

Kings' Jonathan Quick shares his knowledge at Twin Rinks camp

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STAMFORD -- Jonathan Nawrocki, of Darien, needed just a little coaxing to talk about what he'd talked about at Los Angeles Kings goalie Jonathan Quick's camp.

"I worked really hard on my T-pushes," Jonathan, 8, said quietly in the Stamford Twin Rinks lobby before going on the ice for the second day of work.

"If you want to be in the NHL," brother Christian, 10, said with a smile as he pointed over to the reporter, "you've got to do this."

Media training didn't appear to be on the schedule for about 30 campers on Wednesday, but they got about an hour and a half each day with Quick and several other instructors for the three-day camp.

"It's been fun," said Quick, 27, who grew up in Hamden and married a woman from Greenwich, the sister of his friend and teammate growing up.

"It's great, especially the kids. Some of the kids are really young and just starting. I try to bring some fun to the game, teach some stuff to the kids at that age."

All ages, both genders, all experiences were represented. Doug Van Horne, 26, grew up in Darien and had never played hockey until recently, moving into the net quickly, playing morning pickup games.

"I just saw the flier. I thought I could work on my skills and try to get better," Van Horne said.

"It's been really great. (Quick) is down-to-earth, very knowledgeable."

Quick got that knowledge in southern Connecticut as a youngster, playing youth hockey for his future father-in-law, Mike Backman.

He said he didn't attend a lot of dedicated goaltending camps, but he went to a lot of Backman's camps.

"They'd always need goalies," he said.

From Hamden High to Avon Old Farms to UMass to the Kings organization, Quick stood out.

In 2012, he led the Kings to the Stanley Cup and won the Conn Smythe Trophy as playoff MVP.

They returned in January, after the NHL owners' lockout wiped out almost half of the regular season, as defending champions.

"It's the same as every season," Quick said. "You play every game to win the game, obviously, to try to make the postseason, to try to defend your title."

The Kings lost to the eventual Stanley Cup champion Chicago Blackhawks in the Western Conference Final in five close games after two hard-fought series against St. Louis and San Jose.

"I think myself and a lot of guys in the locker room would admit we didn't play our best in the series against Chicago," Quick said, possibly playfully grumbling to a camper moments later to take off a red Blackhawks cap.

"They're a great team. They deserved to win. They outplayed us. It's disappointing."

On the bright side, he and his wife, Jaclyn, became parents for the second time in April; son Carter joined daughter Madison, 3, the Kings' flag-waving star of the press conference after the Stanley Cup win.

"Any time you add somebody to the family, it adds some challenges," Quick said. "My wife's done a great job at home. In the season, it's tough to help out."

There's a little more time in the summers, which also gives him time to get home to Connecticut and, for instance, run a camp.

The Nawrockis made it a family affair; dad John Nawrocki signed up as well, to make it a father-son experience. Brother Christian talked up a glove save Jonathan made Monday.

Jonathan smiled and admitted it was pretty good.

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