

Edward Witt Highlights the Lasting Influence of Hockey on His Career in Medicine

The retired physician reflects on how decades of hockey shaped his approach to preparation, teamwork, and leadership.



Huntsville, Alabama Oct 23, 2026 ([Issuewire.com](https://www.issuewire.com)) - Long before [Edward Witt](#) became a physician and medical practice owner, hockey was already teaching him how to prepare, work with others, and perform under pressure.

Witt began playing the sport at age five while growing up in Erie, Pennsylvania. Hockey quickly became a major part of his childhood, with travel teams occupying much of his early years. He later earned an MVP award, played Junior A hockey during his senior year of high school, and continued the sport in college on a scholarship.

Those experiences stayed with him as he moved into medicine and eventually built a career spanning approximately 30 years.

For Witt, the connection between hockey and medicine was not about competition. It was about learning

how to function as part of a larger system where preparation, communication, and trust matter.

Learning to Prepare Before the Pressure Arrives

Competitive hockey requires players to make decisions quickly, but much of that ability is built before the game begins.

Years of practices, conditioning, repetition, and coaching create the foundation that allows a player to respond when the pace increases. Witt saw a similar pattern throughout medicine.

Medical professionals often have to make important decisions in situations where there is limited time and incomplete information. Good preparation cannot eliminate pressure, but it can make those moments more manageable.

Witt carried that mindset through medical school, his Family Practice residency, hospital work, and later the operation of several clinics.

His career included roles with Huntsville Hospital, Crestwood Hospital, and Maryvale Hospital in Phoenix before he became a proprietor of Southcare Clinic, an aesthetic clinic, and Recovery Center.

Teamwork Looks Different in Medicine, but the Principle Is the Same

Hockey also taught Witt that no individual can control every part of the game.

Players depend on teammates to cover their positions, communicate, and make good decisions without constant instruction. That same principle became increasingly important as Witt moved from physician to practice owner.

Running a clinic requires people with different responsibilities to work together. Physicians, staff members, support professionals, and outside specialists may all play a role in the patient experience.

Witt came to believe that leadership was not about personally handling every issue. It was about knowing when to step in, when to delegate, and when someone else was better positioned to help.

That lesson became especially important in healthcare, where recognising the limits of a practice or individual provider can be just as important as knowing what to do.

Coaching Added Another Perspective

Witt eventually moved from playing hockey into coaching, which gave him a different view of performance and leadership.

As a player, the focus is often on doing your own job well. As a coach, the challenge becomes understanding how different people respond to instruction, pressure, and responsibility.

Witt found that the same was true in professional settings.

Not every staff member needs the same type of guidance, and not every patient responds to communication in the same way. Effective leadership requires enough awareness to adjust without losing consistency.

That ability to read the situation became useful throughout his medical career and in the operation of his clinics.

Staying Connected to the Sport

Even after stepping away from full-time medicine, hockey has remained part of Witt's life.

He has continued skating and participating in hockey-related events, including opportunities connected with the Penguins Foundation and alumni activities in Montreal.

For Witt, staying involved with the sport is not simply about nostalgia. Hockey continues to provide the same combination of physical activity, focus, and camaraderie that first drew him to the game as a child.

It also offers a reminder of how much long-term development depends on repetition.

A player does not become dependable after one good game, just as a physician or business leader does not develop sound judgement from one successful decision.

Consistency matters over time.

Lessons That Carried Beyond the Ice

Looking back, Witt sees hockey as one of several influences that shaped the way he approached his career.

His parents, teachers, friends, coaches, and professional experiences all played a role, but competitive sports gave him an early understanding of discipline and accountability.

Those lessons later appeared in different forms throughout medicine.

Preparing before a difficult situation, communicating clearly, relying on qualified people, and staying calm when circumstances change are useful in a hockey rink, but they are equally valuable in a clinic or hospital.

Now retired, Witt continues to value both the sport and the lessons that came with it.

For him, hockey was never separate from the rest of his life. It became one of the places where he first learned how much success depends on preparation, trust, and understanding your role within a team.

About Edward Witt

Edward Witt is a retired physician and former medical practice proprietor based in the Huntsville, Alabama area. He completed medical school and a Family Practice residency before spending approximately 30 years in medicine. His career included work with Huntsville Hospital, Crestwood Hospital, and Maryvale Hospital in Phoenix, as well as ownership of several medical practices. Witt is also a lifelong hockey player and former coach who began playing the sport at age five and later competed at the Junior A and collegiate levels.

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