

Meet the Instructor

Alannah Jensen



Editor's note:

Recently, I had a good chat with Alannah Jensen, Instructor for Tucker Hockey. Alannah has been a valuable member of the Tucker Hockey team for the past 5 years. She has helped

I started participating in Tucker Hockey Elite Power Skating when I was 12 years old and have been instructing with Tucker Hockey since 2009.

What is the most enjoyable part of coaching/teaching for you?

The most enjoyable part of coaching is watching the children improve and seeing how proud they are of advancements in their skills.

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

Instructing with Tucker Hockey has taught me that sharing your knowledge and skills with children is one of the most rewarding experiences.

What is the most enjoyable part of on ice instructing for you?

The best part about instructing is seeing the children smile, because they love the game. It reminds me of myself when I was young.

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

It sounds a little silly but the biggest challenge so far is learning how to effectively communicate with the children. It is important to speak using language they understand and emphasize key points when demonstrating a skill or drill.

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

Alannah, tell us a little about yourself and your family.

I am a twenty one year old university student. I have an older sister who is taking her Masters in Neuroscience. My mother is a lawyer and my father is an engineer.

What types of sports do you participate in?

I have played hockey since I was nine years old and just recently I have taken up speed skating.

How did you get into the sport of Hockey?

My dad played WHL hockey and as a result I became interested around the age of eight.

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

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“Continuous effort – not strength or intelligence – is the key to unlocking our potential.”

~ Liane Cordes

Alannah Jensen (Con't from 13)

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

Skating is the most important skill in the game of hockey. The higher the level the more crucial skating becomes. In order to be a successful hockey player you have to be a decent skater.

Any other tips would you pass on to coaches who participate in hockey?

It is important to remember that hockey should always be fun for children. If your players are not having fun you are doing something wrong. Always treat every member of your team with respect. You want to be the coach a player calls in ten years and says thank you for making a positive difference in my life.

What's the best part about hockey for you?

The best part of hockey for me is training hard with great people.

What other things interest you, outside hockey?

I am interested in fitness training, running, traveling, playing the piano and spending time with family/friends.

What does the future hold for Alannah?

I hope to earn a Bachelor of Commerce degree. After completing that I would like to go on to get a MBA or a law

degree.

Editor's note: Thanks Alannah for taking the time from your very busy academic and sports schedule at the University of Calgary to complete a Tucker Hockey Instructor Profile. Having spent many hours on the ice with hockey player and instructor Alannah, I have seen her mature and grow over the years. The following personal traits come to mind about Alannah. She is a very polite, conscientious, and pleasant young lady. She works quite well with the younger players. Since Alannah has participated in many Tucker Hockey 1 on 1 coaching and group programs, she is very knowledgeable about the Tucker Hockey – on ice philosophy, curriculums, practice plans, drills and many of the teaching points. She is quite skilled at demonstrating power skating drills as well! Alannah, I have valued your contributions to Tucker Hockey...much appreciated! Look forward to many fun times on the ice again next Spring. In the meantime, best wishes with your future academic and sports endeavors!!

