

Oxford City Stars - Junior Ice Hockey Club

www.oxfordstars.co.uk info@oxfordstars.co.uk



Newsletter - March 2010

Latest News

As the season starts to enter its final months, it is important to remember that Ice Hockey is a year round sport. Although there are no games during the summer, training continues. This is the time when the teams can concentrate on training and team development without having to worry about matches. It's a perfect time for new players to join the team and we would like to invite and encourage everybody to do their best to bring new players in to the teams, particularly in the younger age groups (U10 and U12).

Next season we want to make sure we have full squads in all age groups. The following season, we want to have A and B teams in all age groups. The season after that, we intend to build a brand new Olympic size ice rink with seating for 5,000 and free valet parking for all club members. Ok maybe that's stretching the imagination just a little too far, but if we carry on with the successes we have seen recently, who knows what could happen!

Well Done Jerrika!

We are very proud to announce that Jerrika Jentsch has made the Great Britain Under 18s team and will be travelling to Budapest this month for a tournament. Well done and good luck from everyone at the club.

Car Park Update

We are pleased to announce that effective immediately, all members of Oxford City Ice Hockey Club are entitled to half price parking whilst attending the ice rink for purposes of training or matches. Hang on though, this scheme has been in place since last year hasn't it? Yes ... but now instead of having to keep all your receipts, print and fill out a laborious form, post it off to the council and wait for them to pay you back, all you have to do now is display a parking permit on your dash board. The permit entitles you to stay for twice the amount of purchased parking - so if you need to stay at the rink for 4 hours, just buy a 2 hour ticket. Don't forget to display your permit though! Permits are valid for both Oxpens and Abbey Place car parks. Application forms can be downloaded from our website. Select "Info" then "Miscellaneous". Follow the instructions and your permit will be ready for you at the next Wednesday training session.

Calling Potential Managers and Coaches

The club is now urgently seeking enthusiastic parents of junior club players to consider more active "official" roles within the ice hockey club. As children move in to older age groups, they will of course take their manager/coach parents with them. This means that in particular we need volunteers to step forward for the younger age groups, especially as for next season we plan to enter separate Under 10 and Under 12 teams in to the league rather than a single combined U10/U12 team. This is something that the junior club has not done for TEN YEARS and it will make a huge difference to the development of our younger players.

What's involved ... Manager / Assistant Manager

You will be responsible for general administration of the team. This will include making sure all appropriate documentation is prepared for games, and you will contact all members of your team (or their parents) to make sure enough players are available to attend games. You will also work with the coaches and will attend as many games as possible, both home and away, to generally try and bring the team together. It is possible to have one or more assistant managers who can share the workload. You do not need to be able to skate, and never need to get on the ice, to be a manager or assistant manager. Full training and support will be provided by the club. **Next course : 29th August**

What's involved ... Coach

You need to be able to ice skate, but not as well as you may think. To take your Level 1 course (which the ice hockey club will pay for), you just need to be able to skate forwards, turn, and stop (not hockey stop). Basically if you can stand up on the ice and not be too wobbly, you are good enough. The coach will teach children techniques and rules of the game and work with the manager to run games and events, work on tactics, and help to develop individual players in to a team. If you are going to be at the rink every Wednesday whilst your children train anyway, why not get out on the ice with them? **Frequent courses available - ask us for dates**

STOP PRESS : The next Level 1 coaching course in Oxford has just been confirmed as 10th/11th July 2010. Places for these courses fill up quickly so contact Cliff Jones (Vice Chairman) directly to book your place now; cliffgj@googlemail.com or Telephone 07713 541 357.

[Welcome \(and welcome back\)](#)

We would like to formally welcome the following new players who have joined us recently, including one very warm "welcome back".

Edward Crotty	Under 10	
Louis Coppock	Under 10	
Rory Smith	Under 10	
Nathan Tripp	Under 10	
George Zverko	Under 10	
James Lindley	Under 12	
Laertis Sherman	Under 12	
Charlie Hanley	Under 14	<- welcome back !
Sophie Massara	Under 14	
Jamie Wilson	Under 14	
Alex Hedges	Under 14	
Dominic Shaw	Under 16	
Molly Corrigan-Jones	Under 18	

[Advertising \(at your school / other clubs\)](#)

The club now has a generic junior ice hockey advertising poster which is suitable for displaying in schools, clubs or anywhere else that it could be seen by children or parents. Either ask us for a copy (we usually have a few printed and available at the rink), or alternatively you can download a copy directly from our website and print;

www.oxfordstars.co.uk/downloads/a4poster.pdf

Please do your part to help out with advertising and recruitment. We also have a large quantity of black A5 leaflets available. If you would like to take a pile and distribute in schools or even drop them door to door where you live, please ask any of the club officials. The continued growth and success of the club benefits all of us.

[Breaking News - Ice Rink Refurbishment](#)

Some breaking news cut&pasted directly from the ice rink facebook page: *"Oxford Ice Rink is undergoing lots of work over the next three months, we're updating some big items behind the scenes (refrigeration), some things you'll see straight away (new units in the toilets, new doors etc) and lots of little items too. This will mean there's building work going on during normal opening times,... some areas may be out of use for long periods. Thank you for your understanding when visiting!"* - We don't know exactly which areas are due to be refurbished but hopefully it'll give the whole place a bit of a well needed refresh.

[Coming Soon ...](#)

[Summer event / awards presentation](#)

We will finalise the date and venue soon for our annual Summer awards event, please do your best to attend as it's always a great fun day out.

["Parents on ice"](#)

Soon we will be announcing a programme to get parents out on the ice with a view to learning basic skating skills. This will be particularly useful for any parents who are interested in doing a Level 1 basic coaching course.

[Contact Details - Important](#)

Could everybody please ensure that the club registration secretary (Trish Oliver) has your up to date contact details, particularly your email address as this is the primary method of communication that the club uses. You can email Trish at "registrations@oxfordstars.co.uk" or come to the club any Wednesday to check or update your details.

Any changes to fixtures, news or important information will always be sent to the email address that we have on file for you. You should check your email, as a minimum, once per week, during the league season. Please also make sure you check it the day before any games or before travelling, as again any last minute changes or information will be sent that way. If you do not already have access to an email account, or do not check it regularly, it is strongly recommended that you arrange for this or you may miss important news about the club or fixtures.

Please note that with immediate effect, many of the emails you receive will be sent through an email distribution list to make management of emails easier for the club. If you think that emails have been sent to you that you have not received, please check your junk/spam email folders as some email systems treat distribution lists as spam by default. Email us at "info@oxfordstars.co.uk" for assistance or with any questions.

You should also check the www.oxfordstars.co.uk website on a regular basis for any news or information. For the latest and most accurate fixture calendars and results, go to the website and click on "Team Info" -> Age Group -> "Fixtures & Results".

[Can't you send me a text message to my phone or call me?](#)

Unfortunately not. The people in the club who send emails out are already busy people with full time jobs and are taking time out of their personal or professional lives to send you information. It is not fair to ask them to also type out messages or ring round everyone on their personal mobile phones. If you do not have regular access to email, we suggest you "partner up" with another parent in the same team who does receive emails, and ask them to let you know whenever an important email has been sent.

[Need to improve your skating?](#)

The most important thing you can do to improve your ice hockey is to improve your skating ability. The only way to do this is practice, practice, practice. Although some skating drills are covered during the Wednesday training sessions, all players are strongly encouraged to work on their ice skating outside of hockey training. In addition to the public sessions and general skating lessons, we strongly recommend attending Thursday's "power skate" which runs from 7.30pm to 8.00pm. It's only half an hour long so you can be home in time for bed. It focuses entirely on techniques which will improve your ice hockey game such as hockey stops, tight turns, skating backwards, increasing speed, and general hints and tips. If you ever wondered how the good players get so good, there is no trick or short cut - they do it by putting in extra effort and attending these extra sessions.