

Communication No: 191

**TRAINING IN PREPARATION FOR THE 2023 SINGAPORE NATIONAL SHORT
TRACK SPEED SKATING CHAMPIONSHIPS**

The SISA Board is allowing 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 with immediate effect until the Nationals.

The intent is to assist 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 full training schedule.

The Championships will be held on 15 July 2023. Skaters who are interested to join the training session(s) must email us at administration@sisa.org.sg.

Championships announcement and entry details will follow shortly.

For your information.

Thank you.

Elly Tan
General Manager
12 June 2023

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					REST	
				6PM OFF ICE		6PM OFF ICE
4	5	6	7	8	9	10
REST					REST	ICE 6AM - 8AM WARMUP 530AM
	6PM OFF ICE	6PM OFF ICE	ICE 9.45PM - 11.45PM 9.15PM WARMUP	6PM OFF ICE		
11	12	13	14	15	16	17
REST					REST	
	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE	6PM OFF ICE		6PM OFF ICE
18	19	20	21	22	23	24
REST					REST	Usual ice time, 620am warm up
	6PM OFF ICE	6PM OFF ICE	ICE 9.45PM - 11.45PM 9.15PM WARMUP	6PM OFF ICE		
25	26	27	28	29	30	
REST					REST	
	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE		

Schedule may be subject to changes

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Usual Ice, 6.20am warm up
						2
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						3
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	ST NATIONALS 5AM - 9AM
						4
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						5
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						6
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						7
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						8
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						9
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						10
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						11
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						12
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						13
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						14
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						15
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						16
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						17
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						18
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						19
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						20
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						21
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						22
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						23
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						24
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						25
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						26
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						27
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						28
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						29
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						30
REST	7PM OFF ICE	7PM OFF ICE	Usual ice, 8.20pm warm up	7PM OFF ICE	REST	Usual Ice, 6.20am warm up
						31

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