



THE RINK RAT



October 15, 2018

<http://www.graha.org>

Please welcome all of our new coaches

We would like to welcome our new coaches to GRAHA Hockey:

Mites:

Aaron Griffin
Aaron Jacobs
Robert Antonini

SQ:

Mike LaVallee
Mark Campbell

Travel:

07 Chris Timmer
14U Girls- Tae Otte
19U Girls-Pat Fitzgibbon
JV- Kyle McConnell

Please welcome our new board members

**Scott Worden
Jaclyn Mehney
Scott Fisher**

**Steve Waalkes
Gareth Tanner**



Player Evaluations



We are more than excited to announce GRAHA's new initiative to help our families and children's development by providing feedback from our coaches through evaluations. Our goal is to have our coaches provide essential feedback to our families that would help guide their development during the season and for summer training. We plan to do two evaluations per year, one, during the winter and one, at the end of the season. We will be using software called Zoom Reports which is an email based platform. We are very excited about the benefit and the value it will bring to GRAHA families. This is another project that GRAHA is utilizing to help grow the game of hockey and provide support for all of our families. GRAHA will be launching Zoom Reports in December of this year, hope you enjoy.

Congrats to the women's U16 team
Second place finish in the women's Legacy tournament



The Griffins U16 girls team finished 2nd place overall in the Girls Legacy West Michigan Classic tournament at Patterson Ice Arena Sept 28th-30th. These girls beat the Glen Ellen Admirals 9-0, and then St. Louis Cyclones 7-0, but lost to a very tough little Caesars team in the finals on Sunday. Our goalie Rachel Puruleski recorded back-to-back shutouts which was outstanding. The defensive core of Jillian Schwierking, Eleanor Vander Molen, Cadence Schultz, and Hannah Lambers played tough and held the opposition to less than 10 shots each of the first 2 games. Amelia Albers, Peyton Elliot, and Meg Simon each lit the scoring lamp multiple times as well. (Coach Albers)

GRAHA Hockey Trivia

Who was the first player to score 5 different ways in a single game, and what ways were they scored?

Email us with your answers, first to get the correct player and correct ways will host the next trivia question in next month's newsletter.

“UPCOMING GRAHA EVENTS”

- **Bob Mancini**: USA Hockey ADM director: Visits GRAHA mites **October 19th 5:30PM.**
- **Power skating FREE on Fridays at 7PM PIC**: ages vary by week, our schedule can be found at <https://www.graha.org/page/-team-information>
- **Try Hockey Free Day-November 10th, 12PM**: USA Hockey THFF day at PIC: Please let your neighbors, friends, and relatives know if they would like to help grow the game of hockey, this is a great way of doing it for FREE! Anyone is welcome to attend; registration link provided at www.GRAHA.org
- **SAVE THE DATE: End of Year Banquet Thousand Oaks February 22nd 6:00PM**: Cash bar, Live music, Dinner, Silent auction

Metro's Minute



Below is the article for the GRAHA newsletter.

Hi guys, its Darrick Graham PT, DPT Sports integrated hockey champion from Metro health-University of Michigan health Sports medicine. Hockey season is fast approaching and while we are gearing up for another great season on the ice, it is also really important to incorporate a good strengthening and flexibility program in the off season. Building strength, stability, and flexibility off the ice will improve your speed and performance during practice and games. I highly recommend a program that incorporates all aspects of movement (forward/backward, side-side, and rotational) when creating a good training program due to the nature of our sport. Attached is a great program with a lot of good information on off season strengthening and training.

<https://www.hockeytraining.com/youth-hockey-workout/>

Good luck this season and we will see you on the ice!

Darrick Graham PT, DPT
