

JRFSC Training/Class Schedule

January 2010

DATES to Remember: January 12 - JRFSC Board Meeting

January 9 & 10 Minot Competition

January 22 -23 E.Grand Forks Competition

January 28-31 Duluth Competition

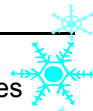


Underlined hours - WILSON Arena
Rink Closure: No School or early dismissal -
 No Training or Classes
Hockey 1 & 2 same times as Basic 1 & 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Skating Happy New Year!	2 <u>10:00-11:00 am</u> <u>Comp/PComp Training</u>
3 4:00-5:30 pm Comp Training NO CLASSES	4 3:45-6:00 pm Comp Training	5 3:45-5:15 pm Comp Trn 5:15-6:00 pm Basic 3,4,5 6:00-6:45 pm Basic 6,7,8	6 3:45-4:45 pm <u>Comp/P Comp Trn</u> 4:45-5:30 pm Freestyle 5:30-6:00 pm Basic 1 & 2	7 3:45-6:00 pm Comp/Pcomp Training	8 3:45 - 6:00 pm Comp Training <u>5:00-6:00 pm</u> <u>P Comp Training</u>	9 MINOT Competition <i>NO Comp/P Comp Training</i>
10 <i>NO Comp Training</i> <u>4:00-4:30 pm B1&2</u> <u>4:30-5:15 pm B3,4,5</u> <u>5:15-6:00 pm B6,7,8</u> <u>6:00-6:45 pm Freestyle</u>	11 3:45-6:00 pm Comp Training	12 Board Meeting 3:45-5:15 pm Comp Trn 5:15-6:00 pm Basic 3,4,5 6:00-6:45 pm Basic 6,7,8	13 3:45-4:45 pm Comp/P Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm Basic 1 & 2	14 3:45-6:00 pm Comp/Pcomp Training	15 <i>NO Comp/P Comp Training</i> Hockey Tournament	16 <i>NO Comp/P Comp Training</i> Hockey Tournament
17 <i>NO Comp Training</i> <u>4:00-4:30 pm B1&2</u> <u>4:30-5:15 pm B3,4,5</u> <u>5:15-6:00 pm B6,7,8</u> <u>6:00-6:45 pm Freestyle</u>	18 3:45-6:00 pm Comp Training	19 * <i>Ice Show Meeting</i> 3:45-5:15 pm Comp Trn 5:15-6:00 pm Basic 3,4,5 6:00-6:45 pm Basic 6,7,8	20 3:45-4:45 pm Comp/P Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm Basic 1 & 2	21 3:45-6:00 pm Comp/Pcomp Training	22 E.GRAND FORKS 3:45 - 6:00 pm Comp Training <u>5:00-6:00 pm</u> <u>P Comp Training</u>	23 E. GRAND FORKS <u>9:00-11:45 am</u> <u>Comp/PComp Training</u>
24 * <i>Parent Meetings</i> <u>9:00-11:30am Comp Trn</u> <u>*4:00-4:30 pm B1&2</u> <u>*4:30-5:15 pm B3,4,5</u> <u>*5:15-6:00 pm B6,7,8</u> <u>*6:00-6:45 pm Freestyle</u>	25 3:45-6:00 pm Comp Training	26 3:45-5:15 pm Comp Trn 5:15-6:00 pm Basic 3,4,5 6:00-6:45 pm Basic 6,7,8	27 3:45-4:45 pm Comp/P Comp Trn 4:45-5:30 pm Freestyle 5:30-6:00 pm Basic 1 & 2	28 3:45-6:00 pm Comp/Pcomp Training	29 DULUTH Comp 3:45 - 6:00 pm Comp Training <u>5:00-6:00 pm</u> <u>P Comp Training</u>	30 DULUTH Comp <u>10:00-11:45 am</u> <u>Comp/P.Comp Training</u>

***MEETINGS:**

- *January 19: ICE SHOW COMMITTEE - **Committee Chair Persons**
- *January 24: Ice Show PARENT MEETINGS during Basic Level Classes



Competitors Only: (Please complete and give to Coach Mark by **Dec. 17**)

Give to Coach at Rink, not at his home. No Guarantee on # of lessons.

Freeskate: _____ Moves: _____ Dance: _____

Total # of lessons per week: _____

SCHEDULE CHANGES: If there is a change in Training/Class schedule skaters will be notified through Phone Calls, E-mails, and Club Bulletin Board.