



CALENDAR JULY 2019

DATE	ARROWS GROUP A	ARROWS GROUP B	SPEED SCHOOL
Sunday 14th	6.30am- 10.00am 6.30-6.55am: warmup 6.55am: mats and skates on 7.15-8.45am: ice 9.00-10.00am: land	6.30am- 10.00am 6.30-6.55am: warmup 6.55am: mats and skates on 7.15-8.45am: ice 9.00-10.00am: land	
Monday 15th	6.00pm-9.30pm 6.00pm: mats on 6.10-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	6.00pm-8.30pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-7.50pm: ice 8.00-8.30pm: land	6.00pm-6.45pm
Wednesday 17th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 18th	6.00-9.30pm 6.00-6.15pm: warmup 6.15pm: mats on 6.25-6.55pm: land 6.55pm: skates on 7.10-8.30pm: ice 8.45-9.30pm: land	5.45-8.30pm 5.45-6.15pm: land 6.15pm: skates on 6.30-7.50pm: ice 7.50pm: skates off 8.00-8.30pm: land	
Saturday 20th	10.00am-11.15am land training	10.00am-11.15am land training	11.30am-12.15pm
Sunday 21st	5.15am - 9.30am 5.15-5.35am: warmup 5.35am: mats and skates on 6.00-7.30am: ice 7.45-8.30am: land NSW Team Training Session Breakfast following training 8.30-9.30am	5.15am - 9.30am 5.15-5.35am: warmup 5.35am: mats and skates on 6.00-7.30am: ice 7.45-8.30am: land NSW Team Training Session Breakfast following training 8.30-9.30am	
Monday 22nd	6.00pm-9.30pm 6.00pm: mats on 6.10-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	6.00pm-8.30pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-7.50pm: ice 8.00-8.30pm: land	6.00pm-6.45pm



Wednesday 24th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 25th	6.00-9.30pm 6.00-6.15pm: warmup 6.15pm: mats on 6.25-6.55pm: land 6.55pm: skates on 7.10-8.30pm: ice 8.45-9.30pm: land	5.45-8.30pm 5.45-6.15pm: land 6.15pm: skates on 6.30-7.50pm: ice 7.50pm: skates off 8.00-8.30pm: land	
Saturday 27th	2019 DUKE TROPHY		NO SPEED SCHOOL
Sunday 28th			
Monday 29th	6.00pm-9.30pm 6.00pm: mats on 6.10-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	6.00pm-8.30pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-7.50pm: ice 8.00-8.30pm: land	6.00pm-6.45pm
Wednesday 31st	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		

IMPORTANT NOTES

- All skaters are to arrive **before** the designated start times according to their training groups.
- All skaters/parents are to help with mats on and off.
- You must not remove helmets at any time whilst on the ice (including when taking the mats off)
- **No mobile phones during training** (this includes when getting skates on and at land training).

UPCOMING DATES

27th-28th July: Duke Trophy - Canterbury

4th August: NSW Performance Program Workshop - Homebush

1st September: NSW Championships - Canterbury

22nd September: NSW Performance Program Workshop - Homebush

4th-6th October: Australian Open Championships - Melbourne