



# THE RINK RAT



Nov, 1<sup>st</sup> 2017

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

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## GRAHA Midget A JV Griffins Team Captures Rockford's Preseason Tournament



The GRAHA Midget A JV Team coached by Jeff Lobdell, Bret Olson, Dave Morton, Timur Raghieb & Chris Newton beat Team 131 (Big Rapids/Cadillac) 4-2 on October 1<sup>st</sup> at the

Cedar Rock Sports Plex to capture the Midget A preseason Tournament. Earlier in the tourney the Griffins beat Rockford 4-3, tied Walker 4-4 and beat Lowell/Caledonia 4-1 to finish the tourney undefeated. "This was an exciting tournament with most every game being decided by a goal or two" said Lobdell. The only team the Griffins did not play in the 6 team tourney was the Muskegon Junior Jacks.

The Griffins team has 9 returning players from their tier 2016-2017 Midget A JV Tier II Championship Team. Of these 9 returning players, 5 are forwards, 2 are defense men and 2 are goal tenders. The Griffins were led by senior Captains Andrew Cummings, Dayne Lobdell & Connor Keegan and got outstanding goal tending by returning net minders Zack Olson & Josh Wyse. "Going into the tournament our biggest question was at defense where we only had 2 returning players, but some of our new guys really stepped up" stated Lobdell. Lobdell also gave some credit to coach Chris Green who ran a few of the preseason practices and worked with everyone on some basic skills as well as breakout positioning.

The GRAHA Midget A JV Griffins have now completed their preseason schedule with a 10-5-1 record and after clearing Tier II league championships 2 of the last 3 years are poised to make it to tier I for the 2017-2018 season.

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## GRAHA Midget A JV Griffins Captains

### Comments about the win:

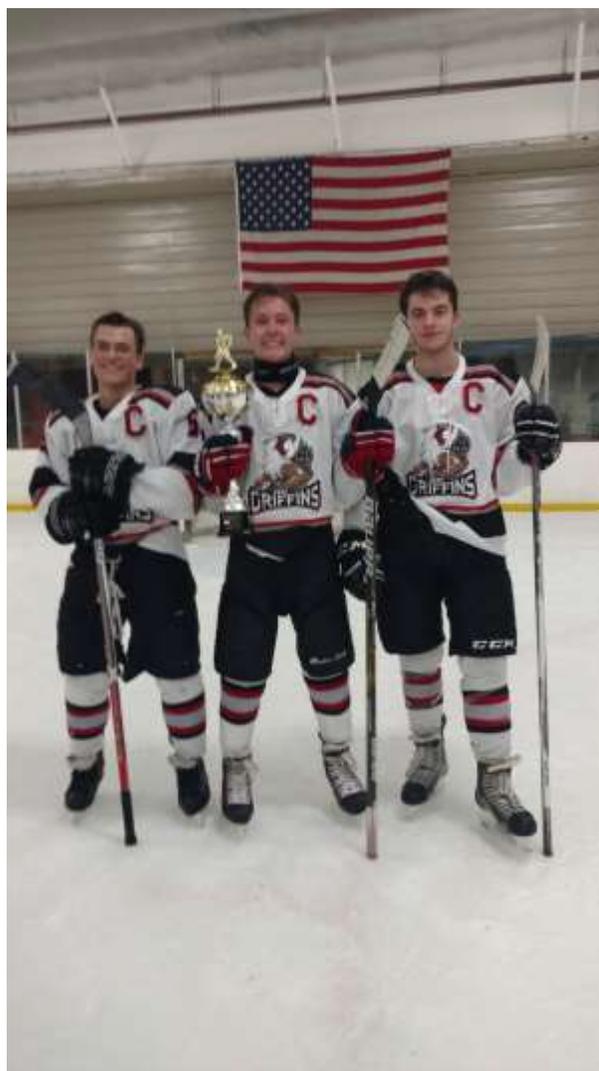
From left to right: Andrew Cummings, Connor Keegan, and Dayne Lobdell. Jeff L. not shown

**Andrew Cummings:** "Being a young team, a win like this gives us the confidence that we can play with any team."

**Connor Keegan:** "The big tournament win at Rockford was a sign that we can and will do well this season, if and only if, each and every teammate puts forward their best efforts".

**Dayne Lobdell:** "This tournament was a great way to show that we can work together as a team with pretty much all new guys. I am happy to see we are all becoming closer every time we get on the ice together.

**Coach Jeff Lobdell:** It was great to see our team come together and win this tournament, but now we must work hard and stay focused on accomplishing even greater things as the season continues.



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## Special Thanks to Bob Mancini

Bob Mancini, USA Hockey regional ADM director was at GRAHA for on ice and off ice presentations with Mites and Squirts at Patterson Ice Center Monday, October 23rd. Bob ran the on ice practice and had a parent meeting with mite and squirt coaches as well as met with the GRAHA coaches.

We are always excited to have Bob visit and speak with our parents and coaches. He is one of the best coaches working with USA Hockey and always makes a commitment to grow the game of hockey the right way. Thank you BOB!





**GRAHA Families only:**  
**Wear your GRAHA jersey and watch the Panthers for free**

Current GRAHA Griffins travel, GRAHA Panthers House, Cross Ice, learn to Skate/Play players can attend any Davenport University hockey game as long as they wear their jerseys. Parents/siblings ETC, Would need to pay regular admission price. Come on out and watch the teams play! They have four hockey programs including Women's D1, Men's D1, D2, and D3 team. Check for their schedule at [www.Davenportnvsports.com](http://www.Davenportnvsports.com)

**Three stars of the game:**

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- ★ We have found success holding all three squirt teams practices together, seems to be working well and making progress for building core skills. Come out to watch the excitement.
  - ★ Thank you to Ron Baum and Chris Timmer for holding a great coaches meeting for our GRAHA coaches. GRAHA continue to strive to provide any resources available for our coaches to help our kids anyway possible. Always learning!
  - ★ Upcoming Coaches Meeting December 12<sup>th</sup>. We encourage all coaches interested to attend this meeting. Anything we can do to help our kids is priority number 1!
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Here is the link for the topic (Dynamic/Static Stretching) If you need anything else let me know.

<https://www.hockeytraining.com/static-and-dynamic-stretching-for-hockey-players/>

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## “UPCOMING GRAHA EVENTS”

- Free Goaltending clinic 3:30PM Dec 3<sup>rd</sup> Patterson Ice Center
- 5:00-7:00PM Kim Muir power skating
  - Register at <https://kimmuirpowerskating.com/power-skating-hockey-camps/>
- MAHA Try hockey for Free Skate: Dec 9<sup>th</sup> at Noon @Patterson Ice Arena



## Between the Glass



### *Between the Glass with Matt Albers: GRAHA's Tier II Girls U14*

**What do you enjoy the most about coaching female athletes?** The thing I enjoy the most about coaching female athletes is that they listen incredibly well. They really want to learn about the game, and are willing to work hard to get better.

**What do you like most about coaching with GRAHA ?** GRAHA is a great hockey organization to be a part of. We have very dedicated and knowledgeable coaches, who all work together in order, to give the kids a great hockey experience.

**What advice do you have for parents that want to coach their players from home or the stands?**

Leave the coaching to the coaches. The players can hear just about nothing that people yell from the stands. If parents want to coach their kid, that's awesome, and I would suggest they sign up and become a coach, but if not, just cheer and enjoy the time watching your kid work hard and having fun on the ice.

**What is it about coaching that continues to bring you back year after year?** I love the game of hockey, and I really love teaching and working with the kids in order to make them better players. Being on the ice and on the bench with the kids is an incredible experience that can be both challenging and incredibly rewarding.

**What is your most favorite moment on the ice as a coach?** My favorite experience as a coach is probably winning the Notre Dame tournament in 2016 with the U14 girls' team. It was a thrill to be a part of, and it was awesome to see the look on the girls faces when the game ended and they realized we were tournament champs!