



rang out around the rink. "That's what the boards are for," one of my Canadian team-mates helpfully piped up. Dramatic, but painless. Finally, I understood the need for those many pads. I had mastered stopping.

Not quite ice-cool

HOCKEY — fine. Skating — fine. But, when I combined the two, things took a slightly less fine twist. It's not simple to control a puck, stay upright, skate, avoid the opposition and aim for a goal all at once.

I wobbled, screamed, missed the puck, slipped around and crashed into the boards over and over again, but my strapping team-mates didn't seem to mind. Warm-up exercises had me sweating despite the cold air in the rink. Gliding (or not in my case) up and down the rink, passing the puck between us in small groups, shooting at the goal, learning to control the puck, passing and receiving shots — I clearly had a lot to learn.

Time to move on to more complex moves and, not for the first time that night, I was lost. Jimmy grabbed me and made me shadow his moves — easier said than done as he flicked the

puck left, met it again further up the rink and finally swept it gracefully into the tiny goal. Any hockey experience will give you the skills to handle a puck and stick in a semi-decent way and, gaining a little confidence, I was thankful for the wintry grass hockey sessions I was forced to endure when at school.

My team-mates made a huge effort to integrate me into the practices, gently coaxing and encouraging me. I did fall, but there are worse things than being rescued from an icy topple by a muscle-bound, 6ft-tall ice hockey player, let me assure you.

Game on!

THE finale of the night was a game — 6 on 6, including netminders (goalies to you and me). Like a proper game, we started with a face-off in the centre of the rink, repeated every time play was interrupted by a fault.

Blades of steel:
Daisy, centre,
hits the ice
with her new
team-mates

Professional games see pucks moving at speeds of 100mph and, even at amateur level, the game is quick with the small puck very hard to follow. Head-height shots flashed past (I thanked heaven for the protection of my helmet cage) and silently skimming over ice, quick as a flash, Jimmy swooped and plucked the puck from under my nose again and again.

In a high-level game, you can expect to see the terrifying but crowd-pleasing spectacle of two players squaring up and bare-fist fighting to sort out an on-ice dispute. Thankfully, this is reserved for more experienced players.

Marking my opponent and sticking next to him made things a little easier, but I am pretty sure that the NHL won't be scouting me any time soon. "Your puck handling's okay, you just need to practise your skating," said Jimmy encouragingly.

Practice, he assures me, makes perfect. And with so many hunky players to take me under their wings, Streatham Ice Rink may just become my new hang-out.

What's in my fridge?

FRENCH DJ David Guetta, 41, lives in Paris with his wife and two children. David Guetta & Chris Willis with Angello & Ingrosso's new single, *Everytime We Touch*, is released on 19 January.



I GENERALLY wake up around 1pm and pick up some sushi on the way to the studio. I'll have my second meal of the day around 9pm. My wife and I never cook. We eat healthily, but we eat quite a lot of microwaveable food. A typical dinner would be chicken, with two-minute microwaveable rice and a shop-prepared salad. Then I'll eat something small again after work in the early hours of the morning. My fridge is full of yogurt, cheese and champagne, of which I have the odd glass.

Nutritionist Fiona Hunter says:

ALTHOUGH David may think he's eating healthily, his diet isn't as good as he believes it is. It seems distinctly short on fruit and veg, and although sushi may be low in fat it's also low in fibre and high in salt. If David has rice for lunch it's not a great idea to have it again in the evening. Lentils, quinoa, potatoes or pasta would be a better choice than rice.



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