

## Past Player/2022 Olympian Profile:

### **How old were you when you started skating? Why did you start?**

I started playing hockey when I was 5 years old (Kindergarten). It is a funny story how I decided to try hockey. My class crush showed up to kindergarten with a flyer to learn to play hockey, and I wanted to be just like him. I brought the flyer home to my parents and wanted them to sign me up because he was playing. My parents were a little surprised with this request, as hockey was not really in the family bloodlines. Despite the lack of experience, my parents decided to sign me up and proceeded to go to the local sporting goods store and purchase the \$150 starter kit. I was all signed up and had all the new, shiny equipment, yet the night before the first practice I sat crying in my bed telling my

parents I didn't want to go anymore. My family has a philosophy once you sign up or start something, you see it through and finish it. I showed up to the first practice having never skated before and was by far the worst one out there. I got on the ice and didn't even move, while the boys were all skating circles around me. Despite being the worst one on the ice, I got off the ice after the practice and looked at my parents with a huge smile on my face and told them I was the best one out there. My parents didn't want to shatter my confidence at a young age, so they just went along with it.

### **When did you know you were hooked on hockey?**

There is not a specific moment that sticks out as to when I got hooked on hockey. I grew up playing a variety





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of sports (soccer, tennis, and golf). Hockey, for some reason, stood out more to me than the others. I like the team camaraderie and competitive nature that hockey provides.

### **What was your favorite local rink?**

My favorite local rink has to be the Anderson Ice Arena (Breck). I played 5 years of high school hockey there, and it feels like home to me. Many countless memories, life lessons and competitive games have left an impression on me.

### **Were you a rink rat a lot growing up?**

#### **Favorite place to do so?**

I wouldn't describe myself as a traditional rink rat. I do enjoy watching games of all different levels (NHL, College, HS, etc.). Outside of being at the rink and playing hockey, I like to remain active. My family is very active so outside of hockey we enjoy playing tennis, golf, and pickleball.

### **Your Dad was involved quite a bit in Selects. What are your thoughts on his and the tournament's impact on you and so many other young players?**

I think the tournament does a great job of bringing the best girls from around the state together. It is very rare to see girls from different age groups come together and compete only against people of the same birth year. Not only does the tournament provide competitive games, but you develop so many friendships and relationships that extend past the tournament. The tournament also does a great job of promoting team sportsmanship and camaraderie, which I think is something very important to learn at a young age. One of my favorite memories about the Selects tournament is the skills competition everyone gets to participate in. I think the tournament is unique in many ways because most girls play in tournaments across the state with people of all ages, and this is one of the unique times



you are only playing and competing against people of the same birth year. It has been special to see my dad's involvement in the tournament, and how it continues to grow.

### **As a former player for MN Selects – do you have any plans in the future to become involved in selects or any other programs as a mentor or coach?**

I don't currently have any plans to become involved in Selects, but maybe potentially down the road. I do enjoy coaching and working with kids. I have had the privilege of having some great coaches and mentors as I have grown up. They helped develop me into a better player and person, and shaped me into who I am today. I don't know if I would be where I am without it, and I hope to be able to provide a similar experience to other younger players as they grow up.

### **What do you remember about playing in Selects? What was your favorite part?**

One of the biggest things that I remember about the tournament is how intense the rivalries would become





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school or college are the same ones who were in the Selects program. Girls' hockey is such a small world in the state of Minnesota, so it is cool to see things come full circle as one gets older.

### **What is your overall favorite hockey memory?**

My favorite hockey memory would be playing in the Olympics and winning two gold medals at the U18 championships with team USA. Outside of my time with team USA, I enjoyed growing up playing with my two sisters. I have been fortunate to play on the same team with both, which is unique.

between the 4 different regions. Despite only being a weekend tournament, everyone was so competitive and wanted to bring home the championship. Even though the makeup of the team changed year to year, the rivalry would continue.

### **What do you think is the best thing for today's players to view Selects?**

I think the Selects tournament is one of the few opportunities to bring the best players across the state together at one's respective age group. At the end of the day the tournament should be an enjoyable experience and help create new friendships that will last a lifetime.

### **How many players you grew up playing with and or against do you still have contact with?**

One of the strengths of the tournament is bringing the best girls across the state together. As one grows older, one realizes that many of the girls you play with and against in high

### **Any advice for young players?**

The biggest advice I can give is to have fun. It is super cliché, but at the end of the day if you enjoy what you do, you will make the most out of the opportunities you are given. Also, this quote was shared with me when I was younger, and it has stuck with me: "Train like you are #2, play like you are #1."

