



THE RINK RAT



Oct, 1st 2017

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

GRAHA Board of Directors

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

Please welcome our new GRAHA coaches:

- **Mike Igoe-** Mites
- **Scott Fisher & Mark Campbell-**Mites
- **Brad Verker-**Squirt A
- **Michael Schlatter & Jeff Lembke-** Peewee House
- **Jacob Blok-** Bantam A
- **Michael Ballard-** Bantam AA
- **Sarah Vulpetti-** 19U Girls



Hydrate Before--Hydrate During -- Hydrate After



Here is the link to a great article on hydration for you:

http://www.minnesotahockey.org/news_article/show/319315?referrer_id=710946

Thanks again for having us all out
Darrick Graham

The GRAHA hockey season officially begins September 25th, we would like to welcome all of you back to the rink and to GRAHA. Thank you for choosing GRAHA as your child's hockey home! We look forward to another great season and welcome to the GRAHA FAMILY!

Three stars of the game:

- ★ GRAHA- Red Mites- GRAHA is excited to announce the first ever all girls 8U mite team for this season. Head Coaches are Mark Campbell, Scott Fisher and Blake Osborn. What an exciting thing for GRAHA, this team of 10 skaters will be fun to watch and will help us to continue to grow our girls program.
 - ★ GRAHA open house: GRAHA welcomes everyone to the open house at Patterson Ice Center from 4pm-7pm on Sunday Oct 8th. There will be a free family open skate from 5pm-7pm with an appearance by several of the local mascots and Davenport University Players. Hot Dogs, chips, and drink will be available. Hope to see you there.
 - ★ The IIHF girl hockey weekend is Oct 7th & 8th. In celebration GRAHA is having a try hockey for free for girls only Sat Oct 7th at 3pm. Sign up at www.tryhockeyforfree.com/7938 to register for this event.
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“UPCOMING GRAHA EVENTS”

- **IIHF Girls only Try Hockey Free Day-** Oct 7th 3pm
@Patterson Ice Arena
 - **GRAHA OPEN HOUSE:** Oct 8th 4pm-7pm
 - **--GRAHA OPEN HOUSE SKATE:** Oct 8th 5pm-7pm
 - **USA Hockey Try Hockey for Free:** Nov 4th at 3pm
@ Patterson Ice Arena
 - **Kim Muir Skating Camp** Oct 8th 2pm-4pm @ Griffs,
You must pre-register on her website.
 - **MAHA Try hockey for Free Skate:** Dec 9th at Noon
@Patterson Ice Arena
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Photo: GRAHA Used Equipment Sale: What a great event! So much nice gear for cheap, great event to check out next time.



Between the Glass



Between the Glass with Paul Lowden, GRAHA's Vice President.

What makes you want to volunteer your time with GRAHA?

GRAHA is a great inclusive organization that essentially is involved in the mentorship of our youth. We have the ability to offer youth development programs that encourage our children to be creative. At GRAHA we offer progressive skill-building instruction that require our children to commit to high but realistic levels of time and effort. It is our privilege and responsibility to provide the resources to help ensure success.

What is GRAHA's great attribute as a hockey organization?

GRAHA has demonstrated a great commitment to youth development. It is an intentional process that helps young people build attributes and skills like working together (teamwork), positive attitudes, overcoming challenges/setbacks that are needed to participate successfully in adolescence and adult life. As a **nonprofit** youth organization GRAHA it is not about maximizing profits, it is about maximizing relationships.

What would you like to help GRAHA achieve?

I would like to see GRAHA expand their services to include more off ice youth development activities that exercise the holistic approach to the development of mind and body. I would also like to see GRAHA continue to expand their corporate sponsorships to help lower the costs of youth hockey, so we can expand our outreach in the communities we serve.

Advice for new parents getting into hockey for the first time?

Hockey is an investment. It is an investment in our children to help foster positive team oriented skill sets that teach invaluable lessons that our children will take forward into adulthood. Hockey is a special network that creates life time relationships and friendships.