



KVHA News – 16U "AAA" Tier-I Rainiers Tryouts Draws a Strong Turnout

Kent Valley Ice Centre, Kent, WA. June 6, 2014 – Last Friday's tryouts for KVHA's 2014 16U "AAA" Tier-I Rainiers team were highly successful... The next round of tryouts is set for Friday June 14th & Saturday June 15th at Kent Valley Ice Centre.

In a letter to prospective players and parents KVHA Hockey Director and Rainiers' Coach Danny Lorenz thanked everyone for attending the first day of tryouts. *"I was happy to see the strong turnout and I am confident we can put together a strong team for next season,"* he said. Lorenz indicated that he had a number of additional players coming in for the upcoming skates on June 14 and 15 providing an even larger pool of talent from which to build the team.

The Kent Valley Rainiers' tournament model is based fundamentally on the same concepts as the top "AAA" programs in the country without the cost of flying to 'showcases' around the country. Lorenz explained, *"With our focus on playing in Tier-I tournaments that are within driving distance, but at fraction of the cost, and with a registration of only \$4,000, a comparison with fly-away teams makes us an excellent value."* With 200+ hours on the ice, and a high intensity Cross Fit training program with certified instructors, the Kent Valley Rainiers move well beyond the standard youth hockey model of twice weekly practices and into a state-of-the-art AAA development program.

Lorenz said, *"After our next set of evaluation skates (June 14 & 15) we will be offering roster spots to players that we are confident are ready to make the move to the next level in their hockey careers. We will complete our team roster in August following our final evaluations."*

The Kent Valley Hockey Association is also very confident that the arena's finance issues will be resolved by its ownership in the coming weeks. Operating within their rights under the Chapter 11 reorganization laws, there is every reason to plan without reservation for a great season with the Kent Valley Hockey Association playing in the Kent Valley Ice Centre next season. Suggestions to the contrary would be misleading.

Cross Ice '3 on 3' Wraps Up Next Week, Accelerated Training Day Camp Begins Monday June 16th

The always popular and fun Spring Cross Ice '3 on 3' comes to a close on Thursday June 12th with the final PeeWee & Bantam challenge. The Mites & Squirts will skate their final session on Monday June 9th. On the heels of Cross Ice '3 on 3' is the summer Accelerated Training Day Camp beginning on Monday June 16th. The Day Camp runs every Monday, Wednesday and Friday throughout the summer with time off for a holiday here and there, and the Pro Ambitions Hockey Camp the week of July 14-18. Players can be signed up for the entire summer, a week at a time or even a daily session as best fits your family's busy summer schedule. [Click here](#) for full details and a registration form.

Quote of the Day!

Playing Hurt:

"You play such a long season, and you are going to get banged up along the way. Everybody goes through it. Then the playoffs come around, and it's so intense, with so many games in such a short amount of time, so you suck it up and play. You don't want to let your teammates down so you just do what you have to do. You figure out ways to get ready for the next game by whatever means necessary. Once you get through that one, then you do it all over again for the next one. That is the mentality at that stage of the season. I have certainly had my fair share of injuries throughout my career, from spinal fusion to numerous knee injuries. In fact one of those knee injuries came in 2002 during

our Cup run, and it was extremely difficult to play, but luckily I got through it. Hey, there were a lot of guys worse off than me, so what are you going to do."

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

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

KVHA Host Hotel - Proud Sponsors of Kent Valley Hockey		
		
(425) 251-9591 3700 East Valley Road Renton, WA 98057		Enjoy your favorite beverage or snack at Kent Valley Ice Centre's "On the Edge" Café.

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.