



JUNIOR TRAINING PROGRAM

Week 36

FEBRUARY	TIME	SESSION	VENUE	COACH
Monday 5th	5:15am	SWIMMING	Golden Door	Brad & Pierce
	4:00pm	SWIMMING	Golden Door	Donna
Tuesday 6th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Wednesday 7th	5:30am	IRONS	Broadwater Swim Enclosure	Brad
	4:00pm	SWIMMING	Golden Door	Donna
Thursday 8th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Friday 9th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	NOVICE BOARD SKILLS	Club	Brad
Saturday 10th	-	U11-U15 BRANCH CHAMPIONSHIPS	-	-
Sunday 11th	-	-	-	-

*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
Aussie Champs	U14	14 th & 15 th Apr	Scarborough WA	14 th Mar 2018