



KVHA News – Accelerated Training Hockey Day Camp 2014 Begins Monday at KVIC

Kent Valley Ice Centre, Kent, WA. June 12, 2014 – Accelerated Training Day Camp begins 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.

The Day Camp is Directed by Danny Lorenz and Les Grauer with assistance this summer from Ryan Doner and Max Doner. The Accelerated Training Program utilizes a myriad of methods to develop key power skating fundamentals, while simultaneously conditioning athletes, developing their core body strength and promoting better eye-hand coordination. The off-ice program incorporates a series of dry land exercises designed to improve explosive skating abilities and alternates dry land stick handling drills used by the USNDTP (United States National Development Training Program recommended by USA Hockey) to create and develop "soft-hands." On-ice drills focus on developing quickness, power, acceleration and long strides.

Les Grauer said; *"We strongly believe the key to success is hard work and education. Therefore, our primary goal is to educate and encourage participants to develop these core concepts and skills and dramatically improve their on-ice performance."* Danny Lorenz added; *"In 8 short weeks, this program offers as much practice time as a normal winter season!!"* [Click here](#) for full details and a registration form.

Goalie Skills Clinic Series – Sign up Now!

Kent Valley Ice Centre reminds goalies about a four session Goalie Skills clinic to be held this summer at the Kent Valley Ice Centre. The sessions are scheduled for four Monday's, 6:30pm – 8:00pm, June 23rd, July 7th and 21st, and August 4th. Goalies from any hockey association are welcome to sign up for and participate in the clinic. Cost of the clinic is \$82.00 for all four weeks or \$25.50 for drop in.

Goaltending has developed into a very technical position. Today's shooters are shooting harder and with more accuracy than ever before. In order to better compete against the opposing shooters, goalies need to learn techniques and angles to position yourself and learn how to focus better on the puck to keep it out of your net.

Learn from someone with goaltending experience at the highest levels, Danny Lorenz:

- 16 years professional player
- 10 years youth coaching experience
- Level 4 USA Hockey Coaching Certification
- 3 years player in Europe
- 4 years Jr A Tier I with the Seattle Thunderbirds
- '95 IHL All Star Game MVP, 2 times Team MVP
- Picked 58th in the '88 NHL entry draft

[Click here](#) for full details and registration form.

Kent Valley Ice Centre Update - Sky Fails to Fall

Kent Valley Ice Centre, Kent, WA. June 10, 2014 – It's June 10, 2014, and we are still the Kent Valley Hockey Association operating out of the Kent Valley Ice Centre. Contrary to all the rumors of our demise, the sky didn't fall today... We're pleased, to say the least...

Kent Valley's Danny Lorenz Makes '710 ESPN Seattle' list of "top ten T-Birds of all time."

Andrew Eide of 710 ESPN Seattle is an admitted hockey fanatic and he put his Seattle Thunderbird knowledge to work recently and compiled a list of the "Top Ten T-Birds of all

time.” Kent Valley’s Hockey Director, Danny Lorenz, was listed as number 6 on the prestigious list. Those of us who know Danny, and some of us who work with him daily, would like to see him higher on that list. But, I think we’re okay with number six... So, congratulations to Danny Lorenz who 24 years after he left Seattle is still here in body, soul and in our top ten memory. Here’s Eide’s complete list. How many do you remember?

- Glen Goodall, 1984-1990
- Patrick Marleau, 1995-1997
- Thomas Hickey, 2004-2009
- Calvin Pickard, 2008-2012
- Victor Gervais, 1985-1990
- **Danny Lorenz, 1986-1990**
- Brendan Witt, 1991-1994
- Petr Nedved, 1989-1990
- Chris Joseph, 1985-1988
- Turner Stevenson, 1988-1992

By the way, do you notice how many of the top ten were members of that great 1989-1990 Seattle Thunderbirds team? Half of them! That team is on the top of my list of top ten T-Bird teams of all time. Agreed?

[Click here](#) for Andrew Eide’s story **“The Top 10 T-Birds of all time.”**

Quote of the Day!

The True Meaning of Winning the Cup:

“Winning the Cup was something that I dreamed about as a kid. In grade six I remember my family getting a TV, and all I wanted to do was watch Hockey Night in Canada. Seeing those guys playing for the Cup made such an impression on me. I just knew that was what I wanted to do. So to finally win it was beyond words. Then to go on and win four in a row, what can you say? We had so many great players on those teams, and I just feel very blessed to have been a part of it.”

Bob Nystrom, Stanley Cup winner with New York Islanders 1980, 1981, 1982 and 1983.

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

Editor’s note: For the last 28 years, since he got out of hockey, Bob Nystrom has been in the insurance business. He works with a company called Kinloch Consulting. They are an employee-benefit consulting and property casualty brokerage firm. They work with many companies on Long Island, assisting them in setting up strategies to maximize the large capital expenditure they commit to providing employee benefits such as medical, dental and also long- and short-term disability insurance for their employees. They also provide general liability, property, workers’ compensation and many other insurance coverage’s to protect their company. Nystrom also works with a number of charities on Long Island, including one that former teammate Clark Gillies started, the Clark Gillies Foundation. Nystrom is also on the advisory board with Island Harvest.

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<p>(425) 251-9591</p> <p>3700 East Valley Road Renton, WA 98057</p>		<p>Enjoy your favorite beverage or snack at Kent Valley Ice Centre's "On the Edge" Café.</p>

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

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