

THE **RICOH** BREAKAWAY

The Mac's AAA Midget Hockey Newsletter

Tuesday December 27th, 2016



Applying Leadership Learned Through Hockey

The intangibles hockey provides, and how that translates to leadership in life

By Nathan MacDonald



Calgary Flames Asst. Coach, Eric Frere, takes time to rally the troops

Playing the game of hockey at a level such as those playing here at the Mac's Midget AAA World Invitational Tournament requires many hours, days, and years of intense dedication, focus, and drive – as well as the ability to balance this commitment to sport with the demands of everyday life.

Navigating these requirements – including the process of daily growth towards a common goal – instills many of the leadership qualities that those in the business world seek when hir-

ing young men and women. Every role on a hockey team creates leadership opportunities that can be used in roles outside the game.

The defensive play of a checking line forward or a shutdown defenseman requires humility, integrity, and dedication. Team captains require motivational qualities, the drive to lead by example, and the ability to inspire teammates. Goaltenders must have the capacity to withstand enormous amounts of pressure, focus on detail, and quickly move on from a mistake.

Of all the different leadership qualities learned of a hockey player, there are three highly sought after qualities that all players have the chance to develop that can enhance their success in hockey and in life outside the sport.

The ability to motivate

Many of the hockey greats are able to make those around them better, and

do so not for personal gain, but for the good of the team. Before being looked at as a team leader, players have to earn the trust of those around them by showing a commitment to hard work, training, and growth, but most importantly through humility.

At a recent ceremony where John McDonough, President and CEO of the Chicago Blackhawks, was awarded with the inaugural Honorary Certified Hockey Professional Designation by the Business of Hockey Institute, Mr. McDonough gave an essential piece of advice to leaders in any aspect of life, and that advice was “leaders distribute all of the praise, and absorb all of the blame”. This is seen everyday in post-game interviews with players where the credit for the win goes to the team, and the blame for the loss rests with themselves while acknowledging the opposition.

These statements may seem cliché, but they establish a humble nature that allows those players to be respected and trusted by their teammates who



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Applying Leadership Learned Through Hockey (Cont.)

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in turn look to that individual for inspiration for their own efforts. In any business, these leaders are highly sought after as they contribute beyond their own efforts and abilities by increasing the efforts and abilities of those around them.

The ability to rally a team towards a common goal, in good times and bad, is a quality that takes just as much work to develop and maintain as a hard shot or a quick burst, but is one that transcends the game of hockey and is important in all walks of life.

Decision making abilities

Hockey players are faced with endless decisions, often coming at a rapid pace, the processing of which deter-

mines their overall success. Shoot or pass, pinch or stay back, challenge a shooter or maintain positioning - all examples of the rapid-fire decisions hockey players are faced with multiple times each game.

Off-the ice there are just as many key decisions that have to be made - eating right, sleeping right, sacrificing pleasure for passion - choices that test a player's ability to make the right decision. Navigating these decisions develops the foundation needed for effective decision-making that has become so important in hockey, and just as paramount in a career.

Evaluating alternatives, assessing the impact on others, confidently selecting an option, and learning from mistakes, are all key attributes a play-

er can develop that will enhance their leadership on and off the ice.

Dedication to practice

Practice? Yeah, we're talkin' about practice. What might not have seemed important to someone like 11 time NBA All-Star Allen Iverson, is immensely important to athletics, academics, and careers of any type.

Skill development and retention come in large part due to practice, and while there is vital experience to be obtained from game action, practice gives individuals the best opportunity to succeed and grow to their full potential.

A Look thru the Lens - Dec. 26



Photos: Laine Schuck



Standings

Male Division							
Division 1	GP	W	L	T	GF	GA	PTS
Calgary Buffaloes	1	1	0	0	10	1	2
Arizona Bobcats	1	0	1	0	1	10	0
Belarus National U17	1	1	0	0	5	3	2
Regina Pat Canadians	0	0	0	0	0	0	0
Vancouver NE Chiefs	1	0	1	0	3	5	0
Division 2	GP	W	L	T	GF	GA	PTS
Calgary Northstars	1	0	1	0	3	7	0
Cariboo Cougars	1	1	0	0	7	3	2
New York Jr. Islanders	0	0	0	0	0	0	0
Notre Dame Hounds	1	1	0	0	5	2	2
SSAC Boston Pizza Athletics	1	0	1	0	2	5	0
Division 3	GP	W	L	T	GF	GA	PTS
Calgary Royals	1	1	0	0	4	2	2
Austrian National U18	1	1	0	0	5	2	2
Okanagan Rockets	0	0	0	0	0	0	0
Saskatoon Contacts	1	0	1	0	2	5	0
Sherwood Park J Ennis Kings	1	0	1	0	2	4	0
Division 4	GP	W	L	T	GF	GA	PTS
Calgary Flames	1	0	1	0	5	8	0
Hungarian National U18	1	1	0	0	8	5	2
Leduc Motors Oil Kings	1	0	1	0	0	3	0
New Jersey Hitmen	0	0	0	0	0	0	0
Prince Albert Mintos	1	1	0	0	3	0	2
Division 5	GP	W	L	T	GF	GA	PTS
Foothills CFR Chemical Bisons	1	1	0	0	5	2	2
Alaska Oilers	1	0	1	0	2	3	0
Greater Vancouver Canadians	0	0	0	0	0	0	0
Moose Jaw Generals	1	1	0	0	3	2	2
Red Deer Optimist Chiefs	1	0	1	0	2	5	0
Female Division							
Division 6	GP	W	L	T	GF	GA	PTS
Rocky Mountain Raiders	1	1	0	0	5	1	2
Kootney Wild	1	0	1	0	1	5	0
Melville Prairie Fire	1	0	1	0	2	3	0
Vancouver Island Seals	1	1	0	0	3	2	2
Westman Wildcats	0	0	0	0	0	0	0
Division 7	GP	W	L	T	GF	GA	PTS
Calgary Fire	1	1	0	0	3	1	2
Fraser Valley Rush	1	0	1	0	2	4	0
Northern Capitals	1	0	1	0	1	3	0
San Jose Jr. Sharks	1	1	0	0	4	2	2
Saskatoon Stars	0	0	0	0	0	0	0

Social Media

Each day from Dec. 26 to Jan. 1, a new picture challenge will surface on Instagram. Every photo you share is another entry into the **GRAND PRIZE DRAW** at the end of the week! Plus, we'll be shouting out some of our favourite submissions throughout the duration of the tournament. Make sure to use **#Macstourney** hashtag, and the daily hashtag which will be advertised each day in the Breakaway



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MALE DIVISION – DAY 2 SCHEDULE

Game #	Time	Arena	Pool	Visitor	Home
1	9:00am	MB	5	Moose Jaw Generals	Greater Vancouver Canadians
2	9:00am	FDB	3	Calgary Royals	Okanagan Rockets
3	11:45am	MB	4	New Jersey Hitmen	Leduc Motors Oil Kings
4	11:45am	FDB	3	Sherwood Park J Ennis Kings	Austrian National U18
5	2:30pm	MB	5	Alaska Oilers	Foothills CFR Chemical Bisons
6	2:30pm	FDB	2	Cariboo Cougars	Notre Dame Hounds
7	5:15pm	MB	4	Prince Albert Mintos	Hungarian National U18
8	5:15pm	FDB	2	SSAC Boston Pizza Athletics	New York Jr. Islanders
9	8:00pm	MB	1	Belarus National U17	Calgary Buffaloes
10	8:00pm	FDB	1	Regina Pat Canadians	Arizona Bobcats

FEMALE DIVISION – DAY 2 SCHEDULE

Game #	Time	Arena	Pool	Visitor	Home
F1	10:30am	MB #2	6	Kootenay Wild	Westman Wildcats
F2	1:15pm	MB #2	7	Saskatoon Stars	Northern Capitals
F3	4:00pm	MB #2	7	Calgary Fire	Fraser Valley Rush
F4	6:45pm	MB #2	6	Rocky Mountain Raiders	Vancouver Island Seals

MALE DIVISION RESULTS – DAY 1

Calgary Buffaloes	10	Arizona Bobcats	1
Vancouver Northeast Chiefs	3	Belarus National U18	5
Austrian National U18	5	Saskatoon Contacts	2
Notre Dame Hounds	5	SSAC Boston Pizza Athletics	2
Foothills CFR Chemical Bisons	5	Red Deer Optimist Chiefs	2
Leduc Motor Oil Kings	0	Prince Albert Mintos	3
Calgary Northstars	3	Cariboo Cougars	7
Alaska Oilers	2	Moose Jaw Generals	3
Calgary Royals	4	Sherwood Park J Ennis Kings	2
Hungarian National U18	8	Calgary Flames	5

FEMALE DIVISION RESULTS – DAY 1

Rocky Mountain Raiders	5	Kootenay Wild	1
Vancouver Island Seals	3	Melville Prairie Fire	2
Calgary Fire	3	Northern Capitals	1
Fraser Valley Rush	4	San Jose Jr. Sharks	2



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