



My Club

PETERBOROUGH phantoms PARA ICE HOCKEY

Para ice hockey player, Naomi Adie, tells us about her sport and her club.

How did you get involved with para ice hockey or sledge hockey, as it's also known?

Para ice hockey was supposed to be included in last year's Invictus Games so since I'm ex-RAF and I used to play field hockey, before my medical discharge, I thought: 'That's got to be the sport for me'.

My nearest club is Peterborough Phantoms so I went up for a training session.

Unfortunately sledge hockey was left out of the Invictus Games!

Can you explain what sledge hockey is?

It's adapted ice hockey. It's the same principle as able bodied ice hockey and the same rules but we sit in small sledges and have two sticks to help propel us



on the ice and hit the puck. In the UK it's a fully inclusive sport so you get disabled and able bodied athletes playing together – as well as male and female.

Were you surprised by how physical it is when you tried it?

A little bit. I was invited to Norway for a

training weekend and the coach smashed me on the ice. At that moment I thought: 'What am I doing?!' but when you're in a game that's what makes it appealing. So many people want to put disabled people in comfy blankets but this sport shows that

the team. The Phantoms don't see your disability, they see your ability.

We just want you to come and feel the benefits for your physical health, your mental health and to have a laugh.



actually, it's fine. It's a 'down and dirty' sport but the protective equipment takes the impact of the force. It looks worse than it is.

If you use a wheelchair the ability to move freely on the ice at pace is the next best thing to flying!

What makes Peterborough Phantoms a great club?

I'm the only girl on the team and I've only been playing for just over a year but I've never felt so welcome. When I was discharged I lost my sense of where I belong. I'm now a member of the team. It doesn't matter what your disability is, you're there because you want to play for

"It's a 'down and dirty' sport!"

How can people get involved?

There are a number of clubs around the UK. We're in Peterborough, there are clubs in Hull, Sheffield, Cardiff and Manchester and one starting up in Nottingham. Search online for para ice hockey clubs.

Send us an email or get in touch through Facebook and we'll invite you over for a training session.

More:
www.phantomsparaicehockey.co.uk
 Email: info@phantomsparaicehockey.co.uk