

# BEING A GOALIE PARENT; VOLUME 2



Hi Everyone and welcome to the second installment of “Being a Goalie Parent.” The other day I sat down with none other than my mom to get her perspective on life as a goalie parent. When I told her I wanted to ask her some questions to write this, I first asked, “What’s the best thing a goalie parent can do?” Without even looking up from what she was doing she replied, “Get a prescription for an anxiety medication.” My mom definitely fit the stereotype of the constantly stressed goalie parent. Whether it be a home video from when I was young or the online broadcast of one of my college games, you could usually here a loud shriek somewhere in the rink every time a puck was shot on net. Yep, that would be Sally. If I was upset after a big loss it killed her and if I made a big save she was more excited than me. Even though she didn’t love when I decided to be a full-time goalie around 13 years old, she always supported me. She allowed me to chase my dreams in whatever way I thought was best and helped in any way possible. I can confidently say I wouldn’t be where I am without her help.

One of the toughest conversations of my life was telling my mom that I was going to call it quits on hockey. It was late 2020 and I was in my third year of college at Southern New Hampshire University doing school work from home during the peak of the pandemic. Between rinks being closed and recovering from a car accident months prior, I had been on the ice a grand total of three times in about six months since the end of my sophomore season. Additionally, I was ahead in school and knew that I would be graduating a year early that spring. I had the option to pursue my masters degree and play out my remaining NCAA eligibility, but I had one foot out the door on playing. I always knew I wanted to be a coach, and felt that I was ready to move on to that chapter in my life. The biggest hold up for me was admitting to my mom that I didn’t want to play anymore. She had supported me to get to that point, and I couldn’t help but feel like I was letting her down by walking away early. When I broke the news to her, she gave me a big hug and told me she was proud of everything I had accomplished. She told me that if I was happy then she was happy. I have no clue why I was ever afraid to have that conversation, because she never pressured me in any way. She always told me to play to have fun and nothing else. She made sure I knew I didn’t owe her a thing which I still greatly appreciate.

I know it is far easier said than done, but my mom and I agreed the best piece of advice for goalie families is to not make the game bigger than it is. Obviously I know that every goalie parent wants their child to do well, but there is no sense it getting overly-wrapped up in the game. I see so many goalie parents on a daily basis worrying about stats, status, etc. If you start stressing over things like this, chances are you son/daughter will too. When your goalie is 30 years old, there’s a very good chance no one will care if they were the best mite goalie in New England when they were eight.

During our conversations both when I told her I was done with playing and when I told her I’d be writing this, my mom and I never touched on where my peewee team ranked in the country or what my bantam goals against average was. Instead, we talked about the mini-hockey games at hotels, dinners with teammates, and friends for life that we both made through the game of hockey. We would trade amazing stories and memories that had nothing to do with on-ice performance. Crazy, I know.

As cliché as it sounds, your son or daughter plays hockey to have fun, and you should have fun with it too! Like anything else in life there will be peaks and valleys. Chances are your goalie will lose plenty of games, get cut from teams, and one day be told they’re not good enough to keep playing. But there will also be amazing memories that last a lifetime, no matter what level they play at. Be your goalies biggest, most positive supporter and always **ENJOY THE RIDE!**

