



Kent Valley Hockey - On the Brink of a New Season

Kent Valley Ice Centre, Kent, WA. August 23, 2012 – Practices for Kent Valley teams officially get underway Monday August 27th and run throughout that week. Rep team tryouts have been going on for the past two weekends and they will also join the regular practice schedule that begins on Monday. Check the [ice schedule](#) to confirm when your team will practice.

Kent Valley will field the following teams for the 2012/2013 Hockey Season:

- Mite Rec Tornadoes – [Click here](#) for team page.
- Squirt Rec Tornadoes – [Click here](#) for team page.
- Squirt Tier-II Selects – [Click here](#) for team page.
- PeeWee Rec Tornadoes – [Click here](#) for team page.
- PeeWee 12U Tier-II Selects – [Click here](#) for team page.
- Bantam Rec Tornadoes – [Click here](#) for team page.
- Bantam 14U Tier-II Selects – [Click here](#) for team page.
- Midget Rec Tornadoes – [Click here](#) for team page.
- Midget 16U Tier-II Selects – [Click here](#) for team page.
- Midget 18U Tier-II Selects – [Click here](#) for team page.

Kent Valley welcomes you all back for the 2012/2013 hockey season.

Proof of USA Hockey Registration Needed Before Players Can Practice With Their Team

Rena Sullivan, KVHA's Registrar, reminds parents and players that all players must be pre-registered with USA Hockey for the 2012/2013 season before they can take the ice for their first team practice. Sullivan said, "We have a large number of KVHA registrations this season that do not include their USA Hockey registration number." If you have not registered with USA Hockey you can do so now by going to the [Registration](#) page on the KVHA web and complete Step 1 of the registration process. Make sure you print the confirmation page during the process and provide a copy to Sullivan. Or, enter Sullivan's e-mail address (rena@kentvalleyicecentre.com) during the process and USA Hockey will e-mail the confirmation directly to her.



Kent Valley Figure Skating Club Car Wash Saturday August 25th at Kent Valley Ice Centre

The Kent Valley Figure Skating Club will be holding a fundraising car wash Saturday, August 25th in the Kent Valley Ice Centre parking lot. All proceeds will benefit the Kent Valley Figure Skating Club. The Car Wash Fundraiser begins at 11:00am and run until 4:00pm. KVHA encourages members to participate in this fundraising event by having their cars washed while they're here for hockey tryouts on Saturday.



Kent Valley Pro Shop is Well Stocked for the Returning Hockey Player

Your hockey player may have outgrown some of his or her hockey equipment since the end of the hockey season last March. Or, some of your hockey player's equipment may be nearing the end of its useful life. Now is the time to check out the replacement equipment available in the Kent Valley Pro Shop. Come on in and check us out.

Hockey Sticks

Bauer and Easton Hockey Sticks – A large selection

Hockey Skates

Bauer Hockey Skates

Hockey Protective Gear & Supplies

Bauer Shoulder Pads	Bauer Knee Pads	Bauer Elbow Pads
Bauer Gloves	Bauer Hockey Pants	Messier Project Hockey Helmets
Bauer Hockey Helmets	Cascade Helmet Cages	Bauer Neck Guards
Stick Wax	Stick Tape	Grip Tape
Laces	Mouth Guards	Water Bottles
Hockey Socks (Bauer, SP & CCM)		

Hockey Apparel

Bauer Vapor Core Base Layer (long & short sleeve)	Bauer Hoodies (black)
Bauer Vapor Seamless "Elite" (long sleeve)	Bauer Tee's with graphics,
Bauer Core Training Polo (navy, white & black)	Bauer Mesh Jock Shorts
Bauer Logo Tee's (grey, navy, black & white)	Bauer Skate Socks
Bauer Vapor Protective Base Layer	Bauer Slacks and Jackets (navy)
Bauer "Elite" Compression Lock Jock Shorts	

Skate Sharpening

Drop your skates off at the Pro Shop after practice and pick them up the following day, or at the next practice. We can't always commit to sharpening skates on the spot but you are welcome to ask.



T-Birds Announce 2012-13 Training Camp Schedule

ShoWare Center, Kent, WA. August 9, 2012 — The Seattle Thunderbirds are excited to announce their Training Camp schedule for the 2012-13 season. T-Birds Training Camp opens on Thursday, August 23, with two scrimmages. Team Blue and Team White will play at 9:00am and 4:30pm at ShoWare Center. Training Camp continues on Friday, August 24, with two scrimmages at ShoWare Center. Team Blue and Team White will play at 9:00am and 4:30pm.

The scrimmages on Saturday, August 25, and Sunday, August 26, will have three teams playing. Team Blue, Team White and Team Grey will each play two periods of the scrimmage that starts at 3:00pm at ShoWare Center on August 25 and at 9:00am and 4:30pm on August 26.

Monday, August 27, 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 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.

The Thunderbirds have a six-game preseason schedule. They will play two games at the Everett Silvertips preseason tournament at Comcast Arena. The T-Birds play the Portland Winterhawks on Friday, August 31, at 3:00pm and the Spokane Chiefs on Sunday, September 2, at 1:00pm.

The T-Birds will then travel to Kennewick for two games at the Red Lion Hotels' Preseason Tournament at the Toyota Center. On Friday, September 7, the T-Birds will face the Tri-City Americans at 7:00pm. On Saturday, September 8, the T-Birds will play the Winterhawks at 3:00pm.

The T-Birds finish out the preseason schedule with a home-and-home series against the Everett Silvertips. The T-Birds host the Silvertips on Friday, September 14, at 7:35pm at ShoWare Center. They are at Comcast Arena in Everett to play the Silvertips at 7:05pm. Single game tickets for the home preseason game will go on sale August 23.

The T-Birds will open the 2012-13 regular season against the Portland Winterhawks at ShoWare Center on Saturday, September 22 at 7:05pm.

T-Birds single game tickets for the 2012-13 season will go on sale on Wednesday, August 22, at 10 a.m. and can be purchased online at the [T-Birds website](#) and at the ShoWare Center box office. The ShoWare Center Box Office is open Monday through Friday 10:00am to 5:00pm, Saturday 10:00am to 2:00pm, Saturday game days at 10:00am and Sunday game days at noon.

T-Birds season tickets are currently on sale. Season tickets can be purchased by calling the T-Birds office at 253-239-7825.

TRAINING CAMP SCHEDULE

Thursday, August 23

At ShoWare Center

Scrimmage 1: Team Blue vs. Team White, 9:00am

Scrimmage 2: Team Blue vs. Team White, 4:30pm

Friday, August 24

At ShoWare Center

Scrimmage 3: Team Blue vs. Team White, 9:00am

Scrimmage 4: Team Blue vs. Team White, 4:30pm

Saturday, August 25

At ShoWare Center

Scrimmage 5: Team Blue vs. Team White vs. Team Grey, 3:00pm

Sunday, August 26

At ShoWare Center

Scrimmage 6: Team Blue vs. Team White vs. Team Grey, 9:00am

Scrimmage 7: Team Blue vs. Team White vs. Team Grey, 4:30pm

Monday, August 27

At ShoWare Center

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

The public is invited to attend the scrimmages and the Blue vs. White Game.

Related Links:

- [2012-13 Preseason Schedule](#)
- [2012-13 Regular Season Schedule](#)

Quote of the Day!

The True Meaning of Winning the Cup:

"I learned about being a character guy and that you don't have to be a superstar to make it in the NHL. I was a fourth-line guy, and I understood my role on the team. I wasn't looked at to score goals; I was there to protect my teammates. I embraced it and they appreciated that, which made me feel great. There are a lot of working parts to the overall puzzle, and although my part wasn't very big, it was important for me to do my job so that my teammates would be able to do theirs. Beyond that, I learned a whole heck of a lot about the power of attitude, work ethic, and about never quitting. If you have those things, you can do incredible things."

George Parros, Stanley Cup winner with Anaheim 2007

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



Editors note: Check out You Tube for an interesting look at a video clip of how George Parros protected his players. The title is: **"George Parros Flicking Barret Jackman"**

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