



January 2018

LAKEWOOD CLUB ICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR!! 	2	3 CLUB PRACTICE 6:20-7:20PM Winterhurst Ice Rink	4 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	5	6 PRACTICE 11:30AM- 1:00PM <i>Cleveland Hts. Rink</i>
7 CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink	8 PRACTICE 7:15-8:15PM <i>Cleveland Hts. Rink</i>	9	10 CLUB PRACTICE 6:20-7:20PM Winterhurst Ice Rink	11 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	12	13 <i>No Skating Cleveland Hts. Rink</i>
14 NO SKATING PRACTICE	15 CLUB PRACTICE 6:10-7:40PM Winterhurst  Martin Luther King Day	16	17 CLUB PRACTICE 6:20-7:20PM Winterhurst Ice Rink	18 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	19	20 PRACTICE 11:30AM- 1:00PM <i>Cleveland Hts. Rink</i>
21 CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink	22 PRACTICE 7:15-8:15PM <i>Cleveland Hts. Rink</i>	23	24 CLUB PRACTICE 6:20-7:20PM Winterhurst Ice Rink	25 PRACTICE 6:15-7:30PM <i>Cleveland Hts. Rink</i>	26	27 PRACTICE 11:30AM- 1:00PM <i>Cleveland Hts. Rink</i>
28 CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink	29 PRACTICE 7:15-8:15PM <i>Cleveland Hts. Rink</i>	30	31 CLUB PRACTICE 6:20-7:20PM Winterhurst Ice Rink			

JANUARY 2018 CALENDAR NOTES

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

- Thomas Edison – famous inventor, including the light bulb



Goal: I will never give up; I will continue to try to reach my goals at every opportunity.



JANUARY LAKEWOOD PRACTICE TIMES CHANGES

- **Sunday, Jan. 14 – NO SKATING PRACTICE**
- **ADD Monday, Jan. 15 (MLK Day) – 6:10-7:40PM**

FEBRUARY LAKEWOOD CLUB PRACTICE TIMES

- **Sunday, Feb. 4 & 18 – NO SKATING PRACTICE**
- Sundays, Feb. 11, 25 – 7:00-8:30PM
- **ADD Monday, Feb. 19 – 6:10-7:40PM**
- Wednesdays, Feb. 7, 14, 21, 28 – 6:20-7:20PM



MARK YOUR CALENDARS – POSSIBLE MEETS TO ATTEND:

- FEB 3-4, 2018 Midland Youth Festival Midland, MI
- Feb 24, 2018 OHIO STATE ST CHAMPIONSHIPS CLEVELAND HTS, OH
- MAR 23-25, 2018 ST AGE CLASS NATIONAL CHAMP Saratoga Springs, NY

*****ATTENTION*****

**CLUB PRACTICE RACES ON MONDAY, JANUARY 15th
PLANNING ON 3 RACES PER SKATER. HELP NEEDED FOR TIMING AND JUDGING!**


IF YOU PLAN TO ATTEND ICE SESSIONS AT CLEVELAND HTS. BE SURE TO CHECK THEIR JANUARY SCHEDULE.





LAKEWOOD CLUB TRAINING PROGRAM

JANUARY 2018

Sunday December 31	NO SKATING PRACTICE
Monday January 1	
Tuesday January 2	
Wednesday January 3	ICE Fartlek: 15 laps, 2x2 laps BU, 2x50m CS, 2x10 {8} laps, 2x12 laps (2x2 easy, 2 moderate, 2 fast), 10 laps double corner, 15 laps warm down.
Thursday January 4	ICE Cleveland Heights Ice Rink
Friday January 5	
Saturday January 6	ICE Cleveland Heights Ice Rink



LAKEWOOD CLUB TRAINING PROGRAM


JANUARY 2018

Sunday January 7	ICE Short Intervals: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 1 lap timed, 2 sets – 3 x 8 laps {6} laps, 15 laps warm down.
Monday January 8	ICE Cleveland Heights Ice Rink
Tuesday January 9	
Wednesday January 10	ICE Short Tempos: 15 laps warm up, 3 laps BU, 2 laps BU, 2 x 50m CS, 2 x 50m SS, 1 x 1 lap SS, 6-5-4-5-6- laps tempos, warm down.
Thursday January 11	ICE Cleveland Heights Ice Rink
Friday January 12	
Saturday January 13	NO SKATING CLEVELAND HEIGHTS DRYLAND Endurance run and Skating exercises: 10' run at medium pace, 3 x 5' run at faster pace - 5'skating exercises (i.e. 1'of exercise of your choice – dryskate, cross backs, forward leg switch, sit, squat jumps, lowwwalks, etc), 10' warm down run, stretch before and after workout.



LAKWOOD CLUB TRAINING PROGRAM

JANUARY 2018

<p>Sunday January 14</p>	<p>NO CLUB PRACTICE WINTERHURST Skate on Monday</p>
<p>Monday January 15</p>	<p>ICE PRACTICE RACES – 15 laps warm up, build ups, crazy starts, PRACTICE MEET – races to be determined, approx. 3 races each, Need Parents to help with timing and judging; relay work if time after races.</p> <p>Martin Luther King Day </p>
<p>Tuesday January 16</p>	
<p>Wednesday January 17</p>	<p>ICE Variable Intervals: 20 laps warm up, 2 x 2 laps BU, 12-16-20-16-12 (2 slow, 1 medium, 1 fast, repeat until done), R5', warm down.</p>
<p>Thursday January 18</p>	<p>ICE Cleveland Heights Ice Rink</p>
<p>Friday January 19</p>	
<p>Saturday January 20</p>	<p>ICE Cleveland Heights Ice Rink</p>



LAKEWOOD CLUB TRAINING PROGRAM

JANUARY 2018

Sunday January 21	ICE Sprints: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 15 laps (1 steady, build every 3 rd lap), 5 x stand starts – close to beginning of corner w/moving back towards starting line on each, 2 x 5"/5" – 10"/10" - 15"/15" – 20"/20" (sprint/rest), 2 x 50m SS, 2 x 1 lap SS, warm down.
Monday January 22	ICE Cleveland Heights Ice Rink
Tuesday January 23	
Wednesday January 24	ICE Short Intervals: Relay warm up, 2 x 2 laps BU, 2 x 50m SS, 2 sets – 5-6-7 (10.8 {13.0}), R5' betw sets, relay work time permitting, warm down.
Thursday January 25	ICE Cleveland Heights Ice Rink
Friday January 26	
Saturday January 27	ICE Cleveland Heights Ice Rink



LAKEWOOD CLUB TRAINING PROGRAM

JANUARY 2018

Sunday January 28	ICE Tempos: 20 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 9-8-7-6-5-4 laps tempos, starts time permitting, warm down.
Monday January 29	ICE Cleveland Heights Ice Rink
Tuesday January 30	
Wednesday January 31	ICE Short Intervals: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 2 sets of 3 x 9 {7} laps, relay work in teams if time, relay warm down.
Thursday February 1	ICE Cleveland Heights Ice Rink
Friday February 2	
Saturday February 3	ICE Cleveland Heights Ice Rink
Sunday February 4	<i>NO CLUB PRACTICE WINTERHURST</i>