

# For Adam, hockey is more than a game

BY LISA AND JOHN O'CONNOR , THE OTTAWA CITIZEN    DECEMBER 19, 2008



Adam O'Connor, 16, with his sisters, Caitlin, left, and Emily, centre.

**Photograph by:** The Ottawa Citizen, The Ottawa Citizen

---

OTTAWA — What does hockey mean in our house?

It is more than just a game — it is communication, it is involvement in the community, it is learning to read and it is learning numbers.

Our son Adam is 16 and he has Down Syndrome. Hockey has given him motivation to read and learn.

Adam is the biggest Sens fan you could ever find. He reads the sports section daily for any news on the team and has great discussions at Sacred Heart High School with his buddies about events in the hockey world.

This means so much to us as parents because Adam has a very hard time communicating. But when it comes to the Sens and hockey, he is so motivated to interact.

Each day at supper, he lifts his glass to cheer the Sens! It has become a tradition.

Adam has played hockey and has recently become a member of the Capital City Condors, a team for people with disabilities.

This is no ordinary team. Each player has an opportunity to shine on the ice in full equipment. The smile on their faces each Saturday afternoon when they hit the ice tells the story.

Hockey, it seems, is for everyone.

© Copyright (c) The Ottawa Citizen