

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 13 - 19 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	Ocean 6- Round 2 COOLUM	Little Dudes (U8-U10) COOLY
5:30am			IRONS Club- Brad				
6:00am	OCEAN SWIM Club		OCEAN SWIM Club		OCEAN SWIM Club		
			SKI Club Pierce, Russall & Shane				
			BOARD SKILLS Club Pierce, Russall & Shane				
7:00am							
7:30am						IRONS Club- Brad	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		
	SKI & BEGINNERS SKI Broadwater- Pierce & Shane	BOARD Club- Pierce & Russall					
4:15pm		COMPETITIVE BOARD Club- Brad (U9 & Up)		COMPETITIVE BOARD Club- Brad (U9 & Up)	NOVICE BOARD SKILLS Club- Brad (U9 & Up)		
				BOARD Club- Pierce & Shane			
5:00pm	GYM Club- Pierce & Shane	SWIMMING (Senior) GC Aquatic Club- Bonita		SWIMMING (Senior) GC Aquatic Club- Bonita	LOAD TRAILER Club- Pierce		
		RUNNING Club- Pierce & Russall					
5:30pm				YOGA Club Nippers- Shane Myers			
6:00pm		RUN Club			RUN Club		

* Juniors please note that Tuesday & Thursday board sessions are for competent Board paddlers.

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