



## **KVHA News - What the HECC? Hockey Helmets Have an Expiration Date...**

**Kent Valley Ice Centre, Kent, WA. July 7, 2013** – KVHA members are advised to check out their hockey player's hockey helmet and make sure it has a HECC Certification sticker with an unexpired date. If not, the helmet needs to be replaced. Hockey helmets are generally certified for a life of about 6½ years. Most youth hockey players outgrow a helmet before its expiration date. Expired helmets should be replaced with a HECC certified helmet. Make sure the new helmet has the HECC certification sticker with an expiration date that is at least 5 years out.



KVHA coaches will be checking all players at the beginning of the 2013/2014 hockey season to make sure all helmets are in compliance. Officials will also be checking at game-time to make sure everyone is in compliance and prepared for safe play.

The photo on the left shows the placement of a typical HECC sticker as well as a close-up of the sticker.

For more information about HECC Certification and to view a video on how a helmet should be properly and safely fitted to your player's head, please visit the URL below:

<http://www.hecc.net/>

If you have additional questions please contact Danny Lorenz, KVHA's Hockey Director.

## **T-Birds Looking For A Few More Billet Families**

### **Families in Kent and near Kentwood High School sought**

**KENT, July 2, 2013** — The Seattle Thunderbirds are looking to add a few more player billet families for the 2013-14 season.

T-Bird players now attend Kentwood High School during the school year. The team practices at ShoWare Center. The team is looking for billets in these neighborhoods.



Being a T-Birds billet means housing one to two T-Birds players during the hockey season. Billets are an important part of the team's player support program. They provide a home away from home for players during the hockey season.

### **Read team expectations of players and billets.**

**Download the T-Birds Billet Application** and return to the T-Birds if you are interested in being a billet. Applications should be sent to [tbirds@seattlethunderbirds.com](mailto:tbirds@seattlethunderbirds.com). If you have any questions about being a billet, or would like more information, contact Jeff Caso at 253-239-7825.



## **Pro Ambitions Hockey School – In Session at Kent Valley Ice Centre**

**Kent Valley Ice Centre, Kent, WA. July 8, 2013** – Pro Ambitions’ Hockey School got off to a great start this morning at KVIC. The annual program will run two weeks through July 19<sup>th</sup>. KVIC and KVHA are pleased to have Pro Ambitions return to Kent Valley.

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

#### **Life Lessons:**

*"Winning the Cup teaches you so much about life. You learn firsthand about teamwork, character, sacrifice, and hard work. You learn pretty quickly that you can't get anywhere alone."*



**Bob Nystrom, Stanley Cup winner with New York Islanders 1980, 1981, 1982 and 1983**

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

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