



## Get to know more about Michelle!

“There’s no one true answer as to why people love to play handball. It’s a passion that goes beyond explanation.

While this may not be the sole answer, I can say I play handball because it helps me get through the issues in my life. The minute I finish a day of handball, my problems do not seem that big of an issue anymore because I leave the courts with a clearer conscience and I get rid of all my anger and resentment. Not only do I fix my issues outside of the court, I make a couple of friends every time I play because there’s always someone new to play against.

I appreciate and respect this sport greatly because it has shaped the little girl I used to be into the enthusiastic and thriving woman I am today. Whenever someone says to me, “Tell me about yourself,” I can’t help, but always see a handball court and think: I stand tall when I communicate now because I proudly stand tall on the court. I laugh and cheer all the time now because I loudly laugh and cheer on the court. I embrace my losses now because I pridefully lose on the court. I shake people’s hands now because I gratefully shake hands on the court. I reflect on myself all the time now because that’s how I win on the court. So whether it be 10 years ago or 10 years from now, I know that a lot of things I do is because I have done it on the courts.



ICHA has provided the tournaments and training events for me to succeed as a handball player. Not only did I stay out of trouble by playing handball almost every day, I got in the exercise I needed to stay healthy and focused both physically and mentally. Join ICHA to help fund these training programs and tournaments for young teens like I was to succeed and thrive in handball.”

-Michelle He

## Player Statistics/Accomplishments

2013 Big Blue Championships

1st Place: Girl’s Doubles Big Ball 17 and Under

2nd Place: Girl’s Singles Big Ball 17 and Under

2013 22nd Annual High School Spring Meet

2nd Place: Girl’s Singles Small Ball 15 and Under

3rd Place: Girl’s Doubles Small Ball 15 and Under

2014 23rd Annual High School Spring Meet

1st Place: Girl’s Doubles Small Ball 15 and Under

1st Place: Girl’s Singles Small Ball 15 and Under

2014 Annual Council Speakers Cup

2nd Place: Girl’s Doubles Small Ball 19 and Under

2014 21st Annual Big Blue Championships

1st Place: Girl’s Doubles Big Ball 19 and Under

2014 PSAL Invitationals

3rd Place Singles Small Ball

2015 21st Annual ICHA NYC Council Speaker’s Cup Handball

1st Place: Girl’s Doubles Small Ball 17 and Under

2nd Place: Girl’s Singles Small Ball 19 and Under

2015 24th Annual High School Spring Meet

1st Place: Girl’s Doubles Small Ball 17 and Under

2nd Place: Girl’s Singles Small Ball 17 and Under

2015 PSAL Invitationals

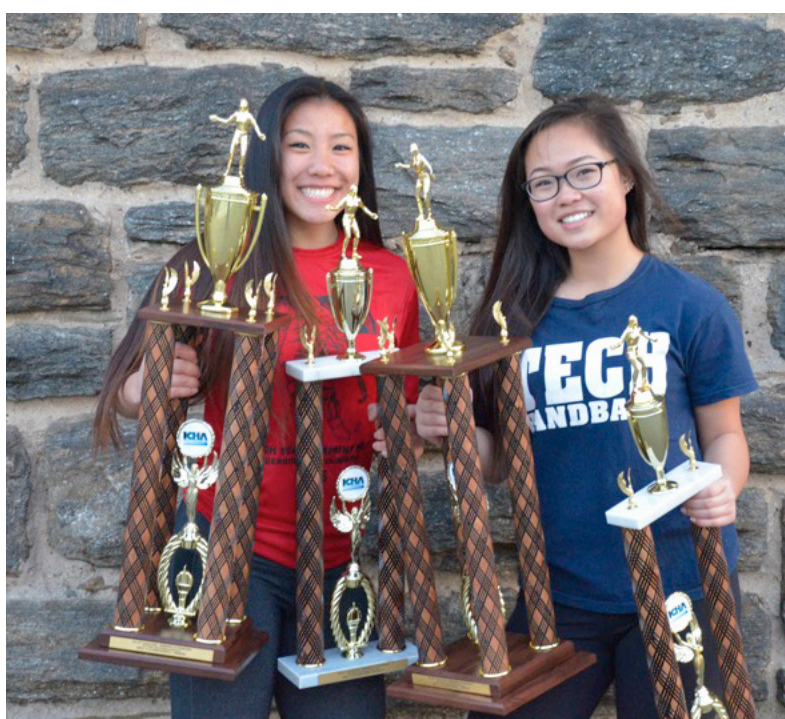
3rd Place Singles Small Ball

2015 PSAL Individuals

3rd Place Singles Small Ball

2016 35th Annual Long Island Handball Open

2nd Place: Girl’s Singles Big Ball 19 and Under



2016 25th Annual High School Spring Meet

1st Place: Girl’s Singles Small Ball 19 and Under

2nd Place: Girl’s Doubles Small Ball 17 and Under

2016 Central Park Conservancy Big Blue Championships

1st Place: Girl’s Singles Big Blue 19 and Under

2016 PSAL Invitationals

1st Place Singles Small Ball

2016 PSAL Wingate Award Recipient