

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 11th – 21st January 2018

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	SWIMMING Golden Doors Pierce, Shane & Brad	SWIMMING Golden Doors Pierce, Shane & Brad		SWIMMING Golden Doors Pierce, Shane & Brad	SWIMMING Golden Doors Pierce, Shane & Brad		
5:30am			IRONS Club- Brad				
6:00am			OCEAN SWIM Club		OCEAN SWIM Club	RUN- SWIMS Club- Pierce, Russall & Shane	
			SKI Club- Pierce, Russall & Shane			IRONS Club- Brad	
			BOARD SKILLS Club- Pierce, Russall & Shane				
6:30am						IRONS Club- Pierce, Russall & Shane	
						BOARD SKILLS Club- Pierce, Russall & Shane	
7:00am							RUN Club
7:30am							INS & OUTS Club
9:00am		RUN-SWIM Club	CHANGEOVERS Club- Pierce & Shane	BOARD Club			
3:30pm	RUN Club- Pierce & Russall						
4:00pm	SWIMMING (Junior) Golden Doors- Donna	SWIMMING (Junior) Golden Doors- Bonita	SWIMMING (Junior) Golden Doors- Donna	SWIMMING (Junior) Golden Doors- Bonita	LEGS Club- Pierce		
		BOARD Club- Pierce, Russall & Shane		BOARD Club- Pierce, Russall & Shane			
4:15pm		COMPETITIVE BOAD Club- Brad (U9 & Up)		COMPETITIVE BOAD Club- Brad (U9 & Up)	NOVICE BOARD SKILLS Club- Brad		
4:30pm	BEGINNERS SKI Club- Pierce, Russall, Shane						
5:00pm		SWIMMING (Seniors) Golden Doors- Bonita		SWIMMING (Seniors) Golden Doors- Bonita			
				YOGA Nippers- Shane Myers			
		GYM Club- Pierce, Russall & Shane					
6:00pm		RUN Club			RUN Club		

*Juniors please note that 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
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SENIORS



GENERAL & MASTERS



JUNIORS



JUNIORS & SENIORS