



**Kent Valley Selects U-16**

## Welcome

We would like to welcome you to the Kent Valley Selects U16 Team for the upcoming 2018-2019 season. Our goal is to offer a unique hockey development environment for players and to provide them the opportunity to achieve excellence in hockey through a comprehensive on-ice and off-ice training program. This year's program offers 2002 & 2003 birth year players everything they need to develop as young hockey athletes.

## Program

Our program will offer:

- Private Locker Room
- Excellent Coaching
- 2-3 on-ice practices per week
- 2-3 weekly dryland training sessions per week
- All on-ice and off-ice training at the Kent Valley Ice Centre
- Access to Video Equipment and Video Analysis
- Discounts on skate sharpening and apparel packages
- Uniforms

This season, the U16 Team anticipates between 45-55 games<sup>1</sup> and will seek tournaments and showcases that maximize player exposure, as well as seeking competition against more regional competition in the Western U.S. and British Columbia.

## Facilities

All practices and home games will be at the Kent Valley Ice Centre. The 67,000 s.f. facility can accommodate up to 1,000 spectators and offers a full service pro shop, batting cages, miniature golf, and a Café & Sports bar. The Ice Centre also provides an in-house training center complete with LeMond spin bikes, Life Fitness treadmills, free weights, kettle bells, an Olympic lift station, Hammer Strength squat racks, stability balls, bench press stations, and more.

### Training Centre at Kent Valley Ice Centre



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<sup>1</sup> Subject to team coach & manager scheduling and approval.

**Interior of Kent Valley Ice Centre**



## **Coaching**

### **U16 Head Coach: Jeff Ferguson**

Coach Ferguson played all of his youth hockey locally before playing juniors and ultimately moving into refereeing at the junior and semi-professional levels. He began coaching at the age of 20, while continuing to play in local men's leagues and started his own team in the former Cascade Hockey League. Coach Ferguson enjoyed a 15 year career in law enforcement, which included leadership and management positions in patrol as well as the CDU and SWAT teams, investigations and major collision investigation. He subsequently went into the private sector, managing Microsoft's global security operations center overseeing 7 global security management centers as well as Microsoft's headquarters and executive protection. He has continued his career in team building, strategizing and currently manages over 400 people with the world's largest elevator company, new installation department, managing the installation of the largest projects on the west coast of the United States - primarily in Seattle and Bellevue areas - which are currently the fastest growing population centers in the United States with the most high-rise crane projects in the world. With the exception of one year spent with Sno-King Hockey Association, Jeff has been coaching with Kent Valley for the past ten years, where he has had "the humble pleasure of winning many league and tournament championships along the way, while forging many great long-term relationships with Kent Valley players and families and the local hockey community in the process".

## Financial

Tuition Fees for the 2018-19 16U program are \$4,820.00<sup>2</sup> payable as follows:

- \$1,000.00 shall be paid upon acceptance & signing of the Player Agreement.
- \$764.00 shall be paid on/before July 1<sup>st</sup>, 2018.
- \$764.00 shall be paid on/before August 1<sup>st</sup>, 2018
- \$764.00 shall be paid on/before September 1<sup>st</sup>, 2018
- \$764.00 shall be paid on/before October 1<sup>st</sup>, 2018
- \$764.00 shall be paid on/before November 1<sup>st</sup>, 2018

Tuition Fees are inclusive of all association fees, ice time costs, off-ice training, coaching fees, administration, private locker room, and referee fees. Tuition fees do not cover tournament fees or any player travel costs/meals.

## Cost comparison<sup>3</sup>

The Kent Valley Hockey Selects program provided more ice time and training than other programs last year and had the lowest overall costs. Last season, the team played approximately 50 games and had 90 practices:

Program	Sno-King	Everett U-16	Wenatchee U-16
Practices	84	93	56
Games	45	65	35
Off-ice training	50	63	-
Fees & Slush	\$7200	\$15,000	\$6,950

In addition to providing the lowest overall cost and best value, the Kent Valley 16U program is the only program to offer a hockey specific training center in-house and Café & Sports Bar with Wi-Fi for parent's convenience.

## Team Selection

Roster positions are available by invitation only through Coach Ferguson or Kent Valley Hockey Registrar Rena Sullivan. Invited players must complete a Player Agreement and related paperwork before they can be enrolled. For more information contact:

### Head Coach

Jeff Ferguson (206) 290-5521  
jakeusmaximus01@hotmail.com

### Registrar

Rena Sullivan (253) 850-2400 ext. 101  
[Rena@kentvalleyicecentre.net](mailto:Rena@kentvalleyicecentre.net)

<sup>2</sup> If registered by June 1<sup>st</sup>. Prices go up thereafter.

<sup>3</sup> Comparisons are compiled from several sources and believed to accurate, but may include some estimates.