



**CALENDAR JANUARY 2019**

<b>DATE</b>	<b>ALL ARROWS TRAINING GROUPS COMBINED</b>	<b>SPEED SCHOOL</b>
Thursday 3rd	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	
Monday 7th	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	<b>NO SPEED SCHOOL</b>
Thursday 10th	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	
Monday 14th	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	<b>NO SPEED SCHOOL</b>
Thursday 17th	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	
Monday 21st	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	<b>NO SPEED SCHOOL</b>
Thursday 24th	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	



Sunday 27th	<b>6.45am-10.15am</b> 6.45-7.05am: warmup 7.05am: mats on/skates on 7.30-9.00am: Ice 9.15-10.15am: Land	
Monday 28th	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	<b>NO SPEED SCHOOL</b>
Wednesday 30th	<b>5.15am-7.15am</b> 5.15am-5.35am: warmup 5.35am: mats on/skates on 5.45-7.15am: Ice	
Thursday 31st	<b>5.45pm-9.30pm</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	

**IMPORTANT NOTES:**

All skaters are to arrive at the designated times according to their training group.  
 Training groups will be combined during January, with a focus on skill development, technique and fitness.

Morning sessions will recommence on Sunday January 27th.

All skaters/parents are to help with mats on and 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).**