



October 2025



LAKEWOOD CLUB ICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	2	3	4
5 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	6	7	8 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	9	10	11
12	13	14	15 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	16	17	18
19 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i>	20	21	22 CLUB PRACTICE 7:00-8:00PM <i>Winterhurst Ice Rink</i>	23	24	25 BUFFALO ST <i>Buffalo, NY</i>
26 CLUB PRACTICE 7:00-8:30PM <i>Winterhurst Ice Rink</i> BUFFALO ST <i>Buffalo, NY</i>	27	28	29	30	31 	

OCTOBER 2025 CALENDAR NOTES

“You’ve got to take the initiative and play your game. In a decisive set, confidence is the difference.”

Chris Evert
Champion Tennis Player



Goal: I will skate with confidence in practice and competition.



NOVEMBER LAKEWOOD CLUB PRACTICE SCHEDULE

- **Sundays, Nov. 2, 9, 16, 23, 30 – 7:00-8:30PM**
- **Wednesdays, Nov. 5, 12, 19 – 7:00-8:00PM**
- **No Practice on Wed, Nov. 26**

✓ **SET 2-3 GOALS FOR CERTAIN STAGES OF THE SEASON OR ENTIRE SEASON, REVISE THESE GOALS AS YOU REACH THEM.**

MARK YOUR CALENDARS – POSSIBLE MEETS TO ATTEND:

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/HEARTLAND	CLEVELAND HTS, OH





LAKEWOOD CLUB TRAINING PROGRAM

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Wednesday October 1	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.
Thursday October 2	
Friday October 3	
Saturday October 4	
Sunday October 5	ICE Endurance: 15 laps, 2 laps build up, 3 laps BU, 5' laps, 4' laps, 3'laps, 2'laps, relays, warm down.
Monday October 6	
Tuesday October 7	
Wednesday October 8	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
Thursday October 9	



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Friday October 10	
Saturday October 11	
Sunday October 12	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 October 13	
Tuesday October 14	
Wednesday October 15	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 October 16	
Friday October 17	
Saturday October 18	
Sunday October 19	ICE Endurance: Warm up, 3 x 200m BU, 4'-3'-2'-2'-3'-4', R2', 10 laps double circle on one corner, warm down.



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Monday October 20	
Tuesday October 21	
Wednesday October 22	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 October 23	
Friday October 24	
Saturday October 25	BUFFALO ST CHAMPIONSHIP Buffalo, NY
Sunday October 26	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.
Wednesday October 29	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.
Friday October 31	