

1.My Ice Factor Journey

2.How has Ice Factor helped me?

3.Most memorable moment

4.How will Ice Factor help me in my future?





- **1.** When I first started it was very easy because of all the support my team gave me to get on with it. I am better than ever and still time for improvement.
- **2.** Ice Factor has helped me with my confidence and social skills and also working in a team and creativity.
- **3.** I would have to say the modelling because it was a new experience for me and it was so fun and awesome to be able to do that.
- **4.** It might help me in making new friends and new skills, and in focusing.





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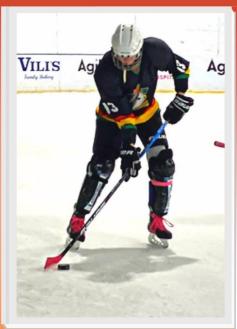
- **1.** I have been doing Ice Factor for 2 years now. When I first started I was more shy and now I feel more a part of it and a part of a team.
- **2.** Ice Factor has helped me with my confidence and to think positive.
- **3.** The Ice Factor Spectacular in 2021 was my most memorable moment.
- **4.** What I might be feeling now isn't going to stay with me forever. Ice Factor will help me to show determination and to achieve great things.







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- 1. I have been doing Ice Factor for 1 ½ years now, it was very different from my life at the time, and it was very refreshing. Now it is a huge part of my life and I love it
- 2. It has helped me in more ways than I can list. It has made me more confident when talking to people and when thinking about myself. It has made me like team play and sports
- **3.** My most memorable moment was the first time I watched people play before I joined, it was my teams first tournament
- **4.** I hope that it makes me even more confident, and I hope it helps get me in to the professional hockey scene





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- **1.** I've only been in Ice Factor a few weeks and I've only done one session and it was practicing my skating.
- 2. It gives me something to do.
- **3.** I haven't had a memorable moment yet.
- **4.** It will give me something to enjoy.







FLENI CHIEFS 22



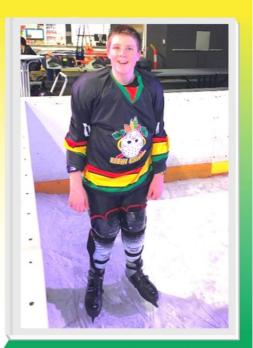
- **1.** I've been doing Ice Factor for 2 years now. I couldn't skate on the first session but now my confidence has sky-rocketed.
- 2. Helped me to attend school.
- **3.** Seeing the team play well in the tournament when I was injured, it showed how far the team had come and progressed.
- **4.** Life is not easy and the hard work I put into my training will help show resilience





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- **1.** I only started Ice Factor this term. It has been a lot of fun since I started.
- **2.** Ice Factor has helped me to strengthen my ankles to prevent them from not rolling.
- **3.** I love being on the ice and just having a go.
- **4.** To be able to skate faster and get the puck more.







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Ice Factor is not just about students learning how to play Ice Hockey, it is about team comradery, leadership, communication, growth, and building confidence. I have been in awe of how many of our students have developed these skills throughout their journey in the program.



This year, although our numbers have not been huge, the students that have attended have been committed on a weekly basis and have built up a really strong connection with each other.

I would like to give a special mention to Cheyenne, Lauchlan, Connor and Cameron on their long-standing commitment to the program and to being great mentors to new students that enter the program. We welcome James and Damon and hope that they continue to build on their skills and become a key part of the Flexi Chiefs over the coming terms.



Well done to all of you on your outstanding participation in the Ice Factor program.

Go Chiefs!!



