



# SENIOR TRAINING PROGRAM

Week 30

DECEMBER	TIME	SESSION	VENUE	COACH
Monday 4th	5:15am 4:00pm 5:00pm	SWIMMING SKI & BEGINNERS SKI GYM	GC Aquatic Broadwater Club	Pierce & Shane Pierce & Shane Pierce & Shane
Tuesday 5th	5:15am 4:00pm 5:00pm	SWIMMING BOARD RUN (bring shoes)	GC Aquatic Club Club	Pierce & Shane Pierce & Russall Pierce & Russall
Wednesday 6th	5:15am 6:00am 9:00am	OPTIONAL RUN SKI CHANGE OVERS	Club Club Club	Pierce & Russall Pierce & Russall Pierce & Shane
Thursday 7th	5:15am 4:15pm 5:30pm	SWIMMING BOARD YOGA	GC Aquatic Club Nippers	Pierce & Shane Pierce & Shane Shane Myers
Friday 8th	5:15am 4:00pm 5:00pm	SWIMMING SKI/BOARD (STARTS) LOAD TRAILER	GC Aquatic Club Club	Pierce & Shane Pierce & Russall Pierce
Saturday 9th	6:00am 6:30am	RUN-SWIMS IRONS	Club Club	Pierce, Russall & Shane Russall & Shane
Sunday 10th	-	-	-	-

Pierce: 0422 259 443

Shane: 0413 652 672

Russall: 0438 889 453

SKI & Beginners Ski session will commence at 4:00pm Mon on the Broadwater. Please be onsite prior to this to collect craft.

\*Proficiency scheduled for 10<sup>th</sup> December 2017. Contact the office to register your interest

Carnival	Location	Entries Close
Ocean 6- Rd 3	Wollongong NSW	4 <sup>th</sup> December 2017
Aussie Champs	Scarborough WA	14 <sup>th</sup> March 2018