



## [Karen MacLeod on Hockey Helps the Homeless](#)

**Name:** Karen MacLeod

**Where are you from?:** Aurora, ON

**Where do you play:** Aurora & Newmarket, ON

### **Why do you love playing the game?:**

My love for hockey has evolved just like a good marriage. I started playing the game at 39 years of age to hang with the girls and challenge my fitness regime but to my surprise I started enjoying the thrill and speed of the race for the puck and found myself substituting my hill training runs for pick up hockey games to improve my race. Now I find hockey does my heart good in more ways the one; when I am out on the ice I think of nothing but that little black puck and where it needs to go. This hour break from the stresses and sometimes sadness that pops uninvited in to my life is more valuable and impactful than I'd ever imagined. Oh, I still love playing with my hockey sisters and regarding the good marriage thing, when I score....

### **What would you like to see improve in the women's game?:**

I would like to see more women coaches for our girl's house league teams in our communities. Women tend to be encouraged to manage the team, while sometimes the non-hockey playing dads are encouraged to step on the ice. Lets get brave and offer to pass the pucks as assistant coach for your young daughters, not just help with fundraising.

### **Tell us a little more about Hockey Helps the Homeless:**

I am on the organizing committee for the Hockey Helps The Homeless, a volunteer-driven charitable organization with our first ever "Mega Event", a men and women's hockey tournament held in Toronto at the Magna Centre November 18th, 2011 in Newmarket, and the traditional men's tournaments in Montreal, Vancouver, Ottawa, Calgary and Ontario from November to February. To date, Hockeyhelpsthehomeless has raised over \$3.5 million in support for long term solutions with homeless agencies, shelters and transition programs across Canada and has Mike Gartner, former NHL Great as Honorary Chairman. You can play in the men's or women's divisions as an individual or as a team, and if you want to do more for the forgotten in your communities you can go online to donate. Read more on the hockey stars and how to get involved at [www.hockeyhelpsthehomeless.com](http://www.hockeyhelpsthehomeless.com)

### **Are you involved in hockey in other ways? Volunteer? Tournaments?**

I am co-founder of NeverTooLate Hockey in Central York Region which strives to give women and now men the confidence to try the game of hockey if they missed their chance growing up, and another chance to have

that "influential coach" who will bring them to that next level in their recreational league play. Our coach is a great teacher of the game and she is constantly bringing the latest techniques to improve our skating and game playing skills. NeverTooLate started as ten Monday morning hockey moms but after much arm twisting and encouragement as grown over the years to include a Tuesday, Thursday and now a co-ed Friday session. Many of the brave new skaters have grown with the program and moved on to the established women's league in Aurora, and I am very proud to say that quite a few have since moved from Division 2 up to Division 1. Its never too late to get in on the action, just ask one of our new recruits who is 60 years old and never seems to lose her smile out on the ice.

**Team website: Never Too Late Hockey - [www.ntlhockey.com](http://www.ntlhockey.com)**

**<http://www.carhahockey.ca/155/hub-stars>**