

**Brendan
Gallagher**



WORK HARD.

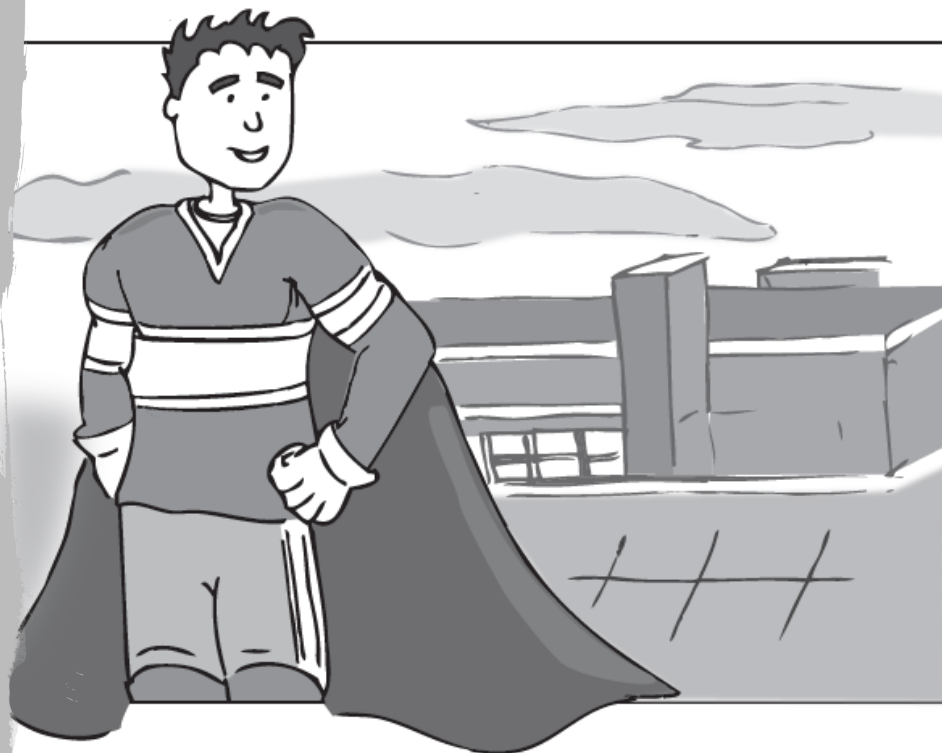
PLAY HARD.

PLAY GREAT.





Brendan Gallagher is a forward for the Montreal Canadiens. He has to play his hardest. He has to try to help his team score goals. He plays against some of the best players in the NHL.



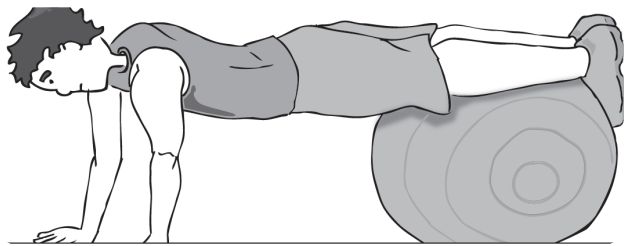
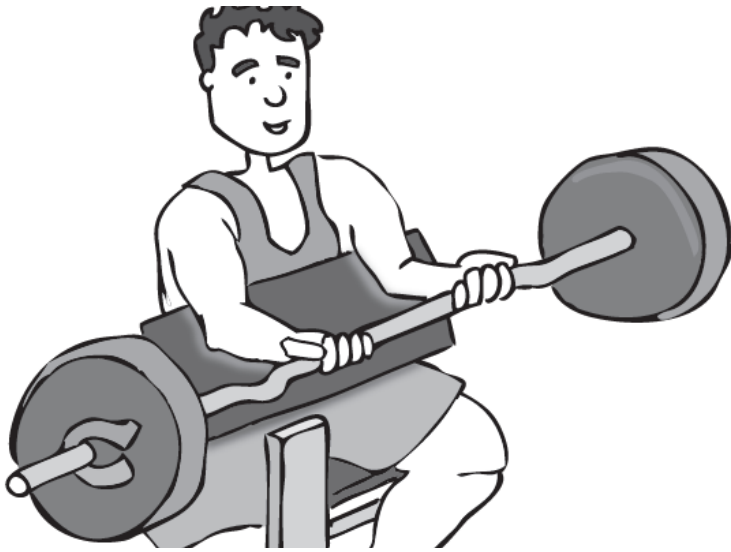
Sometimes playing against really good players can be scary. Sometimes Brendan wishes he had superpowers.



He wishes he could skate at the speed of light. That means super fast. He wishes he was so strong he could lift the entire arena.



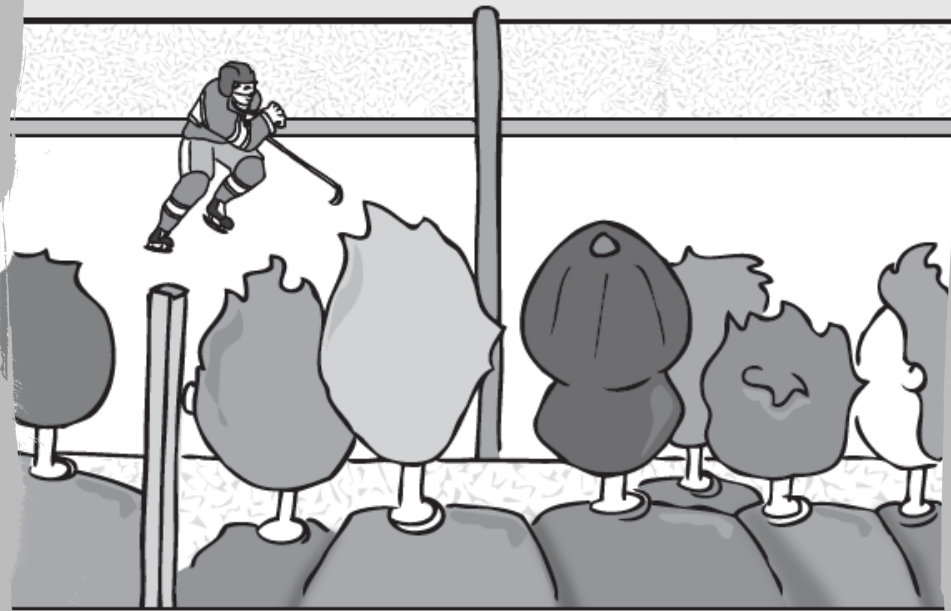
But Brendan does not have superpowers. He knows he has to work really hard. He has to get up early and practice, practice, practice. He practices skating so he'll be fast.



Before all of his big games, Brendan goes to the gym. He lifts weights so he'll be strong. He works out a lot, even when no one else is there. He wants to be strong and fast on the ice.



Brendan never quits. He knows that all this work will help him. It will help him to be the best player he can be. It will help the team win.



When the other Montreal players arrive
at the rink, they see Brendan. They see
how hard he is working.
It makes them want to work hard too.



Brendan knows that hard work and
determination are important.
They will help him be the best player
he can be. It's a lesson his
teammates learn as well.