

Communication No: 178

**SPECIAL DISPENSATION FOR TRAINING
IN PREPARATION FOR THE SINGAPORE NATIONAL SHORT TRACK SPEED
SKATING CHAMPIONSHIPS**

The SISA EXCO is making a special dispensation to allow for intermediate skaters and/or LTS skaters (non-existing squad members) who will be signing up for the National Championships to train at the squad ice sessions from 4 June 2022, as follows:

- a. all ice sessions in June 2022 and,
- b. Wed ice sessions in July 2022

The intent is to assist the skaters to better prepare themselves for the Singapore National Short Track Speed Skating Championships.

Skaters are also welcome to join the off-ice training which are held at Bukit Gombak Stadium. Refer to Annex I for the training schedule.

The Championships will be held on 30 July 2022. Skaters who are interested to participate in the National Championships and the training can email us at administration@sisa.org.sg.

For your information.

Thank you.

Executive Committee
Singapore Ice Skating Association
15 June 2022

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					REST	Usual ice time, 620am warm up
			Ice time, 9.30pm warm-up	6PM OFF ICE		
5	6	7	8	9	10	11
REST					REST	
	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE		6PM OFF ICE
12	13	14	15	16	17	18
REST					REST	
	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE		6PM OFF ICE
19	20	21	22	23	24	25
REST					REST	Usual ice time, 620am warm up
	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE		
26	27	28	29	30		
REST						
	6PM OFF ICE	6PM OFF ICE	Usual ice, 8.20pm warm up	6PM OFF ICE		

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					REST	Usual Ice, 6.20am warm up
3	4	5	6	7	8	9
7AM-8.30AM OFF ICE					REST	Usual Ice, 6.20am warm up
	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE		
10	11	12	13	14	15	16
REST					REST	Usual Ice, 6.20am warm up
	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE		
17	18	19	20	21	22	23
7AM-8.30AM OFF ICE					REST	Usual Ice, 6.20am warm up
	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE		
24	25	26	27	28	29	30
7AM-8.30AM OFF ICE					REST	NATIONALS
	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE		
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REST						