



**CALENDAR REST OF MARCH 2019**

DATE	ARROWS CLUB TRAINING	SPEED SCHOOL
Sunday 17th	<b>6.30am-10.00am</b> 6.30-6.50am: warmup 6.50am: mats on 7.15-8.45am: Ice 9.00-10.00am: Land	
Monday 18th	<b>6.00pm-9.30pm (Group 2 Skaters to finish at approx. 8.30pm)</b> 6.00pm: mats on 6.10-6.30pm: warmup 6.45-8.30pm: ice 8.45-9.30pm: land	<b>6.00pm-6.45pm</b>
Wednesday 20th	<b>5.15am-7.15am</b> 5.15am-5.35am: warmup 5.35am: mats on 5.50-7.15am: ice	
Thursday 21st	<b>5.45pm-9.30pm (Group 2 Skaters to finish at approx. 8.30pm)</b> 5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	
Saturday 23rd	<b>10.00am-11.15am: Land Training</b>	<b>11.30am-12.15pm</b>
Sunday 24th	<b>6.30am-10.00am</b> 6.30-6.50am: warmup 6.50am: mats on 7.15-8.45am: Ice 9.00-10.00am: Land	
Monday 25th	<b>6.00pm-9.30pm (Group 2 Skaters to finish at approx. 8.30pm)</b> 6.00pm: mats on 6.10-6.30pm: warmup 6.45-8.30pm: ice 8.45-9.30pm: land	<b>6.00pm-6.45pm</b>
Wednesday 27th	<b>5.15am-7.15am</b> 5.15am-5.35am: warmup 5.35am: mats on 5.50-7.15am: ice	



Thursday 28th	<b>5.45pm-9.30pm (Group 2 Skaters to finish at approx. 8.30pm)</b>  5.45-6.15pm: warmup 6.15pm: mats on 6.30-8.30pm: ice 8.45-9.30pm: land	
Saturday 30th	<b>10.00am-11.15am: Land Training</b>	<b>11.30am-12.15pm</b>
Sunday 31st	<b>5.30am-9.00am</b>  5.30-5.50am: warmup 5.50am: mats on 6.15-7.45am: Ice 8.00-9.00am: Land	

**IMPORTANT NOTES:**

- All skaters are to arrive at the designated times according to their training group.
- Training group session times will be combined during March, with a focus on skill development, technique and fitness. Groups will be split both on and off the ice depending on the program.
- On Mondays and Thursdays Group 2 skaters will finish training at approx. 8.30pm.
- 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).**

**Please take note of the following dates:**

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

**Register now!! Notify Maggie Holland by email, [maggieholland@bigpond.com](mailto: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