



CALENDAR MAY 2019

DATE	ARROWS GROUP A	ARROWS GROUP B	SPEED SCHOOL
Monday 29th (April)	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 6.45-7.50pm: ice 8.00-8.30pm: land	6.00pm-6.45pm
Wednesday 1st	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 2nd	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 4th	10.00am-11.15am land training	10.00am-11.15am land training	11.30am-12.15pm
Sunday 5th	5.15am-9.15am 5.15-5.40am: warmup 5.40am: mats and skates on 6.00-7.30am: ice 8.00-9.15am: land	5.15am-9.15am 5.15-5.40am: warmup 5.40am: mats and skates on 6.00-7.30am: ice 8.00-9.15am: land	
Monday 6th	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 8th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		



Thursday 9th	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 11th	10.00am-11.15am land training	10.00am-11.15am land training	11.30am-12.15pm
Sunday 12th	5.15am-9.15am 5.15-5.40am: warmup 5.40am: mats and skates on 6.00-7.30am: ice 8.00-9.15am: land	5.15am-9.15am 5.15-5.40am: warmup 5.40am: mats and skates on 6.00-7.30am: ice 8.00-9.15am: land	
Monday 13th	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 15th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 16th	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 18th	10.00am-11.15am land training	10.00am-11.15am land training	11.30am-12.15pm
Sunday 19th	6.00am-10.00am 6.00-6.25am: warmup 6.25am: mats and skates on 6.45-8.15am: ice 8.45-10.00am: land	6.00am-10.00am 6.00-6.25am: warmup 6.25am: mats and skates on 6.45-8.15am: ice 8.45-10.00am: land	



Monday 20th	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 22nd	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 23rd	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 25th	10.00am-11.15am land training	10.00am-11.15am land training	11.30am-12.15pm
Sunday 26th	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 <u>2019 ENDURANCE PLATE</u> 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 <u>2019 ENDURANCE PLATE</u> 2.45-3.30pm: warmup 3.30pm: mats and skates on 3.45-6.45pm: racing 7.00pm: presentation	
Monday 27th	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 29th	5.15am-7.15am 5.15-5.35am: warmup 5.35am: mats and skates on 5.50-7.15am: ice		
Thursday 30th	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	

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

26th May: Endurance Plate - Canterbury

23rd June: Sprint Cup - Canterbury

27th-28th July: Duke Trophy - Canterbury

1st September: NSW Championships - Canterbury

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