

# #gvahfamily NEWS



To start things off, I'd like to express how happy and excited I am to be back at Georgetown and GVAHA! I'm thrilled to be working hand in hand with Jack Williams, as well as our players, coaches and parents!

Changing gears, I'd like to discuss a character trait that I have always believed is the most critical component in player development and a long-term indicator of success in any vocation, whether athletics, business, education, science, etc...and that's **GRIT!**

Recently I finished reading Angela Duckworth's best-selling book, "GRIT." Throughout the book the author displays her grit by taking you on her journey to discover why certain people achieve so much, no matter their station in life, no matter the economic set-backs and why others simply muddle through. What possesses certain people in society to be paragons of GRIT?

Simply put: **GRIT= Passion + Perseverance.**

As the author methodically unravels the mystery behind the **GRITTIEST people you realize how resiliency is one of the most critical components to long-term success, not innate talent.** Often the most gifted are not the most successful over the long-term. I can certainly vouch from 26 years of coaching that although talent is always valued and certainly revered there's very little value in a talented athlete that lacks GRIT. In short, the gifted un-GRITTY hockey player cannot be counted on to deliver when the chips are down. **Without GRIT, talent is of debatable value.**

So, how can GRIT be fostered specifically at the youth hockey level? (This is where I highly encourage every parent, coach and older youth to read Duckworth's book!) Without taking away too many reasons to actually read the book, here are three critical points parents, coaches and players can utilize at some level:

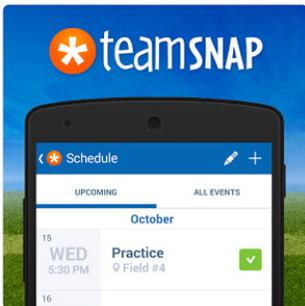
1. **Never praise innate abilities of talent.** Rather praise the work-ethic behind the talent. For instance, when a player displays exceptional skating abilities, do not praise his/her on how effortlessly or fast they skate, rather praise how hard they must have worked to develop their skating ability. (I think at one point or another we are all guilty of praising innate abilities, but it's counter-productive.)

2. **Emphasize and encourage skill development and the deliberate training behind the development.** Nothing replaces deliberate and focused skill development, nothing!

3. **How to GRIT in practice?**  
Answer: **Competitive Small Area Games, not flow drills, not breakouts, not systems!** Competition amongst team mates during practice fuels the GRIT juices, it rewards the most passionate and persistent and just as importantly; it forces those who do not bring a competitive attitude to step their performance up.

Lastly, and most important the book GRIT has a lesson for all of us adults...one we should convey to our children, that message is that the happiest, most satisfied people in the World are those who exhibit passion and perseverance (GRIT) in what they LOVE to do for others. No matter the profession, the GRITTIEST people in the World are those that have a purpose and a mission to serve others. It's a great message to share with our young people, no matter the age.

All the best!  
"Coach B"  
**Joel Breazeale**  
Hockey Co-Director  
Georgetown Ice Center



As part of our continued commitment to improve the communication within GVAHA, we are happy to announce that we will be using TEAMSnap to manage all our teams for the 2016-2017 season. Coaches and Managers will love the ease of communicating with the team. Parents will enjoy using the app to quickly check game times and locations, share photos or send messages to the team. Be sure to visit [www.gvaha.org](http://www.gvaha.org) and check out the TeamSnap FAQ page for tips on sharing access with family members, adding the calendar feed to your Google or iCal, and more tips.

# board of directors

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Get all the latest news and information online at

# www.gvaha.org



Support GVAHA when you shop for back-to-school items. Shop with Amazon Smile at <http://smile.amazon.com/ch/16-1696171> and Amazon donates or portion back to GVAHA.

# hockey calendar

- September 6 GVAHA House Hockey Begins
- September 17 GVAHA Board Meeting
- October 1 Sponsorship Deadlines
- October 1 Mites & Cross-Ice Begins
- October 1 Team Photos - House & Travel
- October 8 Team Photos - Mites & Cross-Ice

**\*\*Check your TeamSnap Calendar for more details\*\***

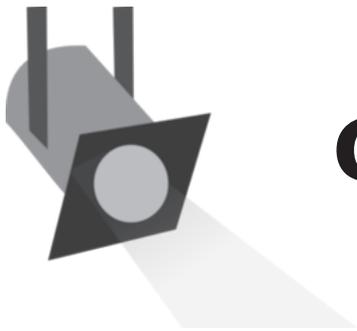


## SPONSORSHIP OPPORTUNITIES

Sponsorships are available for the 2016-2017 Season. GVAHA is proud of our community sponsors and the impact they have on helping youth play hockey.

Sponsorships are available for both House and Travel Hockey Teams to ease the financial burden of their members. Every GVAHA family can offset player fees by contacting sponsors to support hockey in Georgetown township and surrounding communities.

Sponsorship packets can be downloaded at [www.gvaha.org/sponsorship-opportunities/](http://www.gvaha.org/sponsorship-opportunities/) or pick one up at Georgetown Ice Center.



# GVAHA PLAYER SPOTLIGHT

## Eli Sytsma

### **Who is your favorite hockey player and why?**

Pavel Datsuyk. Because he was the greatest puck handler in the NHL and a great defender. I also met him :)

### **What is your favorite thing about playing hockey?**

Playing with teammates, having fun, learning more about the game.

### **What other sports do you play? Does it help you with hockey?**

Baseball. Hand eye coordination, running, and staying in shape.

### **What goals do you have for this season?**

- Winning a tournament
- Scoring 20 goals
- Having 20 assists
- Having fun with my team

### **Who has been the biggest influence for your hockey playing so far?**

My mom's cousin Heath Timmer, who died in 2004 at 11 years old, and my parents named me Elijah Heath Sytsma after him. He was an amazing hockey player and an even better kid. I wear #13 for him.

### **How do you unwind after a game?**

Eat, watch the Red Wings, watch you tube videos of hockey.

### **How do you gear up for a game?**

Playing music.

### **If I turned on your iPod/Phone or other music player, what song would be playing?**

- Ride
- Centuries



### **Player Spotlight**

**Eli Systma - GVAHA STARS PeeWee A Travel**

## STAY CONNECTED

Make sure you are signed up to receive our weekly E-Blast to get the latest announcements and news from GVAHA. Sign-up on our website at: [www.gvaha.org](http://www.gvaha.org).



gvahastars



@gvahahockey



@gvahahockey

Use these hashtags to share tournament photos and highlights of the season and fun times during the upcoming season.

#gvahafamily #loveofhockey

# GVAHA FAMILY PROFILE

Each month the GVAHA Newsletter will feature a family in the STARS association. This month we are profiling the Parrow family.

## ***Who plays hockey in your family?***

"All three of our boys, Sebastian, Seth and Skyy play hockey. Steve also played when he was younger and continues to play on an adult league and also assists with coaching both teams that the boys play on."

## ***How did you all get interested in hockey?***

"Sebastian was the first of our boys to start playing. When he was 6 years old, he asked for a hockey stick. At about that same time we learned that his friend from school was planning to enroll in Georgetown's learn to play hockey program because they heard a lot of good things about this program. We decided to enroll Sebastian also."

## ***Are you competitive with each other?***

"Like most boys, our kids are competitive with each other and other kids. Not only with hockey, but also with school, video games and other sports and activities that they play."

## ***What's your favorite memory so far?***

"There are so many memories we've made with our boys playing hockey. Early on, we vividly recall how they all transitioned from just barely able to stand on skates, to skating, to becoming hockey players. We could literally see progress from week to week. We also have made fond memories with our hockey family and have built friendships with many hockey families that we've grown to know over the years. We

recall Sebastian's first season on a full-ice team when they made it to the State Finals. They were runner's up that year and all of the parents were so proud of the coaches, players and support that made this team what it was. Not every season has ended with such a bang, but the teamwork, pride and dedication is always there - season to season, no matter what."

## ***Who is your favorite team? Are you a house divided/united?***

"With regards to NHL teams we are all Red Wings fans and we love the Griffins, their AHL affiliate team. Every once in a while one of the boys might proclaim their new favorite team, but that is usually short lived."

## ***What do you hope for your kids to learn from playing hockey?***

"Our main hope with the kids playing hockey is that they have fun playing the game. We also hope that they learn the importance of working together as a team and that hard work pays off, not only in hockey, but in other areas in their life."

## ***Have you ever played in the adult leagues?***

"Steve currently plays on an adult league and adult drop-in, not just because it's fun, but also to keep him in shape so he can try to stay a stride ahead of his boys. He understands that it won't be too much longer before they're skating circles around him and showing him new skills on the ice."



L to R: Steve, Skyy, Sabastian, Tao & Seth Parrow.