



KVHA News – Kent Valley Will Join New Metropolitan Hockey League for 2015-16



Kent Valley Ice Centre, Kent, WA. August 18, 2015 – Say farewell to KVHA's participation in the North Puget Sound Hockey League (NPSHL). Kent Valley Hockey Association has joined Tacoma Jr. Hockey Association (TJHA), Everett Youth Hockey Association (EYH) and Seattle Junior Hockey Association (SJHA) in forming a new Metropolitan Hockey League (MHL). The MHL will be both a recreational and competitive league operating with both "C" division and "T2/B" division team competition. The MHL will reach out to other west side hockey programs for competition in the "T2/B" division.

Jared Bucci, Tacoma's Director of Hockey Operations, said, *"Tacoma Jr. Hockey Association is very excited to be part of a true hockey alliance. Four associations with common goals and philosophies on player development and culture will enhance the experience for all the players involved."*

Kris Wilson, Seattle Jr's Athletic Director, said, *"SJHA is very excited to be a part of this new coalition. We are always looking for ways to create the best experience possible for our members and love being a part of growing the great sport of hockey throughout the Pacific Northwest. In the coming days there will be more exciting news as it pertains to the MHL so stay tuned."*

The four associations decided it was time to look at a new way to enhance their player development programs by solidifying a local option that was player development driven and cost effective. The four associations, working together and understanding each other's business needs and wants, was essential for the formation of the alliance. Bucci said, *"There is a mutual respect between the associations and because of that we can move forward with our number one focus, which is player development."*

Jerry Weir, Everett's Hockey Director, said, *"EYH is extremely excited to be a part of such an exciting alliance, we believe it will give our recreation players great competition and keep the focus on continued player development at all levels. The fact that this will all be done along the I-5 corridor will keep the cost, and more importantly time, to a minimum, it's a win all the way around."*

Les Grauer, Kent Valley's Executive Director, said, *"We are excited to participate with a group of associations that are open to new ideas for enhancing the hockey experience for all of our members."*

The MHL plans to host league sponsored teams in the future as well, pooling resources for preseason, holiday and spring tournaments. In working together the MHL can offer a program that is appropriate for their players.

Mike Anderson To Head U14 & U16 AAA Program

Kent Valley Hockey is excited to announce Mike Anderson as the new Director of Rep Hockey. Mike is a seasoned hockey professional who has coached and worked in the industry for over 20 years. Mike will take charge of the newly announced U14 and U16 AAA teams and will help design a development based program which KVHA believes will be unmatched in the Seattle area.

The U14 & U16 teams will begin this season with practice 3-4 times per week at the Kent Valley Ice Centre. Players will also work out off-ice 3 times per week in a new Hockey Training Centre, currently under construction at the Ice Centre. Players will have everything they need to develop their skills under one roof, and will receive high caliber coaching and instruction.

Tryouts for the teams will resume August 29th-30th. For more information and to register, please contact Rena Sullivan, KVHA Registrar, at Rena@kentvalleyicecentre.com or by calling (253) 850-2400, x 10.

Hockey Training Center Under Construction at Kent Valley

The Kent Valley Ice Centre has begun construction of a new Training & Fitness Center. The 4,000sf facility will be located underneath the Café and will feature:

- Strength Training & Olympic Weightlifting Areas
- LeMond Spin Bikes
- Speed, Agility, Quickness, & Plyometric Training Area
- Hammer Strength Equipment & Rogue Platform
- A 32' enclosed Shooting station w/radar gun and display.
- Life Fitness High Speed Treadmills
- Battle Ropes, Dumbbells, Kettlebells, Medicine Balls, and Stability Balls
- Sound System
- Free Wi-Fi

The Training and Fitness Center will be open for business this fall, and will provide players, teams, and parents an in-house option to work out while at the Ice Centre. More information will be posted when the facility nears completion of construction and a Grand Opening date has been set.

U14/U16 AAA Try-Outs Draw Talent and Enthusiasm From Around the Region

Try-outs for KVHA's U14/U16 AAA Select teams were held August 7th, 8th and 9th at Kent Valley Ice Centre. An enthusiastic group of eager participants demonstrated their skills for the evaluation team. A second round of try-outs is set for August 29th and 30th.

We've had a number of questions about the content and structure of KVHA's U14 and U16 AAA teams. Here's what we can tell you. Based upon last season's U16 AAA experience, we plan on:

- Goalie clinics for all our goalies next season.
- The two teams will play a tournament schedule rather than a particular league.
- Last year, the U16 AAA team played 55 games involving 10 tournaments (San Jose, Burnaby, Richmond, Kelowna, Chicago, Phoenix, Mountlake Terrace, Minnesota, PNAHA Tier-I and USA Hockey Districts in San Jose. The team also played a few exhibition games locally).
- The teams will each practice 3-4 times per week, depending upon travel, holidays, etc. Last season they had 118 practices involving over 150 hours of ice time.
- Included on practice days is a supervised off-ice session where players will work on strength, endurance, agility and flexibility.

The U14/U16 AAA program is a continuation of the highly successful Kent Valley Selects and Rainiers programs of the past which have sent several players on to WHL, USHL, NAHL and college (both Div 1 and Div 3) programs. Seattle area hockey fans may recall that the Kent Valley PeeWee Tier-I Rainiers are the only local area Tier-I program to win a Pacific District Title in a couple of decades.

Tryouts for the teams will resume August 29th-30th. For more information and to register, please contact Rena Sullivan, KVHA Registrar, at Rena@kentvalleyicecentre.com or by calling (253) 850-2400, x 10.



Seattle Ravens Still Need Local Billet Families

To the KVHA Community,

The Seattle Ravens Junior A hockey team is very proud to begin play this season at the Kent Valley Ice Centre, the best arena in the Northwest. We are also very excited about the relationship we have developed with the Kent Valley Hockey Association. Many of our players have played for KVHA for years, and it is especially gratifying to look forward to a very close relationship going forward. For instance, the Ravens will be serving as volunteer coaches with KVHA teams this season, as our players will be on the ice for almost every practice for every youth team at Kent, helping players and coaches with drills, skill building, and encouragement of younger kids. We want to be very much a part of the local hockey community.

We need your help to be successful, though. Almost half of our players will be coming from outside of the Puget Sound area. We will have players from Idaho, Alaska, Nevada, California, and Canada, all coming with the goal of growing their own skills in order to have the opportunity to ultimately move on to play college hockey. We need homes for these players in which to live during the course of the season, and we are asking KVHA families to open your doors if you are at all able. We have specifically recruited players of high character who can easily assimilate into your family routines, even borrowing from UW football Head Coach Chris Peterson's concept of only looking for OKG's – Our Kinda Guys – who are first good people, and second good hockey players. All players will be required to either be enrolled in high school or community college, or hold down a 20 hour/week job. In addition they will sign a strict Code of Conduct that will be strongly enforced. In order to offset the costs of hosting a players, families will receive a \$350/month stipend paid directly from the player to cover food and any other small incidentals. As a member of the Ravens family, our host families will also receive season tickets to all Ravens home games.

If you would be willing to help out these young men as they pursue their college goals please contact our Billet Coordinator, Rita Schwarting, as soon as possible. She can be reached at billet.coordinator@seattleravens.com and (206) 718-0693. She has a lot of experience as a longtime Thunderbird host family, and can help you with any questions you may have about what it's like to have a player in your home. You may also want to visit our website at www.seattleravens.com. We know not everyone can help out, but we would be grateful for all who are able to open your homes to these hard-working young people.

Thank you very much,

Adam Speer

General Manager, Seattle Ravens

Ice Maintenance Scheduled for August 26-28 at the Kent Valley Ice Centre

The Kent Valley Ice Centre will have limited on-ice activities on Wednesday, Thursday and part of Friday August 26-28 for ice maintenance. The on-ice schedule will resume on Friday at 3:15pm for Public Skating. The Batting Cages, Miniature Golf and the On the Edge Café will be open and operating under their usual schedules.

T-Birds Announce 2015-16 Training Camp Schedule

The following is provided as a courtesy to the Seattle Thunderbirds and for KVHA members who enjoy attending the T-Birds Training Camp scrimmages. Enjoy!

Kent, Washington, August 4, 2015 - The Seattle Thunderbirds are excited to announce their Training Camp schedule for the 2015-16 season. T-Birds Training Camp opens on Tuesday, August 25, with four scrimmages. The four scrimmages will be between four

teams made up of players born in 1999 and 2000. In the morning Team Blue plays Team White at 8:30am and Team Grey plays Team Green at 10:15am. In the evening Team Blue plays Team Green at 4:15pm and Team Grey plays Team White at 6:00pm.

Training Camp continues on Wednesday, August 26, with four scrimmages between the four teams of 1999 and 2000 born players. The scrimmages will be at 8:30am, 10:15am, 4:15pm and 6:00pm.

The scrimmages on August 25 and August 26 will be two 30-minute run time periods with a shootout if necessary.

The scrimmages on Thursday, August 27, and Friday, August 28, will have three teams playing, Team Blue, Team White and Team Grey.

On August 27 all three teams will play two 30-minute period scrimmages, the first of which starts at 3:00pm at ShoWare Center.

On Friday, August 28, there will be two scrimmage sessions. All three teams will start a session at 9am and at 4:30pm.

Saturday, August 29, is the last day of Training Camp and will feature a full 60-minute three period game. The teams will be wearing T-Birds white and blue game jerseys, unlike previous scrimmages which will feature team practice jerseys. The game starts at 5:30pm at ShoWare Center.

All Training Camp scrimmages and game are open to the public free of charge. Fans attending any of the scrimmages or game should enter ShoWare Center from the east side of the building.

TRAINING CAMP SCHEDULE

Tuesday, August 25

At ShoWare Center

- Scrimmage 1: Team Blue vs. Team White, 8:30am
- Scrimmage 2: Team Grey vs. Team Green, 10:15am
- Scrimmage 3: Team Blue vs. Team Green, 4:15pm
- Scrimmage 4: Team Grey vs. Team White, 6:00pm

Wednesday, August 26

At ShoWare Center

- Scrimmage 5: Team White vs. Team Green, 8:30am
- Scrimmage 6: Team Grey vs. Team Blue, 10:15am
- Scrimmage 7: Team Blue vs. Team Green, 4:15pm
- Scrimmage 8: Team Grey vs. Team White, 6:00pm

Thursday, August 27

At ShoWare Center

- Scrimmage 9: Team Blue vs. Team White, 3:00pm
- Scrimmage 10: Team Blue vs. Team Grey, 4:00pm
- Scrimmage 11: Team White vs. Team Grey, 5:00pm

Friday, August 28

At ShoWare Center

- Scrimmage 12: Team Blue vs. Team White, 9:00am
- Scrimmage 13: Team White vs. Team Grey, 10:00am
- Scrimmage 14: Team Blue vs. vs. Team Grey, 11:00am

- Scrimmage 15: Team White vs. Team Grey, 4:30pm
- Scrimmage 16: Team Blue vs. Team White, 5:30pm
- Scrimmage 17: Team Blue vs. vs. Team Grey, 6:30pm

Saturday, August 29

At ShoWare Center

Blue-White Game: Team Blue vs. Team White, 5:30pm

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