



Brendan Miller Plays in PNAHA, Referees Championship Game Two Weeks Later

Kent Valley Ice Centre, Kent, WA. March 22, 2012 – Kent Valley's Brendan Miller played in the PNAHA Midget Tier-II Tournament a couple of weekends ago with Danny Lorenz's Midget Selects. He returned to PNAHA for another tournament two weeks later. Only this time, he left his hockey gear at home and packed his refereeing gear instead. Miller was picked to officiate in the championship final at the PNAHA State Tournament.

Miller began playing hockey as a Kent Valley Mite Hurricane in the 2004/2005 hockey season and has played at Kent Valley every year since that first season. Brendan's father Sean Miller served as a coach and team manager over the years. Brendan's interest in officiating can be traced to his father who officiated local youth hockey games for many years. Brendan joined the local Puget Sound Hockey Officials Association (PSHOA) while still playing minor hockey and progressed from working Mite games up the age levels as he matured, gained experience and improved his skills.

Tony Milles, head of PSHOA, praised Miller's performance in the Tri-Cities; *"PNAHA utilized 11 local (Tri-Cities) officials and 2 from out of the area. Brendan was one of those 2 visiting officials. He performed well in the tournament and serves as an encouraging example to other young hockey players who may have an interest in pursuing a career in officiating."* Milles reminds KVHA members that PSHOA will be hosting their Annual Officiating Clinics during the August/September time frame again this year. The specific dates and locations have not yet been confirmed. KVHA will announce the dates and times in the KVHA News and on the KVHA web when they are available.

If you have any questions or desire further information regarding the PSHOA clinic please send your questions via e-mail to pshoa.admin@gmail.com. It might be a good idea to send PSHOA a note and make them aware of your interest.

Hockey Mom Misses Son's Goal - Pays the Price.

Kent Valley Mite Tornadoes hockey mom Ellen Sheldon is one of those dedicated hockey moms everyone admires and appreciates. Ellen does it all from working the penalty box during her son's games to writing and coordinating the weekly Mite stories for the KVHA News. Ellen's son Reid assigned her another duty last weekend. Reid, an 8-year-old defenseman with the Kent Valley Mite Tornadoes, scored his first goal from the blue line during a Friday afternoon tournament game at Olympic View Ice Arena in Mountlake Terrace. Since Ellen had to work Friday she missed the scoring of Reid's all important milestone goal. For forgiveness, Reid said she would have to sleep with the puck under her pillow. Ellen's response; *"Where does it say that in the Hockey Mom's Handbook?"*

Ellen! You're fortunate he didn't ask you to sleep with his smelly hockey gloves...

Scott Lowe, Longtime Hockey Official Passes

Scott Lowe of Kent lost a courageous battle this week to ALS (Amyotrophic Lateral Sclerosis), also known as Lou Gehrig's Disease. Scott was diagnosed with the fatal disease at about this time last year. In July of last year he officiated a hockey game in the DJ Baskin "Cops with Cancer" Benefit Tournament and considered it the last of his long hockey playing and officiating career. He chose to skate his last game as a volunteer for the fund raising tournament. Bob Sellers, KVHA Coach and Official, officiated that final game with Scott and praised Lowe's courage. Sellers said; *"I was honored that Scott asked me to officiate that final game with him. He skated well and I'm sure no one knew the challenges he was facing. I admired his courage and will always remember the final game with Scott."*

Scott Lowe played his youth hockey at the Burien Ice Chalet during the 70's and 80's. He also played adult hockey with the Stingers in the Greater Seattle Hockey League. He began officiating at the end of his youth hockey playing career and worked games in all of the Puget Sound area's ice hockey arenas. He was a Western Hockey League (WHL) Off-Ice Official for the Tacoma Rockets and Seattle Thunderbirds. Scott's favorite Off-Ice crew

assignment was that of Goal Judge. Most recently Scott served as the WHL Video Replay Official at Seattle Thunderbird games.

Editor's note - I worked with Scott Lowe at Tacoma Rockets and Seattle Thunderbird home games, 36+ nights a year for a couple of decades. For many of those games Scott was a goal judge. He wore a head set and microphone to communicate with the other officials, me included. I have fond memories of those countless hours of hockey with Scott in my ears. When music was played at stoppages of play during a game Scott would immediately identify the recording artist, the name of the album and track, and name the concert tour series where the artist released the recording. Without exception he could identify the details of any music played at the games. Hum a tune and he could tell you who wrote it and who all had recorded it and when. He had a library of almost every major rock concert ever staged in the U.S.

When a fight would break out in Scotty's end of the ice he would provide an up-close blow by blow account of every punch, bob and weave, equal in quality and excitement to that of any NHL sports commentator. He would provide an assessment of injuries, cuts and bleeding knuckles and how many stitches might be required. He did all this perched on his seat at the glass behind the goal tender, with a shot counter in one hand and the goal light switch in the other. Scotty; we're going to miss you buddy. Thanks for the memories...

Scott Lowe is survived by his wife Jeanne, son Trevor, and daughter Rory. Son Trevor is an Off-Ice Official serving the Seattle Thunderbirds. At age 16 and the veteran of three hockey seasons, Trevor is the youngest member of the WHL Off-Ice officiating crew.

KVHA Weekend Scoreboard:

3/16	Win	KVHA Mite Tornadoes	7	vs.	Wenatchee Mite Jr. Wild	1
3/17	Win	KVHA Mite Tornadoes	4	vs.	Tri-City Mite Aces	3
3/17	Loss	KVHA Mite Tornadoes	2	vs.	Seattle Jr. Mite Eagles	8
3/18	Win	KVHA Mite Tornadoes	6	vs.	Tri-City Mite Lightning	0
3/16	Loss	KVHA Squirt Tier-II Selects	0	vs.	Tri-Cities Tier-II Major	4
3/17	Loss	KVHA Squirt Tier-II Selects	2	vs.	Sno-King Tier-II White	4
3/17	Loss	KVHA Squirt Tier-II Selects	1	vs.	Sno-King Tier-II Blue	2
3/16	Loss	KVHA PeeWee "B" Storm	2	vs.	Wenatchee PeeWee "B" Jr. Wild	6
3/16	Win	KVHA PeeWee "B" Storm	8	vs.	Seattle Jr. PeeWee "B"	0
3/17	Loss	KVHA PeeWee "B" Storm	1	vs.	Wenatchee PeeWee "B" Jr. Wild	6
3/17	Win	KVHA PeeWee "B" Storm	5	vs.	Seattle Jr. PeeWee "B"	1
3/18	Loss	KVHA PeeWee "B" Storm	2	vs.	Wenatchee PeeWee "B" Jr. Wild	3

Fandemonium Helps Mite Tornadoes Cap Season with Three Tournament Wins at Seattle Jr. Spring Festival

Olympic View Ice Arena, Mountlake Terrace, WA. March 18, 2012 – Kent Valley's Mite Tornadoes played their hearts out in Mountlake Terrace over the weekend, much to the delight of their fans. The Tornadoes won three of their four games over the three days of the tournament. The Tornadoes outscored their opponents 19 to 12 and earned a shutout in their final game. It was a terrific way to end the season for the Tornadoes.

Tournament Game #1

Wenatchee Jr. Wild 1 vs. KVHA Tornadoes 7

Overall - Coach Rob Herring took his KVHA Mite Tornadoes team on their last weekend-long road trip of the season to Lynnwood to compete at Olympic View Ice Arena. On Friday, March 16th, they competed in their first game of the tournament to face-off against the Wenatchee Jr. Wild. Herring and his team came away victorious with their first win of the weekend tournament! The improvement in each Tornado players' skill level – both offensively and defensively – is unmistakable as they now take the ice as a more unified team. As with previous games this season, this one was showcased with some memorable firsts!

Period 1 - The 1st period was highlighted with a passionate battle for possession. The Tornadoes wanted to be the first to score...and score they did! At 10:00 on the clock, the Tornadoes would get their first goal of the tournament when Sean Smith(#8) scored with an unassisted goal. Unfortunately, the Jr. Wild had a quick reply, scoring only 30 seconds later. But that wouldn't deter the Tornadoes assault and prevent them from continuing to score 2 consecutive goals just over 1-minute apart. The first was an unassisted goal by Maxwell Mudge(#15) at 4:30 on the clock. Only 70 seconds later, and assisted by Maxwell Mudge(#15), Sean Smith(#8) would score his second goal of the night. Way to dominate the period, boys!

Period 2 - Throughout the 2nd period, it was evident that the Tornado players were working well together getting into position and vying for the puck. With just minutes left in the period, the Tornadoes initiated what they hadn't finished in the first period, by scoring an unassisted goal by Jake Ferguson(#6). This goal would increase their lead and emphasize their presence as a dominating force.

Period 3 - The heated battle for possession came to a culminating end in the 3rd period. In a moment of pure magic for a defenseman, the Tornadoes' Reid Sheldon(#17) scored his first goal EVER and first of the season (not to mention, from the Blue Line no less). Facing a 4-goal deficit, the Wenatchee Jr. Wild did their best to regain their composure but the Tornadoes were just too much to handle. Only minutes later, the Tornadoes would score 2 more consecutive goals by Maxwell Mudge(#15) – the first assisted by Rickey Campbell(#12) and the second unassisted - to "seal the deal" to end the game. Maxwell Mudge(#15) led the Tornadoes scoring with his first EVER "Hat Trick" by scoring one goal in the 1st period and adding two more in the 3rd period to complete it. Awesome offensive performance, Max

Summary - Ultimately, the KVHA Mite Tornadoes won a tremendous game against a strong Wenatchee Jr. Wild team in tournament play on Friday. The Tornadoes defeated the Wenatchee Jr. Wild by a final score of 7 to 1. Goalie Quinton Gessner(#10) had another record-breaking performance saving 12 out of 13 shots for a 92% save rate. Great job, QT! Hopefully as the tournament play continues, we will continue to see repeated continued improvement in the Tornadoes skills and continued "Ws" on the scoreboard. For their second tournament game at Olympic View Ice Arena, the Tornadoes face Tri-City Aces team on Saturday – the first of 2 games played that day. Good luck, Tornadoes!

Tournament Game #2

KVHA Tornadoes 4 vs. Tri-City Aces 3

Overall - Inspired by their team name, the KVHA Mite Tornadoes were hoping to "get the winds a blowing" as they faced their first match-up against a solid Tri-City Aces team for their second game of the tournament. A forceful wind they did stir...and one to be reckoned with! On Saturday, March 10th, the KVHA Mite Tornadoes went up against the Tri-City Aces in tournament play at Olympic View Ice Arena. In a whirlwind match, the inspired Tornadoes churned it up and came out victorious with a closely matched team to get the eventual win!

Period 1 - As the 1st period opened, the Tornadoes fought hard for possession of that elusive puck as they went toe-to-toe against a solid Aces team. The strong exchange between both teams was evident as neither team scored during the period, even on power-plays for the Tornadoes on 2 Ace penalties for checking. It was exciting to witness such a great exchange between two competitive teams! Great performance by both teams!

Period 2 - As the 2nd period opened, the Aces struck first against the Tornadoes, scoring two quick goals in succession. Not to be outdone, the Tornadoes responded with a quick reply by scoring 2 of their own. The first goal was a great top-shelf shot by Michael Geddes(#7), assisted by Sean Smith(#8). Only seconds later, Jake Ferguson(#6) tied-up the game by netting his first goal of the night, with the assist by Michael Geddes(#7). Great team work boys! For the second time this season, and right in between plays, the Tornadoes had an unusual 5-minute potty-penalty by Reid Shelden(#17). Several minutes later, the Aces scored again to regain the lead. Fortunately, there was still time left on the clock for Tornadoes to catch-up and within just a minute later, they did just that! At 3:30 on the clock, Quinton Gessner(#10) scored the tying goal with an assist by Michael Geddes(#7). Awesome rally, boys!

Period 3 - The fiery battle for the puck continued well into the 3rd period. The Aces were plagued with multiple penalties but did a great job defending their net. Luckily, Jake Ferguson(#6) was able to sneak one by and get the go-ahead unassisted goal for the Tornadoes to take the lead. Way to take advantage, boys! In the end, the Aces were unable to muster enough strength to even score as the Tornadoes simply overpowered them and held them with their one-goal lead as the period closed.

Summary - In the end, the exciting outcome of this game favored the Kent Valley Mite Tornadoes who won a thrilling one against the Tri-City Aces in tournament play for their first of 2 games on Saturday. The Tornadoes defeated the Tri-City Aces by a final score of 4 to 3. Goalie Maxwell Mudge(#15) put on the armor and turned away 10 of 13 shots to help his team earn this outstanding victory. Way to go, Max! Congratulations to both teams on a very exciting and entertaining game! Hopefully their next tournament game later on in the day against the SJHA Eagles will keep them on this great path of success! Up next, right after the game, is the Skills and Spirit Competition. Good luck, Tornadoes!

Tournament Game #3

KVHA Tornadoes 2 vs. SJHA Eagles 8

Overall - As night fell on Saturday, March 10th at Olympic View Ice Arena, the KVHA Mite Tornadoes geared up to take on the SJHA Eagles for their second game of the day and third of the tournament. With a win just hours before, the Tornadoes were eager to get another "W" and motivated to keep on that positive path of success! With that in mind, the Tornadoes rallied with a relentless attack but unfortunately were outscored by the SJHA Eagles who would take the eventual win. (Ironically, with the same final score as happened in December during our 8th game of the regular season!)

Period 1 - As the Tornadoes took to the ice, it was evident that it had been a LONG day and things would be different during this evening match-up. The fierce competitiveness and close match-up between the two teams was apparent but the Tornadoes lacked their typical high-intensity match play. The feverish fandemonium displayed at the earlier Spirit competition also affected the crowd as it was much more subdued than normal when the SJHA Eagles struck first and scored their first goal against the Tornadoes at 10:21 on the clock. Only seconds later, the SJHA Eagles scored again to add another goal to their lead as the period closed.

Period 2 - As the 2nd period opened, the Tornadoes wouldn't let the scoreless first period determine their fate and quickly got back to work. Unfortunately, the SJHA Eagles had other plans. At 13:55 on the clock, they scored another goal. Undeterred, the struggle continued for possession of the puck while the Tornadoes fought back as Maxwell Mudge(#15) scored with an assist by Luke Pizzey (#9). The SJHS Eagles quickly replied with 2 more successive goals. The Tornadoes would score once more in the period on a goal from Maxwell Mudge(#15) with an assist by Sean Smith(#8) & Michael Geddes(#7). But while the Tornadoes showed their strong wills to succeed, they just couldn't get a robust enough rally going against the SJHA Eagles team. Unfortunately, the SJHA Eagles came out ahead and netted one more goal, making the score 6 to 2 as the period closed.

Period 3 - The thrilling battle continued well into the 3rd period as the Tornadoes did their best to counter an attack. However, it was more of an unbalanced event. The relentless

attack by the Eagles allowed them to score 2 more goals to extend their lead. With time running out, the Tornadoes simply couldn't get the momentum going to get on the scoreboard.

Summary - Even with the 2 goals scored by the Tornadoes, they regrettably lost the tough battle on the ice by a final score of 8 to 2. The SJHA Eagles fired 29 shots on the Tornadoes goal while the Tornadoes put a remarkable impressive 15 shots on the SJHA Eagles' net. Tornadoes goalie Aidan Herring(#14) stopped 21 of 29 Eagles' shots - a decent 72% save rate for his first time in the net.

Much can be said about the definite growth and developmental maturity seen in the Tornado players as the season comes to an end on Sunday. Hopefully their next tournament game tomorrow at Olympic View Ice Arena will provide a different outcome! Good luck, Tornadoes!

Tournament Game #4

Tri-City Lightning 0 vs. KVHA Tornadoes 6

Overall - The KVHA Mite Tornadoes were hoping to turn the tides and get a win with another outstanding and competitive game to end their season on a high note. Well, this game and the players performance didn't disappoint. On Sunday, March 10th, the KVHA Mite Tornadoes went up against the Tri-City Lightning at Olympic View Ice Arena for their final game of the tournament. In a tumultuous match, the brilliant play of the Tornadoes allowed them to come out on top with a shut-out win!

Period 1 - In hopes that being the home team would be an advantage, the KVHA Tornadoes went toe-to-toe during the 1st period against Tri-City Lightning team. Evidently the home advantage worked, as it was right after the first puck dropped, that the Tornadoes scored at 13:13 on the clock with an unassisted goal by Aidan Herring(#14). After a heated battle for possession, the Tornadoes would score again on a goal by Maxwell Mudge(#15) with an assist by Connor Kirby(#1) & Nico Rogers(#13).

Even with the Lightnings' strong offensive skills at work, the Tornadoes continued their assault against the Lightning applying pressure at every turn. In the end, it was just too much and the period ended with the Tornadoes taking the lead.

Period 2 - As the 2nd period opened, the Tornadoes fought hard for possession of the puck. As a result, the Tornadoes quickly extended their lead with two more goals to add to their score. The first goal was scored unassisted by Aidan Herring(#14). The second goal was a repeat performance by Aidan Herring(#14), one that completed his "Hat Trick" when he shot the puck past the Lightning goalie for the short-handed goal, assisted by Sean Smith(#8). Great offensive performance, Aidan! And one that left the Lightning players unable to regain their composure as the period closed.

Period 3 - The fervent battle for the puck continued well into the 3rd period. However, it was more of a lopsided affair. The relentless attack by the Tornadoes was impressive to say the least. At 7:49 on clock, a WHOOSH! was heard as Jake Ferguson(#6) netted an unassisted goal. As the clock wound down and with only 20 seconds left in the game, Ripken Renner(#4) would score the final goal of the night, with an assist by Aidan Herring(#14) & Rickey Campbell(#12). Awesome momentum, boys! In the end, the Ice Lightning were unable to muster enough strength to even score as the Tornadoes simply overpowered them to come out ahead by increasing their lead as the period closed.

Summary - In the end, the exciting outcome of this game favored the Kent Valley Mite Tornadoes who won a thrilling one against the

Tri-City Lightning in tournament play on Sunday. The Tri-City Lightning weren't even able to muster enough electrical charge to throw one lightning bolt at the Tornadoes. The Tornadoes dominated the ice from start to finish scoring six unanswered goals while beating the Lightning 6 to 0. Goalie Quinton Gessner(#10) put on the armor and turned away several shots to earn his third shutout of the season. Way to go, QT! With 3 out of 4 wins in this tournament, it was an incredible way to cap our season off! Great job, Tornadoes!

Squirt Selects Face Major Challenge at PNAHA

Puget Sound Hockey Center, Tacoma, WA. March 17, 2012 – Kent Valley's Squirt Tier-II Selects ran into strong competition at the PNAHA Squirt Tier-II Tournament over the weekend. The Selects were blanked 4 to 0 by the Tri-Cities Jr. Americans Squirt Majors in game one of the tournament. The Jr. American's Garrett Wood scored all four of their goals against the Selects. Wood was ranked second in scoring during the regular PNAHA season. The Selects lost game two against SnoKing White by a score of 2 to 4. During the regular season the Selects had defeated White 4 to 3 and tied them 4 to 4. Game three was closely fought game between the Selects and SnoKing Blue with the game ending in a 1 to 1 tie. The tie was resolved through a shootout with SnoKing getting the shootout win. The Selects had faced SnoKing Blue two times during the regular season beating SnoKing Blue 7 to 3 and losing to them 2 to 5.

The Kent Valley Selects finished the regular PNAHA season in second place with a 13-4-1 record. Tri-Cities Major finished the season in first place with a 15-1-2 record. They also won the Gold Division of the Squirt Tier-II PNAHA State Tournament.

Below are the scoring summaries for both games:

KVHA Squirt Tier-II Selects (0) vs. Tri-Cities Jr Ams (Major) (4)

Team	Per	Time	Scoring
Tri-Cities	1	8:11	Garrett Wood (Unassisted)
Tri-Cities	1	6:53	Garrett Wood (Unassisted & Power Play)
Tri-Cities	2	14:43	Garrett Wood (Unassisted)
Tri-Cities	2	3:46	Garrett Wood (Unassisted)

Kent Valley's Brett Jenkins stopped 10 of 14 shots on goal for 71%

Tri-Cities' Blake Achenbach stopped 15 shots to earn a shutout.

Kent Valley had 7 minor penalties for 14 minutes.

Tri-Cities had 6 minor penalties for 12 minutes.

KVHA Squirt Tier-II Selects (2) vs. SnoKing Tier-II White (4)

Team	Per	Time	Scoring
SnoKing	1	2:50	Kyle McCarthy (Unassisted)
Kent Valley	1	8:12	Zachary Johnston from Dylan Herzog & Danny Smith
SnoKing	1	12:36	Xzia Fogelgren (Unassisted)
Kent Valley	2	11:14	Danny Smith (Unassisted)
SnoKing	2	11:43	Tom Yang from Kyle Lee & Jacob Moore
SnoKing	3	4:01	Daniel Anderson from Kyle McCarthy & Trent Bloor

Kent Valley's Brett Jenkins stopped 19 of 23 shots on goal for 83%.

SnoKing's Trevor McCorkle stopped 16 of 18 shots on goal for 89%.

Kent Valley had 4 minor penalties for 8 minutes.

SnoKing had 2 minor penalties for 4 minutes.

KVHA Squirt Tier-II Selects (1) vs. (2) SnoKing Tier-II Blue (2)

Team	Per	Time	Scoring
SnoKing	2	3:41	Oliver Carlson from Matthew Butson
Kent Valley	2	13:64	Danny Smith from Trevor Mertel

SnoKing won the game in a shootout.

Kent Valley's Brett Jenkins stopped 23 of 24 shots on goal for 96%.

SnoKing's Austin Schwab stopped 19 of 20 shots on goal for 95%.

Kent Valley had 3 minor penalties for 6 minutes.

SnoKing had 3 minor penalties for 6 minutes.

Kent Valley PeeWee "B" Storm Takes 2nd at PNAHA State "B" Championship Tournament

TRAC Pavilion, Pasco, WA. March 18, 2012 – Kent Valley's PeeWee "B" Storm played in the PNAHA State "B" Tournament over the weekend and brought home a second place trophy for their efforts. The PeeWee "B" Storm is a hybrid team comprised of PeeWee aged players that played during the regular season on the PeeWee Hurricanes, PeeWee Tornadoes, and Bantam Tornadoes Rec teams. The Storm, formed shortly after January 1st, had only played seven games and skated two practices prior to the State Tournament.

In the seeding Rounds of the tournament Storm played 4 games:

- Game 1 KVHA Storm 2 – Wenatchee Jr. Wild 6
- Game 2 KVHA Storm 8 – Seattle Jr. Admirals 0
- Game 3 KVHA Storm 1 – Wenatchee Jr. Wild 6
- Game 4 KVHA Storm 5 – Seattle Jr. Admirals 1

By winning two of the four seeding games Storm advanced to the State Championship final against the Wenatchee Jr. Wild:

- KVHA Storm 2 – Wenatchee Jr. Wild 3

It was a hard fought game and the Kent Valley Storm battled to the end. Giving up a breakaway goal with less than a minute to go in the game could have completely deflated the team. Instead, Kent called a timeout to regroup and draw up an attack plan. The Storm was able to pull their goalie and add a sixth attacker while keeping the puck in the offensive zone for the remainder of regulation. Unfortunately, they couldn't find a way to slip one past the Wenatchee goalie.

Coach Jeff Alonzo said; *"It was probably one of the most exciting youth hockey games I have ever been a part of during my coaching career. The best part was how much the parents and players were into the game, the positive cheering for the participants, and celebrating a great State Tournament. Big thanks to the parents, managers, and supporters for such a great experience. We were all very proud of how hard the boys played and competed."*

Next up for the Storm is an exhibition game vs. Seattle Jr. Admirals Marth 24th and a PeeWee "B" Tournament in Wenatchee, WA March 31st to April 1st where the Storm is looking forward to a state final rematch.

Below is the tournament scoring summary:

Andrew Bell, 5 goals and 2 assists = 7 points
Anthony Alonzo, 5 goals and 1 assists = 6 points
Mikey Thomas, 4 goals and 2 assists = 6 points
Max Fredell, 2 goals = 2 points
Andrew Barton, 2 goals = 2 points
Nick Loe, 2 assists = 2 points
Jack Hanscom, 2 assists = 2 points
Riley Lewis, 1 assist = 1 point
Dru Clark, 1 assist = 1 point

Quote of the Day!

The True Meaning of Winning the Cup:

"It's hard to put into words just what it means. I remember back in 1993 when Jacques Lemaire took over as our new head coach with the Devils. We were all excited because we figured since he had won so many Cups as a player with Montreal back in the '70s that it was going to rub off on us somehow. We were asking him a bunch of questions about what it was like to win the Cup, and he was struggling to find the words to explain it. Finally,

after thinking about it for a while, he said, 'I wish everybody could experience it just once.' He then talked about what it felt like to be on top of the world, celebrating alongside your teammates. We all just sat there listening to the guy, sort of in awe. So when I finally won it a couple of years later, I understood how hard it was to explain. You just have to feel it and experience it to appreciate just what it means. So much sacrifice goes into it, not only by you buy by your family, that when you finally do win it it's almost indescribable. It's just a wonderful feeling."

John MacLean, Stanley Cup winner with New Jersey 1995 and 2003 (Assistant Coach).

Quote from **Raising Stanley - NHL LEGENDS IN THEIR OWN WORDS** by Ross Bernstein

KVHA News Contact: Lew Sellers, Director of Communications

Kent Valley Hockey Association
6015 So. 240th Street
Kent, WA. 98032
(206) 914-9619 Cellular
Lew@KentValleyIceCentre.com

<i>KVHA Host Hotels - Proud Sponsors of Kent Valley Hockey</i>		
		
(253) 395-3800	(425) 255-0300	(800) 315-2621
6329 South 212 th Street Kent, WA 98032	16038 West Valley Highway Tukwila, WA 98188	19621 International Blvd. SeaTac, WQ 98188

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