

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 6th – 12th November 2017

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	SWIMMING GC Aquatic Centre Pierce, Shane & Brad	SWIMMING GC Aquatic Centre Pierce, Shane & Brad		SWIMMING GC Aquatic Centre Pierce, Shane & Brad	SWIMMING GC Aquatic Centre Pierce, Shane & Brad		SENIOR CLUB CHAMPS 7:00AM START
5:30am			IRONS Club- Brad				
6:00am	OCEAN SWIM Club		OCEAN SWIM Club			RUN-SWIMS Club- Russall	
			SKI Club Pierce, Russall & Shane			IRONS Club Brad	
			BOARD SKILLS Club Pierce, Russall & Shane				
6:30am					OCEAN SWIM Club	IRONS Club- Russall	
7:00am						LITTLE SQUIRTS (U8-U10)	RUN Club
7:30am							INS & OUTS Club
9:00am			CHANGEOVERS Club- Pierce & Shane				
4:00pm	SWIMMING (Junior) GC Aquatic Centre- Donna	SWIMMING (Junior) GC Aquatic Centre- Bonita	SWIMMING (Junior) GC Aquatic Centre- Donna	SWIMMING (Junior) GC Aquatic Centre- Bonita	SKI/BOARD (STARTS) Club- Pierce & Russall	LITTLE SQUIRTS (U8- U10)	
	SKI & BEGINNERS SKI Broadwater- Pierce & Shane	BOARD Club- Pierce & Russall					
4:15pm		COMPETITIVE BOARD Club- Brad		COMPETITIVE BOARD Club- Brad	NOVICE BOARD SKILLS Club- Brad		
				BOARD Club- Pierce & Shane			
5:00pm	GYM Club- Pierce & Shane	SWIMMING (Senior) GC Aquatic Club- Bonita		SWIMMING (Senior) GC Aquatic Club- Bonita			
		RUNNING Club- Pierce & Russall					
5:30pm				YOGA Club Nippers- Shane Myers			
6:00pm		RUN Club			RUN Club		

Head Coach: Pierce 0422 259 443

Ass Coach: Shane 0413 652 672

Ass Coach: Russall 0438 889 453

Junior Coach: Brad 0418 889 593

 SENIORS

 GENERAL & MASTERS

 JUNIORS

 JUNIORS & SENIORS