



# Adolphe Légaré

FRIEND

In 1984, “the Doc”, as he became affectionately known on campus, contacted the Athletics department and asked if could offer his services as a volunteer to the department. An avid sports fan, he was involved with West Island minor soccer, basketball, and hockey leagues. He also spent many years as a member of the executive of the Lakeshore Cougars minor football organization.

His first love was football and he felt that he would be able to contribute to the preparation of the athletes for both practice and competition. It was not long before he welcomed student-athletes from all of the Islanders teams.

Dr. Légaré was a distinguished surgeon and member of the Lakeshore General Hospital from 1965 through the early years of the twentieth century. He was the chief surgeon at the hospital from 1980 to 1984. He also shared his time with the two well known West Island clinics: Sporthopro (YMCA) and Action Sport Physio.

One of his objectives was to enhance the quality of medical services available to student-athletes. He was instrumental in introducing Action Sport Physio to the athletics program. This was the first step in a program which eventually was to bring students as *stagiaires* from Concordia University’s sports medicine program.

Following the 1988 Olympic doping scandal and the upsurge in concern about performance enhancing drugs, the Doc developed an information program for student-athletes. He followed this with annual presentations to the Islanders teams and later developed a program which conformed with that of the Canadian Collegiate Athletic Association.

For all those many years, the Doc held his regular clinic for the Islanders every Tuesday in the physiotherapy room. The list of athletes was generally quite lengthy but there was no time limit for the Doc. For the physiotherapists and Concordia *stagiaires*, it was a wonderful opportunity to consult with an expert.

The Doc became a member of the Athletics department, loved by his Islanders. As his participation in the program evolved, he could be seen at an increasing number of games and competitions. Much appreciated was his contribution to the Islanders during playoff time. He was frequently with the teams when they travelled and was listed in championship programs as a member of the team staff.

His contribution and memory has been preserved by the Athletics department by the creation of an award in his honour. The Doctor Al Légaré Memorial Community Service award was first presented at the Athletic Awards night in April of 2009, to the John Abbott sports team which excelled in community volunteer work. Quoted in a Gazette article, Steve Shaw, retired athletic director said: *“The Doc was all about community and this award honours his memory and his commitment to our program. He was genuine, honest and a great man with an excellent sense of humour.”*