



# THE RINK RAT



Final Newsletter 2019

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

## GRAHA Board of Directors

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<u>Coaching Director:</u>	<b>Richard Keyes</b>



## Congratulations to the Champions



Congrats to the 09's Squirt A's league championship in the Patrick division. Big congratulations for all of their hard work and their accomplishments, winning the last game of the season is the best way to finish any season, CONGRATS!!!!!!



# Congrats to the Champs

We arrived in Berrien as the top seed in the PW Silver Bracket and faced off against Holland in the first game on Friday Night. Holland was flying high following their surprising District Championship the previous week. Holland started fast and led the game 2-0. Graha fought back and tied the game 2-2; however, Holland prevailed 3-2.

Saturday morning we skated against Grand Valley for the first time this season. Graha PeeWee prevailed with an 8-0 victory. In the late game Saturday, GrahaPeewee needed no less than a tie in order to move onto the semifinals. Graha started fast and led the game 5-1, Hawk Purple fought back and tightened the game to 5-3. Graha capped the night with a late goal and a 6-3 victory.

Sunday morning we faced off against Hawk Black, #1 seed from the opposite division. Graha started a bit sluggish, but netted two 1st period goals and eventually prevailed 5-1.

Next up was a championship game and a rematch vs Holland Ice Dogs. The game was scoreless for two periods. Neither team wanted to make a mistake in the tight defensive battle. Eventually in the 3rd period Graha broke through with the first goal of the game on a beautiful centering pass to the Right Winger who crashed the net and banged home a one timer. Minutes later Graha struck again and led the match 2-0. Following a time out and with 1:06 left Holland cut the deficit to one with a goal following a scramble in front of the net. With Holland's net empty, Graha poured in another goal and sealed a 3-1 victory.

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## Senior Night for JV



The Griffins JV team is unique in the fact it has freshman thru seniors on the team. It's not a 1 or 2 year age span, it's a 5 year age span. This JV team is also not specific to any area high schools as some of them are. This year 7 of the 20 players were seniors. One of the parents asked if we did a "Senior Night" like they do in high school. The team had never done this before, but I didn't see a reason we couldn't start now. We reserved an extra 1/2 hour of ice before one of our last home games, and reserved the conference room for after the game (for pizza, cake and cookies). We had everyone on the team fill out questionnaires with their favorite memories of each of the seniors. These were typed up and laminated and given to the seniors along with a framed picture collage of both action and professional pictures. The senior parents joined their players on the ice for the recognition ceremony, where we announced information about each of the Seniors plans and where they were graduating from. The Seniors were: JD Apol from FH Central High School, Chase Colligan and Trace Young from FH Northern, Austin Lee from Rockford, Max Nawrocki from Jenison, Micah Yakes from West Michigan Aviation Academy, and Kevin VanDenBroek from Thornapple-Kellogg High School. The Seniors really liked the recognition, and the entire team and families really enjoyed the evening. It was such a hit, that we have included this as a new line item in the JV Team Budget, and hope that the tradition is carried on. (Julie Sutherland)

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## Try Hockey Free Day

GRAHA creates another special moment for potential new hockey families. We had 49 kids at our Try Hockey Free Day. All of these families got to come out and see what hockey is all about. We had all hands on deck so a special thank you to Jean Laxton, The Burg family, The Osborn Family, The Piatek Family, Mark Izzard, Jerre Coretti, D1 Davenport Hockey girls, D2 Davenport Hockey, and Meijers AAA Girls.







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## **16U Girls take home the championship!**



The Notre Dame Tournament champs. The 16U girls beat a U17 Canadian team that previously beat them 2-0 in the round robin. They won on an OT goal scored by Peyton Elliot, assisted by Eleanor Vander Molen who took a howitzer shot from the point. They killed off a penalty in OT with a solid penalty kill by Lauren Koczenasz and Amelia Albers. We made the final after a 1-0 game Saturday night in a goal from Sophie Quillan. Rachel Purleski was named MVP after posting back to back shutouts in the tournament.

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## GRAHA Hockey Trivia

No winners this month.

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### Metro's Minute



Hi guys! This is Darrick Graham PT, DPT of Metro Health-University of Michigan Health Sports medicine. Most seasons are coming to an end at this time and instead of going stagnant with hockey I wanted to leave you all one last article on off season training. The goal after playing multiple tournaments, championships, and all in a very short period of time is first rest. Let these players get away from the sport for a week or two before starting on to anything new. The goal of the offseason really should be to recover, re-pattern the body, and learn new skills. Recovery can be done by foam rolling, dynamic warm ups, and movement outside of hockey, playing one sport year round causes the body to move in a predictable way and can also lead to repetitive stress injuries.

Re-patterning is needed because the nature of hockey is that one side of the body dominates. What I mean by this is people do not shoot right and left handed. This is where some reversals of this asymmetry need to take place. An example would be to use rotational medicine ball throws that mimic shooting movement with 3 sets of non-dominant side throws vs 1 set of dominant side throws. This is also a great time to learn new skills! I have added a good training program below which will help with some basic movements that can be advanced throughout the offseason. Post season training is all about working to reverse some of the season's wears and tears and to prepare athletes to make off seasons gains. Don't try to rush players into intense training when they haven't recovered from the last season.

<https://next-level-athletics.com/season-hockey-strength-program-phase-1/> If you have any questions I can be contacted at [darrick.graham@metrogr.org](mailto:darrick.graham@metrogr.org)

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

# “UPCOMING GRAHA EVENTS”

- We are looking for qualified coaches to help coach at GRAHA. Applications are always welcomed.
- A big congrats to the four board members that won reelection of their position, Michelle Burg, Kent Hildebrand, Paul Osborn, and Paul Lowden.
- We have some new exciting plans for 2020, can't wait to share with all of our members, but for now we will keep you in suspense :)

Thank you to all of the families, players, team managers, and coaches for all of your hard work during the hockey season, we couldn't do it without you.

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