



AUSTRALIAN ICE RACING

2018 AIR Open Development Camp

Sept 30 to Oct 4, 2018
 O'Brien Group Arena
 105 Pearl River Road, Docklands

DAY	TIME	ACTIVITY	
Sun Sept 30 th	2.00pm	Training Camp registration and Warm up	
	3.30pm to 6.30pm	Ice Session	
	6.45-7.15pm	Warm down	
Mon Oct 1 st	7.00am	Warm up	
	7.45am to 10.45am	Ice Session	
	11.15am-11.45am	Dryland training	
	4.30pm to 5.30pm	Anti-doping education session	
	7.00am	Warm up	
Tues Oct 2 nd	7.45am to 10.45am	Ice Session	
	11.15am-12.15pm	Dryland training	
	2.45pm	Warm up	
	3.30pm to 6.30pm	Ice Session	
	6.45pm-7.15pm	Warm down	
	Wed Oct 3 rd	7.00am	Warm up
		7.45am to 10.45am	Ice Session
11am-11.30am		Warm down	
1.30pm-2.30pm		Education session	
2.45pm		Warm up	
3.30pm to 6.30pm		Ice Session	
Thur Oct 4 th	6.45pm-7.10pm	Warm down	
	7.00am	Warm up	
	7.45am to 10.45am	Ice Session	
	11am-11.30am	Warm down	