

March 2024



LAKEWOOD CLUB ICE SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|---|----------|---|---|
| | | | | | 1 | 2 |
| 3 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i> | 4 | 5 | 6 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i> | 7 | 8 | 9 |
| 10 CLUB PRACTICE RACES 7:00-8:30PM <i>Winterhurst Ice Rink</i>  | 11 | 12 | 13 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i> | 14 | 15 ST NATIONAL CHAMPS MIDLAND, MI | 16 ST NATIONAL CHAMPS MIDLAND, MI |
| 17 ST NATIONAL CHAMPS MIDLAND, MI 7:00-8:30PM <i>Winterhurst Ice Rink</i>  | 18 | 19 <i>First Day Of Spring</i> | 20 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i> <u>LAST PRACTICE</u> | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 GOOD FRIDAY | 30 |
| 31 HAPPY EASTER | |  | | | | |

MARCH 2024 CALENDAR NOTES

"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

Aristotle, Greek philosopher



Goal: I will make a habit of practicing hard and to the best of my ability so that when I race, it will be a habit to do the same.

Striving for excellence is a daily pursuit & is a result of a culmination of consistent & intentional behaviors, which also requires a high level of discipline.



CLUB PRACTICE RACES ON SUNDAY, MARCH 10TH

- 7:00-8:30 PM -

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

*****ATTENTION*****

FINAL PRACTICES OF THE SEASON

LAST PRACTICE OF THE SEASON ON WEDNESDAY, MARCH 20th

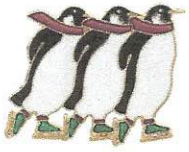
- 7:00-8:00 PM -

MAT TUNNELS/FAMILY SKATE, FUN

MARCH LAKEWOOD CLUB PRACTICE TIMES

- Sundays, March 3, 10, & 17 – 7:00-8:30PM
- Wednesdays, March 6, 13, & 20- 7:00-8:00PM



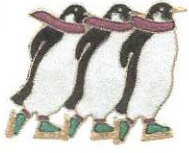


LAKEWOOD CLUB TRAINING PROGRAM

MARCH 2024



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| Friday March 1 | |
| Saturday March 2 | |
| Sunday March 3 | 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 4 | |
| Tuesday March 5 | |
| Wednesday March 6 | 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' between sets, 15 laps warm down. |
| Thursday March 7 | |
| Friday March 8 | |



LAKEWOOD CLUB TRAINING PROGRAM

MARCH 2024





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| Saturday March 9 | |
| Sunday March 10 | 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.  |
| Monday March 11 | |
| Tuesday March 12 | |
| Wednesday March 13 | 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 14 | |
| Friday March 15 | NATIONAL SHORT TRACK CHAMPIONSHIPS Midland, MI |
| Saturday March 16 | NATIONAL SHORT TRACK CHAMPIONSHIPS Midland, MI |



LAKEWOOD CLUB TRAINING PROGRAM

MARCH 2024



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| Sunday March 17 | <p>ICE Fartlek: 15 laps warm up, 2x2 laps BU, 2x50m CS, 2x50m SS, 2x1 SS, 2x8{6} laps, 10 laps {2 moderate, 2 fast, 2 easy, 2 moderate, 2 fast}, 15 laps warm down.</p> <p>NATL SHORT TRACK CHAMPIONSHIPS Midland, MI</p> <p> <i>St. Patrick's Day</i></p> |
| Monday March 18 | |
| Tuesday March 19 | <p><i>FIRST DAY OF SPRING</i></p> <p></p> |
| Wednesday March 20 | <p>ICE Sprints: 10 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. MAT TUNNELS/FAMILY SKATE, FUN!!</p> <p><u><i>Last practice of the season</i></u></p> |