

MARCH 2018 CALENDAR NOTES

"It's not the will to win that matters – everyone has that. It's the will to prepare to win that matters."

- Paul "Bear" Bryant, Legendary Univ of Alabama Football Coach



Goal: I will prepare to reach my goals in all that I do.



*****ATTENTION*****

FINAL PRACTICES OF THE SEASON

CLUB PRACTICE RACES ON SUNDAY, MARCH 18TH

- 7:00-8:30 PM -

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

LAST PRACTICE OF THE SEASON ON WEDNESDAY, MARCH 28TH

- 6:00-7:30 PM -

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

MARCH LAKEWOOD CLUB PRACTICE TIMES

- Sundays, March 4, 11, & 18 – 7:00-8:30PM
- Wednesdays, March 7, 14, & 21 - 6:20-7:20PM
- Sunday, March 25 – **NO SKATING PRACTICE**
- Wednesday, March 28 - **6:00-7:30PM**



COMING SOON

INFORMATION ON END-OF-SEASON PARTY





LAKWOOD CLUB TRAINING PROGRAM

MARCH 2018





Sunday March 4	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 5	ICE Cleveland Heights Ice Rink
Tuesday March 6	
Wednesday March 7	ICE Intervals/Tempos: 15 laps warm up, 2 x 2 laps BU, 4 x 6 laps {4 laps} - #'s 1 and 3: tempos, #'s 2 and 4: progressive, warm down.
Thursday March 8	ICE Cleveland Heights Ice Rink
Friday March 9	
Saturday March 10	ICE Cleveland Heights Ice Rink



LAKWOOD CLUB TRAINING PROGRAM

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Sunday March 11	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. 
Monday March 12	ICE Cleveland Heights Ice Rink
Tuesday March 13	
Wednesday March 14	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 15	ICE Cleveland Heights Ice Rink
Friday March 16	
Saturday March 17	ICE Cleveland Heights Ice Rink 



LAKEWOOD CLUB TRAINING PROGRAM

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Sunday March 18	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 19	ICE Cleveland Heights Ice Rink
Tuesday March 20	 FIRST DAY OF SPRING
Wednesday March 21	ICE Sprints: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 2 x 50m SS, 2 x 1 lap SS, 4-5-5-4 laps tempos, warm down.
Thursday March 22	ICE <i>Meet Warm Up for Nationals at Saratoga Springs: 8-12 laps warm up, 3 x 2 laps BU, 2 x 50m CS, 2 x 2-3 laps top speed, misc starts, 10-15 laps warm down.</i>
Friday March 23	ST NATIONAL CHAMPIONSHIP Saratoga Springs, NY
Saturday March 24	ST NATIONAL CHAMPIONSHIP Saratoga Springs, NY
Sunday March 25	ST NATIONAL CHAMPIONSHIP Saratoga Springs, NY <i>NO SKATING PRACTICE</i>
Monday March 26	
Tuesday March 27	
Wednesday March 28	ICE 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. <i>Last practice of the season!</i>