



Volume 1, Issue 4

September 2011

FROM THE FRONT OFFICE

GAME ON!

Tim Gilbert - KVHA President

The Kensington Valley Hockey Board of Directors welcomes everyone to the 2011-2012 hockey season. September guarantees to be an exciting month to kick off the season. I would like to say thank you to all the families who have decided to come to our organization for the first time this year! I'm confident you will see why we are so proud of our association.

With the registration and evaluation process coming to a conclusion, a significant amount of the preparation work for the season is complete. I would like to give a special thanks to our House Director, Brad Dedrick, and to our many volunteers, committee members, coaches and our office manager, Joann Palaian. I am so thankful for your tireless commitment and hard work during this fall registration process. Without your investment in KVHA we would not be looking forward to such a strong, successful year. I continue to be inspired by

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VIEW FROM CENTER ICE

IN THE HOUSE

Brad Dedrick - Director, House Program

As most of you know by now, our association, as well as all of the others in our district, were thrown into turmoil as a result of the July MAHA ruling that eliminated Mite travel and mandated ADM and age appropriate playing surfaces for all 8 & under (8U) players. As part of this process, MAHA provided an opportunity to exempt '03 players from the new ruling; '04 players were not left with a choice, which left associations in a quandary about how to proceed. Consideration was given to split '03 and '04 players giving the '03 players some opportunity to play full-ice games.

After much consideration and input from coaches, parents, and other district associations, the KVHA Board has reached a decision. In the end there were simply not enough 'full ice' (2003 birth year) players available to constitute a 'league'. As a result, it became clear that it was in the best interest of the players to not split the Mite division and to have all 8U players follow the ADM program, including half ice games for the full 2011/12 season. The Board will continue to research and consider options to provide all of our players the best experience possible.

The Board wishes to apologize to all the affected players, parents, and coaches for all of the confusion and uncertainty that was inadvertently created during the research process. Under the circumstances, the KVHA Board believes it has reached the best decision for the development of

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CALENDAR OF EVENTS

KVHA Board Meeting

Monday, September 19

6:00 to 8:00 PM

Kensington Valley Ice House

Open to Members

Age Specific Training Module Rollout

USA Hockey will roll-out their new age specific on-line training modules for coaches this month:

September 6: 8U (Mites)

September 13: 10U (Squirt)

September 20: 12U (Peewee)

September 27: 14U & 16/18/19U (Bantam & Midget)

For more information and to register see the USA Hockey website [here](#)

Local Coaching Clinics (CEP)

September 24 - CEP Level 2, Livonia

September 24 - CEP Level 2, Royal Oak

September 25 - CEP Level 1, Novi

September 25 - CEP Level 3, Royal Oak

October 1 - CEP Level 2, Macomb

October 2 - CEP Level 1, Bloomfield Hills

October 2 - CEP Level 1, Macomb

October 2 - CEP Level 2, Taylor

October 8 - CEP Level 2, Farmington Hills

For details on locations and times or to register for a clinic, please see the USA Hockey website [here](#)

U-Meet the Athlete Hockey Clinic

Children 5-12 can meet and play hockey with the U of M Hockey Team

Sunday, September 25, 4:00 to 5:30 PM

Yost Ice Arena, Ann Arbor MI 48104

Cost: \$20

Visit our [website](#) for more information

Mite/Mini-Jersey Sizing Make-Up Day

Saturday, September 17

9:00 AM to 1:00 PM*

Kensington Valley Ice House

* Time is currently tentative

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your enthusiasm and belief in our organization. Thank you for your continued support.

But it takes more than these people to keep an association like ours running so strong. I want to encourage you to please get involved with KVHA anywhere you can! We welcome you to our board meetings and to any fundraising event for our teams. If we all work together, the program will become even stronger, and we will provide our kids with the best opportunities available.

Finally, I would like to wish each of you a successful and injury-free season as you enjoy what the great game of hockey has to offer. I would also like to remind each of you to respect the game and others that participate in it, regardless of a call on the ice, final game result, or poor behavior by others who don't share your knowledge or respect of the game. In the end I honestly believe that perspective will help parents create those lifetime bonds that hockey can provide for a family.

So for the 2010 – 2011 season let's all remember to relax, **it is just a game**. Have a great, fun and relaxing season. I look forward to seeing you at the rink!

Should anyone have any questions or need help, please don't hesitate to contact me or any other board member.

New email Addresses for Board Members and Office

The KVHA board has introduced new email accounts for Board Members and staff through Google's Gmail service. Each email account is assigned by board position and transfers when new board members are elected. The new email addresses follow the pattern of *position*@kvhockey.org. The reason for this change is keep association business correspondence separate from board members personal email, and to maintain the email history when board members change over. Joann in the front office will also have a new email address: office@kvhockey.org. The old email address will still be available for a time during the transition. The new email accounts are provided by Google at no cost, due to the non-profit status of KV Hockey. The new board member email address are listed as hyperlinks associated with each Board members name on the last page of the newsletter.

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our 8U house players. Len Pietila and his ADM Committee have also worked tirelessly to develop a great ADM program for our 8U kids, the details of which are outlined in this newsletter. I wish to thank all of you for your patience and input as we worked through this difficult set of circumstances and I am looking forward to a great season for all of our players and families!

A Revamped ADM Program for 8U Players

A new ADM program has been developed for the Mite and Mini-Mite players for the 2011/12 season. The new program will be centered around half ice games using a 3 on 3 format, in addition to the 6 station training program that was introduced last year.

Some of the key changes from last year will include the use of a rigid center ice divider for all games, with full size goals and 2 goalies per team in order to have goalies at both ends of the ice. The KVHA Board has also authorized the purchase of additional sets of Mini-Mite and Mite goalie equipment in order for each team to dress two goalies. Referees will be provided at each end and scoring will be based on the combined score from both games. Face-offs will occur at the end of each shift and after each goal. Penalties will be called for major infractions (slashing, checking, tripping, etc.) and the penalized player will sit out the remainder of their shift (no carry over of penalties). The ADM committee also plans to hold a referee meeting at the start of the season to give guidance on how the games should be called.

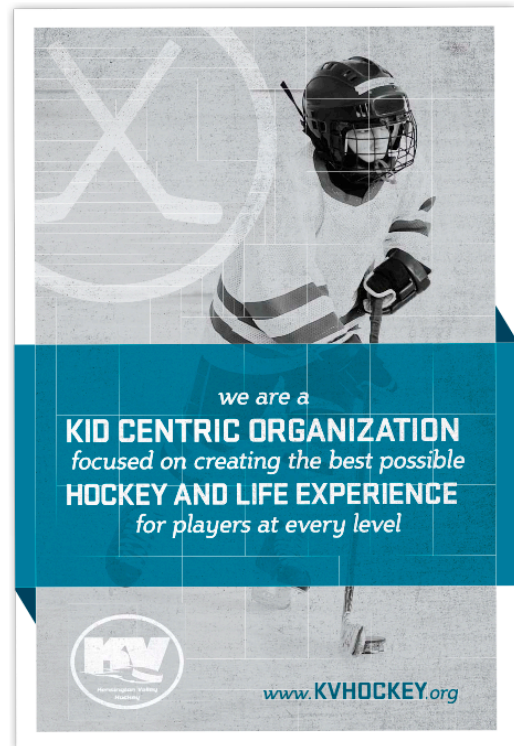
This format is intended to maximize the playing time, number of puck touches, and developmental opportunities for every player, while maintaining as much as possible the experience of a real game at both ends of the ice. The KVHA Board would like to express its sincerest thanks to Len Pietila and his ADM committee, Jason Valente, John Maley, Rob Palmer, and Al Wohlar for their time and energy in creating this new ADM program.

VIEW FROM THE BLEACHERS

KV Hockey Mission Statement

Scott Staby - VP Administration

As a mostly new board we felt it was very important to define why we wanted to be board members and most importantly what we were there to accomplish. In order to do this we felt it was very important to establish a foundation and a clear vision that we could refer to make sure we stayed on track. The KV Hockey mission statement is the centerpiece of this effort. This was not something that was taken lightly by any member of the board. Two board members were tasked with writing the draft of the mission statement. This took several meetings and many hours. This might sound like overkill to write 1-2 sentences but when you are trying to encapsulate everything the association stands for, dozens of rewrites were necessary. The writers conferred with everybody from coaches to parents and even players. Once the initial writing was done it was brought to the entire board for their review. Again, several suggestions were made and ultimately after 2 board meetings, the mission statement was adopted.



Mission Statement, continued on page 6

Make Up Day for 8U Jersey Sizing

Based on feedback from several parents, it is apparent that many of our Mini-Mite and Mite house players did not get the opportunity to be sized for Jerseys. As a result, KV Hockey has arranged for Perfect Edge Hockey to be on site Saturday AM on 9/17 as make-up session. Details on the precise times were not yet worked out in time for the publication this newsletter, so a separate email will be sent out this week announcing the details.

Kensington Valley Hockey Academy

Jason Valente - VP Hockey

As the director of the Training Committee and the Vice President of Hockey, I am very excited to present and offer a great opportunity for all kids that are seeking additional ice and development to enhance their skills for this great sport. Kensington Valley Hockey Association has had a long commitment to its players with regards to developing them to their fullest potential. Our travel teams are amongst the strongest in the state. Our house teams historically have done very well in districts playoffs and are a great feeder to the travel teams. Livingston County and the surrounding areas has provided a hot bed of hockey players. That is why I am excited to announce the Kensington Valley Hockey Academy.

This academy will offer your player a station based skill development opportunity under the support and direction of a professional instructor and coaches. Unlike most other camps where you go for a week or two, this camp will consist of 22 weeks on Wednesday evenings running from October through Mid-March. We will skate every week from 10/5 through 3/7, except Thanksgiving week. There will be 2 separate sessions. One from 6:15 to 7:15 for Squirts and lower and one from 7:15 to 8:45 for Peewees and older. Depending on the response that we get we may decide to further adjust the sessions to mini-mites and mites, squirts and peewees and bantams and midgets. There will be a limit on the number of kids that can sign up. The maximum amount we can have is 48 hockey players

per session and the minimum needed is 36 per session. This will be a first come first serve opportunity. Parent have until September 30th to register for this program. It will be open to house level players first. If on September 30th there are still spots available, then we will open this up to our current travel players. You must be a registered member with KVHA to participate.

The cost for to participate in this training program is \$220 per child, that breaks down to approximately \$10 per session/child, which is an incredible value.

The goal of this training program is to further develop your son or daughter in a fun, skill orientated environment that will provide continued instruction and accelerate their development. The KVHA Board of Directors identifies and acknowledges the limitations placed on our players in the house program when it comes to ice-time. The average house player gets roughly 2-3 hours of ice per week, while the average travel player gets 3-4 hours of week, and the average AAA players get 4-5 hours per week. That may not seem like a lot but when spread out over a period of 32-40 weeks that make a tremendous difference in a players development and opportunity.

That is why we are offering a voluntary training program at a very reasonable expense. We, the KVHA Board of Directors, want to give every child every opportunity to further improve their skills and move up to the travel program or even to move up on the depth chart in their current house program. The ice availability has been a limiting factor towards their development and forced parents to go to Wixom, Ann Arbor, etc... to find additional ice and coaching.

The program will be supervised and run by Rob Palmer, some information on him below, He will be working with our current House and Travel coaches throughout the duration of this training program. I have asked Rob to give some information on his background and general thoughts on player development:

Parents and Coaches,

I am looking forward to working with the KVHA Coaches and Players during the Coaching and Player Development Training sessions. When I was approached about a weekly session for House

players and Coaches who want to accelerate their development, I was flattered that KVHA believed I could be of assistance and enthusiastically agreed to help. I do have experience at setting up this type of program having done so several years ago with the Ann Arbor Amateur Hockey Association. To give you a feel for where I would like the program to evolve to, I will share with you my hockey background so you can see where my concepts originated from.

I grew up and played AAA youth hockey and eventually Jr B in Toronto. I accepted a scholarship to University of Michigan, where I played for four years, the highlight being my senior year when we were national runners-up to Wisconsin. It was also during this time that I first worked as an instructor at a hockey school. Starting in the summer before my sophomore year I worked for 8 weeks at the North York Centennial Hockey School back in Toronto near where I grew up.

After college I played professionally for 9 years. Five years in the LA Kings organization and 4 years in the New Jersey Devil organization. I was fortunate enough to play in over 300 NHL games during my career. Every summer I would work as an instructor or director at various hockey schools.

When my playing career was over I returned to the University of Michigan to earn a graduate degree. During this time I served as Graduate Assistant under Red Berenson, as well as an instructor at his hockey school. Upon graduation we moved to Minnesota for 4 1/2 years before we returned to south east Michigan. Upon returning I was asked to join the Red Wing Alumni Association and over the past 18 years have participated in charity hockey games with them.

Around this time my oldest son became old enough to start playing hockey and I became a youth hockey coach. As my sons progressed through the youth ranks I have coached everything from Mini-mite to Midget AA.

In addition, for the past 6 summers I have spent a week as an instructor at a hockey school in Vail, Colorado that has been run by the Red Wing Alumni. As well as being able to work with fellow Red Wing Alumni, every year we have been fortunate enough to bring in guest instructors. Two years it was Barry Smith, former associate coach

with the Red Wings; two summers it was John Harrington who was a member of the 1980 Olympic team and the coach of St John's University in Minneapolis; one year it was Brad Buetow who coached both the University of Minnesota and Colorado College; and one year it was Bill Beanie, who is the coach of Middlebury College and is considered the guru of small area games in USA Hockey.

In addition, for the past 6 years I have been a volunteer for the USA Hockey Coaching Education Program (CEP). Initially I gave a presentation at the Level 3 clinics. However, after I attended my first Level 4 clinic I kept finding ways to finagle myself into the Detroit clinic each year so I could learn from other coaches and interact with them. A few years ago they figured I was going to show up anyway, so they might as well put me to work, and I have given presentations at Level 4 clinics in Detroit, Lansing and South Bend since.

I readily admit that very little, if anything, I teach is original. I have no problem admitting that I have, and will continue to steal shamelessly, from other coaches. I will tell you that I am a true believer in the American Development Model (ADM), and have had the good fortune of working with several of the people involved in creating the ADM who are some of the best hockey minds that I have met. I absolutely believe in the approach that they took to develop the ADM. They identified the most successful associations, from every country that plays hockey, in terms of retention and development, and incorporated those concepts into the ADM.

They found what the most successful associations had in common was that they focused on having fun, they focused on skill development, and they provided equal opportunity to all participants to develop to their full potential. Players competed with and against players of like ability, the size of the playing surface was age appropriate, and they focused on age appropriate skill development. Their practice to games ratio was much higher than ours, and their practices involved more drills where players are competing against each other in small areas.

KV Hockey Academy, continued on page 8

Mission Statement, continued from page 3

Coming this fall, a banner for the lobby and posters for each locker room will be displayed. We not only want the board to adhere to this mission and core values but our goal is to have every player, coach, and parent understand that this is the ideal we are trying to live up to. We want to help build kids that are strong lifelong athletes and solid citizens. The hockey experience can go a long way in teaching teamwork, competitiveness, fun, and friendship. The mission statement gives us the bedrock to work from in these efforts and something to look to in times of turmoil. We hope it truly becomes the way KV Hockey operates and can be a real boost to the lives of all members of the association.

OFF THE BENCH

How to Select a Hockey Stick

Coach and Dr. Michael J. Franklin

**© Published by: Youth Hockey Online
(original article edited for space)**

When the great Gordie Howe was asked in an interview what was the most common error made by young hockey players today he said it was selecting the incorrect hockey stick. From my experience as a scientist and coach, I fully agree. A hockey stick must be selected on two main physical characteristics: size and flex. When speaking of size it is not only the length of the stick but also the size of the shaft, size of the blade and weight of the stick. An incorrectly fitted hockey stick I feel is more detrimental to the development of a hockey player than incorrectly fitted skates.

To fully understand why selecting the correct hockey stick matters we must first understand what happens when a hockey stick strikes a hockey puck. When a hockey stick hits a hockey puck the energy necessary to cause the puck to travel at high speeds does not come solely from the strength of the player.

When a player takes a hockey shot regardless if it is a wrist shot, snap or slapshot, a significant amount of energy comes from the coiling of the stick's shaft. By coiling I mean the bending of the stick's shaft. We will use the slapshot as our discussion point since this is the most exciting for

young players to shoot and best illustrates our reasoning for proper stick selection. (Although, as a coach I like to see the wrist and snap shot developed before the slapshot). When shooting a slapshot the blade of the stick should hit the ice surface 2-4 four inches behind the puck. If done properly, you should hear two sounds in quick succession, the stick striking the ice then the blade hitting the puck. As the stick hits the ice and slides towards the puck the player should be rotating their hips open, transferring their weight from the back to the front leg and bending their knees. The fundamental mechanics of the hips are similar to hitting a baseball. Why does the player need to rotate the hips, transfer their weight and bend their knees? This is the motion that allows the player to coil or bend the shaft of the hockey stick. Next time you see a picture of a NHL player taking a shot notice the shape of the shaft of their stick and how flexed their knees are. The coiling of the hockey stick is where the stored (potential) energy comes from that causes the puck to travel at high speeds. Another important aspect is where the puck strikes the blade. If you remember your high school physics and lever arms, you will know that the farther away from the heel of the stick you hit the puck the more twisting force the puck puts on the shaft of the stick, which can decrease accuracy. The puck should hit about halfway between the middle and heel of the blade. When the stick finally hits the puck there should be a significant bend in the shaft of the stick, this is the coiling of the stick. Shortly after the stick hits the puck the shaft of the stick uncoils and releases the stored energy and this energy gets transferred from the shaft of the stick through the blade and to the puck. The energy stored in the stick's shaft that gets transferred to the puck is the main energy source for causing the puck to travel at high speed. The player's ability to bend the shaft of the stick is based on the flex of the stick, the size of the shaft and the mechanics of the player when they execute the slapshot. This is why flex and size of a stick are so important especially for young players. I have seen it many times in my years of coaching that the parents buy their young player an adult stick because the youth's favorite NHL player uses the same stick. This is doing a significant disservice to the young player and your pocket book. Why is this? The first thing you have to do when a young player uses an adult or junior stick is trim the shaft to fit the youth player. The cutting of the shaft changes the flex rating of the stick. A 95 flex stick may become 100 or even 125 flex once cut. The shorter you cut a stick's shaft the more strength it takes to flex it. So if

an adult uses a 95 flex stick, how can a youth coil the shaft of the same trimmed shaft that is now over 100 flex? The youth will never have a powerful slapshot, snap or wrist shot since they all require the shaft to bend.

I recommend a 40-65 flex for all players under 100 pounds. How will you know when to buy a higher flex? When the player's shot starts getting erratic or they break the shaft. Why does an erratic shot indicate the flex is too low? When the flex is too low the player will over coil the shaft and the stick becomes what is called a whip stick. The shaft is coiled so much that the shaft's energy causes the blade to whip in space and the player will lose accuracy on their shot

Let's examine the other characteristics of the hockey stick that affect a young player. The size of the shaft is rarely considered when selecting a stick but may be as important as the flex. When a young player is given an adult or junior stick to use the shaft is about 15-25% larger in size compared to a youth stick. This makes it harder for a young player to grip and thus prevent the stick from rotating when the player hits the puck. If the player can not firmly hold the stick from moving or rotating in their hands, they will not have a hard or accurate shot.

Next let's examine the length of the blade. As mentioned previously the length of the blade has a direct effect on how much the stick tends to want to rotate in the player's hands. If the youth player is using an adult stick then the blade will be longer. Again this creates a larger lever (moment) arm that tends to want to twist the stick in the player's hands. Also, when an opposing player strikes the end of the longer adult blade they apply more force due to a longer lever (moment) arm causing the player's stick to rotate and lose the puck off their blade. Another point to consider is: when a youth player is using a smaller youth blade then graduates to a larger blade the larger blade will appear huge to the player and give them more confidence and control of the puck.

Lastly let's look at the weight of the stick. An adult stick weighs significantly more than a youth stick due to the larger shaft and blade. The added weight will hinder the quick movement of the stick especially when the player is a defenseman and sweeping their stick in front of themselves to prevent a pass or shot. A lighter youth stick will allow the player more coiling, speed and acceleration when

they shoot the puck. It will also allow them to move the stick faster and with more force in defensive moves and poke checks.

Now let's briefly discuss the difference between wood and composite sticks and shafts. A composite stick bends more evenly, has greater acceleration when it uncoils and is lighter. The down side of composite sticks is the higher acceleration and release speed of the puck off the blade tends to cause youth players to be less accurate with them. The shorter the time the puck spends on the blade the harder it is to control. The composites also do not telegraph the feeling of the puck through the stick to the player as efficiently as a wood stick does. A youth player needs to feel the puck on their stick to gain confidence in their stick handling. The feel of the puck on a wooden stick is much more evident to the stick handler when compared to a composite stick. Once a youth player can handle the puck with their heads up they are ready to graduate to a composite stick.

Finally, how do you size the length of the stick to the player? With skates on, hold the stick up to the front of the player with the blade down and the shaft vertical. The top of the shaft should end between the player's chin and nose. Some players, like myself, have their sticks cut below the chin, this tends to aid in handling the puck when it is close to the body. Defensemen will normally have longer sticks but it should not extend past the player's nose. When a stick is too long it is easier for an opponent to move the player's stick due to increased leverage and it is much harder for the player to play the puck close to their body. There is a wide selection of 45 flex and lower youth sticks on the market. Select one that fits your player in flex, weight and length. Do not let marketing ploys select the stick for you. Have the player hold the stick in their hands with their gloves on and you try to twist the stick. It should take a significant effort for you to twist. Also, have the player hold the stick on the floor with their hands in shooting position and try to flex the shaft of the stick. They should be able to flex the shaft without using all of their strength. If they can not flex the shaft with medium effort at least an inch the flex is too high. This all applies to adult and junior selection of sticks to. If you need help, go to a reputable hockey shop and ask for help in selecting the correct stick. If your youth player has a strong shot due to the correct selection of their stick they will be a much happier player. Good luck and game on!

KV Hockey Academy, continued from page 5

Historically, in North America we have separated our players at a young age and provided a better opportunity to develop, in terms of both ice time and coaching, to those that are early developers. House players have two ice sessions a week, travel players have three and AAA players even more. The "best" coaches are encouraged to coach AAA and Travel.

World-class hockey associations provide equal opportunity to develop to all participants regardless of whether they are early or late developers, whether they are new to the game or have played for several years, and regardless of their abilities. Anyone who is interested in developing their game is afforded an equal opportunity in terms of ice time and coaching.

This is the primary goal of the weekly training sessions at KV Hockey. To provide House players access to the same amount of ice time as the Travel players at a reasonable cost. Not every player is interested in more than two ice sessions per week. This is why the training sessions are voluntary. However, regardless of whether a player wants the extra ice session because he/she wants to develop into a Travel player, or he/she wants to move up the depth chart in House, we believe they should be provided the opportunity.

The ice sessions will be conducted in stations and the players will be grouped with players of like ability. Ultimately the development of the players is dependent upon the development of the coaches. By encouraging the House and Travel coaches to participate as instructors in the training sessions, the interchange of ideas and concepts will be facilitated. One characteristic that all of the great coaches I have had the opportunity to work with is their desire to continue their own development.

In recent years there has been a lot of speculation as to when Red Berenson will retire from coaching U of M. I asked him about this a couple of years ago and he told me he will know it is time to quit when he doesn't have the desire to learn any more. He added he knows there is still a lot for him to learn.

I am looking forward to working with the players, coaches and parents in providing a fun environment where the players are provided the opportunity to develop to their desired level.

Rob Palmer

As you can see KVHA is very excited to utilize Rob's background, experience and commitment for the further development of our players and coaches. Check back on the KV website in the coming week for more information. If you are interested in this program or have additional questions you can contact me directly through my KV email at vphockey@kvhockey.org

Looking forward to seeing you out at the rink!

Jason Valente
VP of Hockey, KVHA

TRIVIA CORNER

When was the first official ice hockey game played?

It is generally believed that ice hockey evolved from various stick and ball games that were played outdoors and adapted to the icy conditions of Canada in the early 19th century. The origin of the modern sport of hockey is attributed to the first recorded hockey game played in an indoor arena, which occurred on March 3, 1875 at the Victoria Skating Rink in Montreal Canada. The game was played by two 9 player teams from members of the Victoria Skating Club and was organized by James Creighton, along with several McGill University students (who were members of the club). Instead of a ball, the game featured the use of a flat wooden puck, the purpose of which was to prevent the puck from exiting the rink (which did not have boards) and hitting the spectators. The game also featured goaltenders, a referee, a predetermined set of rules, including a predetermined time (60 minutes), and a recorded score. Tickets were sold to the game, and the Montreal Gazette published both the pre-announcement to the general public and the results of the contest (Creighton's team won).



2011/2012 KVHA Board of Directors

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[Jason Valente](#) - Vice President Hockey
[Scott Staby](#) - Vice President Administration
[Barry Paxton](#) - Treasurer
[Alicia Urbain](#) - Secretary
[John Maley](#) - Director, Travel Program
[Brad Dedrick](#) - Director, House Program
[Bob Kittridge](#) - Operations
[Len Pietila](#) - ACE Director
[Scott McLaren](#) - Communication & Membership Services

Special Appointees (1 year term - non voting)

[Mike Wainwright](#) - Director, Girls Program
[Keith Schulz](#) - Equipment
[Bruce Gray](#) - Communication & Membership Services

Other KVHA Staff

Joann Palaian - KVHA Office Manager
Norm Kawaelde - Referee Scheduler
Matt Ronan - Bookkeeper

Kensington Valley Hockey Association

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Arena Information

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www.kensingtonvalleyicehouse.com

Hartland Ice House

2755 Arena Dr
Hartland, MI 48353

Staff:

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[Joe Sokol](#) - Manager
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