

# Remember Steve Montador: The Life, Death, and Legacy of a Hockey Enforcer



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

★★★★☆ 4.8 out of 5

Language : English  
File size : 1910 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 363 pages



Steve Montador was a man of contrasts. On the ice, he was a fierce and intimidating enforcer, known for his bone-crushing hits and willingness to fight anyone who crossed his path. Off the ice, he was a gentle and compassionate soul, who loved his family and friends and was always willing to help others.

Montador's life was cut short in 2015 when he died by suicide at the age of 35. His death shocked the hockey world and raised important questions about the mental health of athletes, particularly those who play in violent and demanding sports like hockey.

In this article, we will explore the life and death of Steve Montador, and examine the complexities of hockey culture, the challenges faced by enforcers, and the need for increased awareness and support for mental health in sports.

## **The Life of Steve Montador**

Steve Montador was born in Hamilton, Ontario, on December 21, 1979. He grew up playing hockey and quickly rose through the ranks, becoming a highly touted prospect. He was drafted by the Calgary Flames in the first round of the 1998 NHL Entry Draft.

Montador made his NHL debut with the Flames in 2000 and quickly established himself as a tough, physical presence. He was a willing fighter and was not afraid to drop the gloves with anyone, no matter how big or tough.

Montador played for seven different NHL teams over the course of his career, including the Flames, Panthers, Bruins, Ducks, Blackhawks, Sabres, and Flyers. He was a valuable member of each team, providing toughness and leadership in the locker room.

Off the ice, Montador was a devoted family man. He was married to his wife, Sarah, and they had two children together. He was also a passionate advocate for mental health awareness, and he often spoke out about the importance of seeking help if you are struggling.

### **The Death of Steve Montador**

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

Montador's death was a shock to the hockey world. He was only 35 years old and had seemingly had everything to live for. However, those who knew him well said that he had been struggling with mental health issues for many years.

Montador had been diagnosed with depression and anxiety, and he had also suffered from several concussions during his playing career. It is believed that these factors contributed to his decision to take his own life.

### **The Legacy of Steve Montador**

Steve Montador's death has left a lasting legacy on the hockey world. He is remembered as a tough and fearless competitor, but also as a compassionate and caring individual.

Montador's death has also raised important questions about the mental health of athletes, particularly those who play in violent and demanding sports like hockey. It is clear that more needs to be done to support the mental health of athletes and to reduce the stigma associated with mental illness.

In the wake of Montador's death, several organizations have been formed to provide support and resources for athletes struggling with mental health issues. These organizations include the Steve Montador Fund, the NHL Players' Association's Mental Health Program, and the Canadian Mental Health Association's Sport Mental Health Program.

These organizations are working to raise awareness about mental health issues in sports, to provide support for athletes who are struggling, and to reduce the stigma associated with mental illness.

Steve Montador was a complex and contradictory figure. He was a fierce and intimidating enforcer on the ice, but a gentle and compassionate soul off the ice. He struggled with mental health issues for many years, and his death by suicide in 2015 was a tragedy.

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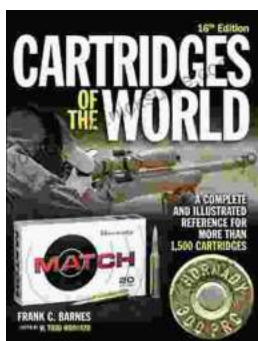
awareness, providing support, and reducing stigma, we can help prevent other tragedies like the death of Steve Montador.



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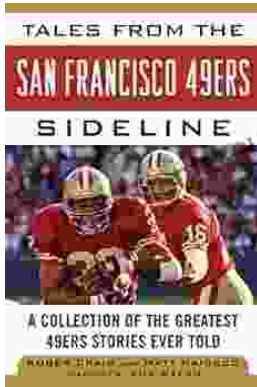
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