

Larry Bumstead

Larry Bumstead is the current head coach of the St. Mary's Female U18 Prep team. Bumstead is Manager of Player Development, Jets Hockey Development and is a Hockey Canada High Performance certified coach. He has 29 years of hockey development and coaching experience at many levels within amateur hockey. He enjoyed a long and successful playing career at numerous levels including professional hockey leagues in Scotland and Holland, senior hockey in Manitoba with the St. Boniface Mohawks, university hockey with the Manitoba Bisons and junior hockey with New Westminister, Brandon and Kamloops of the Western Hockey League.

JM: I'll start with, what's the one thing you're most excited to do once COVID goes away and we're back to normal? It doesn't have to be hockey-related either.

LB: I'd like to get to the lake because I live in Manitoba of course. We're shut down and my car is in Ontario. And the only way I can go there is by plane or by quad. I built a log cabin 20 years ago, so I'm very secluded, and it's just nice to get away. Even though I think that the cabin is probably the safest place to be in right now in this world, but it's against the law to cross the border. So, that's one thing I'm going to do and go with my family, and hang out there for three to four weeks.

JM: If it's pretty secluded, I'm assuming you'll probably go for long periods of time?

LB: I go for long weekends. It's secluded, yes. I built a log cabin. I cut my own trees, my own sawmill. It's a passion within my roots. I'm a very outdoors guy. I love the outdoors, so I did that and decided that one day, I read a couple of books and decided, "Hey, you know what? I think I can build this log cabin." So, I actually built this bigger than my house, 296 logs, and counting.

JM: That's really cool, actually. That's pretty interesting. Let me talk to you about maybe your favorite genre of music, favorite artists, maybe, the best concert you've ever been to, or something along those lines.

LB: I guess the Eagles, Tom Petty, that was two years ago. In my mind, as far as best concerts, for sure.

JM: Then, that type of genre? Rock music?

LB: Yes, obviously, I like a rock. I like country rock, too. You know the Eagles are an icon, right? So, I enjoy that. I had the opportunity to see them live.

JM: Where did you see them?

LB: In Winnipeg. The Old Bomber's building.

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

LB: Favorite sport? Fishing.

JM: Fishing, okay. Obviously, I'm assuming you fish a lot at your cabin and everything?

LB: I do, yes. My wife and I, when we dabble a little bit in tournaments, as well. Fishing and hunting are obviously my number two sports after hockey.

JM: That's cool. Who's your favorite athlete? Again, it doesn't have to be in hockey, just a favorite athlete.

LB: Can I pick two?

JM: Yes, absolutely.

LB: I say, Dale Hawerchuk and Bobby Orr.

JM: Okay. You're the second person to say Bobby Orr this week actually, but probably for a good reason. I never got to see him play, but I really wish I did. Any reason in particular with those two?

LB: Bobby Orr, and he really started the offensive threat for the defenseman, the free wheeling and dealing that he did. And Dale Hawerchuk was just a tremendous person. As well as, certainly, when he played for the Jets when he came in from Cornwall, a 17-year-old playing in Memorial Cup. One of the best there was at that time. I got the opportunity to watch him. I got the opportunity to go to training camp with him. He was just a genuine person when I was there. He just took me under his wing. It didn't last very long, of course, but, I mean, he still made a note of acknowledging and hanging out with everybody. So, yes, he's just a great person.

JM: This is, I guess, a question of what you hate doing the most. If you could have a personal chef, a personal driver, or a personal housemaid, which would you pick?

LB: Personal housemaid, personal chef, or personal driver? I say, a housemaid.

JM: Yeah, I'd be with you on that one. I'm not a fan of cleaning. You touched on this a little bit, but maybe, just describe what the family situation is like? Where you grew up? Where you live now? That type of thing.

LB: Well, I was born in Southern Ontario. I grew up in Northern Ontario. My dad worked in the mines. Being in Northern Manitoba and Northern Ontario, I think that's where my passion for hunting and fishing came. That's as far as myself goes. My wife works in a hospital. She's in imaging. My oldest daughter is a school teacher in Morton, MB. She's also moving on, and she's going to take taking her master's this year. She's going to be one of the assistant coaches at the University of Saskatchewan. She's very excited to take a sabbatical and then as well take her master's in American Sign Language. She's taking sign for her third degree that she has. My middle one is a boy. He played AAA Midget, went to the hockey rink, played junior, got hurt. Now, he does a lot of winter camping, living in the mountains as well. These last four years, he's been fighting forest fires in the summertime. He's a huge avid outdoorsman, as well, which is unique in itself. That's something I did when I was younger. Then, my youngest kid, this is her

first year of playing in U SPORTS. She played in the Canadian Sports School Hockey League at St. Mary's. She played for Trinity this year. This is a very interesting year, so to speak, but nobody is playing hockey. She just got back. She's quarantine like everybody else. That's kind of it. Christine's my oldest. Dane is my middle one. Kate is the youngest, and my wife is Cathy.

JM: Any pets?

LB: Yes. I got a dog. It's a mixture. It's a rescue dog from up north in the Yukon, just kind of terrier and a little husky. She's got a little bit of wolf in her. She suits our family very well. She hunts with me. She's good to hang out when the kids are gone. Most of the kids are gone all the time, so it's just her and I.

JM: Okay. What's something that people, might not know about you that you think is interesting or a big part of your life

LB: Well I like dabbling in different projects. I like building stuff, being creative with my hands, off-the-grid type of thing. Building different things which you may not normally see in certain situations. It would be just working with my hands.

JM: You built that cabin up north, you mentioned the off-the-grid there. Have you ever thought about completely just moving up there at some point to your cabin?

LB: 100%, for sure. If you can get me on that show 'Alone', I'll do it. For sure, I'd love to be off-the-grid. When the time is right, go there and just survive off the land and be self-sufficient. Just do those types of things, that my passion. I get the opportunity to dabble throughout the year, but I mean to actually do it and live off-the-grid. I think it would be tremendous. It would be good. It'd be nice and wholesome. I like the fact that you can self-reflect. Just be able to slow down and get away from the hustle and bustle because there's absolutely nobody out there.

JM: Okay, well, that's really interesting. How did you get involved at St. Mary's?

LB: Well, I work for True North, so I work for the Winnipeg Jets. Mark Chipman, the owner of Niagara Hockey Schools for the last 36 years, asked if I'd be interested in helping out with coaching at St. Mary's. His daughters all went there. Sports schools have been around for years, of course, but they really started to open the doors lately. We started the program at St. Mary's. It's a high school program, which they still have a high school program. Then, we added a second team. 10 years later, we've been running with the same setup. So, that's how I got involved with St. Mary's, a private girls' school, 540 students, grades 7 to 12. That's how it all came about. We were just a tournament team at first, going to tournaments and showcases. Then, when the opportunity to jump into the Canadian Sports School Hockey League two years back came upon us, we embraced it with open arms, and we really enjoy where we're at right now.

JM: Okay, that sounds good. What about the CSSHL model do you like?

LB: I think they really look at the fact that it's student-athlete, not athlete-student. For instance, when we're doing scheduling, they ask about our blackouts for school. There's no other league in

the world that asks that. Maybe U SPORTS does. When you're playing AAA Midget, I'm sure, you played hockey where you have to cram with exams and stuff like that, but you still had to play the game. Where here, we come up with these blackout dates, work with the school and, in turn, we build our schedule around the schools. So, I think that, by far, is the most important thing that the Canadian Sports School Hockey League has done. That's why it's going to continue to grow because at the end of the day, especially, females are not going to make very much money playing hockey, and even boys. You need an educational background. Again, Canadian Sports School Hockey League is letting us do that, which I think is great.

JM: It seems to be a common answer, too. I think it's a good one. What's the best piece of advice you've ever got in life? Again, it doesn't have to be hockey-related.

LB: Just treat people the way you want to be treated. I think that would be the key. I think how that person is going to feel, what's done, what you're going to say. I think to treat people the way you want to be treated, so treat people honestly, with integrity, and complete kindness.

JM: That's a good one. I just got one more here for you. Just a hockey memory to you that either stands out or is a unique one. Maybe your favorite hockey memory, funniest, just something hockey memory-related that always stands out to you. If you have more than one, that's fine.

LB: Well, I think, one thing that people always ask me is 'where did you play, that type of stuff.' I had a very interesting situation when I was playing college hockey at the University of Manitoba, the coaching was actually just unbelievable. We had Wayne Fleming as our coach. We were playing against legends and it wasn't the necessarily players you're playing against. It was the coaches. Clare Drake with the Golden Bears in Edmonton, you had Andy Murray in Brandon, and you had Dave King in Calgary. It wasn't about playing the other team. It wasn't about me playing. It's the fact that these icons were just coming through the hockey ranks. When I look back at that. Wow, was I fortunate to have the opportunity to play against those coaches and be part of Wayne Fleming's career, as well. You take a look at those coaches. Each and every one of them has impacted the game. Wayne Fleming, Dave King, Clare Drake. I remember coaching the Bison's with Mike Sirant, a few years back, it'd be 10 years now. We beat Alberta. We never had the opportunity to beat them. We beat them to move on in playoffs. The first person to come down to the hallway at the end of the game was Clare Drake. He's been retired for what, 20 years? He remembered me and he obviously, remembered, Mike because he was the head coach. I don't know if that's the answer you want. But I mean, that sticks out in my mind as far as hockey goes. There are funny parts and stuff like that. That, there, will stay with me for the rest of my life. Those guys have been coaches during my playing time. That really made me a better coach because watching how they were. You might not realize it until you go to a seminar after you're finished playing, and then, you reflect back and go, 'Wow, this totally makes sense.' I think being involved at that time has definitely made me a better person and a better coach.