

## One-on-One With Sam Goodfellow

**CRHL :** How is life going as the captain of the newest CRHL team, Gold Rush?

**Sam Goodfellow :** Life's great! I'm having lots of fun and a little bit of success so far in my first year. Plus I couldn't have asked for a better group of guys to play with so they're making my life easy.

**CRHL :** Did you believe Gold would be 11-1 at this stage of the season, and what do you credit that to?

**SG :** No, I knew that we would be good and expected us to be in the top half of the standings but I never thought we would be sitting at 11-1 right now. I Give most of the credit to Chuck Norris he really works us hard and keeps us going when we start to get soft. Also we don't really have a superstar so we're hard to shut down, every guy on our team can burn you at both ends of the floor.

**CRHL :** Has the Tuesday Night Pick-up roller hockey contributed to the team chemistry of the Gold Rush team?

**SG :** Well most of us have spent so many years playing together that it doesn't really change anything in terms of chemistry, but extra floor time is never a bad thing.... It keeps our skills sharp and allows us to try new things that we wouldn't in a game.

**CRHL :** Who is the toughest player you play against in the CRHL and why?

**SG :** In my opinion Zommer (Jon Zombeck) is the toughest guy to play against. He's got such a long reach and the most unorthodox style of play which makes him hard to read. Plus you never know when he's going to break out a slide tackle haha. Not to mention he's got an absolute cannon from the point!!!

**CRHL :** Who is the most underrated player in the league in your opinion?

**SG :** The most underrated player in my opinion is Bevan Wells. The kid can skate, he makes heads up plays and he snipes goals on plays that look harmless...haha...plus he's a solid D-man and you can't ask for much more than that. Another guy that deserves some attention is Milan - he's got sweet hands and a disgusting shot, he's a guy that can really break the game open. On a side note the most over rated player in the league is Dave Norman...he's a real piece of work! haha

**CRHL :** Explain for those that questioned the blockbuster deal you made trading Brandon Jacusiw to the All Blacks for Ben Guest?

**SG :** Well Jacusiw is a great player and an awesome guy to have in the dressing room but Ben is one of my good buddies and I promised him that if there was any way to make him a member of Gold Rush I would. Also Ben is a solid player with a long history of playing with guys like myself, Norman, Delaronde, Pickering, Snook and Marky Robb so he fits right in.

**CRHL :** Any Finals predictions for the 2008 Canning Cup?

**SG :** It's going to be a hard fought battle between Gold Rush and the Orangemen, much like last weds game....with Gold Rush coming out on top of course....hahaha

**CRHL :** How do you like the new direction of Four Season Sports and implementing the Youth & Ladies programs within the CRHL?

**SG :** I think it's great. Roller hockey is an awesome sport and I think it could really take off here with a little encouragement from organizations like Four Season Sports.