



THE RINK RAT



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<http://www.graha.org>



LITTLE CAESARS CHAMPIONS



CONGRATULATIONS to Paul Osborn's 14U Girls team on winning the Little Caesars championship. Great job and fantastic way to end the season with a win!



GRAHA Girls 14U Tier 3 team had a successful 2017-18 season. They played in a tournament in December in Fort Wayne and lost in the championship game. The girls finished 2nd in MAHA State Tournament in Alpena and won The Little Caesar's League Championship on March 17th. These girls came from a wide range of ages, but all seemed to bond and enjoyed growing as a team. (Head Coach Paul Osborn)



LITTLE CAESARS CHAMPIONS



CONGRATULATIONS to Brad Verker's Squirt A Team on winning the Little Caesars Championship! Great work boys, Big win to start off your long hockey careers.



The Squirt A team finished an awesome season by winning the LCAHL tournament championship with a 3-0 win over Wyandotte. They only allowed an amazing 3 goals in 6 tournament games. The team had great goaltending, solid defense, and hardworking back-checking forwards. The boys worked hard all year and all the coaches did a great job with transitioning the kids from the Mite world to the full ice game, while increasing skill development. The boys can be very proud of their hockey progress and what they accomplished this year. (Verker)

“UPCOMING GRAHA EVENTS”

- **May Tryout week- May 7th-10th** Check our website for updates on tryout locations and times. Check our website for schedule and information.
www.graha.org
- **End of the Year Banquet donations:** Thank you to everyone who supported this event. We were able to raise \$3,220 dollars for the scholarship fund. Thank you everyone for your donations and support of our silent auction at the end of the year reception. It was a great turnout; we look forward to seeing you all there next year.
- **THANK YOU GRAHA FAMILIES!!!**

Metro's Minute



Below is the article for the GRAHA newsletter.

Here is a link to USA hockey for specific dry land exercises for continued training for off season.

<https://www.usahockey.com/agespecifictraining>

Thanks,
Nick

Nicholas McBride, PT, DPT
Physical Therapist



Between the Glass



Between the Glass with Jean Laxton, GRAHA's General Manager:

1) **You have been running GRAHA for a very long time, what makes you love it?**

I started as a LTS commissioner back when GRAHA skated out of Jolly Roger. That was 26 years ago. I love the kids, the families, and watching these young skaters grow up both on and off the ice.

2) **What would you share with new parents coming into this sport as the most important things to consider?** Enjoy every minute of your experience. Play age appropriate as long as you can, let them have fun and develop and do not push them. Every child has a different development pace, be patient as they learn.

3) **What would you share with long term parents from your experience?**

Let the children play for fun and the love of the game. Do not get hung up on house vs travel vs AAA. Every child develops differently and not everyone aspires to play elite hockey. GRAHA has teams for all ages and skill levels. Let them play where they can grow and excel at their pace.

You have been a big player in helping womens hockey grow, whats your goal when it comes to womens hockey?

I love the girls game and helped start the first girls travel team in 2001 at GRAHA. GRAHA has been growing our girls program every year since then. GRAHA has over 100 females from 4 years old to 18! My goal is to continue to introduce the game of hockey to any female that wants to join us. There are so many hockey opportunities for girls from ACHA to NCAA D3 and D1. It is a great sport and having just witnessed the USA Hockey women win Olympic gold in PyeongChang there is more excitement than ever for girls hockey!

What do you love about GRAHA the most?

I love watching the new skaters that come in through LTS or try hockey for free continue through our program. Kids develop so fast if they are having fun and getting good coaching and skill development. They are fun to watch as they learn new skills and gain confidence. As I get to know the families of the skaters they become family too. I am lucky to have such a large extended family and get to watch their kids grow and develop both on and off the ice!