



THE RINK RAT



Nov, 15th 2018

<http://www.graha.org/p>

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Congratulations to the Champions



Congratulations to the Midget A team on their tournament championship in South Bend, Indiana. Big win for a tough team, Congrats to Coach Ballard.

GRAHA 07's win in Traverse City!



Runners up

Big congratulations to GRAHA's Pee wee B team on their runner-up finish in their tournament in Cadillac, Michigan.



09 Team Runner Up at the Midland Silver Sticks Tournament.



GRAHA Hockey Trivia

Congratulations to Michelle Burg from the 05's Bantam team:

She answered the trivia question correctly from last month. The question was: Who was the first player to score 5 different ways in a single game, and what ways were they scored?

The Answer is: Mario Lemieux- 1) Even strength, 2) Power Play, 3) Short Handed, 4) Penalty Shot, and 5) Open net.

-The new question for this month: Who was the first American Team to win the Stanley Cup? (NO CHEATING)

Three stars of the game:

- ★ Our cross-ice program: Kids and coaches are doing a great job. A lot of excitement and fun by all involved.
 - ★ Thank you to Kyle McConnell for stepping in as the JV Head Coach after the departure of Coach Newton. Coach Newton has become the Head Coach of the East Grand Rapids High School Varsity team; we wish Coach Newton the best of luck.
 - ★ For all teams at Patterson Ice Arena, for the respect they show to their coaches, teammates, referees, and to the rink staff as well. You guys are doing a great job representing GRAHA and for that, we thank you.
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Metro's Minute



Hi guys! This is Darrick Graham PT, DPT of Metro Health-University of Michigan Health Sports medicine. Since teams are gearing up and starting to play at this time I wanted to talk about a topic that is sometimes negated and that is RECOVERY! Stretching, refueling/rehydrating, and rest are vital for recovery after an intense game or series of games over a long weekend. I also recommend foam rolling! By foam rolling you will break up adhesions and scar tissue in the muscles (which is why we feel soreness) and speed up recovery, improve flexibility, and mobility. Some general guidelines for foam rolling and techniques can be found in the following article. <https://www.stack.com/a/hockey-foam-rolling>. **If you have any questions I can be contacted at graham.darrick@metrogr.org**

Thanks and we will see you at the rink!
Darrick Graham PT, DPT

“UPCOMING GRAHA EVENTS”

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- A faint, light-colored diagram of a hockey rink is visible in the background of the event list. It shows the standard markings for a rink, including the center red line, blue lines, and face-off circles.
- Have a Merry Christmas Dec 25th
 - Happy New Year Jan 1st
 - Scholastic Stars: January 13th 3pm @ Davenport University