

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 11th – 17th 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		SWIMMING GC Aquatic Centre Pierce, Shane & Brad	SWIMMING GC Aquatic Centre Pierce, Shane & Brad	Ocean 6- Rd 3 Wollongong	Ocean 6- Rd 3 Wollongong
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						Kozii Iron Challenge (U9-U14) Raby Bay	RUN Club
7:30am					INS & OUTS Club		
9:00am		RUN-SWIM Club	CHANGEOVERS Club- Pierce & Shane	BOARD Club			
3:30pm	GYM Club- Pierce & Shane					Ocean 6- Rd 3 Wollongong	Ocean 6- Rd 3 Wollongong
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 & 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)		
				RUN-SWIMS Club- Pierce & Shane			
5:00pm		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