



## **Van Mechelen Named Bantam Rec Tornadoes Head Coach**

**Kent Valley Ice Centre, Kent, WA. July 1, 2011** – Danny Lorenz, KVHA Hockey Director, today named Isaac Van Mechelen to serve as Head Coach of the Bantam Rec Tornadoes for the 2011/2012 hockey season. Van Mechelen coached the Bantam Rec Tornadoes last season, his first coaching season with Kent Valley. Van Mechelen played for the Kent Valley Midget "B" Storm during the 2004/2005 hockey season.

### **Schedule Changes for Next Week**

Due to the 4<sup>th</sup> of July holiday, the Accelerated Training "Day Camp" sessions for Monday and Wednesday have been cancelled. The Thursday evening "Hockey Skills – Power Skating" session will be held at the usual time of 5:30pm to 6:15pm.

#### **Friday July 8<sup>th</sup> Accelerated Training / Day Camp Schedule Change**

7:45am-	Arrival at KVIC
8:15am-9:45am	On-Ice
10:00am-10:15am	Top Prospects Practice / Snacks
10:15am-11:30am	Off-Ice
11:30am-12:15pm	Lunch
12:15pm-1:00pm	Video
1:00pm-2:15pm	Off-Ice Street Hockey
2:15pm-3:45pm	Watch Prospects Game / Snacks
4:15pm-5:45pm	On-Ice
6:00pm	Depart KVIC

### **Quote of the Day!**

#### **The True Meaning of Winning the Cup:**

*"While I was thrilled that I got to be a part of all the postgame festivities, I was still bummed out, knowing that because I didn't play enough games that season, nor did I get to play in the finals, I wouldn't get my name on the Cup. You think about your legacy at that point and about how cool it would be for your great-grandkids to read your name on there one day. Well, to my surprise I later found out that the players all went to bat for me and lobbied to get my name on it. It was sort of unprecedented, which made it even more special. I was so blown away by their gesture; it just meant so much to me. I never really knew for sure, either, until I saw it on my day with the Cup. As soon as the Cup Keeper got there I immediately grabbed it and started searching. Sure enough, there I was alongside all of my teammates. I just smiled and cried. Pretty cool."*

#### **Darren Rumble, Stanley Cup winner with Tampa Bay 2004 (Recently named Assistant Coach for the Seattle Thunderbirds.)**

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

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