

## PHILIPPE LAPOINTE | MICHIGAN ICE HOCKEY Ø<BÒ

Hi everyone My name is Phil Point I am a grad student at the University of Michigan I play in the ice hockey team here So in my life I've had a lot of great mentors obviously uh my first being my dad he played professional hockey So being able to look up to him at an early age was really motivational uh getting to see him do what he loves kind of trickle down to me and my brothers I got an older brother as well So being able to learn from him and you know grow my love for the game of hockey um was really special So it's been ingrained in me um ever since you know growing up watching my dad and my older brother So um that's something that we all you know talk about on a daily basis and uh we all share that connection Yeah I think when it comes to training I think just trying to develop habits at an early age having someone um that played hockey uh like my dad uh being able to to get advice from him and um you know how to get proper sleep how to prep before you know a game or just like little things um off the ice like being able to eat eat the right way and being able to cook for yourself all little things that kind of lead up to you know putting yourself in the position to to succeed Um was really great advice and you know I I still you know adhere that to today A lot of challenges are between between the years in your own head when trying to get to a spot like Michigan Um There's a lot of people that you're trying to compare yourself to And I've learned that over the years like you you can't be comparing yourself to other people because everyone develops at their own pace and everybody has their own path If you stick to your identity and you stick to your journey you know if you have that faith in yourself and everything that you're doing within your process of you know trying to be the best that you can be and you have that belief then you will achieve what you want So just having that that mindset is really powerful for any individual So my recruitment process was a little different than most You know my brother came here a couple of years before me He didn't play hockey but I was able to see the campus in a different light So ever since I I came and saw him and visited him you know the the the university kind of spoke to me and um you know I kind of fell in love with it right away just the atmosphere and everything and then got the opportunity to talk to um our coaches obviously there was new staff hired after that So the old coaches were great to me and you know they took me around campus and you know I fell in love with the the campus right away and was able to meet a lot of the guys on the team And um I knew from there that there was

a special bond that Michigan had and just the combination of athletics and academics here is something that you can really pass up on So um it's kind of a no brainer for me to go to Michigan I think when it comes to um the tangibles that coaches are looking for when you want to get recruited to a school like Michigan it's not necessarily you know the big highlights that come out with with a play it's a little intangibles like being able to be a good teammate So for hockey if you're on the bench and you're being negative or you're complaining about a call against your team or you're not giving support to your teammates like coaches and scouts can see that uh when they're watching the game and typically that that's what they look for when they're trying to hone in on if they have two or three players in mind they will look at those little details of a player and a lot of times if one player is doing you know those type of things not on the ice but off the ice they will sense that Um so just making sure that you know it's not just all about the big plays it's about the little things off the ice as well and how you interact with your coaches your teammates you know word travels fast and in sports So you know holding that up is really really important when it comes to you know picking a school I think one of the biggest things is going where you feel most wanted I think you know going to a place where you think you're going to develop the most being able to to see and hear from from coaches and see their ideology and their vision for you A lot of times you know there is a lot of fluff that coaches can can give you I know it's difficult to kind of see through that but um getting opinions from your family your coaches your advisor but then eventually you know really having the self reflection to make a decision and know that that that decision is up to you and and no one else and believe in your heart that you're you're where you're supposed to be So at Michigan every year we have so many high end talent that that comes through so being able to learn from your teammates I think has been the biggest thing that I've gained from being in Michigan just being able to pick up from little skills that um players have of being able to ask questions and kind of bounce ideas off of your teammates is super important And something that you know I try and do every single day say you want to work on a little skill that another guy has you go Hey let's let's let's work this over Let's do a little drill after practice and you can really grow your skills if you're willing to just ask for help from a teammate or a coach That's been one of the biggest things because there's so many high end talented players that have come before me and are going to come at Michigan and being able to leverage um you know their skills to help uh benefit myself have been you

know really big If I were to look at myself when I'm younger and give him advice I'd say to start asking for help sooner You know when you come in freshman sophomore year you're still trying to figure things out But as I've been here for five years now in Michigan I've really learned how to leverage every single resource that the university provides Whether that's a chemically mentally physically just being able to leverage the network and the resources that Michigan provides to optimize um yourself as a whole has really benefited me as a player and a and a person for my freshman and sophomore year I was just kind of going through the motions trying to soak everything up But being able to you know have an action plan on how to better myself as a player And a person these last 23 years have have really um taught me a lot about myself