



## **School is Out, Summer is In... Kent Valley Summer Program Begins Monday**

**Kent Valley Ice Centre, Kent, WA – KVHA News for 16 June, 2010** – Would you like to put your hockey player on ice for the summer? Kent Valley Ice Centre can help you do just that. **Accelerated Training 2010 Summer Hockey School** and **Friday Day Camp** begin the week of June 21<sup>st</sup> and runs through the week of August 20<sup>th</sup>.

### **Accelerated Training 2010 Summer Hockey School**

**Hockey Development** – Directed by Danny Lorenz & Les Grauer

**Monday, Tuesday, & Wednesday 8:00am - 5:00pm**  
**June 21st through August 20<sup>th</sup>**

Hockey players are more skilled than ever before. Players must constantly strive to improve their on-ice balance, agility, speed and coordination. The Accelerated Training Program utilizes power skating fundamentals, while simultaneously conditioning players and developing their puck handling skills. Our off-ice program incorporates a series of dry land exercises designed to improve skating abilities and alternates dry land stick handling drills along with cross training games to aid in development.

[Click here for full details.](#)

### **Friday Hockey Day Camp 2010**

**Friday Hockey Day Camp** – Directed by Danny Lorenz & Les Grauer with KVHA Coaches

**Friday 8:00am - 5:00pm**  
**June 25th through August 20th**

The Friday Hockey Day Camp is a popular summer favorite of Kent Valley's hockey players. The program runs 9 weeks for a cost of \$288.00 (\$32.00/day) or \$37.50 per session drop-in. The scheduled time is Friday 8:00am – 5:00pm for all ages. Include the Friday Day Camp with Accelerated Training (above) and get substantial discounts.

[Click here for full details.](#)

### **Other Summer Activities**

**Individual Hockey Skills – Shoot to Score & Make the Save with Passing & Stickhandling**  
Monday's 6:30pm – 8:00pm - [Click here for full details.](#)

**Individual Hockey Skills – Power Skating**  
Thursday's 5:30pm – 6:15pm - [Click here for full details.](#)

**Stick n' Puck – Daily** (Please check the ice schedule for specific times)

**Public Skating Sessions – Daily** (Please check the ice schedule for specific times)

[Click here for ice schedules.](#)

[Click here for Summer Programs](#) page on the KVHA web.

Have a great week!

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