



## **Lorenz Names Smith to Coach Kent Valley's PeeWee Tier-II for 2012/2013 Season**

**Kent Valley Ice Centre, Kent, WA. May 21, 2012** – Danny Lorenz, Kent Valley's Hockey Director, named Harry Smith III to coach the PeeWee Tier-II Selects for the 2012/2013 season. Smith co-coached the Squirt Tier-II Selects last season with Steve Mertel. The 2012/2013 season will be Smith's seventh season coaching at Kent Valley. The Squirt Selects played 18 league games in the Pacific Northwest Amateur Hockey Association (PNAHA) league last season with a record of 13 wins, 4 losses and 1 tie finishing in 2nd place. The team scored 95 goals for and had 37 goals against in league play. The Squirt Selects participated in three 3 tournaments during the 2011/2012 season; Portland over Thanksgiving, Tri Cities in March and the Seattle Junior Fred Chomos tournament in March. The highlight of the tournaments was taking first place in Fred Chomos which was the team's final game of the season.



Coach Harry Smith

Lorenz also named Mike Herzog to serve as an assistant coach with Smith. Herzog served as an assistant coach at the Squirt level during the 2010/2011 and 2011/2012 seasons. Additional coaching assignments will be announced over the coming weeks.

### **Registration for Kent Valley's Summer Hockey Programs Available Now**

Kent Valley Ice Centre will offer an exciting lineup of summer programs for 2012 under the direction of Danny Lorenz and Les Grauer. Full details and registration information are available on [www.KentValleyHockey.com](http://www.KentValleyHockey.com) under the **Hockey Instruction** tab by clicking upon the **Summer Programs** sub-tab.

**Accelerated Training 2012 – Summer Hockey School** runs three full days a week, (Monday, Wednesday and Friday) and offers a player more practice time in 8.6 short weeks than a normal winter hockey season. The program begins each day at 8:00am and ends at 5:00pm. A typical day includes 3 hours of on-ice time, at least 30 minutes of Off-Ice training, a break for lunch and a variety of video/play time activities. The program begins Monday June 18th and runs through Friday August 24<sup>th</sup> with a break for the 4<sup>th</sup> of July holiday and the week of July 9-13 when the ice is busy with the Pro Ambitions Hockey School.

**Individual Hockey Skills – Shoot to Score & Make the Save with Passing & Stickhandling** is a Monday evening activity that begins at 6:30pm and ends at 8:00pm. The program runs 9 weeks beginning with Monday June 18<sup>th</sup> through Monday August 13<sup>th</sup>. Each day a player will have 90 minutes of concentrated training to improve individual skill to score more goals or make more saves. Instruction will focus on Stickhandling (single-dekes, double-dekes, toe drags, puck flips, backhand slides, escapes, 360 Gretzky curls, moves through the skates and 180 dekes) Passing (forehand and backhand passes, saucer, ½ slap, one touch, area, and off the boards) and Shooting (quickness, speed & accuracy.) Goalie instruction will focus on different types of saves (stick-saves, glove-saves, blocker-saves and kick-saves.)

**Individual Hockey Skills – Power Skating** is a Thursday evening activity that begins at 5:30pm and runs until 6:15pm with the FREE option of skating the Stick n' Puck session that follows from 6:30pm until 8:00pm. That's a total of 2.25 hours of ice time every Thursday. The program runs 9 weeks beginning with Thursday June 21<sup>st</sup> through Thursday August 16<sup>th</sup>. Each day a player will have 30 minutes of concentrated training along with 15 minutes of warm-up and cool-down to improve their skating. Instruction will focus on proper stride for quick acceleration, being able to stop on 1 or 2 feet, quick transitions, easier 3-turns, faster crossovers, better agility and the ability to maintain a faster pace for longer shifts.

## ***T-Birds Street Team Provides Volunteer Opportunity for KVHA Members***

### **Street Team takes part in summer fairs, festivals and parades**

**ShoWare Center, Kent, WA. May 21, 2012** - The Seattle Thunderbirds Street Team is entering its eighth summer promoting the team. The T-Birds Street Team is a volunteer program that promotes the team at fairs, festivals and parades in the greater King County area during the summer.

The volunteer program is rewards based. For every hour that a Street Team member volunteers for the T-Birds, they are awarded a point. The points can be redeemed at the end of the summer for one of five T-Birds prizes.

Listed below are the prizes which can be chosen by Street Team members after Labor Day.

- 10 Pts: 2 Tickets to a T-Birds home preseason game
- 20 Pts: Autographed picture of favorite player
- 30 Pts: Team autographed hockey stick
- 40 Pts: \$150 T-Birds Gift Certificate
- 65 Pts: Suite Night for T-Birds game during 2012-13 season. (Suite night mutually agreed upon by team and Street Team member and based on availability)

"We are looking forward to being involved in local and community events," said Ian Henry, T-Birds Director of Public Relations. "The Street Team is a great way for fans to help support the T-Birds in the community."

Some of the events the T-Birds will attend this summer include: Kent Relay for Life, Susan G. Komen Race for the Cure, Kent Cornucopia Days, Renton River Days, Crohn's and Colitis Take Steps Walk and numerous mascot appearances.

Fans can sign up to be a part of the Street Team and see the full calendar of appearances on the T-Birds Street team page on their website. Fans will also be able to track their hours and find out more about the prizes available for being a member of the Street Team on the website.

If you would like to volunteer or have additional questions about the Street Team you can contact T-Birds Street Team Coordinators Nicole Peterson, Matt Freeman or Nicole Stull at 253-239-7825.

## ***BLOW OUT Hockey Stick Sale at Kent Valley Pro Shop***

Prices have been slashed 15% on Bauer hockey sticks and 25% on Easton hockey sticks at Kent Valley's Pro Shop. Doug Stewart, KVIC's Facility Manager, said; *"The fall/winter hockey season has just finished and our new stock of hockey equipment will be arriving any day now! That means our current stock must be sold to make room for the 2012-2013 products!"* KVHA members are encouraged to check out the new T-shirts on their next trip to the rink. The KVIC Pro Shop recently stocked a full line of Bauer hockey t-shirts. These tees make great birthday gifts for your hockey player.

## ***Quote of the Day!***

### ***The True Meaning of Winning the Cup:***

*"For me, winning the Stanley Cup was the most important thing I accomplished in my career. It was a long journey getting there too, 14 years to be exact, before we finally won it. I went through a lot of tough seasons in Detroit before we were able to eventually get it right. So to look back now at what it means, I would have to say that it has clearly defined my career. The Cup is so special because it's so hard to win."*

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

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

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