



CALENDAR REST OF JUNE 2019

DATE	ARROWS GROUP A	ARROWS GROUP B	SPEED SCHOOL
Wednesday 12th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 13th	5.45pm-9.30pm 5.45-6.15pm: warmup 6.15pm: mats on, skates on 6.45-8.30pm: ice 8.45-9.30pm: land	5.45-8.30pm 5.45-6.15pm: land 6.15pm: mats on, skates on 6.40-7.50pm: ice 7.50pm: skates off 8.00-8.30pm: land	
Saturday 15th	10.00am-11.15am land training 11.45-12.30pm filming for Sydney Weekender	10.00am-11.15am land training 11.45-12.30pm filming for Sydney Weekender	11.30am-12.30pm FILMING FOR SYDNEY WEEKENDER, CH7
Sunday 16th	5.15am-8.00am 5.15-5.40am: warmup 5.40am: mats and skates on 6.00-7.30am: ice 7.45am-8.00: warmdown NOTE: NSW Performance Program Workshop 8.30am-10.30am at Precision Athletica	5.15am-8.00am 5.15-5.40am: warmup 5.40am: mats and skates on 6.00-7.30am: ice 7.45am-8.00: warmdown	
Monday 17th	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 19th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 20th	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 22nd	10.00am-11.15am land training	10.00am-11.15am land training	11.30am-12.15pm
Sunday 23rd	6.30am- 9.30am 6.30-6.55am: warmup 6.55am: mats and skates on 7.15-8.45am: ice 9.00-9.30am: recovery session 2.45pm-7.30pm: SPRINT CUP 2.45-3.30pm: warmup 3.30pm: mats and skates on 3.45-6.45pm: racing 7.00pm: presentation	6.30am- 9.30am 6.30-6.55am: warmup 6.55am: mats and skates on 7.15-8.45am: ice 9.00-9.30am: recovery session 2.45pm-7.30pm: SPRINT CUP 2.45-3.30pm: warmup 3.30pm: mats and skates on 3.45-6.45pm: racing 7.00pm: presentation	
Monday 24th	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 26th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 27th	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 29th	10.00am-11.15am land training	10.00am-11.15am land training	11.30am-12.15pm
Sunday 30th	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	



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

16th June: NSW Performance Program Workshop - Homebush

23rd June: Sprint Cup - Canterbury

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