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Hockey Mom Learns Life Lessons



A Nicholson Catholic College alum has written a book about her years as a hockey mom. The paperback, *Lessons From Behind the Glass*, is loosely based on her family's travels and travails of almost 10 years following her son's hockey career.

"It's from a mother's perspective," said author Allyson Tufts. "I grew up with hockey and have lived it all my life. The book is the culmination of stories and adventures – and lessons learned – from the moment my son first stepped on the ice until junior hockey."

Her children, Brock and Korah, attend St. Theresa Catholic Secondary School. The mom character in her book chronicles the highs and lows of all the years she watched her brothers, her husband and now, her son, a goalie, face the many challenges of competitive hockey.

As with many fans, there was the stress of not agreeing with a coaching decision or a referee's call, and the impact that had on her – and her son. As the competition and the pressure increased, she said she would write down her feelings, set the notes aside for a couple days, then go back and read them. "There were times, on the outside that I thought I handled it well, but on the inside, I was losing it. I would go back and read my notes and think, wow, you were mad!"

She would then sit back and watch other parents. "It's a good tool to sit back and watch others," she said. The lessons she learned, about herself and her family, morphed naturally into a 'how-to' book.

She credits her husband with possibly the best lesson she learned – teach your kids to advocate for themselves. Every chapter is a lesson and Allyson offers two more important lessons: Don't force your passion; your children will find their own, and parents see hockey through a different set of eyes.

A special book signing and reading will celebrate the release of *Lessons From Behind the Glass* at the Quinte Sports and Wellness Centre on Sunday, April 19 from 12 – 2:30 p.m.