

Defining Moments

Guest Speaker: Jennifer Botterill

Cal Botterill Legacy Lecture - September 26th, 2008

Overcoming Challenges/Obstacles

2002 Salt Lake City Olympic team

- We lost 8 games in a row to the USA leading up to the Olympics, but still believed we could be successful
- Learn something from every situation
- Become stronger through adversity
- How you look at things – perspective
- Grow and learn

Share the experience

- Found motivation from those around me
- Gloves and sticks story
- You never know how your actions and behaviours may inspire others

Balance

- Importance of having balance in your life
- Pursue excellence in all that you do
- More than just a hockey player
- A complete human being

Passion

- Finding things you enjoy doing
- Loved hockey from the start
- Parents knew this was something special – they could see my smile through my cage
- When I was not performing well, best advice was ‘fall in love with the game again’

