



Second Annual 2010 Rob Sumner Hockey Camp, ShoWare Center Starting August 16th

Kent Valley Ice Centre, Kent, WA – KVHA News for 7 June, 2010 – Here's another great summer hockey activity for Kent Valley Members, and another one that's right here in our own area at Kent's ShoWare Center. Going into its second year, the Rob Sumner Hockey Camp at Kent's ShoWare Center will provide an exceptional 5-7 day hockey experience for all participants.

Kent Valley players who participated in last year's camp rated the camp as a quality and fun skill building experience. Kent Valley Hockey highly recommends the Rob Sumner Hockey Camp again this season.

This year's staff will be working with all groups, both on and off the ice. Each player will have fun getting to know the various Thunderbird players, coaches and training staff while providing top level hockey instruction on the ice; skill development off the ice and learning hockey specific dry land training.

On-Ice Training

- *Power Skating*
- *Balance*
- *Edge Control*
- *Skill Development*
- *Puck Handling*
- *Passing, receiving, shooting*
- *Defending*
- *No-contact checking*

Off-Ice Training

- *Exposure to hockey specific dry land techniques*
- *Stick handling and shooting*
- *Skill development and repetition*

All sessions for the 2010 Rob Sumner Hockey Camp will take place at ShoWare Center, home of the Seattle Thunderbirds. Participants will utilize the T-Birds locker room and WHL dressing rooms throughout camp, as well as the Thunderbirds Training Facility for all dry land instruction.

Rob Sumner, Seattle Thunderbirds Head Coach, is heading into his 15th year as a coach for the Seattle Thunderbirds. He lives in Maple Valley with his wife Cherie, and their two sons Reid (5) and Will (3).

[Click here](#) for a 3-page brochure and registration form. You'll also find a link to the brochure on www.KentValleyHockey.com. Look for the **2010 Rob Sumner Hockey Camp** logo in the right column on the front page.

See you at the rink!

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