ENTERTAINMENT

Benjamin Roy talks about starring in 'Heated Rivalry' series on Max

By **Markos Papadatos** Published March 18, 2026

Actor Benjamin Roy. Photo Credit: Magali Bonin

Canadian actor Benjamin Roy chatted about starring in the hit sports drama series "Heated Rivalry" on Max.

Margaret Wood once said: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." This quote applies to Benjamin Roy.

In the global smash series, he plays JJ Dagenais, a defenseman and teammate to lead character Shane Hollander (Hudson Williams) on the Montreal Metros hockey team.

'Heated Rivalry'

On being a part of "Heated Rivalry" he said, "It was a dream. We didn't think it was going to be this big. So, how it is being received has been amazing"

Playing JJ Dagenais

He was drawn to his character for several reasons. "In real life, I'm someone who is quite reserved most of the time. So, to be able to play JJ, who is larger than life, very charming and charismatic character was a lot of fun," he said.

"Obviously, when I learned that he has Caribbean blood, that was also something I was very proud of because I myself am from the Caribbean, and I can relate to that," he noted.

"So, that was very cool," he admitted.

Connor Storrie and Hudson Williams in "Heated Rivalry." Photo Credit: Sabrina Lantos, Max

Working with Hudson Williams and Connor Storrie

On working with Hudson Williams and Connor Storrie, he said, "It was actually very cool to be next to such powerhouse actors."

"I think the Canadian market is on the rise, and it's definitely the next big time. We are here! We're incredibly talented people and very passionate," he elaborated.

"We are very in tune with our emotions, very aware and very empathetic. We really care for our environment and the people around us," he noted.

"So, I think the world is going to be happy to discover more Canadians in the acting and entertainment scene. We need more love in this world," he added.

Hudson Williams as Shane Hollander in "Heated Rivalry." Photo Credit: Sabrina Lantos, Max

Lessons learned from the 'Heated Rivalry' screenplay

On the lessons learned from the screenplay, he said, "It taught me to stay true to myself and be authentic. It's better this way."

"People want you to show up as yourself. It taught me to be more 'me,' who is loved and accepted just the way that I am," he acknowledged.

"Despite us being less known — before all this — and not as recognized by the industry, the talent in this series is incredible. Everyone was just so skilled, so attentive, and so good at what they do," explained.

"So, it was a lot of fun to be in a room with such talented individuals," he added.

Callan Potter in "Heated Rivalry." Photo Courtesy of Max

Working with Callan Potter

Benjamin also had kind words about cast-mate **Callan Potter**, who played Hayden Pike on Shane Hollander's hockey team, the Montreal Metros.

"Callan is a great, and a very nice and loving individual," Benjamin exclaimed. "He is such a generous actor. When I first stepped on set, he made me feel at ease and made me feel welcome. We just bonded instantly in the locker rooms."

"We had a bunch of scenes. He's easy to talk to, and he is a really funny guy too," he added.

Future plans

On his future plans, he shared, "I'll keep doing what I'm doing. I'm very grateful and lucky to be able to do something that I love."

"I've always wanted to do this since I was five years old," he said. "So, I would love a chance to sink my teeth into a feature film or take on a lead role in a TV series for a major network."

"I really feel like I am ready to take on a project like that. It's something that I plan to do in 2026. It would be to fun to tackle that," he added.

The digital age

On being an actor in the digital age, Benjamin said, "It's weird and it's strange. It's a feeling I'm still not really getting used to."

"Back in the day, there were a few major channels that you could follow your idols on. Today, social media took the cake and it became center stage," he noted.

"You can get access to the lives of so many people now quite easily," he said. "So, it's still such a strange feeling because I'm one that likes to keep my two feet on the ground and I like to take my the time to talk to everybody."

"So, this is all still a little new to me and it takes some getting used to," he added.

Advice for young and emerging actors

For young and aspiring actors, he stated, "I would say to be comfortable in your own skin. Remember that no one is quite like you, and that you matter. You have your place here on Earth.

"Just keep going. Remember to love what you do and that it takes time. Things take time, so be patient," he added.

Actor Benjamin Roy. Photo Credit: Lawrence Cortes

Stage of his life

On the title of the current chapter of his life, Benjamin revealed, "Confidence and action-oriented."

"It's one thing to think about wanting to do all these things... to hope and dream. A dream is nothing without a plan and having it written down. So, I am definitely more into my action-oriented era," he explained.

Superpower of choice

His superpower of choice would be "teleportation." "Similar to the movie 'Jumpec' I would love to think of a place and just get there instantly... that would be quite awesome," he admitted.

"Also, I would love to be able to heal someone that is sick or injured. That would be pretty awesome," he said. "I would also like kinkiness to control things with my mind."

Favorite mottos to live by

On his favorite mottos to live by, he said, "I have so many but I have one on my wall at home as a mantra to remember to live from a point of view of a constant state of amazement."

"I recently had a kid and to see him just so easily be amazed and overjoyed at the simplest things is a beautiful reminder that life is beautiful," he said.

"You have to remember the magic of it all, and to be in awe of it in order to really be able to enjoy it," he added.

Success

Regarding his definition of the word success, he said, "I think success is an ever-changing concept."

"My idea of success really changed recently with the arrival of my child because it used to mean something that was determined on the outside world such as getting a lot of money, or opportunities and such things," he explained.

"Now, it means a happy and healthy family... a beautiful wife and child, as well as having good friends around you. It's not about money anymore. I think success is the little things that we sometimes take for granted," he elaborated.

Benjamin Roy and Hudson Williams in "Heated Rivalry." Photo Courtesy of Max

Message for his fans

For his "Heated Rivalry" fans, he expressed, "Thank you! It's awesome to be supported. I love you all. Sometimes, the people closest to you don't see as much love as a stranger or a fan would."

"So, it's quite heartwarming to see that these people really support, love, and enjoy me and the presence of me. So I'm very grateful for them," he added.

Closing thoughts on 'Heated Rivalry'

"I hope people get love and acceptance out of this series," he understood. "Also, to be unapologetic about what they want and to go for it. Be brave!"

"Also, the show is quite hot, steamy, and hot to watch," he concluded.

To learn more about actor Benjamin Roy, follow him on **Instagram**.

Hudson Williams, Connor Storrie, Dylan Walsh and Christina Chang in "Heated Rivalry." Photo Credit: Sabrina Lantos, Max

In this article: Actor, Benjamin Roy, Callan Potter, Canadian, Digital Age, Heated rivalry, Hudson Williams, Max, Series, Sports

About the author

Markos Papadatos

Markos Papadatos is Digital Journal's Editor-at-Large for Music News. Markos has been a music journalist/critic/author/photo-taker/etc. for an estimated over 25,000 original articles over the past 22 years. He has interviewed some of the biggest names in music, entertainment, lifestyle, magic, and sports. He is a lifetime "Best of Long Island" winner, where for three consecutive years (2020, 2021, and 2022), he was the winner in the Best Entertainment Blogger/Vlogger, Entertainment, or Action that has grown to 80k, plus six times.

You may also like:

Applying for jobs in the digital age: Pay attention to your online presence

Employing Gen Z is not the problem many employers presume

French elect mayors to key cities including Paris

Countries most at risk from AI-led cyberattacks revealed

DIGITAL JOURNAL
What does this really mean?
Digital Journal's weekly newsletter.
SUBSCRIBE

COPYRIGHT © 1998 - 2024 DIGITAL JOURNAL INC. Categories: **Kids** | **News**. Digital Journal is not responsible for the content of external sites. Read more about our external linking.