

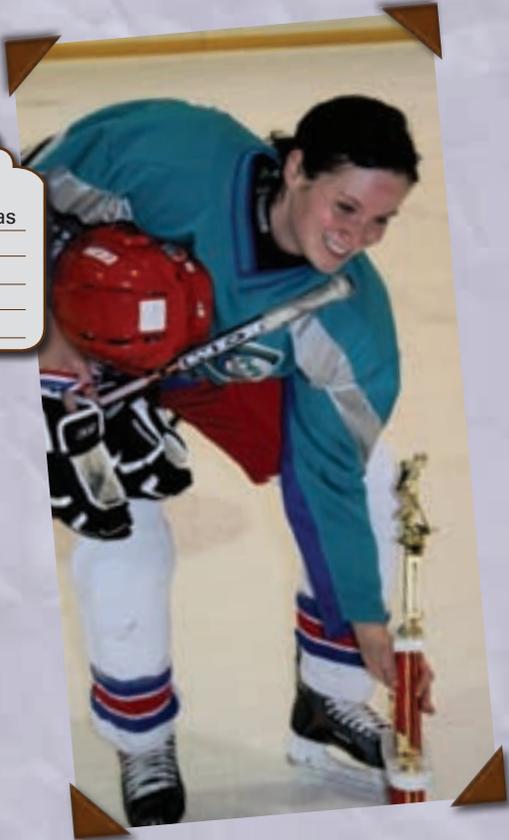
DCMA Americas Employee has 'Other Life' On Ice

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A game known for bone-crushing hits, 100-plus mph puck speeds and “extracurricular physical activities” may not be the first place one expects to find any perfectly sane Defense Contract Management Agency employee spending free time. Factor in that the employee is female, and a few stereotypes can be heard shattering.

Lindsay “Big Red” Armstrong, a DCMA Americas contract administrator, started playing competitive hockey at age 10, and she can’t remember a time when she didn’t want to be involved with the sport. “As far back as I can remember, I have always been interested in hockey. I recall my parents asking me about what kind of activities or clubs I wanted join when I was young,” she said. “They suggested things like dancing and gymnastics, but I wanted to play hockey just like my big brother.”


Lindsay Armstrong, DCMA Americas contract administrator, began playing competitive hockey at age 10. (Photos courtesy of Lindsay Armstrong, DCMA Americas)



Armstrong said she and her brother were always rounding up all the other kids in the neighborhood to get a game of street hockey going. Rain, shine or blizzard, Armstrong’s early years were fused with hockey and everything it had to offer.

Later, as she got into her high school years, however, she was disappointed to find there was no women’s hockey team. True to her personality, rather than accepting this as an insurmountable hurdle, Armstrong decided she would try instead to make the men’s varsity team. “I think it was this moment that caused people to finally take notice and acknowledge the need for a girl’s team,” she said. “The very next year we had a girl’s team that I then captained all the way to a silver medal in our first season.”

Contemplating what it is about the sport that drives her to be a part of it at all costs, she said simply, “There is something about the adrenaline rush I get from playing hockey that

I love. Game time is ‘my’ hour where I put everything out of my mind and just play. You definitely can’t beat the excitement of scoring an important goal, winning a tough puck battle on the boards or winning a quick footrace to the puck.”

Armstrong currently plays for the Gloucester Moonshine Competitive “A” women’s hockey team out of Ottawa, Canada. She plays the center position because, as she puts it, “I love being in the middle of all the action, and I love to take a wicked face-off.”

“There is something about the adrenaline rush I get from playing hockey that I love.”
— Lindsay Armstrong



Lindsay Armstrong, third from left, on offense during a hockey game. (Photos courtesy of Lindsay Armstrong, DCMA Americas)

Fully admitting her luck, Armstrong said that she has not sustained any major injuries that have kept her off the ice for more than a week or so — “knock on wood.” She said that being one of the taller and stronger players on the ice gives her an edge when it comes to the physical aspect of the game.

When her DCMA coworkers find out she plays hockey, Armstrong said people are generally surprised. “I guess it’s because I still have all of my teeth and my nose isn’t crooked or something.”

Hoping to pass along the same supportive spirit and hours of sacrifice her parents made for her to pursue the sport, Armstrong intends to do the same for her children one day. “I think my time of sacrifice will come when I return the favor to my kids when they pursue their interests — hopefully, hockey.”

A key lesson that has influenced Armstrong’s everyday life through playing hockey is the principle that the stronger, faster, more skilled team doesn’t always win the game; it’s the team that wants it the most. “Leave it all on the ice,”

one of my coaches used to always say. I try to follow that philosophy in my life as well — give it your all in whatever you do and come away having no regrets,” she said.

For anyone interested in taking up hockey, Armstrong says, “Go for it and don’t let anyone hold you back. These days, there is always a place to play hockey for anyone at any age.”



Armstrong’s Advice to a Beginning Hockey Player



When you buy your first hockey stick, cut it pretty short. Too many beginners become dependent on a long stick for poke-checking because they find it hard to keep up. A shorter stick enables you to stick-handle closer to your body and forces you to get in closer when checking another player, encouraging you to play a more physical game.

Once you have your stick right, practice stick-handling off-ice with a tennis ball until your arms fall off.



Lindsay Armstrong, center row, fourth from left, with members of her winter league hockey team, the Gloucester Moonshine Competitive “A” out of Ottawa, Canada.