



SENIOR TRAINING PROGRAM

Week 31

DECEMBER	TIME	SESSION	VENUE	COACH
Monday 11th	5:15am 3:30pm 4:00pm	SWIMMING GYM SKI & BEGINNERS SKI	GC Aquatic Club Broadwater	Pierce & Shane Pierce & Shane Pierce & Shane
Tuesday 12th	5:15am 4:00pm 5:00pm	SWIMMING BOARD RUN (bring shoes)	GC Aquatic Club Club	Pierce & Shane Pierce & Russall Pierce & Russall
Wednesday 13th	6:00am 7:00am 9:00am	SKI LOAD TRAILER CHANGE OVERS	Club Club Club	Pierce & Russall Pierce Pierce & Shane
Thursday 14th	5:15am 4:15pm 5:30pm	SWIMMING RUN-SWIMS YOGA	GC Aquatic Club Nippers	Pierce & Shane Pierce & Shane Shane Myers
Friday 15th	5:15am	SWIMMING	GC Aquatic	Pierce & Shane
Saturday 16th	-	OCEAN 6- RD 3	Wollongong	-
Sunday 17th	-	OCEAN 6- RD 3	Wollongong	-

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.

Carnival	Location	Entries Close
Ocean 6- Rd 3	Wollongong NSW	4 th December 2017
Oceans 38- Rd 3	Kirra	19 th December 2017
Masters/ Senior Branch	Broadbeach	5 th February 2018
OLD Championships	Maroochydore	19 th February 2018
Aussie Champs	Scarborough WA	14 th March 2018