



## ***KVHA News – PNAHA Opts for Half-Ice Play at 10U Level for 2017-2018 Season***

**Kent Valley Ice Centre, Kent, WA., Friday, June 30, 2017** – Fifteen PNAHA (Pacific Northwest Amateur Hockey Association) member associations voted unanimously to move to Half-Ice (aka Cross-Ice) play at the 10U level for the 2017-2018 season. Half-Ice play will apply to all 10U league competition within PNAHA. In approving Half-Ice play the PNAHA board allowed for full-ice play when two PNAHA teams are playing non-league exhibition games or playing in tournaments involving teams from outside PNAHA. The PNAHA board also added a provision which limits the number of 10U players (2) per association that can move up to 12U. Additional players moving up to 12U may be considered with an exception request to the PNAHA ADM Director who will only consider the request if it's due to association needs, i.e. having to merge age divisions in order to have a functional program. PNAHA members also discussed 10U Half-Ice logistical issues for those associations without hard divider boards.

Joe Bennett, USA Hockey's Regional ADM Manager, complimented the PNAHA Board on their passage of the 10U Half-Ice measure and PNAHA's progress in leading the way with ADM implementation. Doug Kirton, SnoKing AHA, is the PNAHA West Side ADM Director and Herman Cho, Spokane Area Youth Hockey Association, is the PNAHA East Side ADM Director.

## ***Kent Valley Sets 10U Half-Ice Informational Meeting for Parents***

There will be an informational meeting at Kent Valley Ice Centre on Thursday 7/06/2017 at 6:30pm in the banquet room. The topic of discussion will be 10UB and 10U Recreational Half Ice Hockey. All 10U parents are welcome to attend and join the discussion.

## ***PNAHA SafeSport Update – Two Locker Room Monitors Now Required***

Doug Ross, PNAHA SafeSport Coordinator, reported on recent updates to USA Hockey's SafeSport program. Ross reported that everyone needs to have two locker room monitors in the locker room at all times, not out in the hall or sitting outside the locker room. This rule applies to all age levels except for 8U because there are parents in the locker rooms with 8U players.

Ross also reported that USA Hockey is working on improving background checks. He said that any SafeSport incidents that have any reference to "sex" in them will be automatically be handled by USA Hockey process rather than local SafeSport coordinators. Ross said these incidents must also be reported to local police.

## ***USA Hockey Raising Awareness of Concussion Protocols***

PNAHA members heard a report from Jamie Campbell, a member of the USA Hockey – Pacific District Concussion Protocol Implementation Team, of efforts to raise awareness of Concussion Protocols. Campbell said, that USA Hockey will now require registering members to confirm that they are aware that concussions can occur while playing hockey.

"This is nothing more than an acknowledgement," she said. Campbell stated the Pacific District had recently adopted the USA Hockey Concussion Protocol for all its affiliates.

Jamie Huscroft, SnoKing, is the Washington State Concussion Protocol champion who will be a local resource for additional information on the subject. Below is the Concussion Awareness and Protocol as adopted:

## **Concussion Awareness and Protocol**

### Concussion Signs and Symptoms

#### **Signs Observed by Coaching Staff**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### **Symptoms Reported by Athlete**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion
- Does not "feel right"

### Action Plan

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

It's better to miss one game than the whole season

For more information and to order additional materials free of charge, visit CDC's website.

To learn more:

- [Concussion Management](#)
- [Returning to Play Guidelines](#)
- [Concussion Summit Recommendations](#)
- [LA Time Article](#)
- [MN Hockey Journal Article](#)
- [Returning Play Article](#)
- [CDC Concussion Downloads](#)

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## **USA Hockey Rule Changes for 2017-2018**

### **Modified Shorthanded Icing Rule Delivers More Skill Development**

USA Hockey has modified its playing rules for the 14-and-Under age classification and all younger age classifications (youth and girls) to no longer legalize icing while a team is

shorthanded. Beginning with the 2017-18 season, if a team ices the puck while shorthanded, it will result in a whistle followed by a defensive-zone faceoff. The team that commits an icing infraction will be allowed to change lines and/or players prior to the defensive-zone faceoff.

The rationale behind this rule change is twofold. First, and most importantly, the change will encourage greater skill development for 10U, 12U and 14U players. These young athletes are in their prime skill development windows and will benefit greatly from the increased emphasis this rule change places on promoting puck possession, puck protection and play-making (as opposed to merely firing the puck down the ice, which is a low-skill tactic). Second, the change prevents a penalized team from gaining an exception to a rule (icing) that is in effect while teams are at even strength.

[Click here](#) for complete details on this and other USA Hockey playing rule changes.

## ***Two Former Kent Valley Players Selected for National Player Development Camps***

Two former Kent Valley players were recently promoted from District Development Camps to attend USA Hockey National Development Camps. Alex Bolshakov, age 15, who played for Kent Valley from 2011 through 2014 will attend the Boys Select 15 camp July 15-19, 2017, in Amherst, New York. Lokelani Antonio, age 18, who played for Kent Valley from 2012 through 2015 will attend the Girls 18U camp July 15-21, 2017, in St. Cloud, Minnesota. Congratulations to Alex and Lokelani for earning appointment to USA Hockey National Development Camps.

## ***KVHA Registration Rates Increase July 1st***

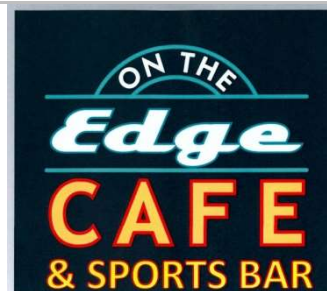
Parents are reminded that KVHA registration rates will increase July 1st and again on August 1st. Registering before these dates will allow you to take advantage of the lower rates.

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