



ICE SPORTS

Tasmania

NEWSLETTER

Issue 4 - 7 June 2022

Our vision

Ice Sports Tasmania is committed to promoting, advancing, and supporting all-inclusive participation in ice-based sports and recreation in Tasmania.

Our vision is to ensure that a fit for purpose ice rink facility continues to exist in Tasmania to serve the needs of our athletes and the community.

Our Team

Anna Holliday
(President)

Kirra Taylerson
(Secretary)

Kim Wilson
(Treasurer)

Natalie Larter

Katrina Pailthorpe

Jen Rayner

Sam van den Berg
(IHT representative)

Amy Pailthorpe
(FSAT representative)

Welcome to Edition 4 of Ice Sports Tasmania Inc.'s newsletter. Created in response to community need and request, this newsletter aims to provide a quick snapshot of activity occurring within and surrounding our local ice sports.

Frequently Asked Questions



Does no news about our new rink mean it's 'bad' news?

Whilst we don't have any updates about our new rink, this is not a bad thing. In fact, this is what we are expecting and is actually a positive. In Minister Street's public statement on Thursday 19th May, he confirmed that he and his team (the government) plan to take a month to follow due diligence in assessing and preparing a response to community's call of action for a new ice sports facility in Tasmania. Building a new facility is a big project, and we want to get it right!

Ice Sports Tasmania Inc. is asking for your patience and support whilst we allow this process to occur (its not much longer to wait now!) We are excited to see the next steps from government who have committed to working collaboratively with IST Inc. so we can keep you in the loop every step of the way.

As soon as we know something, you will too !



How do I become a member of Ice Hockey Tasmania and/or the Figure Skating Association of Tasmania?

Easy!

To become a member of Ice Hockey Tasmania head to <http://icehockeytas.hockeysyte.com/>, select 'registration' and 'associate member'. Please reach out to vd.icehockeytasmania@gmail.com if you need support.



Similarly, to become a member of FSAT, head to www.fsatas.org and select 'FSAT Memberships' in the menu. From there, click the 'Register Now' button. If you have any questions about which membership tier you belong to, or any other questions about memberships, please reach out to fsatas@gmail.com



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IST Values

To act with **integrity, transparency and professionalism.**

Treat people with **honesty, fairness, and mutual respect.**

Be **responsible and accountable** for our decisions and actions as individuals and as an organisation.

Be **open** to different perspectives and **attitudes** and respect the inherent dignity, belief, and **human rights** of all individuals.

Harness individual **diversity** and promote **equality and inclusivity.**

Act responsibly to promote and to contribute to the achievement of **environmental sustainability.**

Acknowledge our responsibility to **contribute to the communities** in which we operate.

Mental Health matters....

Our ice sports community have experienced first-hand the benefits sport can have on one's mental health. It is not only the friendships, social connectedness, and sense of community which have a positive impact on psychological wellbeing. Sport is widely recognised as being important in the management of anxiety and mood disorders as well as playing a role in reducing stress and improving sleep quality. Sport assists in the development of positive self-worth, resilience, and confidence in individuals. Sport has also been shown to improve cognitive performance and reduce symptoms associated with attention deficit disorder.

We recognise that this current pause in Ice Sports in Tasmania may be challenging for our athletes and community. A number of services are available to anyone who may be finding it difficult to adjust to the recent changes and would like further assistance:

Headspace - phone 1800 650 890 or head to <https://headspace.org.au/>

Beyond Blue - phone 1300 22 4636 or

chat to your regular GP who can provide a referral under Medicare to a psychologist.

Tassie athletes heading interstate

We have previously mentioned that there are a dedicated group of athletes who, whilst waiting for a local rink, have already started regular trips interstate to pursue their dreams in their ice sports.

On Friday 3rd June, IST Inc. also held a meeting with people who have expressed an interest in group trips to Melbourne, and in particular in accessing the discounts and awesome deals offered to Tassie skaters from the team at O'Brien Icehouse. The concept of group travel has had a great initial response!

So, if you are a registered member of FSAT or IHT and are curious about trips to Melbourne to skate, [please email IST at team@icesportstasmania.com.au as soon as possible.](mailto:team@icesportstasmania.com.au) Expressing an interest will not commit you, but means we can start to liaise with you directly re fundraising, trip dates and potential itineraries.

Additionally, Ice Sports Tasmania Inc. is working hard to help any athlete who wants to stay connected to their sports, and to each other locally. This week, we congratulate FSAT who have created a fun and diverse series of regular off ice figure skating activities for their members – including social events, strength and skill based training. Please follow up with fsatas@gmail.com for more details.

Tassie Ice Sport Athlete in Focus

Josh Mazengarb is a local Ice Hockey ('winger') rising star. He has been training and competing locally for 6 years, and is now travelling to Melbourne **every week** to maintain and extend his skills and **fulfill his dreams on the ice**. IST Inc. is excited to share Josh's reflections of the love of his sport and his advice to other young Tasmanians who are working towards their own ice sport dreams.

What do you remember about your first time on an ice rink?

The first time I tried ice skating was at the Glenorchy rink. It's also where I learned how to stand up and skate on the ice, and to play ice hockey. I was lucky enough to have Tassie local Coach Mika spend the whole session with me, teaching me how to skate.



What drew you to want to play ice hockey?

In 2014 I went to Toronto, Canada to see my brother who lives over there. We went to watch a game in Toronto and I immediately fell in love with it and said to my parents "this is the sport I want to play". Although it was about a year later, I started playing - thanks to Mika.

What are your current goals and dreams for your future in ice hockey?

My dreams and goals for my future in ice hockey are to eventually play in the Australian Ice Hockey League (AIHL) and to one day even have a Tasmanian team but I think my main goal in my career that I'm focusing on is to play for the Australian Team and represent my country.

What do you love most about your sport, and why?

I think the thing that I most love the most is that it is a team sport that is played at high intensity that is physically and mentally demanding that requires a lot of effort and when working as a team doing that hard work, you build character and friendships that last and there is a sense camaraderie.

Josh, you're an inspiration to many Tassie kids that love ice hockey. What advice do you offer the kids who want to follow in your footsteps?

To be a successful hockey player it requires more than just on ice training. There's a lot of strength and skill work off the ice, and in general, you need to be persistent and push yourself. Even at hockey camps I've attended, coaches would say "if you don't fall over you're not trying hard enough". But overall something that really helped me improve my skills was interstate training camps with some of the most experienced coaches in the country and who are accessible all levels of players.

How are you impacted by not having a full-size ice rink here in your home state?

This is something that impacts me a lot. I have noticed - since I have played on full-size rinks in other states, that it's incredibly hard to play proper positions and strategies without the full-size rink. Essentially, you can't play proper ice hockey and makes it a lot harder to improve your hockey abilities and made it harder to play higher level hockey.

Thank you Josh for your time and generosity in sharing your 'story' so far! We watch on with pride and look forward to seeing your next chapter. Next week, another exciting Athlete in Focus!