

A Career in Hockey

How about a career in sports? Matthew Lisk is a young man currently pursuing his dreams. Find out what Matthew's dreams are and how hard he will have to work to achieve them.

Interviewer: When and where were you born?

Matthew: I was born on November 9, 1983, in Scarborough, Ontario at the Scarborough General Hospital.

Interviewer: How old are you?

Matthew: I am 23 years old.

Interviewer: What are your hobbies?

Matthew: I enjoy sports, especially hockey and soccer. I also enjoy reading and cooking.

Interviewer: What school do you attend?

Matthew: I go to Guelph University. I am currently in my second year of a four-year bachelor's degree in science. My major is human kinetics.

Interviewer: What is human kinetics? Can you describe that program?

Matthew: The program teaches us to understand the capacities and limits of human movement at different ages. We also learn how physical activity affects human health. In order to be admitted to the human kinetics program, I had to study biology, chemistry, physiology and nutrition.

Interviewer: What kind of work will you do after you graduate? Will you become a doctor?

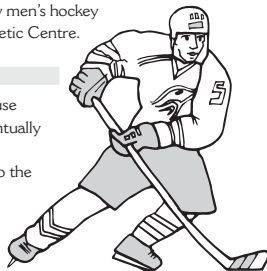
Matthew: First and foremost, I plan to become a professional hockey player. When I retire from that, I would like to teach physical education at the high school level.

Interviewer: Do you play sports now?

Matthew: Yes, I do. I play for the Guelph Gryphons, the university men's hockey team. I also have a part-time job at the University Athletic Centre.

Interviewer: How long have you played hockey?

Matthew: I have been playing since I was 5 years old. I played house league hockey as an introduction to the sport, and eventually I worked up to the novice level. When I was 9, I joined a competitive atom AA team. From there, I went on to the peewee, bantam and midget levels. I was playing AAA hockey when I was drafted.



Interviewer: Has it been hard to juggle hockey and school?

Matthew: At times it can be difficult, especially playing at the competitive level. Travelling is very demanding. I was determined to work hard and to do well in my high school studies, as well as further my education in university.

Interviewer: What does it take for a young hockey player to be successful?

Matthew: Of course it takes talent, but it takes a lot more than that. It takes determination, discipline, hard work and perseverance. You have to be willing to sacrifice your spare time all year round. During the off-season, you must be willing to do vigorous training, maintain a well-balanced diet and good sleeping habits. During the season, with travelling and ice time, it is even more important to maintain a healthy lifestyle. That means no drugs, no alcohol and very little junk food.

Interviewer: What qualities are important to be a good hockey player?

Matthew: It is important to respect coaches, teammates and opposing teams. A good hockey player has to be open to criticism and willing to work with the team. Hockey is not about being *the* star; it is all about working hard, doing your best, representing your family, your team and your community. You must also show good sportsmanship on and off the ice.

Interviewer: Do you think you have what it takes to be a professional hockey player?

Matthew: I think I have what it takes to reach my goal, but I am aware that the odds are not in my favour. In Ontario, only about 2% of kids playing hockey will actually make it to the National Hockey League. I will give all that I have to be among those who will be drafted by the NHL. I also intend to plan for another future, should I not be drafted. That is why a postsecondary education is so important. It is more than just something to fall back on; it is a career that I am passionate about.

Interviewer: Thank you so much, Matthew Lisk! This has truly been a tremendous learning experience for my classmates and me!

