



KVHA News – Registration is Higher Than This Time Last Year, But Gaps Remain

Kent Valley Ice Centre, Kent, WA. Friday, July 29, 2016 – Kent Valley’s registration numbers are higher than this time last year. However, there are still some enrollment gaps with some age groups and KVHA Management is not sure why they exist or why potential members are waiting to register. KVHA Registrar, Rena Sullivan, said, *"We have a couple of teams that don't have enough players to make up a full team and we have a couple of teams with almost enough players registered to allow us to form two teams at that level. It is an interesting and challenging dilemma."* Sullivan also reminded prospective members that rates will be increasing August 1st. *"Now is the time to register to avoid the rate increase,"* she said.

Members are also reminded to complete their USA Hockey annual registration. Proof of this registration is required before your player can be officially rostered with a team. Please provide proof of USA Hockey registration to KVHA Registrar, Rena Sullivan, at your earliest convenience.

Kent Valley 2016-2017 Coaching Assignments

Danny Lorenz, KVHA’s Hockey Director, announced coaching assignments for the 2016-2017 hockey season back on May 19th. Lorenz outlined the team lineup for the new season but warned that enrollment numbers were incomplete and could change by the time the season begins. *"This is today's best guess at the teams we will offer for the 2016-2017 hockey season,"* he said. Additional coaching assignments are likely. Coaches for the 2016-2017 season as of today are:

Mite Hurricanes, Mite Tornadoes, Mite B

Nikolay Makovefsky, Chris Langhelm, Chris Gallagher

Squirt Hurricanes, Squirt Tornadoes, Squirt B

Keith Espirito, Dave Fralick, Chris Anderson, Brent Harrison, Rob Sumner, Daniel Peebles

Pee Wee Hurricanes, Pee Wee Tornadoes, Pee Wee B, Pee Wee Rep Tournament Team

John Dunn, Ryan Reese-Beltrand, Dustin Logan, Grant Hainsworth, Ken Cyr, Matt Wagner, Steve Mertel, Bob Sellers, Mike Anderson

Bantam Tornadoes, Bantam B, Bantam Rep, 14U Tournament Team

Harry Smith, Jeff Ferguson, Rick Campbell, Mike Anderson

Midget Hurricanes, Midget Tornadoes, Midget B, Midget Rep, 17U Tournament Team

Chuck Cadiente, Jeff Paradee, Mike Anderson

Invent Your Season

Team Liberty Presents

Real Significance Through Leadership

Jim Madrid will speak at the Bellevue Red Lion Hotel, 11211 Main Street in Bellevue, on Thursday August 11th from 7:00pm to 9:00pm. Students are free (must show a student body card) others must pay a \$50 admission fee. [Click here](#) to learn more details or to register for the event.

Jim is the CEO/Founder of **Advance Sports Technology Inc.** He is an Author, sought after Keynote speaker on Human Performance and Leadership Advisor. From Fortune 500 companies like Boeing, Nordstrom, Lexus to professional sports teams and athletes like the Seattle Sounders FC, NBA/NFL Players to collegiate teams like California State University Fullerton, University of California Irvine, UNLV, Seattle University and collegiate athletes to youth sports clubs, teams and individuals, Jim Madrid and AST has helped these organizations and individuals achieve unprecedented, record breaking results.

Please note: Kent Valley Hockey Association is pleased to make you aware of this opportunity. However, we are not a sponsor and we are not associated with Jim Madrid in any way.

PSHOA Hosting Level 4 Officiating Clinic at Kent Valley Ice Centre August 14th

The Puget Sound Hockey Officials Association (PSHOA) will be hosting a USA Hockey Level 4 Officiating Clinic at Kent Valley Ice Centre on August 14th. The clinic begins at 7:30am Sunday morning. Officials must register with USA Hockey prior to attending the seminar.

Additionally, PSHOA invites Kent Valley Hockey Association coaches and interested players to join them for a presentation by guest speaker Mike Bahn and a skating session led by the PSHOA Development Team. The presentation will begin at 12:00 noon with the ice session following. There is no charge for the event. However, PSHOA requests that KVHA members RSVP their intention to attend via e-mail at pshoa.admin@gmail.com at their earliest convenience. Space is limited.



Mike Bahn - For those of you that haven't met Mike Bahn, below is a little about him and the sessions he will be presenting:

Mike Bahn grew up in Tacoma, Washington and earned college degrees in Exercise Science from both the University of Puget Sound and Western Washington University. He has been a USA Hockey Official for 19 years and attended regional USA Hockey and WHL camps. He has guest instructed at NAHL, USHL, WSHL and USA Hockey Officiating Camps and seminars in the areas of physical preparation.

Mike has spent the past 4 years as the Strength & Conditioning Coordinator for the US Ski & Snowboard Association in Park City, UT, serving all National and Olympic Ski and Snowboard Athletes and coordinated their performance programs at the 2014 Winter Olympic Games at Sochi, Russia.

Prior to joining the USSA, Mike served as the Head Strength & Conditioning Coach for the Phoenix Coyotes (NHL) for seven years, initially working for Head Coach Wayne Gretzky and contributing to a staff that helped the team to the Western Conference Finals for the first time in franchise history in 2012.

Before working in the NHL, Mike Bahn was the Minor League Strength & Conditioning Coordinator for the Arizona Diamondbacks (MLB) from 2002-2005.

Bahn Lectures

Off-Ice Warm-Up Sessions: Easy to implement warm-up ideas and strategies will be discussed and performed with attendees, utilizing minimal space and equipment, to enhance their physical and mental preparation before stepping on the ice.

Nutrition/Hydration: Proper fueling and hydration play a major factor in the physical performance of an official. Strategies before, during and after activities can have a dramatic impact and will be discussed.



"Learn to Play" Hockey Groupon Coupon

Do you know a child in the 4 to 10-year-old age group, boy or girl, who might be interested in learning how to ice skate and play hockey? If so, here's a great opportunity for them to do so and save 40% in the process. Check out the Kent Valley Hockey Groupon Deal going on now for "Learn to Play" Hockey! The discounted cost is only \$217 for the 24 session program for one child, age 4 – 10. The "Learn to Play" program value is \$362.28.

[Click here to take advantage of this deal now!](#)

Additional details about KVHA's "Learn to Play" program are available on the KVHA web.

[Click here](#) to view the schedule and other details.

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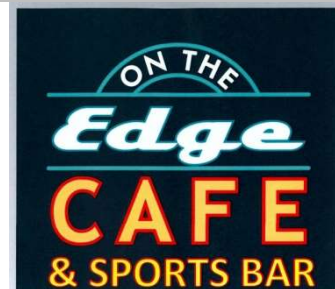


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