

Kent Valley Tier 1 Opens with a Splash

3 September, 2009 Kent, WA – Kent Valley's Tier 1 Pee Wee and Bantam teams opened their seasons this past weekend with training camp at Eastern Washington University (EWU). Players stayed on campus in the dormitories and ate meals in the dining hall alongside the EWU fall sports teams. Players and coaches spent their free time using the on-campus recreational facilities, including swimming pool and ball fields. Several players showed off their diving skills from the 3 meter springboard while others enjoyed a spirited game of water basketball.

On the ice, players began their preparations for the upcoming season. A highlight of the camp was the power skating instruction provided by Berkley Villard. Berkley, based in Spokane, has a very unique set of drills that have proven effective for improving speed, balance and agility. Berkley provided nine hours of instruction to the teams and has agreed to continue working with both teams throughout the season. There were no problems getting the players to fall asleep at night following Berkley's workouts.

Player and parent meetings were held to discuss the upcoming season and establish team and individual goals. The camp ended on Sunday with both teams traveling to Boulder Beach Water Park and Silverwood Theme Park. Players got an opportunity to ride the water slides as parents floated down the lazy river. Some parents and coaches joined the players riding Aftershock, the roller coaster that speeds passengers up a 190 foot vertical incline before twisting and turning in all directions at 65 mph.

The camp was a great way to start the season and prep the teams for the excitement of their Tier 1 campaigns. Both teams are looking forward to representing PNAHA in the Pacific District and USA Hockey championship tournaments.

Contact: Lew Sellers, Director of Communications
Kent Valley Hockey Association
6015 So. 240th Street
Kent, WA. 98032
(206) 914-9619 Cellular
lew@KentValleyIceCentre.com