




September 2025



LAKEWOOD CLUB ICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY 	2	3 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	4	5	6
7 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	8	9	10 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	11	12	13
14 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	15	16	17 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	18	19	20
21 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	22	23	24 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	25	26	27
28 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	29	30				

SEPTEMBER 2025 CALENDAR NOTES

"You have to expect things of yourself before you can do them."

– Michael Jordan

World Champion Basketball Player



Goal: I will set high goals for myself, believe in myself, and practice & compete with confidence.



WELCOME TO THE 2025-26 SKATING SEASON!!

OCTOBER LAKEWOOD CLUB PRACTICE SCHEDULE:

- Sundays, Oct. 5, 12, 19, 26 – 7:00-8:30PM
- Wednesdays, Oct. 1, 8, 15, 22, 29 – 7:00-8:00PM



✓ SET 2-3 GOALS AT THE BEGINNING OF THE YEAR, REVISE THESE GOALS AS YOU REACH THEM (examples of goals: certain place in a meet, time on monthly time trials, etc.).

MARK YOUR CALENDARS – POSSIBLE MEETS TO ATTEND:

SEP 21, 2025	FULL THROTTLE SPRINT CUP	COLUMBUS, IN
OCT 25-26, 2025	BUFFALO ST CHAMP	BUFFALO, NY
NOV 8-9, 2025	BARREL BUSTER	FRANKLIN PARK, IL
NOV 15-16, 2025	GREAT LAKES ST CHAMP	MILWAUKEE, WI
DEC 6-7, 2025	OHIO INVITATIONAL	CLEVELAND HTS, OH





LAKEWOOD CLUB TRAINING PROGRAM

SEPTEMBER 2025

Wednesday August 27	ICE Endurance: 15 laps, 1 x 18 laps, R4' (3 laps easy, 3 laps moderate, 3 laps hard, repeat), 2 x 12 laps, R4' (2 laps easy, 2 laps moderate, 2 laps hard, repeat), relays, warm down.
Wednesday September 3	ICE Fartlek: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 2 x 50m SS, 2 x 1 lap SS, 2 x 6 (4) laps, 10 laps (2 moderate, 2 fast, 2 easy, 2 moderate, 2 fast), 15 laps warm down.
Thursday September 4	
Friday September 5	
Saturday September 6	
Sunday September 7	ICE Endurance: 15 laps, 2 laps build up, 3 laps BU, 5' laps, 4' laps, 3'laps, 2'laps, relays, warm down.
Monday September 8	
Tuesday September 9	
Wednesday September 10	ICE Endurance: 15 laps, 20 laps – last 10 backwards, 15 laps – deep squats start/end of each corner, 10 laps with double corner circle on one corner, 15 laps warm down



LAKEWOOD CLUB TRAINING PROGRAM

SEPTEMBER 2025

Thursday September 11	
Friday September 12	
Saturday September 13	
Sunday September 14	ICE Endurance: 15 laps, 1 x 18 laps, R4' (3 laps easy, 3 laps moderate, 3 laps hard, repeat), 2 x 12 laps, R4' (2 laps easy, 2 laps moderate, 2 laps hard, repeat), relays, warm down.
Monday September 15	
Tuesday September 16	
Wednesday September 17	ICE Warm up – 2 man relay (3 x 3 laps), 3 x 200m BU, reaction drills, corner work, 2 x 5 min, R 4', warm down.
Thursday September 18	
Friday September 19	
Saturday September 20	



LAKEWOOD CLUB TRAINING PROGRAM

SEPTEMBER 2025

Sunday September 21	ICE Endurance: Warm up, 3 x 200m BU, 4'-3'-2'-2'-3'-4', R2', 10 laps double circle on one corner, warm down.
Monday September 22	
Tuesday September 23	
Wednesday September 24	ICE Intervals: 15 laps warm up, 2 x 200m BU, 2 x 50 CS, 8-6-5-6-8 laps @ 12.5"-13" (6-5-4-5-6 laps @ 14" for group 2), starts (time permitting), 15 laps warm down.
Thursday September 25	
Friday September 26	
Saturday September 27	
Sunday September 28	ICE Long Intervals: 15 laps warm up, 3 x 2 laps BU, reaction drills, 2 sets of 8-12-8 laps (HR 165-175), R2'-3' between sets, warm down.