



KVHA News – Lorenz Names Espirito and Fralick as Mite Coaches for 2015-2016

Kent Valley Ice Centre, Kent, WA. May 7, 2015 – Kent Valley Hockey Association's Hockey Director, Danny Lorenz, announced Mite Coaches for the 2015-2016 hockey season this afternoon. Lorenz tapped veteran coaches Keith Espirito and Dave Fralick for Head Coaching assignments for the coming hockey season. Espirito will enter his third year of coaching while Fralick will begin his second year of coaching. *"Both Espirito and Fralick have shown excellent leadership at this level. They are familiar with USA Hockey's ADM program and have a strong passion for developing young hockey players. Their energy, focus and enthusiasm are impressive,"* said Lorenz.

Mite enrollment figures are expected to be higher than last season. Lorenz said, *"We have the potential for a significant number of players promoting up from our 'Learn to Play' program. It promises to be a great season for Kent Valley's Mite hockey program."* Lorenz expects to announce additional coaching assignments next week.

Benefits of Cross Ice Hockey Identified Through Use of NHL-Level Analytics

Kent Valley's Les Grauer brought this interesting report to my attention the other day. We thought it worth sharing with KVHA members. The story by Emma Glasgow & Elise Derksen clearly points out the benefits of cross ice hockey. The associated video, created by USA Hockey ADM, describes how the NHL-Level Analytics were applied. This is a story worth reading and video you need to view. Below is the link. Enjoy!

<http://www.basketballmanitoba.ca/2015/02/comparing-analytics-of-cross-ice-hockey.html#gsc.tab=0>

KVIC Summer Hockey Programs Registration Will Open Next Week

Kent Valley Ice Centre will open registration for its Summer Programs next week. The lineup of Summer Programs is pretty much the same as past summers. The Accelerated Training Day Camp 2015 Summer Hockey School will run 8:00am to 5:00pm Monday, Wednesday and Friday, June 15th through August 14th for all ages Mite to Midget. Danny Lorenz and Les Grauer will direct the program. There are several young adult assistant coaches that are currently playing Junior Hockey, College Hockey, or that have just finished their youth hockey. They provide a very low student to teacher ratio and also monitor all activities to ensure the safety and security of all the day campers. The program rates will include a daily drop-in rate, weekly, 5-week and all summer rates. Registration will open next week.

About Summer Hockey Training

April 20, 2015 - We have received numerous questions on what to do in the spring and summer after the hockey season ends. The simple answer is you need to train on a regular basis, which means almost daily. What that training entails really depends on the player's age, playing level and hockey aspirations.

When I was a youth hockey player, I skated about 300-400 hours during a winter season, mostly playing pick-up games on an outdoor rink. I used to shoot and stickhandle a puck or ball daily. As I got older, my off-ice training included what is currently considered a standard off-ice work out, but at the time was unheard of. If you want to be good, it will take a lot of training and dedication. If you want to be the best, then you have to train the best.

My recommendation is that at the very least you need to skate 3-4 times per week all year long, which comes to about 300 hours per year. Skating includes attending Stick n' Puck

and Public Sessions along with your regular practice, skills clinics or any spring teams or summer hockey schools you plan to do. In a standard winter season, you are on the ice around 80-150 hours, depending on whether you play Rec. or Rep. and how many games you play. For the remaining 5 months of the year in the spring and summer, you have at least 150 hours of ice time to make up if your goal is to be on the ice 300 hours a year. That averages to about 5-6 hours of ice per week.

There are a huge number of options available, so you will need to use your training dollars wisely. A typical hockey school is usually about \$80.00 to \$130.00 per day and you usually get about 2 to 3 hours of ice with all the other off-ice activities. Compare that to a \$9.50 public session, a \$12.00 stick n' puck or one of the summer training sessions and you can get more ice time with your training dollars at Kent Valley.

Les Grauer, Coach

KVIC Director of Operations

KVHA Executive Director/Vice President

Robby Glantz 3-Session Power Skating, Puck Protection, Explosive Starts, Bungee Cords & More – June 5-7, 2015

Kent Valley Ice Centre - Total On-ice: 4.5 hours

Kent Valley Ice Centre is pleased to host the 2015 Robby Glantz' 3-Session Power Skating Camp June 5th through 7th. The 3-session camp provides: Technique Speed Training, Acceleration, Explosive Starts, Bungee Cords & More.

The official camp designation is:

#763 * 3-Session Power Skating, Puck Protection & Power Moves Clinic * 2015

Discount Tuition: \$147.90 (It was \$174!) >> A savings of \$26.10 (15% off) <<

Discount Code: "Kent Valley Hockey 15% Discount"

Group A (Mites & Squirts): Friday 5:30-7:00pm - Saturday & Sunday 9:00-10:30am

Group B (PeeWees & Up): Friday 7:10-8:40pm - Saturday & Sunday 10:40am-12:10pm

To Register: Log onto the Robby Glantz website, www.robbyglantz.com, find your Location and Register for a Program. On the Registration Form, enter the Discount Code & Tuition (see above) in the boxes to receive your Savings.

Robby Glantz Int'l Power Skating, Inc.
15445 Ventura Blvd., #201
Sherman Oaks, CA 91403

Email: info@robbyglantz.com
Phone: 1-800-54-SKATE or 818-776-9045
Fax: 818-776-9180

Seattle Thunderbirds Hockey Camp August 10th-14th and August 17th – 21st Accepting Registrations

For the first time, the Seattle Thunderbirds will be hosting a **Stick Handling, Scoring and Skating Hockey Camp at Kent's ShoWare Center**. This year's new and improved format will provide an advanced on-ice skill development experience for all ages.

This year's staff will be working with all age groups two hours per day, committed and motivated to teaching and improving the skills of everyone in attendance throughout the week.

All sessions for the 2015 Seattle Thunderbirds Hockey Camp will take place at the ShoWare Center, home of the Seattle Thunderbirds. Participants will utilize the Thunderbirds locker room and WHL dressing rooms throughout the camp.

[Click here](#) for a 2015 T-Birds' Hockey Camp registration form.

[Click here](#) for more information regarding the 2015 T-Birds' Hockey Camp on the Seattle Thunderbirds web site.

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

Proud Sponsors of Kent Valley Hockey

 <p>Handyman CONNECTION</p> <p>Phone: (253) 981-6603 Harry Smith III Hsmith@handymanconnection.com</p>	 <p>HURLEY ENGINEERING <small>MANUFACTURERS REPRESENTATIVES</small></p> <p>800-861-7122 302 East 26th Street Tacoma, WA 98421</p>	 <p>Enjoy your favorite beverage or snack at Kent Valley Ice Centre's "On the Edge" Café.</p>
 <p>SEFNCO <small>COMMUNICATIONS</small></p> <p>877-385-2903 DELIVERING EXCELLENCE</p>	 <p>TOYOTA OF PUYALLUP</p> <p><i>customer first.</i></p> <p>800-729-7560 service@toyotaofpuyallup.com</p>	 <p>(253) 850-2400 X-19 6015 S 240th Street Kent, WA 98032</p>
 <p><i>Southcenter Dental</i> (206) 575-1551</p> <p>411 Strander Blvd. Suite 108 Tukwila, WA 98188</p>	 <p>WOODMEN <i>of the</i> WORLD</p> <p>with you through LIFE</p> <p>Naoko Singer Field Representative 206-669-0487</p>	 <p>Jan Shaw Team & Custom Embroidery 13530 Cascadian Way Everett, WA 98208 425-743-9784</p>
 <p>Seattle Radiator</p> <p>206-682-5148 www.seattleradiator.net</p>	 <p>Sound orthodontics <small>jack hou dds mds pllc • kornie frederick dds mds</small></p> <p>Seattle's Most Advanced Orthodontist Service! www.seattleorthodontics.com/</p>	 <p>ADVANCE MARKETING AND PRINTING (253) 220-9447</p>
 <p>SEATTLE THUNDERBIRDS HOCKEY</p>	 <p>MUCKLESHOOT CASINO</p>	 <p>Dinners Ready!</p> <p>www.dinnersready.com (425) 825-9323</p>

This email is being sent to Tammy Haywood at 2tam@centurytel.net.

This email was sent by Kent Valley Hockey Association, 6015 So. 240th St. Kent, WA. 98032

If you would like to change your email address or unsubscribe, please [click here](#) or, reply to this message and type the word "unsubscribe" in the subject line. To make sure you continue receiving our emails to your inbox (not bulk or junk folders), please add Lewsellers@kentvalleyhockey.com to your address book or safe sender list.