

1. What age did you start playing hockey?

I started “late” when I was 7.

2. Why did you pick hockey to play?

My parents picked it for me, absolutely hated it my first year. Funny how things change.

3. What position did / do you play? If you play currently, what’s your team’s name?

I played defense most of my life except for one season when I was 15, I think, and the coach told me I was too small to play D. I currently play with Coach Zack and Jack on the Ice Hogs.

4. How would you describe your coaching style?

In one word, fair.

5. What do you believe makes a great hockey player?

Being coachable is the greatest asset a player can possess.

6. What do you feel makes a great team?

Culture. Everyone has to be bought into a common goal, which doesn’t always have to be winning every game.

7. Do you have any hockey superstitions?

I used to, not so much anymore, but maybe I should go back since I can use all the help I can get. The one I used to have was being the last one out of the locker room at the start of every game.

8. What do you do when you are not playing hockey or in the “off-season”?

Four wheeling, hiking, softball, and working on projects around the house. A wise man once told me; there is no such thing as an “off-season”.

9. Do you mind sharing how many children you have and their ages?

My wife and I have one son, Bryce, and he is 3. Contrary to popular belief, he was not named after an Armstrong nor a Horacek.

10. Favorite song?

Most things by Chris Stapleton and Tom Petty.

11. Favorite movie?

Shawshank Redemption (and Ace Ventura).

12. Do you have a favorite quote / saying?

“That was a teachable moment”

13. Interesting fact about yourself?

I used to drive fire trucks for a living.