



# KELLY HRUDEY

## WORK/LIFE BALANCE & MENTAL HEALTH RESOURCES

Hrudehy enjoyed a 15-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.

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.