



# JUNIOR TRAINING PROGRAM

## Week 27

DECEMBER	TIME	SESSION	VENUE	COACH
Monday 4th	5:15am	SWIMMING	GC Aquatic	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Tuesday 5th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Wednesday 6th	5:30am	IRONS	Club	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Thursday 7th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Friday 8th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	NOVICE BOARD SKILLS (U9 & above)	Club	Brad
Saturday 9th	-	GCCT	North Kirra	-
Sunday 10 <sup>th</sup>	-	GCCT	North Kirra	-

\*Please ensure you bring both running & water gear for all training sessions  
Start times are when we're on the water

Junior Coach: Brad 0418 889 593

Head Coach: Pierce 0422 259 443

\* Tues & Thurs board training is for 2017/18 COMPETENT board paddlers

Pink rashies are COMPULSORY for all surf & Broadwater sessions

Orange rashies and CAPS are COMPULSORY for Water Safety Officials

\*\* Caps are COMPULSORY for all Juniors participating in training sessions

Carnival	Age	Date	Location	Entries Close
Young Gun Teams	U11-U15	13 <sup>th</sup> Jan	Broadbeach	19 <sup>th</sup> Dec 2017
Aussie Champs	U14	14 <sup>th</sup> & 15 <sup>th</sup> Apr	Scarborough WA	14 <sup>th</sup> Mar 2018