



## Summer Programs Provide Conditioning, Skill Development and Fun for Hockey Players

**Kent Valley Ice Centre, Kent, WA – KVHA News for 1 July, 2010** – Nolan Grauer, age 19 - going on 20, is one of the young instructors for the Kent Valley Accelerated Training program. Nolan is popular with the kids and specializes in off-ice conditioning. He said; *"It's great working with the kids and I enjoy helping them become better hockey players by working with them to improve their skills."* Nolan also provides power skating tips for the players during the on-ice session portion of the program.

Danny Lorenz, Hockey Director and Les Grauer, Director of Operations, direct the on-ice activities and work with skaters to develop their hockey skills. Lorenz said this about the Accelerated Training Program; *"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."*

If parents are looking for a full-day summer activity for their hockey player, Accelerated Training and Friday Day Camp may be just the program you need. Below is a schedule of activities for both the Accelerated Training and Friday Day Camp. Parents can pick and choose daily, weekly or full summer participation for their hockey player. Full details are available on [www.KentValleyHockey.com](http://www.KentValleyHockey.com) at the URL below:

[http://www.kentvalleyhockey.com/images/Accelerated\\_Training\\_Program\\_2010.pdf](http://www.kentvalleyhockey.com/images/Accelerated_Training_Program_2010.pdf)

| Monday   | Tuesday   | Wednesday   | Friday  |
|--|---|---|---|
| <b>Accelerated Training</b>  |   |   | <b>Day Camp</b>   |
| 8:00am – 5:00pm  | 8:00am – 5:00pm   | 8:00am – 5:00pm   | 8:00am – 5:00pm   |
| 8:00-8:30 Drop Off<br>8:45-9:45 Off-Ice<br>9:45-10:15 Video / Snack<br>10:45-11:30 On-Ice Skills<br>11:40-1:20 Scrimmage<br>(Open Stick n' Puck)<br>1:30-2:30 On Ice Skills<br>2:45-3:30 Lunch / Video<br>3:30-4:30 Off-Ice<br>4:30-5:00 Video / Pick-up | 8:00-8:30 Drop Off<br>8:45-9:45 Off-Ice<br>10:15-11:30 On-Ice Skills<br>11:40-1:20 Scrimmage<br>(Open Stick n' Puck)<br>1:45-2:30 Lunch / Video<br>2:45-3:15 Skating (Public)<br>3:30-4:30 Off-Ice<br>4:30-5:00 Video / Pick-up | 8:00-8:30 Drop Off<br>8:45-9:45 Off-Ice<br>10:15-11:30 On-Ice Skills<br>11:45- 12:45 Lunch /<br>Video<br>1:30- 2:45 On Ice Skills<br>3:00-3:30 Skating (Public)<br>3:45-4:30 Off-Ice<br>4:30-5:00 Video / Pick-up | 8:00-8:30 Drop off<br>8:45-9:30 Off Ice<br>10:00- 11:30 On Ice<br>11:45- 12:15 Lunch<br>12:15-1:00 Video /<br>Play Time<br>1:30- 3:00 On Ice<br>3:30- 4:30 Off-Ice<br>4:30-5:00 Video / Pick-up |

### Bantams Added to Wednesday Evening Midget Training – Scrimmage

Danny Lorenz is adding Bantams to his Wednesday evening **Midget Training–Scrimmage** sessions. The sessions are intended for high level Bantam/Midget players; '97 and older. The cost is \$11.50 per session or \$25 for the three sessions in July. Space is limited to 30 players and 4 goalies (goalies skate free.) Sessions are scheduled for July 7<sup>th</sup>, 14<sup>th</sup> and 28<sup>th</sup>. They start at 6:30pm and run until 8:00pm. [Click here](#) for a registration form.

### Second Annual 2010 Rob Sumner Hockey Camp, ShoWare Center Starting August 16th

Here's another great summer hockey activity for Kent Valley Members, and one that's right here in our own area at Kent's ShoWare Center. Going into its second year, the Rob Sumner Hockey Camp at Kent's ShoWare Center will provide an exceptional 5-7 day hockey experience for all participants.

Kent Valley players who participated in last year's camp rated the camp as a quality and fun skill building experience. Kent Valley Hockey highly recommends the Rob Sumner Hockey Camp again this season.

This year's staff will be working with all groups, both on and off the ice. Each player will have fun getting to know the various Thunderbird players, coaches and training staff while providing top level hockey instruction on the ice; skill development off the ice and learning hockey specific dry land training.

### **On-Ice Training**

- *Power Skating*
- *Balance*
- *Edge Control*
- *Skill Development*
- *Puck Handling*
- *Passing, receiving, shooting*
- *Defending*
- *No-contact checking*

### **Off-Ice Training**

- *Exposure to hockey specific dry land techniques*
- *Stick handling and shooting*
- *Skill development and repetition*

All sessions for the 2010 Rob Sumner Hockey Camp will take place at ShoWare Center, home of the Seattle Thunderbirds. Participants will utilize the T-Birds locker room and WHL dressing rooms throughout camp, as well as the Thunderbirds Training Facility for all dry land instruction.

*Rob Sumner, Seattle Thunderbirds Head Coach, is heading into his 15th year as a coach for the Seattle Thunderbirds. He lives in Maple Valley with his wife Cherie, and their two sons Reid (5) and Will (3).*

[Click here](#) for a 3-page brochure and registration form. You'll also find a link to the brochure on [www.KentValleyHockey.com](http://www.KentValleyHockey.com). Look for the **2010 Rob Sumner Hockey Camp** logo in the right column on the front page.

## **Quote of the Day**

*"I play my game no matter what others think... it works for me... I'm sure I could be meaner and tougher but playing like I do has worked.*

**Jinelle Zaugg-Siergiej, Defenseman, Women's USA Hockey Team**

Have a great week!

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