



Kent Valley's Accelerated Training - Summer Hockey School is Off and Running

Kent Valley Ice Centre, Kent, WA. June 18, 2012 – Kent Valley's Accelerated Training – Summer Hockey School program got off to a slow start Monday morning with low attendance. Les Grauer, Kent Valley's Director of Operations said; *"We expected week one would be slow because some schools are still in session. Once all the local schools are out, enrollment will be up where it should be and our numbers look good for the balance of the summer."*

The Accelerated Training – Summer Hockey School runs Mondays, Wednesdays and Fridays through August 24th with the exception of the week of July 9th, 11, and 13th. Drop your hockey player off between 8:00-8:30am at Kent Valley Ice Centre and pick him/her up between 4:30-5:00pm. The program provides skaters 9.4 hours of on-ice time per week. Additional details and registration forms are available on the Kent Valley Hockey web site at the following URL:

<http://www.kentvalleyhockey.com/hockeyinstruction/summerprograms.html>

Individual Hockey Skills

In addition to the Accelerated Training day program, Kent Valley offers two evening training programs on Mondays and Thursdays. Both programs are directed by Les Grauer and Danny Lorenz.

Shoot to Score & Make the Save with Passing & Stickhandling

Monday's 6:30pm - 8:00pm
June 18 & 25, July 02, 09, 16, 23 & 30, August 6 & 13

Power Skating

Thursday's 5:30pm - 6:15pm
June 21 & 28, July 05, 12, 19, & 26, August 2, 09 & 16

Additional details and registration forms are available on the Kent Valley Hockey web site at the following URL:

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Tyler Alos To Be Instructor At T-Birds Hockey School at ShoWare Center

Hockey School Takes Place Over 2 Weeks in August

Kent, WA June 13, 2012 - Seattle Thunderbirds center Tyler Alos has been confirmed as an instructor at the 2012 Seattle Thunderbirds Hockey School. *"I am looking forward to being a part of another fun year at the Hockey School,"* said Alos. *"With Coach Rumble running the School this year it is going to be fun and educational for all the kids involved."*

T-Birds Assistant Coach Darren Rumble will be the lead instructor at the hockey school. Other T-Birds players taking part as instructors will be announced in coming weeks.

The Hockey School will take place over two weeks at ShoWare Center in Kent. The dates of the 2012 Hockey School are Monday, August 6, to Saturday, August 11, and Monday, August 13, to Saturday, August 18. Participants in the T-Birds fourth annual Hockey School are able to choose one of two weeks to participate in the school.

The 2012 Thunderbirds Hockey School will consist of six groups. There are four youth groups: Group A for 6, 7 & 8-year-olds, Group B for 9 & 10-year-olds, Group C for 11 & 12 year-olds and Group D for 13 & 14 year-olds. There will be an Adult group for players 18-years-old and older.

For the third consecutive year the T-Birds will have a Junior Prep Group which will be geared towards 15 to 19-year-old players preparing for their upcoming junior season. This camp will be difficult and challenging and will focus on conditioning and pace

T-Bird players will be participating in both the on-ice and off-ice sessions of the Junior Prep Group as they prepare for the 2012-13 season. Players interested in the Junior Prep Group will be required to call T-Birds Hockey Operations Assistant Jeff Caso at 253-239-7825 to register.

The Youth and Junior Prep groups will receive an hour and a half of on-ice instruction followed by a one hour off-ice session. On the Saturday of the camp there will be a scrimmage game for each group. The Adult group will feature a two hour on-ice session preceded by an off-ice video instruction session.

Youth Group registrants will receive a hockey school jersey while Adult and Junior Prep registrants will receive a hockey school t-shirt. There will be free wireless internet available in ShoWare Center for parents who wish to use it while their child is taking part in the hockey school.




For hockey school pricing and to attend the Seattle Thunderbirds 2012 Hockey School download the flyer and return to the T-Birds. You can also sign up for the 2012 Hockey School online through the T-Birds online store. [Click here](#) for a registration form.

Seattle Thunderbirds

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KVHA's Coaching Lineup for the 2012/2013 Season

Head coaching assignments and some assistant coaching assignments have been made for the 2012/2013 season. Danny Lorenz, Kent Valley Hockey Director, completed the coaching assignments last week. However, Lorenz noted that some additional assistant coaching appointments will be made as we near the beginning of the hockey season. Team Manager positions are still open for most of the teams. Below is the coaching lineup for 2012/2013:

	<i>Mite Rec Tornadoes</i>
	Associate Coach – John Dunn E-Mail Phone: (509) 336-9048
	Associate Coach – Lance Meyer E-Mail Phone: (253) 941-2446

	<i>Squirt Rec Tornadoes</i>
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Head Coach – Jeff Ferguson
[E-Mail](#)
Phone: (206) 290-5521



Assistant Coach – Rick Campbell
[E-Mail](#)
Phone: (253) 850-2116



Squirt Tier-II Selects



Head Coach – Steve Mertel
[E-Mail](#)
Phone: (206) 793-4247



Assistant Coach – Bob Sellers
[E-Mail](#)
Phone: (253) 334-5695



PeeWee Rec Tornadoes



Head Coach – Cam Randall
[E-Mail](#)
Phone: (253) 670-3047



Assistant Coach – Rod Britten
[E-Mail](#)
Phone: (253) 862-3064



PeeWee Tier-II Selects



Head Coach – Harry Smith
[E-Mail](#)
Phone: (253) 797-2523



Assistant Coach – Michael Herzog

[E-Mail](#)

Phone: (253) 735-9950



Assistant Coach – Issac VanMechelen

[E-Mail](#)

Phone: (253) 720-7308



Bantam Rec Tornados



Head Coach – Kevin Blair

[E-Mail](#)

Phone: (206) 444-0532



Assistant Coach – Jeff Paradee

[E-Mail](#)

Phone: (253) 838-5466



Bantam Tier-II Selects



Head Coach – Adam Speer

[E-Mail](#)

Phone: (253) 569-8647



Assistant Coach – Anthony Bell

[E-Mail](#)

Phone: (253) 833-7363



Assistant Coach – Martin Plourde

[E-Mail](#)

Phone: (206) 304-9129



Assistant Coach – Lexi Doner

[E-Mail](#)

Phone: (206) 793-6052



Midget Rec Tornadoes



Head Coach – Robert Austin

[E-Mail](#)

Phone: (206) 251-0124

TBD

Assistant Coach –

[E-Mail](#)

Phone:



Midget U-16 Tier-II Selects



Assistant Coach – Derek Pizzey

[E-Mail](#)

Phone: ((206) 437-9091



Assistant Coach – Chuck Cadiente

[E-Mail](#)

Phone: (425) 413-9535



Assistant Coach – Greg Gicewicz

[E-Mail](#)

Phone: (360) 352-9431



Midget U-18 Tier-II Selects



Head Coach – Danny Lorenz

[E-Mail](#)

Phone: (206)786-9163



Assistant Coach – Jay Johnston

[E-Mail](#)

Phone: (253) 848-6237

Quote of the Day!

The True Meaning of Winning the Cup:

"Winning it the first time was unbelievable. We won it that year up in Minneapolis, after we beat the North Stars, and it was just a dream come true. To finally get to grab it and touch it, out on the ice, was something I can't even really describe. I think I was maybe the eighth guy to get a turn to raise it, and I will never forget waiting for what seemed like an eternity to finally get my turn. For me it was probably more enjoyable the second time we won it because I could enjoy watching everybody else as they experienced it too, which was pretty neat."

Troy Loney, Stanley Cup winner with Pittsburgh 1992 and 1993

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

KVHA News Contact: Lew Sellers, Director of Communications

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