants

Level 1.5

Intermediate

These programs will focus on the technical skills of skating, passing, puck control and shooting as well as individual tactics and team tactics plus scrimmage. For players who want to improve on their technical skills as well as learn to play the game.

(10 Sessions)

Group 1: George Blundun

Mondays, January 16th to March 26th

7:00 to 8:00 AM - No session Feb 20th

\$439 New Participants/\$399 Past Participants

Group 2: Stu Peppard

Fridays, January 20th to March 23rd

12:00 to 1:00 PM

\$439 New Participants/\$399 Past Participants

Level 2

Intermediate/Advanced

For players who have participated in and feel comfortable with the Tucker Hockey Level 1 and 1.5 programs and who wish to be challenged with more advanced skating skills and a higher paced conditioning program. The level 2 program includes advanced technical skills, individual tactics, breakouts, regroupings and defensive zone coverage, and scrimmage.

(10 Sessions)

Group 1: Henry Viney

Thursdays, January 19th to March 22nd

12:00 to 1:00 PM

\$439 New Participants/\$399 Past Participants

TOP 5 REASONS TO ATTEND:

- **Fitness and Fun**
- **Improve Skating and Hockey Skills**
- **Pass on New Drills/Teach Points to your kids**
- **Reduce your stress/reward yourself**
- **Step all over your Hockey Buddies!**

Testimonial

Rex provides a fantastic all round program to improve every hockey player's skills from beginner through to expert. I have only been skating for a few years, but Rex's back to basics power skating tips and exercises really helped me to improve my technique and has made my skating the strongest aspect of my game. It really is such an advantage when you know you have the skating skills to get you through any game situation and ensure that you are "first to the puck."

~ **Sarah Nossiter**

Register and Pay online at
www.tuckerhockey.com

or call

Tucker Hockey at
403-998-5035

Rex Tucker

**Head Power
Skating Instructor**

**** Drop In Fee: \$50/Session ****



Improve Your Hockey and Skating Skills!

Special Winter Offer For Minor Hockey Players!

**14th
Annual**

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Programs that Deliver Results

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Super Power Skating

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(10 Sessions)

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6:45 to 7:45 AM

Rose Kohn

\$399 New Participant/\$369 Past Participant

(Includes G.S.T.)



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- Guaranteed to Improve Hockey Skills
- Excellent player to instructor ratio - **5 to 1**

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or call
Tucker Hockey at
403-998-5035

Testimonial

"The instruction was excellent. The coaches were very professional following a show do tell method of training. I enjoyed the fact that the instructors were patient with all the children and did not ever raise their voices. I encourage all young players I encounter to participate in the programs."

- Lawrence Rosen,
Minor Hockey Parent of Adam

Register Today - Programs Fill Fast!

A Special Service to Minor Hockey Associations

Tucker Hockey

4 Ways to Enhance Your Minor Hockey Programs, Coaching, and Player Skill Development.

1) Guest Instructors

We have been hired as Guest Instructors, working on individual team's scheduled practice times throughout the season, to operate customized power skating, checking and/or hockey skills development sessions.

3) Evaluations

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

2) Customized Programs

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

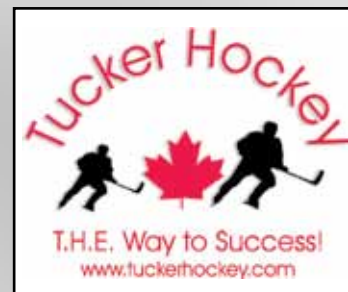
4) Power Skating Mentoring Clinics for Minor Hockey Coaches

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- **Taught Czech, German and Austrian Players in the Czech Republic for Five Summers**

Testimonial

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

- Derek Dunn, Minor Hockey Coach & Parent

Call 403-244-5037 Today!



September 15, 2011

Kids Hockey Advancement Society
Box 46014 Inglewood RPO
Calgary, AB
T2G 5H7

Dear Friends at the Kids Hockey Advancement Society,

On behalf of KidSport™ Calgary, I would to express my sincere appreciation for your support provided as the result of the 4th annual Kids Hockey Advancement Society golf tournament held July 2011 at the Inglewood Golf Course. We could not help kids of low income families without the generosity of those in our community so we are truly grateful for **your donation this year of \$17,000**. This brings the total donations from this annual event to a very impressive **\$43,500 in only 4 years!**

KidSport™ Calgary has been providing financial assistance to children in need for the past 16 years. Our mission is to “overcome the financial obstacles that prevent some young people from participating in organized sport”. We work closely with families and local sport clubs to help pay registration fees and distribute the necessary equipment for KidSport™ kids to play sports safely and confidently. Since 1995, KidSport™ Calgary has helped make sport dreams come true for more than 18,000 kids. This has resulted in the provision of financial assistance of almost \$4 million in support of kids in Calgary and surrounding communities.

It is our solemn belief that ALL children should have the opportunity to simply enjoy being a kid. Through sport participation, KidSport™ kids learn valuable skills such as social skills, leadership abilities, cooperation and team work. These lessons are integral to the development of a child's self-esteem and self worth.

Your generosity will help to spread the word that KidSport™ is available for those in need. It will continue to reinforce the importance of encouraging and motivating children to play while they are young; early physical activity habits help increase the probability that kids will remain active in adulthood. Your help will ensure that children will continue to have positive, life changing experiences for many years to come.

Please do not hesitate to contact me if you have any questions or concerns regarding KidSport™ Calgary or any of our programs.

With gratitude,

Mark Kosak
Regional Manager , The KidSport™ Society of Calgary

www.kidsportcalgary.ca

750, 2424-4th St. SW, Calgary AB, T2S 2T4

Ph:403.202.0251

Fax:403.202.1961

Golf (Cont'd from 9)

Wally Kozak – Former Coach Canadian Women's Olympic Gold Medal Team
Nick Lewis & Joffrey Reynolds – Calgary Stampeders

****Since Eric Francis's team were the winners of the day, I would expect to see your foursome back next year defending your title!****

Inglewood Golf Club Staff

Jason Stanier – Head Professional
Mike Stiell – Assistant Professional
Michael Szova – Bar & Service Manager

The Day of the Event Volunteers

Derek Bidwell, Murray Brack, Kaisa Christie, Scott Coe, Camilla Di Guiseppe, Lanny Jamieson, Christyne Kavanagh, James Kelly, Mark Kosak, Andrew Lambert, David Mahoney, Wayne Newby, Nick Radmanovich, Rex Tucker, Sandie Smith, Michael White

Thanks again everyone for donating your time, dollars and energy to our worthy cause. Without your generosity our tournament wouldn't be as successful as it's been over the past four years.

The Kids Hockey Advancement Society is already setting our sights on



An Unconventional YMCA with David Mahoney, Ross, Maggie and Paul Valentine!

Back Row left to right: Sandie Smith, Wayne Newby, Kaisa Christie, Christyne Kavanagh, Jon Montgomery, Rex Tucker, Mark Kosak.

Front Row left to right: Michael White, Lisa Parham, David Mahoney, Camilla Di Guiseppe, Nick Radmanovich



next year's tournament. We'd like to see an increase in dollars raised, thus allowing us to increase our donation to KidSport once again, raising our donation by 10% being an achievable goal we think!

The Society is committed to helping out as many deserving kids as possible this upcoming hockey season. So if you know a child in your community that could benefit from a scholarship or if you'd like to donate your time, dollars or prizes to next year's tournament, please contact the Society's President, Rex Tucker at 403-244-5037.

See you on the Links in 2012!

Kids Hockey Advancement Society 2011 Board Of Directors

President: Rex Tucker
Vice-President: Nick Radmanovich
Treasurer: Wayne Newby
Secretary: Michael White
Director at Large: Lyle Hanna

We're proud to report that the Society has distributed the following amounts, since its inception in 2008:

- 2008 – Inaugural Golf Tournament: \$10,000
- 2009 – 2nd Annual Golf Tournament: \$12,000
- 2010 – Inaugural Poker Tournament: \$8,700
- 2010 – 3rd Annual Golf Tournament: \$15,500
- 2010 – Sponsored two Children's Hockey School Registrations: \$1,800
- 2011 – 2nd Annual Poker Tournament: \$11,220
- 2011 – Karlee Lewis Skate-A-Thon/ Kids Cancer Care Foundation of Alberta: \$1,000
- 2011 – 4th Annual Golf Tournament: \$16,700
- Total Donations to Date - \$76,920**



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Girls Building Futures, One Goal at a Time.

Zero Tolerance (Cont'd from 3)

protection if they are not worn properly. Most players wear their helmet straps loose, which will allow the helmet to shift on the head before, during, and or after contact. This is very dangerous if that contact results in the players head making contact with the glass, boards, or ice. As a former player, I understand that this is a comfort matter, but it is still unsafe. In Minor Hockey, a referee will instruct a player to fasten a helmet strap if he/she sees it undone, why not extend that authority to a loose strap?

With the tragic passing this summer of 3 professional hockey players their primary role being that of “enforcer”, a cry went out to eliminate fighting from hockey. It was presumed that their role went a long way towards their subsequent depression and ultimate premature ending of their lives. This may well be proven in the future. But in the world of “enforcers”, etiquette requires combatants to drop their gloves and remove their helmets. What if they left their gloves on, like boxers? There’s no plastic in the fingers of the gloves, just foam padding, like the large gloves boxers wear. Another factor may be in the ending of a hockey fight. It usually ends with a “takedown”. Both players, now not wearing helmets, go to the ice. This is just another opportunity to suffer a concussion.

The NHL likes to differentiate their brand of hockey from all others based on the allowable amount of violence. This seems to be a big selling point of the game south of the US - Canada border. But when you start losing your marquee players to avoidable, potentially career-ending, blows to the head, what are you really marketing? Violence by another name?

Other sports like football and baseball have taken progressive measures to reduce concussions in their games. In the NFL, the other major North American league known for its contact and collisions, the quarterback is the marquee performers on each team. The NFL has recognized this and adopted rules protecting these players. First, you can’t hit the quarterback in the head. Then, after it was noted that forcing defensive players to hit lower on the quarterback’s body was causing severe knee injuries, low blows were outlawed. After some particularly violent blows to the heads of other position players that resulted in concussions, the NFL started assessing fines to the offending players with the option of suspensions for repeat offenders. Studies of the brain tissues

of former football players has shown that repeated blows to the head cause permanent injury. The league has stepped up and is trying to protect its players. It realizes that football is an inherently violent sport, but it is willing to take some control in an effort to protect the players from each other.

This year, Major League Baseball introduced a new measure for helping players deal with concussions. I know, you don’t associate baseball with concussions, but they happen more often than you might think. Those foul balls that move the catcher’s mask are still moving at over 80 miles an hour at contact, that’s got to leave a mark! Also, collisions happen on the base paths as players try to break up double plays, taking knees or elbows to the head. Batters get hit in the head by pitches, and, occasionally, fielders will run into each other chasing fly balls. Baseball has always had a 15 and 60 day disabled list, allowing teams the ability to replace injured players within the confines of a 25-man roster. This year, MLB introduced a 7-day disabled list, specifically for allowing players with concussions (supposedly mild) to recuperate without penalizing the team.

The upcoming hockey season will be interesting at all levels to see how the zero tolerance measures within the development system will get addressed. As well as how will the NHL deal with head shots and fighting violence? This writer firmly believes there should be a zero tolerance for both head shots and fighting in hockey. Period! Zero tolerance – are we there yet? What are your views on this high profile topic? The editor would love to receive your comments at programs@tuckerhockey.com.



Czech Republic (Cont'd from 7)

hockey club. In HC Hvezda, parents pay 20,000 Czech Koruna (equal to \$1,300 Canadian) each year. For other clubs, it may be a different situation.

When does the minor hockey season start and end each year and what is the weekly ratio of practices to games?

We start August 1 and finish up April 30 of the following year. There are 4 practices and 1 game each week.

Are there many tournaments held during the hockey season, outside of the regular season schedule?

There are 1 to 2 in August, 1 at Christmas time, and 1 to 2 at the end of the season. The league ends in March, and in April the kids play in tournaments. Teams go to Austria, Germany, Norway, and Sweden. Tournaments cost extra monies.

Are the minor hockey coaches paid, or is it strictly on a volunteer basis?

Part-time salary, approximately 5,000 Czech Koruna (equal to \$300 Canadian) a month.

In the City of Calgary, we have approximately 50 indoor rinks, and 123 outdoor rinks what is the number of hockey rinks in Prague? How many rinks are open year-round?

Now, there are 10 indoor rinks, and no outdoor rinks. Only a few ponds are available for a few weeks in the winter, if the winter co-operates. Only 2 rinks are open year-round and they are Letnany and Hasa, one of them mostly for figure skating.

In Calgary the cost of primetime ice is \$200 per hour for adults and \$150 per hour for minors, what are the costs of renting ice; primetime vs. non-prime time in Prague?

The same price for kids and adults, 6:00 pm to 10:00 pm is primetime, 3,000-3,500 Czech Koruna (equal to \$200 - \$225 Canadian) an hour, non-prime is 2,000 Czech Koruna an hour (equal to \$130 Canadian).

In your opinion, what are the biggest differences between minor hockey in Czech and Canada?

The biggest difference? In Czech clubs, there are more system practices. With Canadian clubs, there are more games. Czechs are less spontaneous in games and play fewer games. Czechs have a more tactical focused approach to winning. Canadians are

more aggressive, go everywhere, and want the puck more. Canadians emphasize a lot of skating, I like a combination of strategy and skating. Czechs in the 9 to 10 age group do more thinking of what to do, Canadians go after the puck more. Czechs in the Bantam category have more tactical skills and less wildness. I would like to learn more skating techniques and more motion in our play.

How has losing Czech Junior players to the North American Junior Leagues affected the Czech hockey system?

Yes, many Juniors go to North America. As of September 2011, we have started up 5 hockey academies from Bantam, 14 to 19 years old, a combination of hockey and high school in a dormitory setting. The 5 major centers are Brno, Chomutov, Karlovy Vary, Liberec, and Prague. The reason is to keep players home, similar to boarding school. It's paid for by the Czech Hockey Federation.

What do you feel is the greatest reward you've received while being involved in the Prague minor hockey system?

I do not want to grow players for the NHL. I would rather progress the players as citizens, to feel good, and to develop teamwork. Our hockey club is good, but it is not in the top 5 Prague clubs. The biggest success of my coaching career was last season, 2010-11, we were winners in the age category of boys born in 2000 for the Czech Republic. Recently I received another offer to coach the best Czech players born in 2000 from the past season.

Cont. p. 38



Tucker Hockey Profile

The Rosen Family



Editor's Note: Recently I had a good chat with the Rosen Family: Shirley, Lawrence and Adam. Adam has been coming out faithfully to my programs since the Christmas Break of 2008. It's been a great experience watching him grow as a player and as a young man. Here is a summary of our conversation.

Shirley & Lawrence, tell us a little about your family... how did you two meet, how long have you been married, how many kids do you have, what do each of you do for a living, etc?

We are a young family who have moved from Toronto to Calgary during the big boom of 2006. We have two wonderful children Adam and Romi. Romi is a straight A student who loves to draw and of course shop just like her mom and spends countless hours at the rink supporting her brother. Adam is all about hockey and working out.

Shirley and I met about fourteen years ago, I thought I was getting a deal on EBAY, but of course Rex I did not read the fine print (no refunds or exchanges) Truth be told it was a Shidduch, a hebrew term for a set up. I met Shirley after I met her mom, and the cooking was so good I had to get married. We have been happily married for almost fifteen years.

Shirley is originally from Israel and there is not a lot of hockey there. We speak both hebrew and english at home and still keep all of our traditions and customs. We believe that at the end of the day it is what you teach your kids at home that will give them the character to make the right choices in the future. Character building is one of the main reasons that we put Adam in hockey.

Lawrence, what is your hockey background?

My very first time playing hockey was in 1975. I will never

forget putting on my powder blue figure skates and my hand me down gear. I was ready for the NHL. My heros growing up were the likes of Guy Lafleur, Steve Shut, Ken Dryden... I was a Habs fan. I grew up playing competitive hockey in the Okanagan and played Junior A. It was an incredible experience however hockey was a different game when I played and my size did not help.

I quit hockey when I was just over 18 playing in only a few tournaments here and there. I introduced Shirley to hockey when we first met and unfortunately one of the games ended up with a bit of a line brawl and me getting a few stitches. Needless to say I was done with hockey for a while after that.

I became involve in minor hockey as an Assistant Coach and Head Coach about three years ago when Adam started playing hockey. It was the first time that I had put skates on in about 12 years. I have enjoyed coaching and love to inspire the kids, however I have given up coaching to focus more on enjoying watching Adam play.

Shirley, how has being a hockey mom affected your life positively?

Well Rex, I hated hockey. Have you ever tried to get Lawrence's attention during the playoffs? Truthfully I was against Adam playing hockey, I was not a fan. I remember the first time that Adam attended one of the Tucker Hockey Camps and thats when I started to enjoy hockey more. Hockey helped Adam with his self esteem and helped him become a happier boy.

Seeing my son grow, develop, and meet so many great kids and coaches has been a great experience for me. I am an official hockey mom and my husband calls me Sarah Palin.

Adam, how old were you when you became involved in hockey and why did you choose hockey as a sport to participate in?

Rex I was 10 years old when I first became involved in minor hockey and almost 11 when I took your first Power Skating Clinic. Remember, I couldn't even stand on the ice.

Cont. p. 32

The Rosens (Cont'd from 31)

I chose hockey as a sport because one of my friends was playing at the time and I wanted to give it a try. I remember my first tryout, I stood at the center line and didn't move. I was really scared and nervous.

I was also a new kid in my school and did not have a lot of friends. Kids were making fun of me calling me names like "Lardo" Hockey was a great way for me to get away from this and to meet some new friends.

Adam, what do you enjoy the most about hockey?

Wow Rex that is a tough question. There is so much that I love about hockey. I love breaking down the right side, skating to the top of the circle, blasting my slap shot high blocker side. It is pretty good and the goalies don't expect a shot like that from a little guy.

I also like the fact that you meet so many great friends and coaches. There are no limits to what I can do, and with hard work I will achieve all of my goals.

Adam, how has hockey affected your life positively?

Well lets just say kids don't call me Lardo anymore, I have lost over 36 pounds and put on some good muscle. Hockey has also taught me respect and character. These are skills that I can use for ever.

Hockey has helped become motivated and helped me teach that it is important to give back. It has also showed me that with some effort you can achieve any goals you really want. I guess it has helped teach me that the only limits I have are the ones I put on myself. It has made me happy.

Lawrence and Shirley, in your opinion how has hockey benefitted Adam over the past few years?

Rex, the first thing that pops out would be how much confidence he has gained both on and off the ice. He smiling more and is trying things he would not have done before. His attitude and work ethic in school has gone way up. He is really a different kid. We often get comments from other parents, coaches, and teachers telling us what a fine gentleman you are raising.

What are some of the challenges you've encountered over the years?

Well I think the biggest challenge has to be the evaluation process. Rex I remember when I played we tried out for A and B Rep and if we got cut you played house. Now I look

at what hockey liberalists have created with tier system of 1 - 10. I have never seen so many stressed-out parents, coaches, kids, and coordinators in my life. Just because of they are worried about what number team the player makes. I think we miss the point that playing hockey is for fun and for our kids gratification, not ours.

What types of hockey related activities do you participate in as a family?

Well we spend a lot of time on the outdoor rink, we try to catch at least 2 Flames games and Hitmen games per season, Lawrence coaches, and Romi and I hit every practice, game, and tourney that we can.

How much time is dedicated to hockey on yearly basis?

Well Rex if Adam had it his way it would be 24/7 twelve months of the year. This year we let Adam choose what he wanted and it turned into a lot of hockey. We are there to provide Adam the tools and if he wants to do a camp he has to do all the ground work. He has to call and book, register online, check to see if we can get him to or from, any program that he wants.

Why did you choose Tucker Hockey, and why do you keep coming back?!

In Adam's first year of hockey he was struggling with skating, we were looking for a good power skating coach and we saw one of your posters. We put Adam in the Christmas session and by the end of it we were in shock at the level of improvement. The coaches and players were amazed by the improvement.

Rex, Adam also loves the team of coaches you have surrounded yourself with. Your programs keep the kids involved, teaches them great technique, creates an environment of good character, and really improves the players skill level. We have been amazed by the results and you have a great smile Rex. Seeing Adam grow and develop with a smile on his face keeps us coming back.

What other types of activities does the family participate in?

We love to walk our dog Gucci as a family. There are usually a few laughs and funny stories. We love the Okanagan and hit the lake and beach as much as we can. We are just getting into golfing as a family.

Cont. p. 35



The Merits of One-on-One Coaching

Coaching Innovation

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

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

Top 10 - Advantages of 1 on 1 Coaching

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

Benefits Outweigh Costs

Concerns often addressed such as:

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

Tucker Hockey - Provides Proven One on One Coaching Results

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

One-on-One Testimonial

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

- Trevor Wannop, Father to Spencer



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Letters (Cont'd from 10)

they are qualified. We send our child to school and they are taught by qualified teachers, so why would one question the idea of having a qualified coach and staff teaching our child the skills of hockey. I believe kids need to be taught how to properly give and receive a check and more importantly the symptoms of concussion and/or at least take on the rule of taking the player out of the game and into a quiet space for 5 minutes to evaluate. If we adapt these changes the child is starting at an early age of learning how to play the game properly not picking up bad habits or wrong methods of play by someone else.

Parents pay exorbitant amounts to have their child in tournaments and will travel all over the province in some cases and pay to be in a hotel for the weekend, yet no one questions the body contact / checking knowledge or lack thereof of the coaching staff. With the amount of children that register each year in hockey a portion of that monies could go towards educating the coaches for a small fee or possible for free by raising the registration fee by a small amount. There are many hockey schools out there that can

help mentor the coaches on how to properly teach checking to their players. It needs to start at the beginning, instead at the end of a child's career. As parents of future "99" there must be a priority in the health and safety of the child as well as who is their teacher and mentor in hockey.

Couch Coach Gramma

Editor's Note: Couch Coach Gramma, you are very passionate about safety in hockey and raise some very good points. Yes, early education and safety awareness is of paramount importance to keep our game safe for the kids to play, continue to play, learn and have fun. In May 2011, at Hockey Canada's 92nd Annual General Meeting, the board of directors approved zero tolerance measures for all head contact or checks in minor, female, junior and senior hockey. Hockey Canada will be dedicating more resources and implementing more severe on ice penalties in the years ahead to educate administrators, coaches, parents and players to make our game – a safer game. Stay tuned and keep the faith for a safer game!

The Rosens (Cont'd from 32)

Adam, what are your future aspirations hockey related and non-hockey related?

Rex, my biggest goal is to make the NHL and become one of the greatest hockey players to play the game. If I don't reach that level of hockey i would very like to have the opportunity to be a part of hockey at any level. I already enjoy helping other kids on and off the ice, maybe I will be coach and a mentor. I think teaching might be fun and I love history so maybe being an archeologist would be cool.

Shirley and Lawrence, what does the future look like for you?

Well short term we just trying to raise our kids to be respectful young adults. We want to enjoy our children as much as we can. The years seem like blinks so we want to enjoy these time together. Family is our highest priority.

Once Adam and Romi are off to University we are going to travel the world, popping in once in a while to see our grandchildren.

Editor's Note:

Thanks Shirley, Lawrence, and Adam for taking the time to share your hockey story with Hockey Zones. Your enthusiasm for the game is exceptional!

Adam, you have been so keen to learn and improve on our game.

For Coach Rex, it has been a pleasure to help you improve on your skating and hockey skills.

Best wishes with your future hockey and family endeavors. Go Rosie Go!!



Calgary Flames 2011-2012 Schedule

Date	Visitor	Home	Time (MTN)	Broadcaster
Sat. Oct 8, 2011	Penguins	Flames	8:00 PM	CBC
Mon. Oct 10, 2011	Flames	Blues	12:00 PM	SNET - West
Thurs. Oct 13, 2011	Flames	Canadiens	5:30 PM	SNET - Calgary
Sat. Oct 15, 2011	Flames	Maple Leafs	5:00 PM	CBC
Tues. Oct 18, 2011	Oilers	Flames	7:30 PM	SNET - West
Thurs. Oct 20, 2011	Rangers	Flames	7:30 PM	TSN
Sat. Oct 22, 2011	Predators	Flames	2:00 PM	SNET - West
Wed. Oct 26, 2011	Avalanche	Flames	8:00 PM	SNET - Calgary
Fri. Oct 28, 2011	Blues	Flames	7:00 PM	SNET - West
Tues. Nov 1, 2011	Canucks	Flames	7:30 PM	TSN
Thurs. Nov 3, 2011	Flames	Red Wings	5:30 PM	SNET - West
Fri. Nov 4, 2011	Flames	Sabres	5:30 PM	SNET - West
Sun. Nov 6, 2011	Flames	Avalanche	6:00 PM	SNET - West
Tues. Nov 8, 2011	Wild	Flames	7:30 PM	SNET - Calgary
Fri. Nov 11, 2011	Flames	Blackhawks	6:30 PM	SNET - West
Sat. Nov 12, 2011	Flames	Avalanche	8:00 PM	CBC
Tues. Nov 15, 2011	Senators	Flames	7:00 PM	SNET - West
Fri. Nov 18, 2011	Blackhawks	Flames	7:00 PM	SNET - West
Mon. Nov 21, 2011	Flames	Blue Jackets	5:00 PM	SNET - West
Wed. Nov 23, 2011	Flames	Red Wings	5:00 PM	TSN
Fri. Nov 25, 2011	Flames	Blues	6:00 PM	SNET - West
Sun. Nov 27, 2011	Flames	Wild	4:00 PM	SNET - Calgary
Tues. Nov 29, 2011	Predators	Flames	7:30 PM	TSN
Thurs. Dec 1, 2011	Blue Jackets	Flames	7:00 PM	SNET - Calgary
Sat. Dec 3, 2011	Flames	Oilers	8:00 PM	CBC
Sun. Dec 4, 2011	Flames	Canucks	7:00 PM	SNET - West
Tues. Dec 6, 2011	Hurricanes	Flames	7:00 PM	SNET - West
Thurs. Dec 8, 2011	Avalanche	Flames	7:00 PM	SNET - Calgary
Sat. Dec 10, 2011	Oilers	Flames	8:00 PM	CBC
Tues. Dec 13, 2011	Flames	Predators	6:00 PM	SNET - West
Thurs. Dec 15, 2011	Flames	Lightning	5:30 PM	SNET - Calgary
Fri. Dec 16, 2011	Flames	Panthers	5:30 PM	SNET - West
Sun. Dec 18, 2011	Flames	Blackhawks	5:00 PM	SNET - Calgary
Tues. Dec 20	Wild	Flames	7:00 PM	SNET - West
Thurs. Dec 22, 2011	Red Wings	Flames	7:30 PM	TSN
Fri. Dec 23, 2011	Flames	Canucks	8:00 PM	SNET - West
Tues. Dec 27, 2011	Flames	Blue Jackets	5:00 PM	SNET - West
Thurs. Dec 29, 2011	Flames	Islanders	5:00 PM	SNET - Calgary
Fri. Dec 30, 2011	Flames	Senators	5:30 PM	SNET - West
Sun, Jan 1, 2012	Flames	Predators	4:00 PM	SNET - Calgary
Tues. Jan 3, 2012	Flames	Capitals	5:00 PM	SNET - West

Calgary Flames 2011-2012 Schedule ... cont'd

Date	Visitor	Home	Time (MTN)	Broadcaster
Thurs. Jan 5, 2012	Flames	Bruins	5:00 PM	SNET - West
Sat. Jan 7, 2012	Wild	Flames	8:00 PM	CBC
Tues. Jan 10, 2012	Devils	Flames	7:30 PM	SNET - West
Thurs. Jan 12, 2012	Ducks	Flames	7:30 PM	SNET - West
Sat. Jan 14, 2012	Kings	Flames	8:00 PM	CBC
Tues. Jan 17, 2012	Flames	Sharks	8:30 PM	SNET - West
Thurs. Jan 19, 2012	Flames	Kings	8:30 PM	SNET - West
Sat. Jan 21, 2012	Flames	Oilers	8:00 PM	CBC
Tues. Jan 24, 2012	Sharks	Flames	7:00 PM	SNET - Calgary
Tues. Jan 31, 2012	Red Wings	Flames	7:00 PM	SNET - Calgary
Fri. Feb 3, 2012	Blackhawks	Flames	7:00 PM	TSN
Mon. Feb 6, 2012	Flames	Ducks	8:00 PM	SNET - West
Wed. Feb 8, 2012	Flames	Sharks	8:00 PM	TSN
Thurs. Feb 9, 2012	Flames	Coyotes	7:00 PM	SNET - West
Sat. Feb 11, 2012	Canucks	Flames	8:00 PM	CBC
Tues. Feb 14, 2012	Maple Leafs	Flames	7:00 PM	SNET - West
Thurs. Feb 16, 2012	Flames	Stars	6:30 PM	TSN
Sat. Feb 18, 2012	Flames	Kings	8:00 PM	CBC
Tues. Feb 21, 2012	Oilers	Flames	7:00 PM	SNET - West
Thurs. Feb 23, 2012	Coyotes	Flames	7:00 PM	SNET - Calgary
Sat. Feb 25, 2012	Flyers	Flames	8:00 PM	CBC
Mon. Feb 27, 2012	Blues	Flames	7:00 PM	TSN
Thurs. Mar 1, 2012	Flames	Coyotes	7:00 PM	SNET - West
Fri. Mar 2, 2012	Flames	Ducks	8:00 PM	SNET - West
Sun. Mar 4, 2012	Stars	Flames	4:00 PM	SNET - West
Tues. Mar 6, 2012	Canadiens	Flames	7:00 PM	SNET - West
Fri. Mar 9, 2012	Jets	Flames	7:00 PM	SNET - West
Sun. Mar 11, 2012	Flames	Wild	4:00 PM	SNET - West
Tues. Mar 13, 2012	Sharks	Flames	7:30 PM	TSN
Thurs. Mar 15, 2012	Coyotes	Flames	6:00 PM	SNET - West
Fri. Mar 16, 2012	Flames	Oilers	7:30 PM	TBD
Sun. Mar 18, 2012	Blue Jackets	Flames	6:00 PM	SNET - Calgary
Tues. Mar 20, 2012	Flames	Avalanche	7:00 PM	SNET - West
Thurs. Mar 22, 2012	Flames	Wild	6:00 PM	SNET - West
Sat. Mar 24, 2012	Flames	Stars	12:00 PM	SNET - West
Mon. Mar 26, 2012	Stars	Flames	7:00 PM	SNET - West
Wed. Mar 28, 2012	Kings	Flames	7:30 PM	SNET - West
Fri. Mar 30, 2012	Avalanche	Flames	7:00 PM	SNET - Calgary
Sat. Mar 31, 2012	Flames	Canucks	8:00 PM	CBC
Thurs. Apr 5, 2012	Canucks	Flames	7:00 PM	SNET - Calgary
Sat. Apr 7, 2012	Ducks	Flames	2:00 PM	SNET - West

The Power of the Mind

By Michael White

To get ahead in any area of life, be it sports, education, or employment, you must have a belief system that will bring the change that you want.

Your inner voice must be in tune with your outer desires.

You can change your negative beliefs by acknowledging that they exist and making an effort to change them with positive ones.

Always be willing to create new boundaries and limits for your beliefs. I can go further, faster, harder.

Be an optimist, if you face adversity use it as a motivator. This obstacle will not stop me.

Optimism always trumps pessimism. You can overcome your obstacles to succeed.

You can always accomplish a lot in life just with starting with a great positive attitude.



Czech Republic (Cont'd from 30)

What does the future hold for Michael Grim?

I want to follow my boys up through the minor hockey system, and help develop their hockey and life skills. I am passionate about the game, but I see my hockey future involvement as a hobby, not a career.

Editor's Note:

Thanks again, Michael for taking the time to share your knowledge and insights about Czech Hockey. Best wishes to you and your family within the great game of hockey. Folks, Michael may live in a different country, speak a different language and operate in a different hockey system - but still experiences many of the same hockey issues, challenges and problems encountered within the Canadian system –

Slow Dance

Have you ever watched kids on a merry-go-round?
Or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?

You better slow down.
Don't dance so fast.
Time is short.
The music won't last.

Do you run through each day on the fly?
When you ask "How are you?" do you hear the reply?
When the day is done, do you lie in your bed, with the
next hundred chores running through your head?

You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.

Ever told your child, "We'll do it tomorrow"? And in
your haste, not see his sorrow?
Ever lost touch, let a good friendship die 'cause you
never had time to call and say "Hi"?

You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.

When you run so fast to get somewhere, you miss
half the fun of getting there.
When you worry and hurry through your day, it is
like an unopened gift thrown away.
Life is not a race, do take it slower, hear the music
before the song is over.

ice availability, keeping player registration fees low, and parent issues etc. However, one noticeable difference and advantage to player development within Czech Hockey is the 4 to 1 practice to game ratio! Czechs like Canadians are very passionate about their hockey. This was quite apparent when the 1998 Czech Olympic team won the Gold medal in Nagano, Japan. Seeing pictures of the massive and jubilant celebration in the Prague Old Town Square, the largest square in Central Europe, was an incredible sight indeed!

Last but certainly not least, a special thank you to Marcela Pecena for arranging our meeting and for the language translation of the Hockey Zones interview and article contents from Czech to English. "Dekuji" Marcela!

Tucker Hockey Awards

"Giving Back to the Calgary Hockey Community"

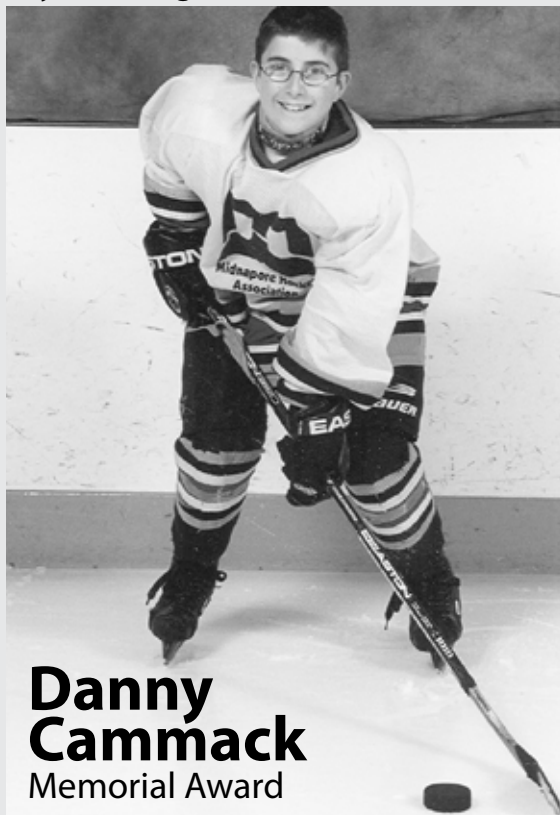
Since 2004, Tucker Hockey has offered over 60 free programs to various Minor and Adult Hockey Players. Giving back more than \$15,000.

You Could Win!

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

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

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



Danny Cammack
Memorial Award

Congratulations to Scholarship Recipients

Fall 2010 - Brittany Ragan

Winter 2010 - Cade McNeil-Roberts

Spring/Summer 2011 - Hayden King

Fall 2011 - Bruce Marsden JR

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 big part of my life, it is fun, It is my goal to become the best player that I can be.

I have met a lot of new friends, coaches, and trainers. I hope to improve my skill level and one day move up in the competitive level of hockey,

I really appreciate all the advice and words of encouragement from my coaches and trainers and all the guidance they have provided to me,

The most important thing I have learned is to work hard and to do my best, and to have fun.

~ Bruce Marsden JR

Tucker Hockey Awards

Minor Hockey Danny Cammack Memorial Award

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

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

Adult Hockey Bradley Mersereau Memorial Award

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

Adult Recipients

Spring/Summer 2010 - Roger McPherson

Fall 2010 - Arend Terae

Winter 2011 - Ken Berze

Spring/Summer 2011 - Mike McCarthy

Fall 2010 - Margo Demerse-Berg

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, Head Coach - Edmonton Oilers

"We have tried other programs... and while each had some benefit (i.e. 3-on-3 was great for puck control and confidence!) none compared to your programs from a skating development and professional perspective."

- Bruce Lavoie, Minor Hockey Parent

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

- Trevor Wannop, Minor Hockey Parent

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

- Murray Cotton, Minor Hockey Parent

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

- Nick Portman, Adult Rec. Participant

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

- Wally Kozak, Past Consultant, Development - Canadian Women's National Teams

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

- Mark Bomersback, Semi-Pro Hockey Player

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

- Andrew Woolley, Father of Tim