

CIHA Newsletter

GB Squad

Congratulations for Emma Nicols on being selected for the GB U16's squad, unfortunately due to a last minute injury Emma didn't get the opportunity to play this time. However, the GB girls went on to secure 3rd place in the world tournament.

England Trials

CIHA is also pleased to announce that we have players that have been to the England trials:

- U13 girls - Katy Dadd
- U14 boys - Luca Tessadri and Chris Beckett

Good luck in the February trials.

South East Conference

Well done to those players that were selected from CIHA to represent the SE at Decembers Sheffield Tournament. The U11's SE team beat the North to finish in 3rd place, and both the U13's and U15's were pipped to the post by the Midlands teams in the finals to come 2nd. CIHA representatives were:

- U11s - Cara Jones, Harry Vant, Leo Codling, and Ruben Terry
- U13's - Joe Tomalin, Katy Dadd, George Beckett
- U15's - Luca Tessadri, Chris Beckett, Josh Fall

The Academy wishes them luck for the next round of conference selections.

Cardiff U13's Tournament



The first ever Candy Cup Tournament was arranged by Haringey and Cardiff. It took place at the Viola Arena Cardiff on Saturday 5th January between The Haringey Hounds, Cardiff Thunder, Cardiff Lightening, Slough Jets and Chelmsford Braves.

We were playing for points. A win was 2 points, a draw 1 point and a loss 0 points. The Braves were the only team to win all their games with a total score of 8. We won by a clear 3 points to take home the Candy Cup! It wasn't an easy feat and the players gave it 100% every game. They worked hard to maintain the top slot and we are extremely proud of them.

In-House Games

The in-house games (U9's / U11's / U13's) have been great fun and very successful.

We hope to hold the in-house games on the last Wednesday of the month at Lee Valley whilst the work on Riverside continues.

The opposing teams are the Black Hawks and the Golden Eagles. Both teams are comprised of Chelmsford players but will also include eligible LV players.

Currently the Golden Eagles are in the lead with 6 wins against the Black Hawks 3.

Safeguarding



We would like to remind everyone that Chelmsford Ice Hockey Academy is required to comply with safeguarding legislation:

- No parents are allowed in the changing rooms
- Mobile phones are banned from the changing rooms
- Parents should not be posting pictures / videos of other peoples children on social media

Sponsorship Request



CIHA has a shortage of sponsors at various levels, so if you own or work for a local (or international businesses) that feel they can give back to the community by contributing to CIHA in exchange for publicity and brand visibility, please contact either Gary Codling or Stuart Powell for further details, or alternatively contact your team manager. This money helps improve the infrastructure of the club which means the children can benefit from better equipment and improved coaching.

RIVERSIDE

ICE AND LEISURE

The Riverside Ice and Leisure Centre is still going through its transformation from a caterpillar to butterfly. Work on the pad has concentrated on breaking through to the rink as well as working on the services. The pad had been taken up, so the base concrete is fully exposed. The ice rink contractor will commence work by installing the new boards which is expected to take approximately 4 weeks, before moving onto other pad related works.

Meanwhile, don't forget that we have secured training at Lee Valley, and strength and conditioning training with Area 515 at St John Payne School.

Remember you can always contact your age group manager if you have any queries regarding training at Lee Valley.



Need to improve your work life balance?
Find yourself working evenings and weekends?
Consider hiring a Virtual Assistant. Genie Business Solutions can assist small businesses / Directors by dealing with the tasks you have no time to do.
Rachel Gay 07828 218263
info@geniebusinesssolutions.co.uk

CHELMER
CHIMNEY SERVICES



There may be those of you that use a chimney as part of your household heating system, so as winter threatens, now is the time to consider getting your chimney swept. This reduces the risk of a chimney fire, so, if any of the parents of academy players need this service Mark Hagon, owner of Chelmer Chimney Services is offering to donate ALL of his fee to the academy. Please contact Sandra on 01245 258406. Or for further details

<http://www.chelmerchimneys.co.uk>

Area 515 Fitness

As you know we partnered with Area 515 Fitness in November to assist our players maintain their fitness levels as they would have had the rink not closed for refurbishment. When asked how they thought it was going, Justin Powell, owner of Area 515 Fitness stated:

"We're over the moon to be asked back, to assist with Off-Ice training for CIHA. Our ethos is to get children moving. We encourage competition, but more importantly, we encourage everyone to take part. To assist, we try to make fitness fun, by introducing lots of game-based Fitness and Strength training. We refer to our teaching methods as 'Stealth Health'- Meaning the children have so much fun, they don't realise they are keeping fit and working out. The rapport we have established with parents and players is very encouraging and supports our argument that fitness can be fun! We look forward to continuing our journey and helping all the players become fitter, faster and stronger. We are hopeful that everyone will start to see the full benefits and reap the well-deserved rewards very soon. Good Luck for the rest of the season."

The Academy would like to say thanks to DST Systems for their recent donation to the U18's team. The money goes towards tournaments and team building events.



Near Term Fixtures

U9							
03.02.19	A	Invicta	18:00	27.04.19	A	Haringey	17:00
23.02.19	A	Lee Valley	17:00	28.04.19	H	Invicta	12:20
30.03.19	A	Raiders	16:10				
U11							
03.02.19	A	Haringey	17:00	14.04.19	A	Bracknell	15:25
10.03.19	A	Streatham	17:50	20.04.19	H	Invicta	17:20
30.03.19	A	Haringey	17:00	03.02.19	A	Haringey	17:00
U13							
19.01.19	A	Milton Keynes	16:30	06.04.19	A	Haringey	18:45
23.02.19	A	Haringey	17:00	14.04.19	A	Streatham	17:50
09.03.19	A	Milton Keynes	16:30	21.04.19	H	Milton Keynes	17:20
U15							
26.01.19	A	Slough	17:50	09.03.19	A	Streatham	18:30
17.02.19	A	Slough	17:50	23.03.19	A	Basingstoke	16:30
03.03.19	A	Bracknell	15:25	24.03.19	A	Basingstoke	16:30
U18							
02.02.19	A	Cardiff	13:15	09.03.19	A	Guildford	18:20
10.02.19	A	Swindon	13:00	23.03.19	A	Basingstoke	18:15
02.03.19	A	Okanagan	13:00	24.03.19	A	Basingstoke	18:15