**Angela James**

Angela James, Seneca College’s Senior Sports Coordinator, will be among

the first females to be inducted into the Hockey Hall of Fame November 8,

2010 in Toronto. As both a player and passionate advocate, she led the

way for women’s hockey to be recognized locally, nationally and

internationally.

Angela was a member of the women’s gold medal world championship

teams in 1990, 1992, 1994 and 1997. She has been inducted into

eight different Ice Hockey Hall of Fames. The neighbourhood arena

in which she played growing up was also named “the Angela James

Arena” by the City of Toronto.

I had the great opportunity to interview Angela and ask her a few questions:

**How did participating in intramural sports help you reach the Canadian Women’s hockey team?**

I was shy and introverted when I was younger. Playing intramural sports

helped me come out of my shell and build my self-esteem. It gave me an

opportunity to meet fellow students. Playing intramurals gave me an

opportunity to cross over and play other sports such as softball and

soccer. It provided me the opportunity of a part-time job of officiating.

It helped me stay focused on academics and achieve my goals.

**What are some positive leadership characteristics you received from your coaches/teachers that motive you?**

Instill confidence in the individual. Encourage the individual to come out

of their comfort zone with the opportunity to grow offering

encouragement and support. The best way to lead is by example.

**What advice would you give teachers/recreationists to encourage girls from different cultures to get involved in Intramural sports?**

Look at the individual’s health care and make sure they can take care of

themselves. Look at offering diverse programming which are not

traditional Canadian Sports such as cricket. Alter programming for

example, fitness for women. Offer learn to programs for women and offer

female prizes such as, make-up and a free day at the Spa.

**What was your greatest moment playing for the Canadian Women’s Hockey Team?**

Being part of all the first events that happened for the Canadian Women’s

Hockey.