

WITH THE SEASON KICKING OFF, DON'T
FORGET MATCH REPORTS ARE AVAILABLE ON
THE [CHC WEBSITE](#).

Fixtures @ Chelmer Park

21/09/13 - M2, M4, MEG, L1, L2 & L3

BAR ASSISTANT NEEDED!

Robert Nourse is carrying on the role of Bar Steward/Secretary for another season but is after an assistant for when he's away. If you can help Robert with running the bar in his absence, or want to find out what the role entails then please contact him on 01245 250914 or via [email](#).

Thank you!

Results 14/09/13

L1s v East Grinstead	(L)	Drew 1-1	Maxey
MEGs v Norwich Exiles Vets	(F)	Won 5-2	De Mello, Kitchiner, I Hunter

Results 15/09/13

L2s v St Albans 1A	(C)	Lost 1-5	T Speakman
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I have started up a Sports Massage Therapy and Injury Treatments business, **BB Sports Massage**, and have use of the Physio room at the club for treating club members. I would like to offer these services for club members at discounted rates to give something back to Chelmsford HC and its members.

BB Sports Massage provides

- sports massage
- treatments of sports and everyday (e.g. whiplash or stress) injuries
- relaxation treatments
- programmes for injury rehab
- pre and post event massage
- taping/strapping of injured joints

Hockey club members will receive discounted treatments.

Please contact BRYAN BAKER on 01245 266959 / 07746 755658 / [EMAIL](#)

To receive bulletins direct to your inbox along with important club information subscribe to the [mailing list](#).

If you've got any comments, suggestions for future articles, announcements or just generally any questions then please drop us an email at newsletter@chelmsfordhc.org.uk. *Kat & Anna*

NEW CHC KIT

There will be a kit fitting for the juniors (and any seniors who are around) this Sunday 22/09/13 from 09:30 to 12:00.

An unusual note below from our Chairman, Spencer. Who would have thought he was this well house trained?!

Just to remind people that the shirts/shorts/skorts have to be washed at no more than 30 degrees and no tumble drying! I can't believe I'm giving this sort of advice!!!!

All orders for delivery by the end of November have to be placed before the end of September.

TS&SO

Fancy a giggle?!

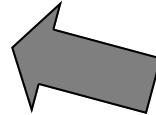
The first Top Scorers
and Serial Offenders
report can be found [here!](#)

New Junior Head Coach...

We are delighted to announce the appointment of Dave Messham as Junior Head Coach with immediate effect. [Click here](#) for more details.

Chelmsford Chumps!

Don't forget to tell us who's been a chump!



It's back!!! Send your funny stories about you fellow teamates into us via
newsletter@chelmsfordhc.org.uk

500 Club

142ND DRAW : JUNE 2013

143RD DRAW : JULY 2013

			<u>June 2013</u>	<u>July 2013</u>
1 st	15%	£127	Derek Gould	Tracy Comber
2 nd	10%	£85	Fred Matthews	Spencer Wilcox
3 rd	5%	£42	Ken Heseltine	Sheila (Bunny) King
4 th	4 x 2.5%	£21	John Currie Matt Lomas Lynn Bollington Ken Edwards	Simon Krone Mark Butterworth Ian Hunter Alan Gemmill

Don't forget to send your membership forms ASAP to Membership Sec Kat Hales

SUBS - Get them paid before the increase!

The deadline for fee increase is 30th September 2013 and there are still a lot of subs outstanding, all existing senior and junior members will have received renewals in the post but for convenience, forms and fees can be found [here](#) or there will be a supply by the bar. Many thanks.

Kat