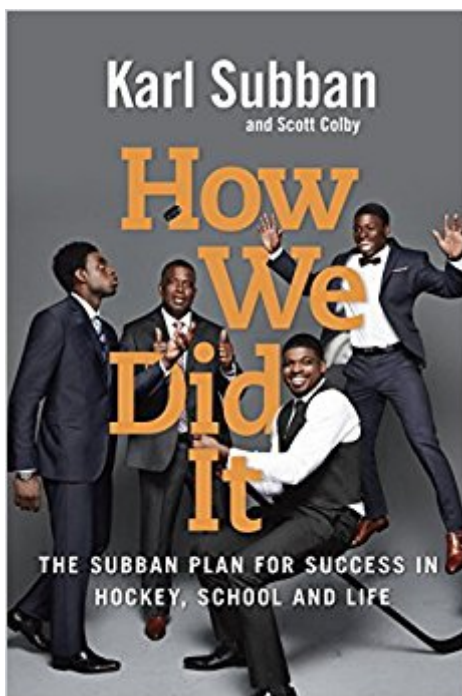


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# How We Did It: The Subban Plan For Success In Hockey, School And Life



## Synopsis

The ultimate hockey dad, Karl Subban is a former school principal and father of five, including three sons--P.K., Malcolm and Jordan--who have been drafted to the NHL. Karl's inspirational and moving story follows the hockey journey from house league to the big leagues and shows how to grow the unlimited potential that is in every child. In his thirty-plus years of coaching, teaching and parenting, Karl Subban has proved to be a leader with the gift of inspiring others. He has dedicated his life to helping young people grow their potential--to be better at what they do, and to be better people. Originally from Jamaica, Karl Subban, along with his wife, Maria, have raised five accomplished children. Their oldest son is P.K. Subban, who won the Norris trophy for top defenceman in the NHL and whose trade from the Canadiens to the Nashville Predators shocked the hockey world. Their two daughters are teachers, one a university basketball star and the other a talented visual artist. Their two youngest sons, Malcolm and Jordan, have been drafted and signed by the Bruins and the Canucks. As a child, Karl dreamed of being a star cricket player--but when he moved to Canada at age 12, hockey and basketball became his new passions. At university, when he realized his NBA hoop dreams would not come to be, Subban found his true destiny as an educator, devoting his life to bringing out the best in his students and his children. From the backyard hockey rink to the nail-biting suspense of draft days, Karl Subban shares tales of his family's unique hockey journey. Mixing personal stories with lessons he learned as a coach and principal--lessons about goal-setting, perseverance and accomplishment--How We Did It will allow other parents, teachers, coaches and mentors to apply the same principles as they help the young people in their lives to identify, develop and live their dreams.

## Book Information

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## Customer Reviews

“[A] must-read.” • Mike Organ, The Tennessean

KARL SUBBAN is a retired school teacher and administrator of 30 years with the Toronto District School Board. He has worked with Canadian Tire on a project that teaches Canadian families about the important benefits of their children participating in hockey and served as an ambassador for Hyundai Hockey Helpers Program. When Karl is not delivering empowering speeches to Canadian audiences on how to find one's potential, he spends time teaching his grandchildren how to skate. SCOTT COLBY is an award-winning journalist with 28 years' experience writing and editing. He is currently the Opinions editor at the Toronto Star. The author lives in Toronto.

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