



Wellington
COLLEGE

alumni

What are they doing now?



STEPHEN LINES

**Massage Therapist
Trainer (Edmonton Oilers)**

After hearing about Wellington College of Remedial Massage Therapies, Inc. through a graduate of the program, Stephen Lines entered the program in August 1998 with a desire to help others and to increase his knowledge in the Anatomy and Kinesiology of the body. Stephen graduated from the Full-time program in 2000 and began working towards his dream when he joined Hockey Canada in 2001. Born in Victoria, he grew up in Winnipeg before beginning his professional sports career in Calgary.

Besides his work with Hockey Canada, Stephen worked with the Calgary Stampeders (CFL) for three seasons (2005-2007), as well as the Calgary Flames (NHL) and Calgary Hitmen. As the massage therapist/assistant equipment manager with the 2007 national junior team, he helped Team Canada win the gold medal at the IIHF World Junior Championship in Sweden. Stephen has also worked many of Hockey Canada's development and selection camps for both the men's and women's national teams as well as with the Canadian Under-18 teams. He worked closely with the national team in its preparations for the 2006 Winter Olympics in Torino, Italy.

At 30 years old, Stephen accomplished his dream by becoming the newest member of the Edmonton Oilers (NHL) training staff in 2007, working as the Massage Therapist for the NHL Oilers team. Coming from a hockey background, Stephen has a unique handle on this specialty, using his knowledge and experience to better the athletes' performance on the ice. Just like any other person or athlete, the aches and pains or injuries associated with daily life or sport need to be worked with. Stephen works alongside the physiotherapist, athletic therapist, and/or physicians, assessing and treating the professional athletes helping them stay in "game shape". On a trip where there is a lot of moving and a lot of skating in a short period of time, their legs are going to feel "heavy" and "fatigued". Providing the hockey athletes with a "flush" helps rid their legs of any toxins (lactic acid), aiding them in feeling "alive" and lighter when they step on the ice (Lines, 2007).

Working through his second season with the Edmonton Oilers, Stephen is continually looking towards the future and how to further his career. Working with professional athletes in the 2010 Winter Olympics seems like a fine dream, and definitely attainable with Stephen Line's inspirational track record.