



KVHA's "3 on 3" Cross Ice Provides Fun and Excitement for Everyone



Kent Valley Ice Centre, Kent, WA. May 19, 2011 - Teams of three take the ice at Kent Valley Ice Centre every Monday evening to challenge each other for 3 minutes at a time. Each Monday evening session provides three (3) twenty-five minute games, resulting in approximately 40 minutes of actual playing time, roughly the same ice time as in three regular season games. The pace is fast and furious. When a goal is scored, a coach shoots another puck onto the playing surface and the game continues uninterrupted.

The purpose of the program is to provide an opportunity for the players 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 is zero coaching provided. Over sixty Mites, Squirts and PeeWees are enrolled in the current session of "3 on 3" Cross Ice.

In the photo above:

1.) Coaches lay out the lane dividers across the ice. The dividers provide three cross-ice game surfaces and a neutral area for teams to stand between shifts.

2.) In the absence of a goalie, plywood boards cover the goals. The boards provide targets (openings on each bottom corner and 5-hole opening) for players to shoot the puck.

3.) When a goalie is present, he/she stays in net for the entire session. Here, the Black team threatens to score.

4.) Danny Lorenz, KVHA Hockey Director, meets with participants at center ice to review the rules of the game. Slap shots and body checks are not allowed.

Some teams go all out by acquiring team jerseys and establishing team names. Judging by the enthusiastic banter between players between shifts, everyone seems to be enjoying the sessions.

Quote of the Day!

"Growing up I scored many Game 7 overtime winners to win the Cup out on the driveway with my buddies. It's every kid's dream to hoist it, so when I finally got to do it for real it was almost indescribable. What a thrill and honor, far and away the biggest highlight of my career."

Tony Hrkac, Stanley Cup winner with Dallas 1999.

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

See you at the rink!

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