

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 4th – 10th December 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	OPTIONAL RUN Club Pierce	SWIMMING GC Aquatic Centre Pierce, Shane & Brad	SWIMMING GC Aquatic Centre Pierce, Shane & Brad		GCCT North Kirra	
5:30am			IRONS Club- Brad					
6:00am	OCEAN SWIM Club		OCEAN SWIM Club		OCEAN SWIM Club	RUN SWIMS Club- Pierce, Russall & Shane		
			SKI Club Pierce, Russall & Shane					
			BOARD SKILLS Club Pierce, Russall & Shane					
6:30am						IRONS Club- Russall & Shane		
						BOARD SKILLS Club- Russall & Shane		
7:00am						GCCT North Kirra		RUN Club
7:30am								INS & OUTS Club
9:00am		RUN-SWIM Club	CHANGEOVERS Club- Pierce & Shane	BOARD Club				
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	GCCT North Kirra	GCCT North Kirra	
	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				
		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