

Roll into shape during weekly pickup roller hockey game

Posted By Casandra Bellefeuille – Paris Star June 18, 2008

After years of watching her husband play roller hockey with the Canning Mud Hogs, Sara Murray is taking up the sport herself, and encourages women of all ages to join her.

The local woman is recruiting players to join an indoor roller hockey pickup match on Monday evenings. "I want to generate some interest and turn this into a league. If we get regulars out, we can expand the pickup night," she explained.

The first match of the season on June 9 was basically a trial run for the four women who participated, but Murray is confident that number will grow. "It's a good workout but you have some laughs. We don't take things very seriously," she continued. And with an educational background in health and fitness, Murray is an advocate for roller hockey just based on the health merits associated with the game.

Her interest in the sport stems from her husband, Brock, who was a member of the Canning Mud Hogs and also plays in an indoor roller hockey league in Paris. The men's league features six teams and the youth league, founded by Brock, has doubled in size from its debut season in 2007.

Murray has never played ice or roller hockey before, so experience is not necessary, she pointed out. She encourages fellow 'roller hockey wives' to join her on the players' bench, where the view of the game is much more exciting.

"We laughed all night. We didn't know what we were doing. Even if you just try it once and see what it is all about," she offered and added, "All ages are welcome."

Murray also hopes the once-a-week match will draw young women who compete in the girls' high school hockey league. "The girls' hockey team at the high school is very good and this would be a great conditioner for the off-season."

Future goals, said Murray, include the formation a recreational league and travel team to compete in tournaments. A healthy game between the men's and women's teams is also an idea that has been tossed around, admitted Murray.

Children's roller hockey begins on Monday evenings at 6 p.m. and 7 p.m., followed by the women's pickup game at 8 p.m. The men hit the pavement at 7 p.m. on Wednesday nights.