



JUNIOR TRAINING PROGRAM

Week 33

JANUARY	TIME	SESSION	VENUE	COACH
Monday 15th	5:15am	SWIMMING	Golden Door	Brad & Pierce
	4:00pm	SWIMMING	Golden Door	Donna
Tuesday 16th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Wednesday 17th	5:30am	IRONS	Club	Brad
	4:00pm	SWIMMING	Golden Door	Donna
Thursday 18th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Friday 19th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	NOVICE BOARD SKILLS	Club	Brad
Saturday 20th	6:00am	IRONS	Club	-
Sunday 21st	-	-	-	-

*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
U8-U10 Branch	U8-U10	3 rd Feb	Miami	15 th Jan 2018
Aussie Champs	U14	14 th & 15 th Apr	Scarborough WA	14 th Mar 2018