

## ***Drop-In Rate Added for Monday '3 on 3' Cross Ice***

**Kent, WA July 10, 2009** – In order to pump up the attendance on its Monday "3 on 3" Cross Ice program, Kent Valley Ice Centre has added a drop-in option of \$17.50 plus tax per person. The program currently has 4 teams, so there is plenty of room for additional teams. Individuals or teams can drop-in. One stipulation, please call Rena Sullivan (253) 850-2400 ext. 10 in advance (by Monday afternoon at the latest) so we can have an idea of how many will be attending.

It is the primary intent of the '3 on 3' Cross Ice program to provide an opportunity for the kids to organize and manage themselves in a more relaxed, game-like setting than in a typical team atmosphere. Win or lose, the onus is on the players to simply play. In short, outside of providing a referee (i.e. adult-supervision), ice-time, and an opponent, there will be zero coaching provided. '3 on 3' Cross Ice is an excellent means for players to develop and perfect their hockey skills and strategies.

## ***Other Summer Training Opportunities***

**"Accelerated Training 2009 Summer Hockey School."** The program offers a Monday, Tuesday, Wednesday and Friday agenda of On-Ice Skills, Scrimmage Sessions and Off-Ice Conditioning. Participants get 11.8 hours of on-ice activities over the four days each week. Monday sessions begin at 10:45am and run until 3:45pm. Tuesday and Wednesday sessions begin at 10:15am and run until 2:45pm. The Friday sessions begin at 8:45am and run until 4:00pm. The school is open to all ages and is available on a daily or weekly drop-in basis and runs through the week of August 28<sup>th</sup>. Kent Valley's Les Grauer and Danny Lorenz are directing the weekly hockey school.

Two versions of Individual Hockey Skills are available for Kent Valley hockey players this summer. **"Individual Hockey Skills - Power Skating"** sessions are set for Wednesday evenings at 5:30pm to 6:15pm. Each session will provide skaters with 30 minutes of concentrated training along with 15 minutes of warm-up and cool-down to improve their skating. Included in the cost of the **"Power Skating"** program is the 90-minute Stick N' Puck session immediately following each Power Skating session. Players can choose one or both, and both are available on a drop-in basis.

**"Individual Hockey Skills - Shoot to Score & Make the Save with Passing & Stickhandling"** sessions are scheduled for Thursday evenings from 6:15pm to 7:45pm. Kent Valley hockey players can get a competitive edge on the players they'll be competing against next season. Each session will provide 90 minutes of concentrated training to improve a player's individual skills. Goalies will learn techniques and angles to position themselves better and to focus better on the puck to keep it out of their net. Both of these programs are available as a drop-in option.

Kent Valley's 6<sup>th</sup> Annual **"Friday Day Camp"** is included as part of the Accelerated Training package or players can sign up separately as a Friday only option. **"Friday Day Camp"** is also available as a drop-in.

**REGISTRATION:** Full details on each of these programs along with registration information are available on [www.KentValleyHockey.com](http://www.KentValleyHockey.com). Just click on the **Summer Programs** tab for all the details.

**"Stick N' Puck"** sessions are available throughout each week of the summer. Check the **Ice Schedules** tab on [www.KentValleyHockey.com](http://www.KentValleyHockey.com) for specific times. Kent Valley encourages you to consider these summer hockey activities as a great way to keep your hockey player in shape and ready for the 2009/2010 hockey season.

## ***Kent Valley Ice Centre - Bring a Friend to Skate***

All Kent Valley Hockey Association, Learn to Skate/Kent Valley Figure Skating Club members and their friends are invited to skate free (must bring a friend / must present membership card / skate rental extra- hockey skates are not available for rental.)

**Dates: The first Saturday of every month, except July 4th:**

Saturday July 11th, 1:30-3:45 Public Skating Session

Saturday August 1st, 1:30-3:45 Public Skating Session

Saturday September 5th, 1:30-3:45 Public Skating Session

*See you at the rink!*

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