

The Life and Death of Steve Montador: A Cautionary Tale for Hockey's Future

Steve Montador was a rising star in the NHL, a tough and skilled defenseman who seemed destined for greatness. But his life was cut tragically short when he died by suicide in 2015, at the age of 35.

In the wake of Montador's death, many questions were raised about the role that hockey culture played in his demise. Was the pressure to succeed too much? Did the constant physical and mental abuse take a toll on his health? And what can be done to prevent other young athletes from suffering the same fate?



Game Change: The Life and Death of Steve Montador, and the Future of Hockey by Ken Dryden

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The Life and Career of Steve Montador

Steve Montador was born in Vancouver, British Columbia on December 21, 1979. He was a talented athlete from a young age, and he quickly rose through the ranks of minor hockey. In 2001, he was drafted by the Calgary Flames, and he made his NHL debut the following year.

Montador quickly established himself as a valuable player for the Flames, known for his physical play and his ability to move the puck well. He played six seasons in Calgary, and he was a key member of the team's playoff run in 2004.

In 2008, Montador was traded to the Boston Bruins. He played two seasons in Boston, and he helped the team win the Stanley Cup in 2011.

After leaving the Bruins, Montador signed with the Chicago Blackhawks. He played one season in Chicago, and he helped the team win the Stanley Cup in 2013.

In 2014, Montador signed with the Buffalo Sabres. He played one season in Buffalo, and he retired from the NHL in 2015.

The Death of Steve Montador

On February 15, 2015, Steve Montador was found dead in his Mississauga, Ontario home. He had died by suicide.

Montador's death shocked the hockey world. He was just 35 years old, and he had seemed to be in good health.

In the wake of Montador's death, many questions were raised about the role that hockey culture played in his demise. Was the pressure to succeed too much? Did the constant physical and mental abuse take a toll on his health? And what can be done to prevent other young athletes from suffering the same fate?

The Role of Hockey Culture in Steve Montador's Death

The hockey culture is a tough one. Players are expected to be tough, both physically and mentally. They are expected to play through pain, and they are often subjected to verbal and physical abuse from opponents, coaches, and even fans.

This culture can take a toll on players' mental health. Studies have shown that hockey players are more likely to suffer from depression, anxiety, and substance abuse than the general population.

The pressure to succeed can also be a major factor in players' mental health. Players are often under intense pressure to perform, and they may feel like their careers are on the line if they don't succeed. This pressure can lead to anxiety and depression.

The constant physical and mental abuse can also take a toll on players' health. Players are often injured in games and practices, and they may suffer from chronic pain. They may also be subjected to verbal and physical abuse from opponents, coaches, and even fans. This abuse can lead to depression, anxiety, and even PTSD.

What Can Be Done to Prevent Other Young Athletes from Suffering the Same Fate?

There are a number of things that can be done to prevent other young athletes from suffering the same fate as Steve Montador.

First, it is important to raise awareness of the mental health risks associated with hockey culture. Players, coaches, and parents need to be educated about the signs and symptoms of mental health problems, and they need to know how to get help.

Second, it is important to create a more supportive environment for players. Players need to feel like they can talk to someone if they are struggling with mental health problems, and they need to know that they will not be judged or punished.

Third, it is important to reduce the pressure on players to succeed. Players need to be allowed to develop at their own pace, and they need to be given the opportunity to make mistakes without being punished.

Finally, it is important to provide players with access to mental health services. Players who are struggling with mental health problems need to be able to get the help they need, and they need to know that they are not alone.

The death of Steve Montador was a tragedy. He was a talented athlete with a bright future, but his life was cut short by mental illness.

Montador's death is a reminder of the mental health risks associated with hockey culture. It is important to raise awareness of these risks, and it is important to create a more supportive environment for players.

We need to do everything we can to prevent other young athletes from suffering the same fate as Steve Montador.



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