



KVHA News – Register Now – PeeWee and Bantam Open Tryouts Begin August 17th

Kent Valley Ice Centre, Kent, WA. July 24, 2013 – KVHA Registrar, Rena Sullivan, urged members to register for the 2013/2014 season at their earliest convenience. KVHA's enrollment count is growing, is well ahead of prior years, and some teams are nearing capacity. "Register now to reserve a place on a team," Sullivan said.

Tryouts for Kent Valley's PeeWee and Bantam Tier-II teams will begin on Saturday August 17th. PeeWees will take the ice for two sessions Saturday at 8:30am and 4:40pm. The Bantams will follow at 10:15am and 6:20pm. Both groups will hit the ice on Sunday with the PeeWees going at 9:30am and the Bantams at 11:15am. Additional tryout times have been scheduled over the following weeks. Midget Tier-II tryouts will begin Saturday August 24th and Sunday August 25th. Dates and times will be available on the Ice Schedules posted on www.KentValleyHockey.com.

Anyone interested in trying out for any of KVHA's Tier-II teams must complete a Tryout Registration Form and submit it with the required \$75 registration fee to KVHA's Registrar, Rena Sullivan. Registration on the day of the tryouts is \$100. So, pre-registration pays off.

[Click here](#) for a KVHA Tryout Registration Form.

KVHA's Hockey Director, Danny Lorenz, reminds interested players that KVHA membership is not required to try out for any of KVHA's teams. "The only thing we ask is that players confirm they have completed their USA Hockey 2013-2014 registration process, complete a tryout registration form and pay their try-out fee of \$75 (\$100 fee the day of try-outs.)"

Les Grauer, President of KVHA, said, "Players from any hockey association are free to try out for KVHA tournament and travel teams without committing to KVHA enrollment. The open tryouts give everyone a chance to check out our program before making a full-season commitment."

Puget Sound Hockey Officials Association (PSHOA) Will Offer Power Skating Session August 9th

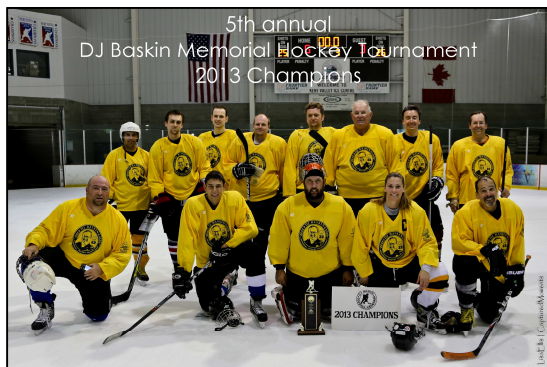
July 17, 2013 - Puget Sound Hockey Officials Association (PSHOA) will be offering the second of two Power Skating sessions on Friday August 9th at 7pm at Puget Sound Hockey Center. An earlier session was held July 19th. The August 9th session will include:

- Stretching / Silent warm up
- Balance / Body position
- Stride Improvement (power through from start position to full extension and recovery)
- Edges (inside & outside) weak side and strong side
- Crossovers / Crossunders
- Cool down

Additional individual instruction will be available as time allows.

These sessions will be available to Tacoma Junior Hockey Association (TJHA) and Kent Valley Hockey Association (KVHA) members as space allows. You must present your current USA Hockey card at the time of the session and there will be a \$10 charge per session.

Please RSVP to pshoa.admin@gmail.com. You will be required to wear at minimum skates, shin guards, elbow pads and helmet with half shield (new USA Hockey rule effective 2013 - 2014 season).



Kent Valley Ice Centre Hosts 5th Annual DJ Baskin Memorial Hockey Tournament

Kent Valley Ice Centre, Kent, WA. July 21, 2013

– Kent Valley Ice Centre hosted the 5th Annual DJ Baskin Hockey Tournament Friday July 19th through Sunday July 21st to benefit Cops with Cancer and the Special Olympics. The annual tournament attracted adult hockey players from throughout the region to compete in a 4-team round-robin series Friday and Saturday with the

tournament final on Sunday.

Four teams, **Taser**, **Revolver**, **Speedtrap** and **Nightstick**, competed for the tournament title. KVHA's Coach Rod Britten scored a Hat Trick in the final game to lead Team Speedtrap to victory in the tournament final.

Pat Ellis, Board Member with Cops with Cancer, thanked participants following the tournament final. Ellis introduced Mike Buckingham, former Washington State Patrolman. Bucking expressed his appreciation for the fundraising effort of all those involved in the DJ Baskin Memorial Hockey Tournament. Buckingham receives support from "Cops with Cancer" in his battle with cancer.



"On the Edge" Café Celebrates a Decade of Food Service

Kent Valley Ice Center's "On the Edge" Café has been putting out great food for more than a decade. Earlier this year we came out with a few new menu items like the 1/3lb Bourbon Burger, Bacon Garlic Fries and Tim's new Sunrise Burger.

We sport an outdoor patio for outdoor dining, and for you sun bathers. The patio overlooks five baseball fields and sports a great view of Mount Rainier to top your day off. Come on in and give us a taste.

"On the Edge" Café can also host and cater your event. Contact Tim Scott, Café Manager & Assistant Facility Manager, for more details. (253) 850-2400 Ext. 26.

**** SALE ****

Check out the Discounts in the Kent Valley Ice Centre Pro Shop.

**** SALE ****





The Kent Valley Ice Centre Pro Shop is discounting selected items in advance of new stock due to arrive in August. Drop by the Pro Shop on your next visit and check out the sale items.

Hockey Related Tees – 15% Off
Bauer Sticks – 20% & 50% Off

New stock is due to be delivered in August. We've got to clear the old stock out. Come on in and take a look at all the great deals.

Quote of the Day!

Playing Hurt:

"I had shoulder surgery that year, which was tough, but I rehabbed it and eventually worked my way back into the lineup. When you are out with an injury at this level there is someone just as good if not better ready and waiting to take your roster spot, so you learn pretty quickly to do whatever it takes to stay in the lineup – otherwise you are going to be out of a job."



Jim Dowd, Stanley Cup winner with New Jersey 1995

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

KVHA News Contact: Lew Sellers, Director of Communications

Kent Valley Hockey Association
 6015 So. 240th Street
 Kent, WA. 98032
 (206) 914-9619 Cellular
Lew@KentValleyIceCentre.com

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<p>(253) 395-3800</p> <p>6329 South 212th Street Kent, WA 98032</p>	<p>(253) 520-6670</p> <p>25100 74th Ave. S. Kent, WA 98032</p>	

This email is being sent to Tammy Haywood at 2tam@centurytel.net.

This email was sent by Kent Valley Hockey Association, 6015 So. 240th St. Kent, WA. 98032

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