






March 2017



LAKEWOOD CLUB ICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLUB PRACTICE 6:20-7:20PM <i>Winterhurst Ice Rink</i>	2 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	3	4 OHIO STATE MEET <i>Cleveland Hts. Rink</i>
5 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	6	7	8 CLUB PRACTICE 6:00-7:00PM <i>Winterhurst Ice Rink</i>	9 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	10	11 PRACTICE 11:30AM-1:00PM <i>Clev Hts. Rink</i> 
12 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	13 PRACTICE 7:30-8:30PM <i>Cleveland Hts. Rink</i>	14	15 CLUB PRACTICE 6:00-7:00PM <i>Winterhurst Ice Rink</i>	16 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	17 ST NATL CHAMP Midland, MI 	18 ST NATL CHAMP Midland, MI
19 ST NATL CHAMP Midland, MI NO CLUB PRACTICE	20 <i>Frist Day Of Spring</i>	21	22	23 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	24	25
26 CLUB PRACTICE 4:20-5:50PM <i>Winterhurst Ice Rink</i>	27	28	29	30	31	

MARCH 2017 CALENDAR NOTES

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

- Norman Vincent Peale, Author of Power of Positive Thinking



Goal: I will believe in myself and have confidence in the work I put in to be successful.



ATTENTION

FINAL PRACTICES OF THE SEASON

CLUB PRACTICE RACES ON SUNDAY, MARCH 12TH

- 7:00-8:30 PM -

PLAN ON 3 RACES PER SKATER. PARENTS' HELP NEEDED FOR TIMING & JUDGING.

LAST PRACTICE OF THE SEASON ON SUNDAY, MARCH 26TH

- 4:20-5:50 PM -

**ONE LAP TIME, GAME NIGHT/FAMILY SKATE
RELAYS GAMES, MAT TUNNELS, FUN**

MARCH LAKEWOOD CLUB PRACTICE TIMES

- **Sun, Mar 19 & Wed, Mar 22 – NO SKATING PRACTICE**
- Wednesday, March 1 – 6:20-7:20PM
- Wednesdays, March 8 & 15 - 6:00-7:00PM
- Sundays, March 5 & 12 – 7:00-8:30PM
- Sunday, March 26 – **4:20-5:50PM**





LAKWOOD CLUB TRAINING PROGRAM

MARCH 2017




Sunday February 26	LAND OF LINCOLN/HEARTLAND #5 Champaign, IL ICE Sprints: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 1 lap timed, 2 x 5"/5" - 10"/10" - 15"/15" - 20"/20" (sprint/rest), 2 x 50m SS, 2 x 1 lap SS, relay work in teams if time, warm down.
Monday February 27	ICE Cleveland Heights Ice Rink
Tuesday February 28	
Wednesday March 1	ICE Short Intervals: 10 laps warm up, 2x2 laps BU, 2x50m CS, 2x50m SS, 2x1 lap SS, 4x4 laps (10.5-11.5" {12.5-13.5"}), R5' betw sets, relay work in teams, 10 laps warm down.
Thursday March 2	ICE Cleveland Heights Ice Rink
Friday March 3	
Saturday March 4	OHIO STATE MEET Cleveland Heights Ice Rink



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Sunday March 5	ICE Short Tempos: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 2 x 50m SS, 2 x 1 lap SS, 6-5-4-3-5 laps tempos, starts time permitting, warm down.
Monday March 6	
Tuesday March 7	
Wednesday March 8	ICE Sprints: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, , 4 x 50m SS, 2 x 1 lap SS, 2 x 5"/5" – 10"/10" – 15"/15" – 20"/20" (sprint/rest), warm down.
Thursday March 9	ICE Cleveland Heights Ice Rink
Friday March 10	
Saturday March 11	ICE Cleveland Heights Ice Rink 



LAKWOOD CLUB TRAINING PROGRAM

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Sunday March 12	ICE PRACTICE RACES – 15 laps warm up, build ups, crazy starts, PRACTICE MEET - races to be determined, 3 races each. Need parents to help with timing and judging. Relays if time after races.
Monday March 13	ICE Cleveland Heights Ice Rink
Tuesday March 14	
Wednesday March 15	ICE Short Intervals: 10 laps warm up, 2x2 laps BU, 2x50m CS, 2x50m SS, 1x1 lap SS, 1 set of 4x4 laps (10.5-11.5" {12.5-13.5"}), R5' betw sets, 15 laps warm down.
Thursday March 16	
Friday March 17	ST NATIONAL CHAMPIONSHIP Midland, MI 
Saturday March 18	ST NATIONAL CHAMPIONSHIP Midland, MI



LAKWOOD CLUB TRAINING PROGRAM

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Sunday March 19	ST NATIONAL CHAMPIONSHIP Midland, MI <i>NO SKATING PRACTICE</i>
Monday March 20	
Tuesday March 21	
Wednesday March 22	<i>NO SKATING PRACTICE</i>
Thursday March 23	ICE Cleveland Heights Ice Rink
Friday March 24	
Saturday March 25	
Sunday March 26	<i>ICE - Last practice of the season!</i> Sprints: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 1 lap timed – last chance to set a PR for one lap time. Games – relays, mat tunnels, etc., family skate.