

Team Canada Alumni Association

NEWSLETTER – FALL 2011



Chris Bright, Murray Costello, Mike Bruni, and Bob Nicholson

The Team Canada Alumni Association

Where We Want To Be – Our Vision: Team Canada Alumni – Coming Together, Reaching Out

Why We Want To Go There – Our Mission: To engage, encourage, and enable Team Canada alumni to maintain a lifelong relationship with Hockey Canada and our game

Who We Will Be Along the Way – Our Values: We are committed to honouring Canada's international hockey heritage, assisting with the growth of Canadian hockey and the pursuit of international hockey excellence for Canada, while providing an opportunity for our alumni to reconnect and celebrate the game and their experiences. These objectives will be within a spirit of teamwork, inclusion, integrity, and service. ■

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Message from Gord Sherven

CHAIR OF THE TEAM CANADA ALUMNI ASSOCIATION ADVISORY COMMITTEE

Welcome to your Team Canada Alumni Association (TCAA) fall newsletter.

The 30th anniversary of the Program of Excellence will be celebrated during the 2012 IIHF World Junior Championship in Calgary. Hockey Canada and the Hockey Canada Foundation are proud and excited to take this opportunity to invite our World Junior alumni and coaches to Calgary to recognize the program's rich history from December 31 to January 4. Many of you have received your invitation, but if you know of any teammates that may not have received it,

please forward this newsletter to them. RSVP ASAP to Kristine Trudel at ktrudel@hockeycanada.ca or 403-777-3613.

As always, we have another great issue with an interesting story of an alumnus completing a triathlon, another having a street being named in his honour and of others announcing their retirements from the game!

For those just starting league play in North America or Europe, we wish you the best of seasons and look forward to celebrating a Team Canada alumni event with you in the future.

Gord Sherven
Chair, TCAA Advisory Committee ■



Team Canada Alumni Tee Off For Fun – And Funds: Second Annual TCAA Charity Golf Tourney Nets \$23,000 For Hockey Programs Across Country

by Kristen Lipscombe



2011 TCAA Charity Golf Tourney - Lakeside Greens, Chestermere, Alta.

We know they're good on the ice, but it turns out about 24 former Team Canada players aren't so bad on the green, either. In fact, they and their teammates helped raise about \$23,000 at the Team Canada Alumni Association's Second Annual Charity Golf Tournament, which means more financial support for grassroots and high performance hockey across the country.

In total, about 110 golfers teed off September 13 at Lakeside Greens Golf Course and Country Club in Chestermere, Alta., up 25 participants from last year's inaugural TCAA charity golf tournament. Invitees included guest speaker Al Coates, executive director of the 2012 IIHF World Junior Championship, along with event steering committee members Chris Bright (Calgary, Alta.), Ray Cote (Pincher Creek, Alta.), Wayne McBean (Calgary, Alta.), Gerry Pinder (Calgary, Alta.) and Gord Sherven (Weyburn, Sask.).

The golf "roster" for this year's tournament featured Sportsnet broadcaster Charlie Simmer (Terrance Bay, Ont.), who played for Canada at the 1982 IIHF

World Championship, the man with the infamous moustache Lanny McDonald (Hanna, Alta.), and four members of the contingent that represented Canada at the 1988 Olympic Winter Games in Calgary, Alta. Those "oldtimers" included Sherven and his former teammates Jim Peplinski (Renfrew, Ont.), Tony Stiles (Carstairs, Alta.) and Claude Vilgrain (Port-au-Prince, Haiti).

For the full roster from the Team Canada Alumni Association's Second Annual Charity Golf Tournament, [CLICK HERE](#).

All proceeds go towards the Hockey Canada Foundation, which funds hockey programs at all levels from Tykes to Team Canada, while the tournament itself gives alumni the chance to stay connected while continuing to support the sport they love. Next year's TCAA charity golf tournament is tentatively scheduled for September 11, 2013. ■



Building Dreams: Eighth Annual Gala Raises \$700,000 For HCF And New Outdoor Rink In Ottawa

by Kristen Lipscombe



Rick Smith



2011 HCF Gala & Golf - Ottawa Convention Centre, Ottawa, ON

It's a story shared by many Team Canada alumni – a hockey passion sparked by childhood memories of spending hours on an outdoor rink during cold winter days, playing pickup until the sun went down and toes went numb.

So, it makes perfect sense that the Hockey Canada Foundation partnered with the Ottawa Senators and the Sens Foundation to raise about \$400,000 at the eighth annual HCF gala and golf tournament for the construction of a refrigerated outdoor community rink in Canada's capital city. Work on the Rink of Dreams project, being built to inspire young hockey players, started at the end of September. Organizers intend to open the rink to the public in time for the holiday season.

This year's event, held June 27 at the Ottawa Convention Centre overlooking the picturesque Rideau Canal and prestigious Parliament Hill and June 28 at Marshes Golf Club and Eagle Creek Golf Course, also raised about \$300,000 for the HCF Endowment Fund, in support of the foundation itself and various Hockey Canada programs, ranging from the country's high performance teams to grassroots sport development.

The \$700,000 total was a result of unique silent and live auctions, as well as tickets sold for tables at the gala dinner, which was hosted by event chairman Jim Durrell and emceed by TSN personality Gord Miller, while a hockey hot stove featured National Men's Team alumnus Theo Fleury (Oxbow, Sask.), National Junior Team head coach Don Hay (Kamloops, B.C.), National Women's Team veteran Jayna Hefford (Kingston, Ont.) and National Sledge Team captain Greg Westlake (Oakville, Ont.).

More than 14 coaches and 10 captains from the past 30 National Junior Teams also attended the gala weekend, who were invited to help celebrate three decades of Hockey Canada's Program of Excellence. The 30th anniversary

of Hockey Canada's Program of Excellence comes just as Canada readies itself to host the IIHF World Junior Championship in Calgary and Edmonton, Alta., this December.

The weekend's special guests included Olympians Kristina Groves (bobsleigh), Kaillie Humphries (bobsleigh), Heather Moyle (bobsleigh), Joannie Rochette (figure skating) and Lyndon Rush (bobsleigh). The organizing committee of this year's gala was made up of business and community leaders from across Ottawa, such as Bernie Ashe, Sylvie Bigras, Brian Bockstael, Jonathan Bodden, Tony Dunn, John Jarvis, Geoff Moore, Peter O'Leary, Jim Orban Sr., Dave Ready, Michael Runia and Nathan Smith, along with event chair and National Men's Team alumnus Chris Bright (Calgary, Alta.).

The capital city's new Rink of Dreams will operate annually from mid-November to the end of March, as a partnership among the Hockey Canada Foundation, the Sens Foundation and the City of Ottawa, and as a place for future generations of athletes to ignite their own fire within for Canada's favourite pastime. ■

*"Thank you very much for the invitation to join the Team Canada Alumni Association, and I have successfully registered on the website. It is an honour to participate in your great organization. I played with Team Canada (in) 1974. Also, my wife Annie and I were thrilled to be a part of the Gala in Ottawa in June, and would be most honoured to be a part of any future events with Hockey Canada. As talked about in Ottawa, it is an amazing feeling to have 'pulled on the sweater' representing your country."
– Rick Smith, 1974 Summit Series*



Team Canada Alumni Association Hockey Canada Foundation Recent Events Summary



CANADA'S NATIONAL WOMEN'S UNDER-18 TEAM

Canada's National Women's Under-18 Team came out determined to win in this August's three-game series against its American rivals, and win it did, falling 3-2 in the first game before coming back and defeating the U.S. Women's Under-18 Team 3-2 and 6-4 to earn the edge on the ice in Rockland, Ont. The series marks an important victory for the Canadians, who suffered a disappointing loss to the United States in the gold medal game of the 2011 IIHF World Women's Under-18 Championship in Stockholm, Sweden, and subsequently want to enter this year's world championship in the Czech Republic at the top of their game. Laura Stacey (Kleinburg, Ont.) led Canada in scoring with five points in the series, while Erin Ambrose (Keswick, Ont.) and Meghan Dufault (Winnipeg, Man.) tallied four points apiece. Prior to the series, the 40 female under-18 candidates invited to the summer selection camp competed in two intersquad games, with White squeaking by Red 3-2 and 2-1 at the newly-opened Canadian International Hockey Academy, located just outside of Ottawa, Ont. ■

2011 IIHF 12 NATIONS INVITATIONAL TOURNAMENT

Canada's National Women's Team skated away with four wins and two losses at the 2011 IIHF 12 Nations Invitational Tournament, held August 24-September 3 in Vierumäki, Finland, and one of two international tournaments held simultaneously as part of the federation's new initiatives to develop the female game around the globe. In total, 12 teams participated in the two events, with the other tournament taking place August 28-30 in Courchevel, France. A third tournament will take place as part of the 12 Nations series in Fussën, Germany this November. Following a tough 4-0 loss to the United States and a disappointing 6-4 loss to Sweden, Canada was ranked third in the tournament. But Canada sent a younger, less experienced roster than usual to this particular IIHF event, and still topped Switzerland 16-0, Russia 14-1, Slovakia 11-0 and Finland 3-2. Caroline Ouellette (Montreal, Que.) led the scoring with one goal and 14 assists. Canada also tested three rookie goalies at the tournament, Christina Kessler (Mississauga, Ont.), Liz Knox (Stouffville, Ont.) and Geneviève Lacasse (Kingston, Ont.). ■

CANADA'S NATIONAL MEN'S SUMMER UNDER-18 TEAM

Canada's National Men's Summer Under-18 Team won its fourth straight gold medal at the 2011 Memorial of Ivan Hlinka this August in Breclav, Czech Republic, after a 4-1 win over Sweden in the gold medal game. Canada avenged an earlier loss to Sweden in the first game of the tournament. Head coach Steve Spott turned the team around after the loss, as the team outscored its opponents 21-2 in their final four games, including a 5-0 drubbing of Russia in the semifinal, outshooting the Russians 44-6. Charles Hudon (Boisbriand, Que.) led Canada in scoring with nine points and goaltender Daniel Altshuller (Nepean, Ont.) had a pair of shutouts at the tournament. Canada has won the Memorial of Ivan Hlinka tournament in seven of the last eight years and has 16 gold medals in 21 summer under-18 events. ■





Team Canada Alumni Association Hockey Canada Foundation Recent Events Summary

2011 IIHF HIGH PERFORMANCE WOMEN'S CAMP

Hockey Canada sent sixteen National Women's Program candidates and eight coaches to the 2011 IIHF High Performance Women's Camp, held July 4-12 in Bratislava, Slovakia, just one of several global development initiatives taking place over the next five years as part of the International Ice Hockey Federation's commitment to narrowing the female hockey gap between North America and the rest of the world. Coaches and players from 17 different countries came together for this unique collaborative event, which included games, practices, dryland training, fitness testing, hot-stove sessions and information seminars. Players from all countries were split up into 12 different teams, six for the under-18 camp and six for the senior camp, so that they could play with and against each other, while also learning from and teaching each other. ■



Andy Devlin-Hockey Canada Images

CANADA'S NATIONAL WOMEN'S UNDER-22 TEAM

Forty young up-and-coming female players attended Canada's National Women's Under-22/Development Team training camp, August 7-14 at the Canadian International Hockey Academy, taking part in three exciting intersquad games that attracted great crowds of enthusiastic fans to the newly-constructed arena in Rockland, Ont. Although Blue skated away with the intersquad series win, it could have gone either way in the three evenly matched, fast-paced games. Carolyne Prévost (Sarnia, Ont.) had a hat trick in Game 1 to boost Blue to an impressive 5-2 win, but Game 2 was decided in a shootout, with Sasha Nanji (Markham, Ont.) sealing the deal for Yellow. Game 3 was forced into overtime, with Laura Fortino (Hamilton, Ont.) scoring the game-winner, and securing the series for Blue. Hockey Canada scouts and under-22 team coaching staff will continue to evaluate players with their club teams during the 2011-12 season, in preparation for selecting the Canadian team that will compete at the 2012 MLP Cup next January in Füssen, Germany. ■

HOCKEY CANADA ANNUAL GENERAL MEETING

Hockey Canada's 92nd Annual General Meeting was attended by more than 250 delegates from across the country at the Westin Calgary from Thursday, May 26 to Sunday, May 29. The AGM brought together the governing body's board of directors, officers, life members, partner organizations and representation from all 13 branches, as well as from councils that oversee female hockey, junior hockey, minor hockey, senior hockey and hockey development.

Michael Bruni (Calgary, Alta.), was elected chair of the board by acclamation, taking over for Ken Corbett (Carleton Place, Ont.), who concluded a term of over two years as chair of Hockey Canada's board of directors. Jim Hornell (Brantford, Ont.) was elected executive vice-chair by acclamation, James Mays (Prince Albert, Sask.) was elected referee-in-chief by acclamation, while Corbett takes on the position of past chair. In addition, five officers were also elected to Hockey Canada's board of directors: Claude Allain (Gatineau, Que.), Michael Brind'Amour (St-Charles-Borromée, Que.), Joe Drago (Sudbury, Ont.), Terry Ledingham (Bon Accord, Alta.) and Ed Pupich (Schumacher, Ont.).

Items approved by Hockey Canada's board of directors during this year's AGM include zero tolerance measures for all head contact or checks in minor, female, junior and senior; an e-learning strategy that will bring hockey development (coaching, officiating and safety) to Hockey Canada's membership through on-line platforms; as well as a new strategy for the development, recruitment and licensing of Hockey Canada sports schools. The weekend included a banquet on the evening of Friday, May 27 that honoured ten deserving award recipients who have all had a significant impact on the hockey community. ■



Ken Corbett and Al Lymer



In Memory Of Brad McCrimmon 1959-2011



2003 U18 World Championship

It is with a heavy heart that Hockey Canada acknowledges the passing of Brad McCrimmon, who lost his life in a tragic plane crash September 7 in Russia. McCrimmon represented Canada on three occasions – twice as a player and once as an assistant coach.

A native of Plenty, Sask., McCrimmon made his Team Canada debut as part of the all-star team assembled for the 1978 IIHF World Junior Championship in Montreal, Que., the first World Juniors held in Canada. He contributed a pair of assists in six games as Canada claimed the bronze medal. One year later, he returned to the World Juniors, added to the roster of the 1978 Memorial Cup champion New Westminster Bruins, and had a goal and two assists in five games as Canada finished fifth in Karlstad, Sweden.

After an 18-year NHL career that included 1,222 games; stops with Boston, Philadelphia, Calgary, Detroit, Hartford and Phoenix; and a Stanley Cup with the Flames in 1989, McCrimmon turned to coaching, spending two seasons as head coach of the WHL's Saskatoon Blades and 11 years as an NHL assistant with the Islanders, Flames, Thrashers and Red Wings. He was an assistant coach with Canada's National Men's Under-18 Team at the 2003 IIHF World Under-18 Championship, helping Canada to its first-ever gold medal at the international tournament.

McCrimmon was hired as head coach of Lokomotiv Yaroslavl in May of this year, and was set to begin his first season behind the team's bench. Hockey Canada extends its sincere condolences to the family of Brad McCrimmon, as well as to all those affected by this tragedy. ■

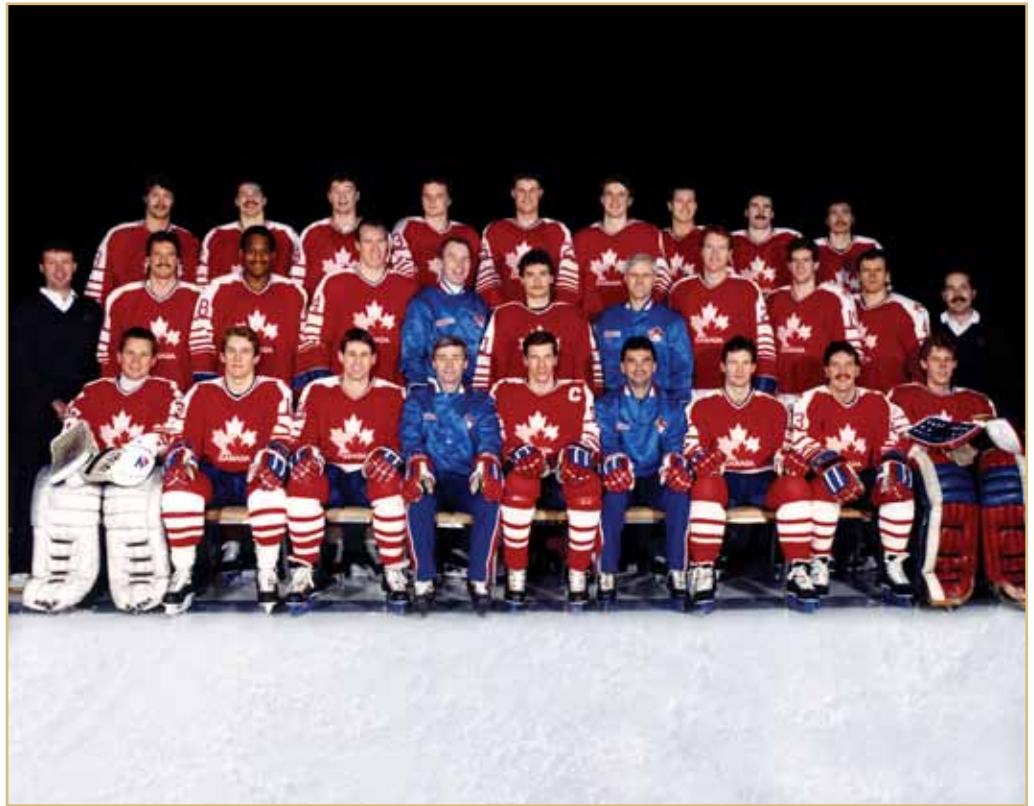


1979 World Junior Championship



Carstairs Street Name Honours Hometown Hockey Great And Team Canada Alumnus Tony Stiles

by Josh Skapin, The Carstairs Courier



1988 Olympics

Tony Stiles helped put his Alberta hometown on the map and now he's part of its map.

Prior to the kickoff of the Beef and Barley Days parade this past July, town officials unveiled the new name of a Carstairs road. "Tony Stiles Way," located off 10th Avenue, has been named after a Carstairs native who reached impressive heights in his hockey career. Tony Stiles played more than a decade of high-level hockey, including time with the Calgary Flames and representing Team Canada at the 1988 Winter Olympics.

"This is a great honour," Stiles said at the unveiling of the new street sign. "They say it takes a community to raise a child. I was fortunate to grow up in Carstairs, such a great community."

Stiles said "the real celebrities," are the youth sports organizations and the parent volunteers, making it possible for young people to learn and grow in the sports that they love. He also gave credit to his family.

"I'd come home from the game and whether I'd win or lose, it didn't matter because they made me realize family is what's really important in life," Stiles said of his son and daughter. Stiles credited his mother for her support and called his father his "greatest coach of all."

"This sign isn't just a sign with my name but it carries all their names."

"It's a real honour for all of us. It's also a sign to all the young kids in this community that their dreams can come true as well," he said.

Carstairs Mayor Lance Colby said it was important to pay tribute to the hockey hero's accomplishments. "When you look at the NHL and how many kids have dreamed of getting there and we've had one of our homegrown boys get there, I think that says a lot about Tony, his character and the dedication of himself and his parents."

Over the past few years, Tony Stiles has been a consistent participant in a charity hockey tournament hosted by Wild Rose MP Blake Richards. "I can tell you the hockey talent is definitely still there, and I can see why he made it where he did in the NHL and with Team Canada," Richards said at the ceremony. "He's obviously done this community very proud."

A longtime contributor to Carstairs minor hockey, Bob Clark spoke about why Stiles should be honoured.

"Tony, on behalf of Carstairs minor hockey, all your fans in this community and the people who respect you so much, this is recognition long overdue," he said.

Stiles presently works for the Calgary Police Service following a decade of law enforcement service in Edmonton. ■



Three-Time IIHF World Women's Championship Gold Medallist Delaney Collins Announces Retirement



Hockey Canada announced August 23 that Delaney Collins, a member of Canada's National Women's Team since 1999 and a three-time IIHF World Women's Championship gold medallist, has retired from international competition.

A native of Pilot Mound, Man., Collins played 95 games in a Team Canada jersey and sits among the top ten in scoring by a defenceman, recording 39 points (eight goals, 31 assists). Centralized prior to the 2006 and 2010 Olympic Winter Games, she won nine gold medals with Canada's National Women's Team, including three at the IIHF World Women's Championship (2000, 2004, 2007) and six at the 3 Nations/4 Nations Cup (2000, 2001, 2004, 2006, 2007, 2009).

Collins was also a three-time silver medallist, twice at the IIHF World Women's Championship (2005, 2008) and once at the 2003 4 Nations Cup, and won a gold medal with Canada's National Women's Under-22 Team at the 1998 Christmas Cup. She was named to the Media All-Star Team in her home province

at the 2007 IIHF World Women's Championship and was named Manitoba's top female athlete in 2007.

Collins will remain in the game as an assistant coach with the Mercyhurst College women's hockey team beginning this fall.

"I will always be thankful for the memories I have from my years with Team Canada, and for the friends I have made," Collins said. "Thank you to my teammates, coaches and everyone who has supported me over the years. I look forward to the next stage of my career, to be able to teach the game as a coach using the experience I have gained in a Team Canada jersey."

"Delaney has dedicated the last 12 years of her life to Hockey Canada and Canada's National Women's Team, and we are sad to see her step away from the international game," said Kalli Quinn, director of female national teams for Hockey Canada. "We wish her the best of luck with the next step in her career and look forward to working with her in the future to continue to grow the women's game." ■



2006 Olympic Gold Medallist And Two-Time World Champion Gillian Ferrari Announces Retirement



Hockey Canada announced September 13 that Olympic gold medallist and two-time world champion Gillian Ferrari, who has been a member of Canada's National Women's Team since 2000-01, is retiring from international competition.

The Thornhill, Ont., native played 83 games on the Team Canada blue line and recorded 18 points (one goal, 17 assists). She won nine gold medals with Canada's National Women's Team, including at the 2006 Olympic Winter Games in Turin, Italy; 2004 IIHF World Women's Championship in Halifax, N.S.; 2007 IIHF World Women's Championship in Winnipeg, Man.; and six times at the 3 Nations/4 Nations Cup (2002, 2003, 2005, 2006, 2007, 2009).

Ferrari also won silver medals with Canada at the 2008 IIHF World Women's Championship in Harbin, China, and 2009 IIHF World Women's Championship in Hämeenlinna, Finland. She was centralized with Canada's National Women's Team during the 2009-10 season, leading up to the 2010 Olympic Winter Games in Vancouver, B.C.

Prior to joining Canada's National Women's Team, Ferrari spent two seasons with Canada's National Women's Under-22 Team, serving as captain in August

2001, leading the team to a three-game series win against the United States. In June 2006, she was elected to the Brampton Sports Hall of Fame.

"I consider myself very lucky to have been a part of Team Canada for many years," Ferrari said. "I cherish the memories and the friends that I have made and I am so thankful to have played with such an amazing group of inspiring women. Thank you to my teammates, coaches and everyone else who has supported me over the years. I look forward to the next stage of my life."

Since 2010-11, Ferrari has been playing for the women's hockey team at McGill University in Montreal, Que. In her first season, she was named a CIS All-Canadian and helped lead McGill to its third national championship in four years. She was tenth in scoring among CIS defenceman, tallying 14 points (five goals, nine assists).

"Gillian has been a proud member of Team Canada for the past 10 years, and we thank her for what she has done for women's hockey across the country," said Brad Pascall, vice-president of hockey operations/national teams for Hockey Canada. "Her smile and sense of humour will be missed on the ice and in the dressing room, and we wish her luck on her future projects." ■



Team Canada Veteran Paul Kariya Retires After 15 NHL Seasons



This past July marked 20 years since Paul Kariya (North Vancouver, B.C.) debuted in a Team Canada jersey, leading Canada's National Men's Summer Under-18 Team in scoring with 10 points in six games as the Canadians took silver at the 1991 Phoenix Cup in Yokohama, Japan.

Kariya, who retired June 29 after 15 NHL seasons, represented Canada on nine occasions during his career, finishing as one of the few Canadians to win gold at the IIHF World Junior Championship (1993), IIHF World Championship (1994) and Olympic Winter Games (2002).

He also gave back to Canadian hockey off the ice, serving as national spokesperson, along with National Women's Team veteran Jayna Hefford (Kingston, Ont.), for Hockey Canada's Initiation program, introduced in the late 1990s to make children's first contact with hockey a safe and positive experience.

After his debut in the summer of 1991, Kariya returned to the Program of Excellence just five months later, suiting up for Canada at the 1992 IIHF World Junior Championship, and helped Canada's National Junior Team to the first of five consecutive World Junior gold medals the following year, winning his first international gold.

Kariya made the jump to Canada's National Men's Team four months after his World Junior triumph, scoring nine points in eight games as an 18-year-old to help Canada to fourth place at the 1993 IIHF World Championship, just months

before the Mighty Ducks of Anaheim made him the fourth overall pick in the 1993 NHL Entry Draft.

Instead of joining the Ducks for the 1993-94 season Kariya wore the red and white of Team Canada in preparation for the 1994 Olympic Winter Games, where he led Canada with 12 points and scored in the gold medal game shootout against Sweden, although Canada settled for silver. Three months later he was Canada's leading scorer once again, this time at the 1994 IIHF World Championship, where Canada ended a 33-year gold medal drought with a shootout win over Finland.

Appearance No. 8 came at the 1996 IIHF World Championship, where Kariya helped Canada to a silver medal, and in late 1997 he was named to Canada's roster for the 1998 Olympic Winter Games, the first to feature NHLers. But an injury suffered just weeks before the start of the Games meant he would have to wait another four years for his second Olympic experience.

Kariya's Team Canada swan song came at the 2002 Olympic Winter Games in Salt Lake City, where he joined arguably the greatest collection of Canadian talent ever assembled to help end Canada's 50-year Olympic gold medal drought, playing alongside captain Mario Lemieux and scoring Canada's first goal in the gold medal game victory over the United States.

Overall, Kariya recorded 102 points (31 goals, 71 assists) in 79 Team Canada games, winning three gold medals and three silver medals. ■



Two-Time Olympic Gold Medallists Aps and MacLeod Tell Of Trials, Tribulations And Triumphs In CAN Fund's New E-Book

by Kristen Lipscombe



Gillian Aps



Carla MacLeod

There are many ups and downs on the road to realizing your dreams, and by sharing stories of how they've made theirs come true, two-time Olympic gold medallists Gillian Aps and Carla MacLeod will not only inspire others to do the same, they'll also help ease the financial strain on their fellow elite athletes.

Both contributed stories to a new eBook recently released by CAN Fund, a non-profit organization aimed at raising funds to support Canadian athletes on their paths to success, including Aps and MacLeod during their time with Canada's National Women's Team.

"It allows you to buy the food and to pay for your car and to pay your rent," MacLeod said of how CAN Fund helped her and many of her former teammates, including leading up to the 2010 Olympic Winter Games in Vancouver, B.C. "They believe in what you're doing and they believe that you're going to do well."

The stories of these two hockey players hold many similarities, but are written quite differently, and both can be found in *Achieving Dreams*, one of six chapters in the online publication "Excellence: The Ripple Effect – 36 Stories of Courage, Believing in Yourself, Success from Failure, Excellence and Representing Canada by our athletes."

While Aps wrote her piece as a poem, prior to reaching her goal of representing her country on international ice, MacLeod's story is a letter written to her dream of making the Olympic Games after actually achieving it, an introspective reflection on what she describes as a tumultuous, but ultimately fulfilling, relationship.

MacLeod writes openly and honestly in "Dear Dream," without romanticizing what it is to be an Olympic athlete, but simultaneously encouraging others to follow their own dreams.

MacLeod even admits, "You had pushed me to the brink and I was one step

away from quitting. But there's something about you that kept bringing me back, kept inspiring me to be better. And I can truthfully say now that had you not pushed me to tears, I wouldn't have appreciated our relationship to the same degree as I do now."

While MacLeod looks back, Aps looks ahead in her story, through a poignant poem she wrote for an English course while studying and playing NCAA hockey at Dartmouth College – before she had even cracked the lineup for Team Canada.

"I had just been cut from the 2002 Olympics and an assignment I had in school was writing a poem," she recalled. "I was really pushing to make the national team."

In the succinct but sentimental "Dreams," Aps describes her determination as, "Something so pure, it fuels the fire within us. It pushes one foot, then the next. One. More. Step." Aps finally took that all-important step onto the ice with Canada's National Women's Team in 2001, but she's far from done reaching her dreams.

Now, being removed two Olympics later, I still have dreams ... to represent Canada, to be my best when I have a chance, and to (get better) every single year," she said, adding next on the list includes playing at the 2012 IIHF World Women's Championship in Burlington, Vt., and the 2014 Olympic Winter Games in Sochi, Russia. "So when I read that poem ... it still hits home."

MacLeod isn't done dreaming, either. "Being retired, people always ask, what are you going to do next?" she said. "I just keep saying, 'All I can tell you is, it's going to be something I love.'"

To be further inspired, download *Excellence: The Ripple Effect* for just \$25 at www.CanadianAthletesNow.ca. All proceeds go directly to supporting Canadian athletes perform at their very best. ■



Scott Thornton, Hockey's Real Ironman

by Connie Jensen, The Hockey News



1991 World Junior Champions - Saskatoon, SK

Scott Thornton (London, Ont.) had an extensive NHL career that saw him play for six different teams over 17 seasons. The rugged left winger amassed 285 points and 1,459 penalty minutes over that span, but upon retirement in 2008, Thornton wanted to accomplish something that had been on his mind since before his career had even begun: an Ironman triathlon.

In 1991, Thornton was part of the Canadian World Junior team that captured gold in Saskatoon. It was there that his love of Ironman racing began. A few days before the tournament started, the coaching staff played a video of Dick Hoyt, who pushed, pulled and carried his quadriplegic son, Rick, through all parts of the competition.

"It was a very inspirational movie and kind of helped all of us get through our Christmas blues that we had at the time," Thornton said. "Since then, I have watched Ironman Kona (the world championship) every year on TV."

Thornton has stayed active post-hockey. He owns a CrossFit gym in Collingwood, Ont., where he spends about six hours a day training others. He had the opportunity to meet local Ironman star Claudia Johnston, who shared her experiences with him. Thornton liked what he heard and soon after met with Barrie Shepley, the Canadian Olympic triathlon coach.

At 6-foot-3, 210 pounds, Thornton was far from an ideal candidate for an Ironman. Most triathletes are smaller, as carrying extra muscle mass is a detriment. The optimal weight for a male is around 150 pounds. From November to July, Thornton hit the gym every day, doing six-hour bike rides - even in the pouring rain - and countless laps in the pool. In March, he even climbed Mt. Kilimanjaro with his wife Joelle.

Before Thornton's training began, Shepley found some statistics about former NHLers who had also participated in Ironman. Pat LaFontaine and Mike Richter

had competed in a few, so their times set the bar. LaFontaine's time was best 11 hours and 50 minutes and that became the mark to beat ... if only for the number.

After eight months of preparation, Thornton, along with 149 other Canadians, headed to Klagenfurt, Austria, for the July 3 race. When it came time to hit the starting line, Thornton was ready to go. "It felt to me like getting ready for a playoff game," Thornton said. "I was very, very excited, nervous, anxious ... I wasn't scared."

The first part of the race was the 2.4-mile swim, something Thornton knew would be daunting. But before he took off he made sure to take it all in. "Standing on the beach with 2,600 athletes waiting to go in the water, waiting for that cannon to go off, was a feeling that I absolutely love." He finished the swim in one hour and 26 minutes, which meant he was still on target to beat the record.

Next, Thornton had to cycle two 90-kilometre loops through the mountains. When he finished, he was within one minute of the time he needed to be in order to break the record.

The 26.2-mile run was last - and Thornton struggled. Halfway through he was four to six minutes behind his target. After some encouragement from Shepley on the sidelines; however, Thornton started picking up the pace and was passing people all the way to the end.

He completed the Ironman in 11 hours and 38 minutes, breaking LaFontaine's record. Thornton's children, Nash, 15, and Zoe, 11, jumped over the barricade as he ran in.

"I was just wrapped with emotion," Thornton said. "I had some good moments in my career, big games and things, and this would match right up there."

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30th Anniversary of the Program of Excellence

The 30th anniversary of the Program of Excellence will be celebrated during the 2012 IIHF World Junior Championship. Hockey Canada is looking for the following National Junior Team alumni. If you have contact information please ask them to contact Kristine Trudel at ktrudel@hockeycanada.ca or 403-777-3613, or send Kristine their contact information and we will contact them. ■

1982 WJC TEAM

Mike Moffat
Paul Boutiller
Moe Lemay
Paul Cyr
Sherry Bassin A/C E/A

1983 WJC TEAM

Mike Sands
Joe Cirella
Larry Trader
Gary Leeman
Paul Boutiller
Brad Shaw
Mike Eagles
Tony Tanti
Dave Andreychuk
Pat Verbeek
Paul Cyr
Pat Flatley
Michel Morin A/C E/A

1984 WJC TEAM

Ken Wregget
Allan Bester
Brad Shaw
Mark Paterson
Bruce Cassidy
Gary Leeman
Sylvain Cote
Gerald Diduck
John MacLean
Kirk Muller
Randy Heath
Lyndon Byers
Yves Courteau
Garry Lacey
Brian Kilrea

1985 WJC TEAM

Craig Billington
John Miner
Bobby Dollas
Yves Beaudoin
Jeff Beukeboom
Brian Bradley
Shayne Corson
Greg Johnston
Bob Bassen
Claude Lemieux
Dan Gratton
Sherry Bassin A/C E/A

1986 WJC TEAM

Craig Billington
Terry Carkner
Dave Moylan
Sylvain Cote
Alain Cote
Shayne Corson
Peter Douris
Gary Roberts
Joe Murphy
Scott Mellanby
Jeff Greenlaw
Mike Stapleton
Sherry Bassin A/C E/A
Michel Parizeau A/C E/A

1987 WJC TEAM

Shawn Simpson
Glen Wesley
Kerry Huffman
Yvon Corriveau
Everett Sanipass
Dave McLwain
Scott Metcalfe
Pierre Turgeon
Stephane Roy
David Latta

1988 WJC TEAM

Jeff Hackett
Joe Sakic
Dan Currie

1989 WJC TEAM

Gus Morschauser
Steve Veilleux
Geoff Smith
Yves Racine
John McIntyre
Darcy Loewen
Rob Murphy
Reginald Savage
Rod Brind'Amour
Darrin Shannon
Andrew Cassels
Rob Cimetta
Jamie Leach

1991 WJC TEAM

Dale Craigwell

1992 WJC TEAM

Mike Fountain
Jassen Cullimore
Brad Bombardir
Jeff Nelson
Chad Penney
David St-Pierre
Paul Kariya
Patrick Poulin
Gary Agnew A/C E/A

1993 WJC TEAM

Manny Legace
Philippe DeRouville
Darcy Werenka
Joel Bouchard
Jason Smith
Mike Rathje
Chris Gratton
Ralph Intraruovo
Jason Dawe
Jeff Bes
Dean McAmmond
Paul Kariya
Rob Niedermayer
Martin Gendron
Dave Siciliano A/C E/A

1994 WJC TEAM

Drew Bannister
Brendan Witt
Nick Stajduhar
Joel Bouchard
Chris Armstrong
Jason Allison
Yannick Dube
Anson Carter
Curtis Bowen
Aaron Gavey
Jeff Friesen
Martin Gendron
Dan Flynn A/C E/A

1995 WJC TEAM

Dan Cloutier
Chad Allan
Lee Sorochan
Larry Courville
Jason Allison
Jeff O'Neill
Ryan Smyth
Shean Donovan
Denis Pederson

Eric Daze
Jeff Friesen
Alain Rajotte A/C E/A

1996 WJC TEAM

Jose Theodore
Chad Allan
Denis Gauthier
Alyn McCauley
Christian Dube
Jamie Wright
Daymond Langkow
Robb Gordon
Mike Watt
Craig Mills

1997 WJC TEAM

Hugh Hamilton
Jason Doig
Cory Sarich
Jeff Ware
Christian Dube
Cameron Mann
Trevor Letowski
Alyn McCauley
Shane Willis
Peter Schaefer
Trent Whitfield

1998 WJC TEAM

Mathieu Garon
Zenith Komarniski
Sean Blanchard
Cory Sarich
Steve Begin
Matt Cooke
Daniel Corso
Jean-Pierre Dumont
Alex Tanguay
Jason Ward
Brian Willisie
Matt Bradley

1999 WJC TEAM

Brian Finley
Brad Stuart
Brian Campbell
Andrew Ference
Bryan Allen
Kyle Calder
Adam Mair
Blair Betts
Jason Chimera

Jason Ward
Kent McDonell

2000 WJC TEAM

Brian Finley
Joe Rullier
Kyle Rossiter
Mathieu Biron
Eric Chouinard
Jamie Lundmark
Mike Ribeiro

2001 WJC TEAM

Alex Auld
Brad Boyes
Jason Jaspers
Jamie Lundmark
Derek MacKenzie
David Morisset
Raffi Torres
Mike Zigomanis
Kevin Dickie A/C E/A
Mike Kelly A/C E/A

2002 WJC TEAM

Nathan Paetsch
Brad Boyes
Garth Murray
Brian Sutherby
Stephen Weiss
Mike Kelly A/C E/A

2003 WJC TEAM

Steve Eminger
Nathan Paetsch
Jeff Woywitka
Pierre-Marc Bouchard
Gregory Campbell
Boyd Gordon
Joffrey Lupul
Pierre-Alexandre Parenteau
Matthew Stajan
Kyle Wellwood
Mike Kelly A/C E/A

2004 WJC TEAM

Derek Meech
Josh Gorges
Kevin Klein
Shawn Belle
Tim Brent
Anthony Stewart
Mike Richards

Jeff Tambellini
Jeremy Colliton
Brent Burns
Stephen Dixon
Jim Hulton A/C E/A

2005 WJC TEAM

Rejean Beauchemin
Shawn Belle
Jeremy Colliton
Stephen Dixon
Colin Fraser
Clarke MacArthur
Mike Richards
Anthony Stewart
Jim Hulton A/C E/A

2006 WJC TEAM

Sasha Pokulok
Michael Blunden
David Bolland
Dustin Boyd
Kyle Chipchura
Blake Comeau
Guillaume Latendresse
Benoit Pouliot

2007 WJC TEAM

Andrew Cogliano

2008 WJC TEAM

Josh Godfrey
Matthew Halischuk

2009 WJC TEAM

Dustin Tokarski
Cody Goloubef
Guy Boucher A/C E/A

2010 WJC TEAM

Taylor Hall