



Kent Valley 'AA' Tier-II Try Outs Begin August 11th at Kent Valley Ice Centre

Kent Valley Ice Centre, Kent, WA. August 7, 2012 – Kent Valley Hockey Association's 2012/2013 hockey season is just around the corner. That means that rep team try outs are coming up soon; August 11th to be exact. Midget U18 'AA' Tier-II try outs begin Saturday, August 11th with Midget U16 'AA' Tier-II try getting underway the following day, Sunday, August 12th. PeeWee U12 'AA' Tier-II and Bantam U14 'AA' Tier-II begin on August 19th.

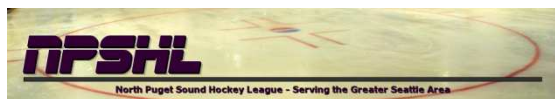
If You Don't Make Team Seattle's Tier-I Program, Kent Valley Provides an Excellent 'AA' Tier-II Opportunity

If you are a PeeWee, Bantam or Midget player that falls short of making one of the Team Seattle 'AAA' Tier-I teams, Kent Valley Hockey Association invites you to try out for one its Tier-II teams. Kent Valley is fielding Tier-II teams at the Squirt, PeeWee, Bantam, U16 and U18 levels. Each of the Kent Valley Tier-II teams can accept up to five players who were not part of the Kent Valley program in the previous season. Give us a shout if you are interested in participating the Pacific Northwest's Premier 'AA' Tier-II program.

Below is Kent Valley's 2012/2013 Tier-II Try Out schedule:

 Kent Valley's 2012/2013 Tier-II Try Out schedule			
Saturday	11-Aug	8:45am-10:15am	KVHA Midget U18AA Try-Outs
		4:00pm-5:30pm	KVHA Midget U18AA Try-Outs
Sunday	12-Aug	9:00am-10:30am	KVHA Midget U16AA Try-Outs (8am Parent/Player Meeting)
		11:00am-12:30pm	KVHA Midget U18AA Try-Outs
		1:00pm-2:30pm	KVHA Midget U16AA Try-Outs
Sunday	19-Aug	7:50am-9:20am	KVHA Pee Wee U12AA Try-Outs
		9:30am-11:00am	KVHA Bantam U14AA Try-Outs
		11:15am-12:45pm	KVHA Pee Wee U12AA Try-Outs
		1:00pm-2:30pm	KVHA Bantam U14AA Try-Outs
Thursday	23-Aug	6:30pm-8:00pm	KVHA Midget U16AA Try-Outs
Saturday	25-Aug	8:15am-9:45am	KVHA Pee Wee U12AA Try-Outs
		10:00am-11:30am	KVHA Midget U16AA Try-Outs
		4:00pm-5:30pm	KVHA Bantam U14AA Try-Outs
		5:40pm-7:10pm	KVHA Pee Wee U12AA Try-Outs
		7:20pm-8:50pm	KVHA Midget U18AA Try-Outs
Sunday	26-Aug	8:00am-9:30pm	KVHA Bantam U14AA Try-Outs
		9:40am-11:10am	KVHA Pee Wee U12AA Try-Outs
		11:20am-12:50pm	KVHA Midget U18AA Try-Outs
		1:00pm-2:30pm	KVHA Midget U16AA Try-Outs
		5:15pm-6:45pm	KVHA Bantam U14AA Try-Outs

Kent Valley try outs require each player to complete a [Try Out Registration Form](#) and submit it to KVHA with payment of \$50. All participants in try outs must show proof of registration with USA Hockey. Players from other associations may participate in try outs without pre-registering with Kent Valley Hockey Association. However, they must complete the [Try Out Registration Form](#) and submit payment of \$50.



NPSHL Body Checking Rule Change for 2012/2013 Season

North Puget Sound Hockey League (NPSHL), July 18, 2012 – The North Puget Sound Hockey League (NPSHL) announced that it will be removing body checking from all levels of play for the upcoming 2012/2013 season. There have been on-going discussions between Seattle Junior Hockey Association, SnoKing Amateur Hockey Association, current North Puget Sound Hockey League associations, North Puget Sound Hockey League Commissioner, and USA PNAHA Chief of Referees regarding body checking as a necessary component at the recreational or "C" levels. The reasons for moving to be a non-checking league include:

- decreases injuries, particularly head contact and concussions;
- keeping more players in the game longer
- addresses the 3 year age difference between Midget players;
- promotes skill development
- greater alignment with Canadian league rules (Pacific Coast Amateur Hockey in B.C. recently eliminated body checking at all "C" levels).

The extensive hockey community, including USA Hockey, most Canadian Provinces, and the NHL, has spent a vast amount of time and energy researching the issues facing our game. Head injuries and concussions are commonly in the headlines and most parties are in agreement that concussions are cumulative. The reduction of head injuries is the primary reason that these steps are to be taken; that is, to protect our players. Body contact will still be allowed and encouraged as per USA hockey rules.

For further information please contact the NPSHL or the NPSHL commissioner via e-mail at:

commish@npschl.com

Sincerely,

NPSHL

Note: Notice provided by NPSHL – www.NPSHL.com



2012 T-Birds Hockey School Begins Monday August 6th at ShoWare Center

Kent Valley Members Can Select 1 of 2 Weeks to Take Part in T-Birds Hockey School

The 2012 Seattle Thunderbirds Hockey School will take place over two weeks at ShoWare Center in Kent. Kent Valley Hockey Association Members can choose one of two weeks to participate in the T-Birds fourth annual Hockey School. The dates of the 2012 Hockey School are Monday, August 6, to Saturday, August 11, and Monday, August 13, to Saturday, August 18.

"With the success of last year's hockey school we realized we might be able to register even more Kent Valley members if they had more weeks to choose from," said T-Birds Hockey Operations Assistant Jeff Caso.

T-Birds Assistant Coach Darren Rumble will be the lead instructor at the hockey school. T-Birds players taking part as instructors include Brendan Rouse, Evan Wardley, Seth Swenson and Tyler Alos.

The 2012 Thunderbirds Hockey School will consist of six groups. There are four youth groups: Group A for 6, 7 & 8-year-olds, Group B for 9 & 10-year-olds, Group C for 11 & 12-year-olds and Group D for 13 & 14-year-olds. There will be an Adult group for players 18-years-old and older.

For the third consecutive year the T-Birds will have a Junior Prep Group which will be geared towards 15 to 19-year-old players preparing for their upcoming junior season. This camp will be difficult and challenging and will focus on conditioning and pace.

Due to demand for registrations to this point, Group D and the Junior Prep groups are only accepting registrations for Week 2.

T-Bird players will be participating in both the on-ice and off-ice sessions of the Junior Prep Group as they prepare for the 2012-13 season.

Players interested in the Junior Prep Group will be required to call T-Birds Hockey Operations Assistant Jeff Caso at 253-239-7825 to register.

The Youth and Junior Prep groups will receive an hour and a half of on ice instruction followed by a one hour off-ice session. On the Saturday of the camp there will be a scrimmage game for each group.

The Adult group will feature a two hour on-ice session preceded by an off-ice video instruction session.

Youth Group registrants will receive a hockey school jersey while Adult and Junior Prep registrants will receive a hockey school t-shirt.

There will be free wireless internet available in ShoWare Center for parents who wish to use it while their child is taking part in the hockey school.

[For hockey school pricing and to attend the Seattle Thunderbirds 2012 Hockey School download the flyer and return to the T-Birds.](#)

[You can also sign up for the 2012 Hockey School online through the T-Birds online store.](#)

Quote of the Day!

The True Meaning of Winning the Cup:

"I was a rookie when I won it back in 1993 so it didn't really hit home with me. I was so young and naïve back then, I figured I would be winning a whole bunch of them. Little did I know that that would be it for my 17-year career."

Sean Hill, Stanley Cup winner with Montreal 1993

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

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