Marc Morin’s Versatility Serves l’Express

L’Express de la Mauricie/Centre-du-Québec, National Bank Champion Marc Morin’s team, is one of the strongest one to participate in Défi sportif ball hockey tournament for athletes with cranio-cerebral traumatisms. The team hosted by the Association des traumatisés crânio-cérébraux Mauricie-Centre du Québec won three out of the past five tournaments, not to mention that it came in second one year and third another.

“I have to admit we feel additional pressure, especially since we only won the odd-numbered years. This year, we want to change this trend and win gold on an even-numbered year”, admits Express forward.

Will it be THE team to beat again this year? “So far, we managed to improve every year and become stronger as a team, even if we lost players.”

The 16 athletes to make the team for the Montreal tournament will be chosen at a training camp. “Each year, the players have to measure up because new ones want to take the place of experienced players”, specifies Marc.

The Trois-Rivières-based athlete, one of the top scorers of his team for the past two years, with his team mate Patrick Dunlop, will probably play a key role under the guidance of coaches Ghyslain Leblanc and Serge Leclerc.

The player, who excels in both wing or center position, but also occasionally serves as defense, wholeheartedly enjoys his sport. “When my organization offered the activity, I was amongst the first to register.”

L’Association Mauricie-Centre du Québec was one of only four teams present at the first edition of Défi sportif ball hockey tournament for athletes with cranio-cerebral traumatisms. The organization had built a team before the sport was even presented in Défi sportif.

Ball hockey gave Marc the opportunity to reconnect with his passion. “It allowed me to play a sport similar to ice hockey, which I was fond of before my accident.”

A Car Accident that Changed his Life

About 15 years ago, more precisely on January 24, 1993, Marc Morin’s life was turned upside down.

“I was coming back home from work when my car, all of a sudden, skidded on a patch of ice. If there had been a lot of snow like this winter, the car would have ended up in a snow bank. Unfortunately there was no snow and I fell in a 10 or 15 foot-deep ravine.”

The accident had a definitive impact in the then computer-science college student. It took me over 15 months of rehabilitation to overcome the paralysis of my left arm and leg.

“Since I am left-handed, I learned to write with my right hand”, indicates the Montreal-born athlete. He has now recovered about 80% of his mobility in the affected members. He can again use his left hand for eating, for example.

In fact, Marc still notices an improvement over time. “Sport helps me strength my left leg and knee”, he says, conscious of his limitations.

He tried to go back to school in computer science. “Unfortunately, because I had not kept myself up to date in the field, and because of the trouble I had concentrating, I hit a wall”, he admits.
“More so, since I did not trust my long-term memory, I waited until the night before an exam or the morning to study… that was not the best strategy.

His expertise still comes in handy in his activities: he designs the Association Mauricie-Centre du Québec newsletter, in which he also publishes his poetry.

“This brings me closer to the work I originally wanted to do”, Marc declares with calm. Additionally, he was President of the Association during five years.

For recreation, Marc attends the arts immersion center La Fenêtre on a regular basis, where he expresses himself through acrylic painting. But be assured that he will still have plenty of energy to frighten his opponents’ goalies during the next Défi sportif!

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