



KVHA Members Invited to Join the T-Birds Street Team, Summer Programs and More

Kent Valley Ice Centre, Kent, WA. May 5, 2011 – The Seattle Thunderbirds are looking for new members for their Street Team for this summer to help promote the T-Birds at fairs, festivals, parades and other community events. They need help at summer events manning the puck shoot booth and interacting with the community. It has been suggested that KVHA members might make good members of the Street Team. We agree! It sounds like fun. You can sign up for however many hours or events you'd like. Call Ian Henry at (253) 239-7825 for more details.

KVHA Members interested in participating are invited to visit the Street Team page on the Thunderbird's website at the following URL:

<http://www.seattlethunderbirds.com/page/streetteam>

According to Ian Henry, Director of Public & Media Relations for the T-Birds, and T-Birds Street Team Coordinator, "We do a reward-based system for Street Team members. For every hour they volunteer we give them a point. Those points are redeemable after Labor Day for T-Birds merchandise and tickets." Additional details are available at the link above or you may contact Ian via e-mail at ianh@seattlethunderbirds.com or by phone at (253) 239-7825.

Kent Valley Summer Programs Announced

A Summer Programs tab has been added to www.KentValleyHockey.com. Look for it in the tab column on the left side of our home page.

Kent Valley Ice Centre is providing five different ways to keep your hockey player on the ice over the summer and prepared for the next hockey season.

Individual Hockey Skills - Monday's - 6:30pm - 8:00pm

Shoot to Score & Make the Save

With Passing & Stickhandling

June 20th through August 15th

Begin training NOW to prepare for next season. Get a competitive edge on the players you will be competing against. Each day you will have 90 minutes of concentrated training to improve your individual skills to score more goals or make more saves. Monday's 6:30pm - 8:00pm, **June 20, & 27, July 11, 18, & 25, August 1, 8, & 15.**

Individual Hockey Skills - Thursday's - 5:30pm - 6:15pm

Power Skating

June 23rd through August 18th

Begin training NOW to prepare for next season. Get a competitive edge on the players you will be competing against. Hockey players must be good at basic skating skills. Each day you will have 30 minutes of concentrated training along with 15 minutes of warm-up and cool-down to improve your skating. In addition, you get admission to the Stick n' Puck Session following the lesson. Thursday's 5:30pm - 6:15pm, **June 23 & 30, July 7, 14, 21, & 28, August 4, 11, & 18.**

Accelerated Training 2011 Summer Hockey School

Hockey Development – Directed by Danny Lorenz & Les Grauer

Monday, Wednesday, & Friday 8:00am - 5:00pm

June 20th through August 19th

Hockey players are more skilled than ever before. Players must constantly strive to improve their on-ice balance, agility, speed and coordination. The Accelerated Training Program utilizes power skating fundamentals, while simultaneously conditioning players and developing their puck handling skills.

Our off-ice program incorporates a series of dry land exercises designed to improve skating abilities and alternates dry land stick handling drills along with cross training games to aid in development.

Friday Hockey Day Camp

Friday Hockey Day Camp – Directed by Danny Lorenz & Les Grauer with KVHA Coaches

Friday 8:00am - 5:00pm

June 24th through August 19th

The Friday Hockey Day Camp is a popular summer favorite of Kent Valley's hockey players. The program runs 9 weeks for a cost of \$288.00 (\$32.00/day) or \$37.50 per session drop-in. The scheduled time is Friday 8:00am – 5:00pm for all ages. Include the Friday Day Camp with Accelerated Training (above) and get substantial discounts.

Robby Glantz Power Skating Clinic Returning to Kent Valley June 10-12

Hurry and sign-up... The always popular Robby Glantz Power Skating Clinic is returning to Kent Valley Ice Centre again this June. Robby Glantz provides a 3-Session Power Skating Clinic with On-Ice Power Skating (Technique Training) and Individual Video Analysis... The program includes: Resistance & Overspeed Training, Speed with and without the Puck, Puck Protection and So Much More! Participants will get 4.5 hours of on-ice training over the three sessions.

The Clinic begins Friday June 10th and runs through Sunday June 12th. KVHA members can take advantage of the "**Kent Valley Ice 15% Discount**" by registering for the Clinic (#763) today. To Sign Up: log onto Robby's website: www.robbyclantz.com find your location (#763) and register for the program. The discount tuition is \$143.65.

Group A (Mites and Squirts): Fri & Sat 5:30-7:00pm and Sunday 10:30-12:00pm

Group B (PeeWee and Bantam): Fri & Sat 7:15-8:45pm and Sunday 12:15-1:45pm

KVHA Members will find a **Robby Glantz** tab on www.KentValleyHockey.com for additional information and a link to www.robbyclantz.com.

Quote of the Day!

"Determination! It takes a lot of determination to reach your goals, whether they are in hockey or in life. To become a champion in hockey you have to pay a price. The Stanley Cup playoffs in general are really a test of your will. They are a test of your ability to stay strong and to deal with adversity. If you can do those things and persevere then you will be successful. It won't guarantee you a championship, but it will guarantee you an opportunity."

Steve Yzerman, Stanley Cup winner with Detroit 1997, 1998 and 2002.

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

See you at the rink!

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