



# THE RINK RAT



Jan, 1<sup>st</sup> 2018

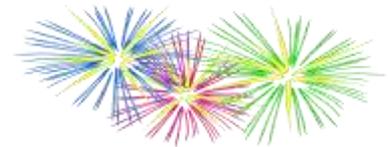
<http://www.graha.org/p>

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## HAPPY 2018



Glad to have everyone back and healthy starting the New Year. Many of you made New Year's resolutions this year good luck keeping them; But if not, or even if you did, try this exercise, it's a good one for those searching for a way to self-improve.

Exercise: Take a piece of paper and fold it in half. On one side write:**2017**. On the other side write: **2018**. Write down one word on the 2017 side of the paper that you would never like to see again. Write down one word on the 2018 side of the paper that you want to focus on this year. Tape this letter in the bathroom mirror so you can see it every day you wake up. Have laser focus and achieve your goal this year. Good Luck

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## Tryouts 2018

*Tryout dates this year for spring and fall travel:*

**Spring tryouts:** Tier I March 19 non-national bound  
Tier II March 26 non-national bound

**Fall tryouts:** Tier I April 30 National bound must follow MAHA tryout rule:  
Tier II May 7 National bound must follow MAHA tryout rule:

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## Congrats GRAHA Squirt Red Panthers



The GRAHA Squirt Red Panthers completed an amazing tournament at the South Bend Irish Cup. Down 4-2 to the Irish Select Green team, with 1 minute left, the team rallied to score twice with the goalie pulled to salvage a 4-4 tie. The team then won 4-0 and 5-1 games to earn a spot in the Championship Game at Culver Academy ... with the Irish Select Green team. Down 1-0 late in the game, the Red Panthers rallied again to tie 1-1 and force overtime. After a scoreless 5-minute overtime, the team lost on the 3rd shooter in a Shootout, earning a well-deserved silver trophy and medals. Congratulations to these comeback kids that represented GRAHA so well. (Bardeggia)



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## Motown Cup Champions 14U Girls Team



The Griffins U14 women's team won the MoTown Cup in Detroit last weekend, going 4 and 0 and winning the championship game 3-0. The team was led by the stellar defensive play of Cadence Schultz, Jillian Schwierking, Hannah Lambers, and Kacie George, along with the great goaltending of Rachel Purleski, who recorded 3 shutouts in 4 games and only gave up 1 goal in the tournament!

Peyton Elliott, Amelia Albers, and Meg Simon led the way offensively throughout the weekend, while Patricia Misiak and Hailey Powers added timely goals in the championship game. Sophie Quillan was a force to be reckoned with, dominating along the boards and matching the physical play of the opponents. Elizabeth Reoch and Abby Hildebrand also made solid contributions to this TEAM EFFORT.

Quotes from the coaches: "I felt the girls were mentally prepared for this tournament, and it showed each and every game. The team continued to battle each and every shift, and our balanced offensive, along with solid defensive play, simply wore other teams down over 3 periods". (Alberts)

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## Three stars of the game:

- ★ Update from district play in games in Kalamazoo that SQ A beat Fox to advance to the D6 District tournament. SQ White Waide advanced as well.
  - ★ 05 Parents: This group has been a blessing to work with this season. They have helped on the ice, helped off-ice, and help with supporting the team and the coaching staff. Parents thank you for outstanding representation of the GRAHA Family and values we believe.
  - ★ 04 Coaches Blok, Crawford, and Brown, Great job keep up the good work. These three young coaches from Davenport University have done a great job motivating their team to work hard and have a blast while do so; that's a recipe for success.
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## Metro's Minute



**Below is the article for the GRAHA newsletter. I wanted to get out a quick reminder on "Heads-up Hockey" and quick signs/symptoms for concussions, especially with it getting into the thick of the season.**

<http://www.usahockey.com/headsuphockey>

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## “UPCOMING GRAHA EVENTS”

- District weekend Feb 2-4 (GRAHA hosts Bantam A)
- GRAHA end of year banquet February 23 at Thousand Oak 6:30PM
  - Anyone can buy a ticket through GRAHA after Feb5th for only \$25 dollars. Great times with family and friends come join us.
- GRAHA Spring house league for Squirts and PWs Evaluation skate
  - March 21st 6PM SQ & 7PM PW PIC
    - Information to follow for dates & times of games & practices
- Grand Coney Fundraiser for GRAHA: Please support Grand Coney on February 9<sup>th</sup> from 6am to 10pm. 15% of all food and beverages will come back to GRAHA

<p><b>PLEASE HELP US RAISE MONEY FOR:</b></p>  <p><b>PRESENT THIS FLYER TO OUR STAFF WHEN PAYING YOUR GUEST CHECK TO BE CREDITED TOWARDS THE FUNDRAISER</b></p>	<p><b>FUNDRAISER</b></p> <p><b>FRIDAY FEBRUARY 9, 2018 AT:</b></p>  <p><b>5121 28TH ST. STE C GRAND RAPIDS, MI 49512 P: 616.930.3680 WWW.4GR8FOOD.COM</b></p> <p><b>15% OF YOUR IN-HOUSE FOOD AND BEVERAGE PURCHASES FROM 6 AM TO 10 PM WILL GO TO SUPPORT: GRAHA</b></p>
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# Between the Glass



## ***Between the Glass with Sarah Vulpetti: Womens 19U Head coach***

### **What brought you into coaching?**

The start of my coaching career was actually quite serendipitous. One of my co-workers has a son who plays hockey and she heard about the need for a girls' coach through one of the parents (Pat Fitzgibbon) from her son's team. She knew that I play hockey and have a lot of passion for the game so she asked if she could pass my name along to Fitz. Fitz and I met at one of the girl's games last season and he thought I would be a good fit for the team so he set up an interview for me with Jean Laxton..

### **What do you love about coaching the most?**

I love being able to watch the girls progress through the season. It's the best feeling when you give a player feedback on a skill and then see them work towards executing that skill and becoming proficient with it. I get so excited for them and proud of them that I think I celebrate their success more than they do. I also love my team, I have a great group of girls and they've really made this season a lot of fun. They are a very thoughtful, funny, and sweet group with great attitudes both on and off the ice and I always look forward to the time I get to spend with them.

### **Favorite moment on the ice?**

I don't know if I could pick one favorite moment, I have so many favorite encounters with each of the girls while on the ice that it would be hard to settle for just one in particular. From laughing with a player that can never manage to stay on her feet during practice to cracking jokes about duct taping certain players hands to their sticks if they don't use two hands when catching a pass to watching my captain's take initiative in leading the team with a drill, these are all moments that make me so glad I decided to coach.

### **You are also a teacher, are there similarities between coaching and teaching?**

I use a lot of the same strategies in the classroom and on the ice. For instance, building rapport with my players, the old adage is true; they don't care what you know until they know you care. This is a crucial skill as an educator since, often times; you have to build a solid relationship with your students before any deep level of learning happens. If my players thought I only cared about them as hockey players, sure they'd go through the motions of the drills and games, but I believe they give it their all and work their hardest because they know I care about their overall wellbeing and for them as a person. Building trust is also important, just as it is with teaching, I knew I had succeeded in this with coaching when I overheard one of my players say to another adult "If coach asked me to do it then I wouldn't question it because I know she'd never ask me to do something that wasn't good for me or didn't make sense". Also, the way I explain drills is similar to how I explain lessons in school. When teaching, you have to explain things in a way that makes sense to all students, visual learners, auditory learners, and kinesthetic learners. I explain drills and concepts to my players the same way, ensuring that I'm not only telling the girls what I want them to know but showing them and then allowing them to slow motion practice run through of what I want them to know as well. Even the way I question their understanding of what we just went over is the same way I would question my students in class.

### **One tip for parents, one tip for coaches, and one tip for players.**

Parents: Don't get so caught up in the game that you forget to let your player just enjoy hockey.

Coaches: This season is only for a year, the relationships you build with your players are for a lifetime.

Players: If you're passionate enough, there is no limit to how long you can play hockey for. My mom will be 60 this year and still plays goalie! Never think the end of high school or the end of college is the end of your hockey career.