



## CALENDAR MARCH 2020

DATE	ARROWS GROUP A	ARROWS GROUP B	SPEED SCHOOL
Sunday 1st	<b>6.45am-10.15am</b> 6.45-7.10am: warmup 7.10am: mats and skates on 7.30-9.00am: ice 9.15-10.15am: land	<b>6.45am-10.15am</b> 6.45-7.10am: warmup 7.10am: mats and skates on 7.30-9.00am: ice 9.15-10.15am: land	
Monday 2nd	<b>5.45pm-9.30pm</b> 5.45pm: mats on 6.00-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	<b>5.45pm-8.45pm</b> 5.45pm: mats on 6.00-6.30pm: land 6.30pm: skates on 6.45-8.00pm: ice 8.10-8.45pm: land	<b>6.00pm-6.45pm</b>
Wednesday 4th	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	
Thursday 5th	<b>5.45-9.30pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.30pm: ice 8.45-9.30pm: land	<b>5.45-8.45pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.00pm: ice 8.10-8.45pm: land	
Saturday 7th			<b>11.30am-12.15pm</b>
Sunday 8th	<b>6.45am-10.15am</b> 6.45-7.10am: warmup 7.10am: mats and skates on 7.30-9.00am: ice 9.15-10.15am: land	<b>6.45am-10.15am</b> 6.45-7.10am: warmup 7.10am: mats and skates on 7.30-9.00am: ice 9.15-10.15am: land	
Monday 9th	<b>5.45pm-9.30pm</b> 5.45pm: mats on 6.00-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	<b>5.45pm-8.45pm</b> 5.45pm: mats on 6.00-6.30pm: land 6.30pm: skates on 6.45-8.00pm: ice 8.10-8.45pm: land	<b>6.00pm-6.45pm</b>
Wednesday 11th	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	
Thursday 12th	<b>5.45-9.30pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.30pm: ice 8.45-9.30pm: land	<b>5.45-8.45pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.00pm: ice 8.10-8.45pm: land	



Saturday 14th			<b>11.30am-12.15pm</b>
Sunday 15th	<b>6.45am-10.15am</b> 6.45-7.10am: warmup 7.10am: mats and skates on 7.30-9.00am: ice 9.15-10.15am: land	<b>6.45am-10.15am</b> 6.45-7.10am: warmup 7.10am: mats and skates on 7.30-9.00am: ice 9.15-10.15am: land	
Monday 16th	<b>5.45pm-9.30pm</b> 5.45pm: mats on 6.00-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	<b>5.45pm-8.45pm</b> 5.45pm: mats on 6.00-6.30pm: land 6.30pm: skates on 6.45-8.00pm: ice 8.10-8.45pm: land	<b>6.00pm-6.45pm</b>
Wednesday 18th	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	
Thursday 19th	<b>5.45-9.30pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.30pm: ice 8.45-9.30pm: land	<b>5.45-8.45pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.00pm: ice 8.10-8.45pm: land	
Saturday 21st			<b>11.30am-12.15pm</b>
Sunday 22nd	<b>5.15am-9.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 6.00-7.45am: ice 8.00-9.15am: land	<b>5.15am-9.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 6.00-7.45am: ice 8.00-9.15am: land	
Monday 23rd	<b>5.45pm-9.30pm</b> 5.45pm: mats on 6.00-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	<b>5.45pm-8.45pm</b> 5.45pm: mats on 6.00-6.30pm: land 6.30pm: skates on 6.45-8.00pm: ice 8.10-8.45pm: land	<b>6.00pm-6.45pm</b>
Wednesday 25th	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	<b>5.15am-7.15am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice	
Thursday 26th	<b>5.45-9.30pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.30pm: ice 8.45-9.30pm: land	<b>5.45-8.45pm</b> 5.45-6.15pm: land 6.15pm: mats on/skates on 6.40-8.00pm: ice 8.10-8.45pm: land	



Saturday 28th			11.30am-12.15pm
Sunday 29th	<b>5.15am-9.00am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 6.00-7.30am: ice 7.45-9.00am: land	<b>5.15am-9.00am</b> 5.15-5.35am: warmup 5.35am: mats and skates on 6.00-7.30am: ice 7.45-9.00am: land	
Monday 30th	<b>5.45pm-9.30pm</b> 5.45pm: mats on 6.00-6.55pm: land 7.10-8.30pm: ice 8.45-9.30pm: land	<b>5.45pm-8.45pm</b> 5.45pm: mats on 6.00-6.30pm: land 6.30pm: skates on 6.45-8.00pm: ice 8.10-8.45pm: land	<b>6.00pm-6.45pm</b>

### UPCOMING EVENTS - SAVE THE DATES

EVENT	DATE	TIME	LOCATION
Sydney Arrows Training Camp - Season Preparation (only ice times listed, other events and drylands tbc)	Mon 13th April	7.45-9.45am and 6.30-8.30pm	Canterbury
	Tue 14th April	7.45-9.15am	
	Wed 15th April	7.45-9.15am	
	Thu 16th April	7.45-9.15am and 6.30-8.30pm	
	Fri 17th April	7.45-9.15am	
Speed School Come and Try/Exhibition Races TBC	Sat 18th April	11.00am-12.15pm	Canterbury
Endurance Plate	Sun 14th June	3.45-6.45pm	Canterbury
Duke Trophy	Sat 25th- Sun 26th July	TBC	Brisbane
Sprint Cup	Sun 6th September	3.45-6.45pm	Canterbury
NSW Championships	Sun 27th September	4.00-8.00pm	Canterbury
Australian Open Championships	Fri 2nd - Sun 4th October	TBC	Melbourne
International Season	October 2020 - February 2021		TBC
Junior World Championships	29th-31st January 2021		Salt Lake City, USA
Senior World Championships	12th-14th March 2021		Rotterdam, NED



## **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).

## **2020 RINK ENTRY COSTS - TRAINING SESSIONS**

Casual Entry: \$18 per session

10 Session Card: \$150

You may also use any Lesson or Practice Clips on Yellow Skate School Cards.

These cards will no longer be valid for skate school, so you can use them up in these training sessions.

## **2020 SKATE SCHOOL**

Speed school will resume on Monday 3rd February. We are moving to a term system, so you sign up for the term either on the Monday or Saturday. \$150 for the 9 week term. If you do both Monday and Saturday, or are doing a learn to skate class as well, then the second class would be \$120 for the term. To register for the term see staff at the rink. Term 1 classes commence on 3rd February.

Times are the same as last year (Mondays 6.00pm-6.45pm and Saturdays 11.30am-12.15pm).

You may also pay casually \$20 per session.