

Summer Programs Underway at Kent Valley

Kent, WA 24 June, 2009 – Kent Valley Ice Centre's robust lineup of summer hockey activities got underway Monday June 22nd with the first session of **"Accelerated Training 2009 Summer Hockey School."** The program offers a Monday, Tuesday, Wednesday and Friday agenda of On-Ice Skills, Scrimmage Sessions and Off-Ice Conditioning. Participants get 11.8 hours of on-ice activities over the four days each week. Monday sessions begin at 10:45am and run until 3:45pm. Tuesday and Wednesday sessions begin at 10:15am and run until 2:45pm. The Friday sessions begin at 8:45am and run until 4:00pm. The school is open to all ages and is available on a daily or weekly drop-in basis and runs through the week of August 28th. Kent Valley's Les Grauer and Danny Lorenz are directing the weekly hockey school.

With Danny Lorenz out of town on vacation during the first week of the hockey school, Les Grauer took on full-time duties directing the school. Grauer commented Wednesday that he had gotten enough ice time during the first 3 intense days of the hockey school that he felt ready to try out for the Detroit Red Wings. They might be able to use him...

The summer 2009 run of **"3 on 3 Cross Ice"** began Monday evening at 6:30pm. The popular program runs through August 17th and is available to all ages. Attendance at Monday's first session was low in comparison to the enrollment in the spring sessions of "3 on 3 Cross Ice" which ended last Monday. That means there is lots of room for more teams. Pick your team of 3 and sign up today!

Two versions of Individual Hockey Skills are available for Kent Valley hockey players this summer. **"Individual Hockey Skills - Power Skating"** sessions are set for Wednesday evenings at 5:30pm to 6:15pm. Each session will provide skaters with 30 minutes of concentrated training along with 15 minutes of warm-up and cool-down to improve their skating. Included in the cost of the **"Power Skating"** program is the 90-minute Stick N' Puck session immediately following each Power Skating session. Players can choose one or both, and both are available on a drop-in basis.

"Individual Hockey Skills - Shoot to Score & Make the Save with Passing & Stickhandling" sessions are scheduled for Thursday evenings from 6:15pm to 7:45pm. Kent Valley hockey players can get a competitive edge on the players they'll be competing against next season. Each session will provide 90 minutes of concentrated training to improve a player's individual skills. Goalies will learn techniques and angles to position themselves better and to focus better on the puck to keep it out of their net. Both of these programs are available as a drop-in option.

Kent Valley's 6th Annual **"Friday Day Camp"** is included as part of the Accelerated Training package or players can sign up separately as a Friday only option. **"Friday Day Camp"** is also available as a drop-in.

REGISTRATION: Full details on each of these programs along with registration information are available on www.KentValleyHockey.com. Just click on the **Summer Programs** tab for all the details.

Kent Valley members are reminded that **"Stick N' Puck"** sessions are available throughout each week of the summer. Check the **Ice Schedules** tab on

www.KentValleyHockey.com for specific times. Kent Valley encourages you to consider these summer hockey activities as a great way to keep your hockey player in shape and ready for the 2009/2010 hockey season.

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