



CALENDAR APRIL 2019

DATE	ARROWS GROUP A	ARROWS GROUP B	SPEED SCHOOL
Monday 1st	6.00pm-9.30pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-8.30pm: ice 8.45-9.30pm: land	6.00pm-8.30pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-7.55pm: ice 8.00-8.30pm: land	6.00pm-6.45pm
Wednesday 3rd	5.15am-7.15am 5.15am-5.35am: warmup 5.35am: mats on 5.50-7.15am: ice		
Thursday 4th	5.45pm-9.30pm 5.45-6.15pm: warmup 6.15pm: mats on 6.30-6.50pm: land 7.00-8.30pm: ice 8.45-9.30pm: land	5.45pm-8.30pm 5.45-6.15pm: warmup 6.15pm: skates on 6.30-7.55pm: ice 8.00-8.30pm: land	
Saturday 6th	10.00am-11.15am: Land Training		11.30am-12.15pm
	3.30pm-7.15pm 3.30pm-4.20pm: land 4.30pm: mats and skates on 4.55pm-6.45pm: ice NOTE SESSION CHANGE	3.30pm-7.15pm 3.30pm-4.20pm: land 4.30pm: mats and skates on 4.55pm-6.45pm: ice NOTE SESSION CHANGE	
Sunday 7th	NO TRAINING (moved to saturday)	NO TRAINING (moved to saturday)	
Monday 8th	6.00pm-9.30pm 6.00pm: mats on 6.10-7.00pm: land 7.00pm: skates on 7.15pm-8.45pm: ice NOTE TRACK MARKING TO HAPPEN FROM 9.00pm Senior Skaters/Parents to help	6.00pm-8.40pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-8.00pm: ice 8.10-8.40pm: land	6.00pm-6.45pm



Wednesday 10th	5.15am-7.15am 5.15am-5.35am: warmup 5.35am: mats on 5.50-7.15am: ice		
Thursday 11th	5.45pm-9.30pm 5.45-6.15pm: warmup 6.15pm: mats on 6.30-6.50pm: land 7.00-8.30pm: ice 8.45-9.30pm: land	5.45pm-8.30pm 5.45-6.15pm: warmup 6.15pm: skates on 6.30-7.55pm: ice 8.00-8.30pm: land	
Saturday 13th	10.00am-11.15am: Land Training		11.30am-12.15pm
	5.30pm-9.30pm 5.30-6.30pm: land 6.45pm: mats and skates on 7.00-9.00pm: ice 9.00-9.30pm: warmdown/stretch NOTE SESSION CHANGE	5.30pm-9.30pm 5.30-6.30pm: land 6.45pm: mats and skates on 7.00-9.00pm: ice 9.00-9.30pm: warmdown NOTE SESSION CHANGE	
Sunday 14th	NO TRAINING (moved to saturday)	NO TRAINING (moved to saturday)	
Monday 15th	6.00pm-9.30pm 6.00pm: mats on 6.10-7.00pm: land 7.00pm: skates on 7.15pm-8.45pm: ice 9.00-9.30pm: land	6.00pm-8.40pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-8.00pm: ice 8.10-8.40pm: land	6.00pm-6.45pm
Wednesday 17th	5.15am-7.15am 5.15am-5.35am: warmup 5.35am: mats on 5.50-7.15am: ice		
Thursday 18th	5.45pm-9.30pm 5.45-6.15pm: warmup 6.15pm: mats on 6.30-6.50pm: land 7.00-8.30pm: ice 8.45-9.30pm: land	5.45pm-8.30pm 5.45-6.15pm: warmup 6.15pm: skates on 6.30-7.55pm: ice 8.00-8.30pm: land	



Saturday 20th - Sunday 28th	IRNSW/ARROWS CAMP: SETTING THE BASE please see camp schedule for dates and session times. no club training sessions during this period		NO SPEED SCHOOL ON SATURDAY 20th or MONDAY 22nd
			SPEED SCHOOL ON SATURDAY 27th 11.30am-12.15pm
Monday 29th	6.00pm-9.30pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-8.30pm: ice 8.45-9.30pm: land	6.00pm-8.30pm 6.00pm: mats on 6.10-6.30pm: warmup 6.45-7.55pm: ice 8.00-8.30pm: land	6.00pm-6.45pm

IMPORTANT NOTES:

All skaters are to arrive at the designated times according to their training group.
 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)
 Make sure you are on the ice on time.

No mobile phones during training (this includes when getting skates on and at land training).

UPCOMING DATES

Please take note of the following dates:

20th April - 28th April: Training Camp: Setting the Base, Preparation for the 2019-2020 Season - Canterbury

Notify Maggie Holland by email, maggieholland@bigpond.com

26th May: Endurance Plate - Canterbury

23rd June: Sprint Cup - Canterbury

27th July - 28th July: Duke Trophy - Canterbury

1st September: NSW Championships - Canterbury

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