

Work Life Balance and Mental Health Resources

Introducing: **KELLY HRUDEY**



In the world of professional hockey, what plays out behind closed doors is just as important as what plays out on the ice itself. Former professional goaltender, *Hockey Night in Canada* broadcaster and *NHL on Sportsnet* analyst Kelly Hrudehy will take us behind the scenes of his 17-year career with the NHL, sharing stories he lived from both inside and outside the locker room and work life balance while playing in the NHL.

Hrudehy enjoyed a 17-year career goaltending in the NHL with the New York Islanders, Los Angeles Kings, and San Jose Sharks. Drafted by the New York Islanders in 1980, Hrudehy joined the Islanders in the 1983-84 season. He was traded to the Los Angeles Kings in 1989, where he would play for eight seasons before signing with the San Jose Sharks in 1996. The Edmonton, Alberta native retired from the NHL in 1998.

Hrudehy joined CBC's *Hockey Night in Canada* full-time in 1998-99, following four years of contributing to the show on a part-time basis during his final four seasons in the NHL. In addition to his work as a studio analyst, Hrudehy served as a co-host for the post-game show, *After Hours*, and worked as a game analyst for western game broadcasts.

In 2007, Hrudehy received a Gemini Award for Best Studio Analyst, recognizing his work on *Hockey Night in Canada*. In addition to his work with the NHL, Hrudehy has covered three Olympic Winter Games including Salt Lake 2002, Torino 2006, and Sochi 2014.

Hrudehy joined the *NHL on Sportsnet* team in August 2014, bringing more than 20 years of broadcast experience to his role. He is a studio analyst for *NHL on Sportsnet* national broadcasts, including *Hockey Night in Canada*, and is also a game analyst for Sportsnet's Calgary Flames regional broadcasts.

Kelly resides in Calgary, AB, with his wife Donna. They have three daughters, Kaitlin, Megan, and Jessica Hrudehy.

Kaitlin and her Husband, Hayden started **More Good Days Clothing** company, with their focus to improve awareness about mental health by sharing stories through art, charity, and positive mental health messages.

Kelly is an advocate for mental health awareness and has multiple foundations he represents to continue to spread the word and end the stigma.