



Pat LaFontaine

5-time All-Star and Bill Masterton Memorial Trophy winner Pat LaFontaine is one of the **best American-born hockey players** ever.

1st Ballot Hockey Hall of Famer

Best PPG by an American-born player in NHL history

Public Leadership in Neurology Award Winner

International Humanitarian Award Winner

USA Hockey Distinguished Achievement Award Winner

Keynote & Motivational Speaker

Speaking Topics Include

- Safety in Sport
- Finding Purpose

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Pat LaFontaine's Story

Pat LaFontaine began his career with The New York Islanders after being selected with the 3rd pick overall in the 1983 NHL Entry Draft. Pat enjoyed multiple years of success with the team before being traded to the Buffalo Sabres in 1991. With the Sabres, LaFontaine recorded a personal best and team-record 148 points. Those 148 points are also the most points scored by an American-born player in a single season.

Then in the 1996-97 season, a serious concussion left Sabres management recommending that Pat retire. However, LaFontaine still believed he could play. So in 1997, the Sabres traded Pat to the New York Rangers. This move completed Pat's "Empire State hat trick" of playing for all three NHL organizations within New York State. During his only season with the Rangers, he led the team in goals scored and recorded his 1,000th career NHL point.

Following another concussion in 1998, LaFontaine announced his retirement. His 1.17 Points-per-Game (1,013 points over 865 games) is the 15th-best among all players All-Time and the best by any American-born hockey player in NHL history. His 0.541 Goals-Per-Game is also 17th best all-time.

Today, he manages the Player Assistance Fund on behalf of the NHL and the NHL Alumni Association and also serves as the founder and president of the Companions in Courage Foundation, a not-for-profit organization that builds interactive game rooms in children's hospitals throughout North America.

In 2003, Pat was enshrined in both the Hockey Hall of Fame in Toronto and the United States Hockey Hall of Fame in Eveleth, MN. This marked the first time that any player had been elected into both halls in the same year. The Buffalo Sabres also made Pat the 6th player to have his number retired by the team.

Featured Keynotes

Safety in Sport

- Lessons from Pat's story about the dangers of concussions and how athletes sometimes need to be protected from themselves.
- Ways we can improve the safety of sport for all ages.
- Motivation for groups that treat injuries, work towards safer sport, and organizations looking to create change.

Finding Purpose

- Motivation and inspiration from the life of a hockey legend.
- How to find your purpose and leverage it for success, encouragement, and fulfillment



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