

Frederik Beaubien

Frederik Beaubien is the Goalie Director & Female U18 Prep Head Coach for Coeur d'Alene Hockey Academy. Beaubien began his playing career in Lauzon, QC. He was drafted in the first round of the Quebec Major Junior Hockey League (QMJHL) in 1992. During his successful tenure for the St-Hyacinthe Laser of the QMJHL, Freddie was drafted in the 5th round, 105th overall in the 1993 NHL Entry Draft by the Los Angeles Kings. After a very successful career playing in various professional leagues for 11 years, including teams all over North America and Europe, Beaubien caught the coaching bug and has been coaching ever since.

Beaubien has worked for several goalie camps and has worked with Francois Allaire, Vladislav Tretyak, and has worked with goalies such as, Patrick Roy, Roberto Luongo and Jose Theodore. Beaubien volunteers with USA Hockey and helps evaluate goalies and players at the state and district level camps.

JM: So, the first question that I've been asking everyone, and I'm not too sure what the rules are like there, I think you guys have probably been more normal than anyone else now, but what was the first thing you did when life kind of went back to a semi-normal? What were you most excited to do after COVID started to clear up a little bit?

FB: Well, I think for us actually, we've been open for a long time. We keep hearing everything about Canada re-opening and then everything like this. But here, our rink never really shuts down. It's just been fun for us to start way before you guys but to see more and more kids back at the rink, back on the ice, back in the gym, and actually getting back to a normal routine and normal life.

JM: Are you a movie or a book guy?

FB: Movies.

JM: What's your favorite genre of movies and then your top three to five favorites?

FB: Oh, boy. Action movie will probably be my top pick. Favorite movies? Well, the one that stuck with me right now is a lot of the movies that I've watched with my kids when they were younger. My son is a huge Harry Potter fan. Avatar with my daughter even though they're older now it seems like every time that I see them again that's kind of what we watch but that's what sticks with me.

JM: You kind of just touched on this a little bit actually though you mentioned a son and a daughter. What's the family situation right now? Where'd you grow up? Where'd you live? What was your family like growing up? That type of thing, maybe friends, anyone that's close to you, pets? If that kind of makes sense.

FB: Yeah. I grew up in Quebec just outside of Quebec City. French-Canadian obviously, the accent probably gives it away. I'm an only child so I kind of grew up on my own, played

hockey. My parents did not play sports whatsoever. I just kind of picked up hockey as every Canadian in a lot of ways and then moved to the States to actually pursue my hockey career, and got married, and had two kids. Now my son is 24-years-old and is actually an on-ice official in Colorado. And my daughter is 19-years-old and she's starting soon her 3rd year of college hockey.

JM: What's your favorite sport outside of hockey?

FB: Outside of hockey. I'd say baseball.

JM: Okay, any particular reason or just because?

FB: I played baseball when I grew up. And we had the Montreal Expos not too far from me. I always tell people that they were the best AAA team that played in Major League Baseball. I would love to go watch them when I was younger so that's why.

JM: I have two questions for you here. You only have to answer one. What's the most useless talent you have, or what is your biggest fear?

FB: Wow. That's two really good questions.

JM: If you only have an answer for one, that's totally fine because those are probably tough ones.

FB: I'll go with my biggest fear.

JM: Sure.

FB: And I'll say heights. I don't know where it comes from but I've always been afraid of heights.

JM: I think that's a pretty common one. So, you're not alone there. If you could have dinner with any three people living or dead, who would they be and why?

FB: Three people living or dead? The first one I would definitely say is Grant Fuhr. My goalie idol when I grew up and I know he's had a rough life long ago even though he won all those Stanley Cups. I'd love to pick his brain on a lot of things. I would probably say, which is going to sound silly, Prime Minister Trudeau but not the one right now. What was his first name again? Pierre? Anyway, Trudeau's dad.

JM: Yeah, Pierre.

FB: Mostly because of politics to me in Canada. I left when I was 20 years old. So, I learned some of it growing up. Then the rest of the time I've been in the States even though I keep up with it, there are so many questions that I'd like to ask from the '70s and '80s to now. I guess so many different situations, curiosity here.

JM: Fair enough.

FB: Yeah. I'd love to sit down with him.

JM: Sure, no, absolutely. Do you have a third or just good with the two?

FB: I would probably stay with the two because after that, I don't know how to narrow it down.

JM: That's fine. Might be digging into your memory a little bit here but what's the greatest, it doesn't have to be hockey, sporting event, or game you've been in the building for? So, whether you played in it or watched it, coached it, just a great event you're in the building for.

FB: I got to say that there's plenty that I played in and they were fantastic but one of the most memorable ones is I went to a soccer game in Italy. And it was Juventus against Milan and I always remember we got to the building 45 minutes before the game and it was packed and everything. Everybody was chanting and singing and we left 45 minutes after the game and that hadn't stopped.

JM: Yeah, I can imagine.

FB: Yeah. The fans presence, the atmosphere that was in there. I've never seen anything like that in my life, I swear.

JM: Yeah. I think a World Cup or a Champions League Final would be at the top of my bucket list for sporting events. They get pretty rowdy over there.

FB: Yeah, exactly. I mean, I like soccer. Not the biggest fan but the atmosphere and everything was unbelievable.

JM: Yeah, I can only imagine. What do you like to do away from the rink or in the off-season? I know sometimes in the CSSHL you don't get much of an off-season but you know, how do you kind of spend your spare time?

FB: I'd like to golf and I love, especially here in Coeur d'Alene, I love getting on the lake. It's so pretty here. There are lakes everywhere. It's amazing.

JM: Well that's good. Just one more here and then we'll get into a little bit about the CSSHL and hockey. So, what's something most people from around the hockey world don't know about you that you think might be interesting or you know, just a cool fact or something about you that maybe the average person doesn't know?

FB: Cool facts about me? Actually, I was invited to the baseball prospect camp for the L.A. Dodgers.

JM: Oh, cool.

FB: Yeah, it is cool even though as a kid from Quebec who plays only two months of baseball in a year because that's how we had our summer back then. That was kind of a cool thing.

JM: Did you end up attending?

FB: I was there, yes.

JM: Yeah. You just decide to stick with hockey or?

FB: Well, it was pretty much the same summer that I got drafted in the QMJHL.

JM: Oh, okay.

FB: But it was kind of a no-brainer.

JM: Yeah, fair enough.

FB: A Canadian kid playing hockey gets drafted in the QMJHL isn't going to play baseball.

JM: You were the first-round pick in the QMJHL, right? So, I'm sure that made it a little easier.

FB: Yeah.

JM: Okay, so I'll kind of jump more into the hockey now then. How did you get involved in your current role in the CSSHL?

FB: The GM that was in Coeur d'Alene four years ago was an ex-teammate of mine. And he was the one that brought me up here and sold me about the League and the program and, of course, I did my research, and didn't take me too long to move up here.

JM: Okay. Short and sweet. What about the CSSHL model do you like in general?

FB: I think overall, the proof is from last weekend having 23 alumni drafted in the NHL. I mean, I think the development and the advancement of the players is incredible. And that's all you can ask for is players developing and they're moving up to higher and greater things but I think that the league is doing a fantastic job at that. I think the league is the best league in North America. I keep saying to everybody we're the only American team in the league and we're extremely lucky to be part of it and extremely grateful because it is the best league in North America. The advancement, the progress, the development, it's just amazing to me.

JM: Yeah, absolutely. What's the best piece of advice you've ever got in life? And it doesn't have to be hockey-related.

FB: Somebody told me this and it is kind of my motto. But he told me one day to never ever, ever quit on something you believe in. And again, that could be hockey, that could be a job, at life, in a project. If you believe in it and truly believe in it, never ever quit.

JM: That's a good one. Okay, this is actually the last one here for you. Maybe just your favorite or funniest or most unique hockey memory. So, just when you think back over the years, something that pops out, kind of stands out in your mind?

FB: Well, so I was a goalie. And I lost the overtime game in Europe from a shot that was shot wide behind the net that hit a divider, hit the back of my head and went in.

JM: Oh, that's rough.

FB: That's a tough one. But I don't know if it's a funny one or a very sad one but it's definitely something that I'll never forget.

JM: How was the reaction by yourself and the teammates after that one?

FB: I think it's one of those that you're mad because you lost.

JM: Yeah.

FB: But at the same time, there's absolutely nothing you can do. It's just bad luck and I mean, you look back into it, and no matter how you replay that, it's just bad luck. So, you can't beat yourself up on that.