



### **Mike Matheson, NHL Hockey player and Assistant Captain of the Montreal Canadiens**

I attended John Rennie High School between 2006 and 2011. I was lucky enough to be part of their Sports-Études in the hockey program and after graduating, I played a year of junior hockey in the USHL before moving to Boston.

I entered John Rennie as a small, uncoordinated 7th grader and graduated after playing 2 seasons in Midget AAA during grades 10 and 11. A year later I was drafted in the NHL and I owe so much of my success to the work and time I was able to put into my sport as a JRHS student.

My time at JRHS taught me how to get prepared, how to stay organized, and how to stay focused throughout the semester so that I remain structured in what I do. I never felt like I was behind in class, and I had enough confidence and tools to persevere during the more challenging moments. Those years were also instrumental in establishing my hockey career. High-school was the first time I was able to practice five days a week with both off-ice and on-ice training. I was taught how to train properly and developed countless skills that I still use today.

Those years were also instrumental in preparing me for what was to come at Boston College. I learned to manage my time correctly so that I could focus on both my academics and my sport, without having to sacrifice either. During college it can be very difficult to be successful in class while spending so much time and energy on a sport. When you need to perform on the ice, homework and studies are completed ahead of time. Doing things at the last minute is not an option!

I will always remember my high school years as some of the most enriching so far. I was challenged in many ways, and I was given the opportunity to connect with so many people with different interests and passions.

Since graduating, I've had the privilege of attending Boston College before signing professionally to play for the Florida Panthers, the Pittsburgh Penguins, and now for the Montreal Canadiens! I always dreamed of playing in the NHL. Thank you JRHS for helping me make my dream come true!