



THE RINK RAT



Jan, 15th 2019

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

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Congratulations to the Champions



The SQ AA clinched the Howe 2 division outright and currently has an 8-1 division record. Their overall record is 19-5-2. Keep up the great work guys, awesome job.

GRAHA B Pee wee house second place finish in both Cadillac tournament and Silver Sticks!



The pee wee team won second place in both tournaments. Cadillac and Silver Stick tournaments were both full with great competition and this team just rose to the occasion. We are very proud of their efforts, great job team. Putting back to back tournaments together can be tough to do but seems like the coaches have them playing at their best.

Cadillac we went 3-0 with victories over Hawks, Cadillac, Lakeland. They won their side of bracket. They beat Jr. Jacks in semifinals and lost to Gladwin in finals.

Midland:

3-0 in round robin play beating Saginaw 9-4, TC Trophy 4-1 and Midland 5-1. In a rematch against TC in the final we lost 6-3.



A Hockey Tip from a Coach

A common problem we have noticed is players forgetting equipment. An easy way to fix this problem besides making mom or dad pack the hockey bags. Tell your player/s to pack their bag the way they would get dressed. This way as their getting dressed in their head, if the equipment is not placed into the bag, they know they don't have all of their gear. Hopefully this helps your player not to forget any gear for practices or games.

Another helpful tip, is the keep all your gear in one place. When bags are packed and there is no gear around you should have everything you need, good luck!

Cross Ice Fun

Shots from Cross Ice program. These kids are having too much fun.



GRAHA Hockey Trivia

No winners this month although there was one close guess but that person sent in more than one answer so we didn't accept that answer.

-The answer to last month's question: Who was the first American Team to win the Stanley Cup? A: The Seattle Metropolitan.

-The new question for this month: Who was the first player in the NHL history to score 100 points in a single season.

Bonus question: How many points did he score and in how many games.

Three stars of the game:

- ★ Tae Otte: A big thank you for Tae Otte who has stepped up as our woman's 14U head coach but also as a great role model for our young hockey players. She has always done a great job running our power skating on Friday's for GRAHA.
 - ★ Ron Baum: A big thank you to Coach Baum for speaking at our Scholastic Stars event for GRAHA. These are kids that maintain a GPA over a 3.0 all while playing hockey at the same time. This is a very cool event and one that shows the excellence of our GRAHA kids.
 - ★ GRAHA Board: A big thank you to all of the volunteers on the GRAHA board that put countless hours into planning, budgeting, and decision making to make GRAHA a great place to play hockey. Thank you for your countless hours of service.
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Metro's Minute



Hi guys! This is Darrick Graham PT, DPT of Metro Health-University of Michigan Health Sports medicine. I wanted to talk about a topic that is somewhat disregarded with training but is really important, and that is grip strength. Grip strength is important because: **#1 it is the first messenger of our nervous system:** in general “the body follows the hands, the hands don’t follow the body” so grip strength improvements can have a massive factor in both your shot power and release speed. **#2 shot power and release time:** Actions such as passing, wrist shots, and snapshots are almost exclusively the result of the amount of force generated through the hands, forearms, and upper arms. Enhanced grip work will improve performance in these areas. The slap shot is a much larger movement incorporating the latissimus dorsi muscles of the back and the best “bang for your buck” exercise is a wide grip lat pull up. The weak point of this exercise for most people is usually not lat strength but grip strength. So for quicker passes, crisp wrist shots, and better control with the puck start working on that grip strength!

<https://www.hockeytraining.com/need-grip-strength/>

If you have any questions I can be contacted at darrick.graham@metrogr.org

Thanks and we will see you at the rink!

Darrick Graham PT, DPT

“UPCOMING GRAHA EVENTS”

- **Coming Soon:** We are looking for quality members to serve on our GRAHA Board, If you’re interested, please stay tuned for more info.
- **Coming Soon:** We are looking for qualified coaches to help coach at GRAHA. Applications will come out soon, stay tuned for more info.
- **End of the Year Banquet Feb 22nd** @Thousand Oaks, Starts at 6:30pm a time to celebrate great seasons and honor the coaches & sponsors.
 - Tickets will be available for \$25 dollars each or 2 for \$40. You can purchase these through the GRAHA offices starting Jan 31st.