

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 5- 11 February 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 Broadwater Swim Enclosure Brad				
6:00am	OCEAN SWIM Club		OCEAN SWIM Club		OCEAN SWIM Club	RUN- SWIMS Club- Pierce, Russall & Shane	
			SKI/BEGINNERS SKI Club- Pierce, Russall & Shane				
			BOARD SKILLS Club- Pierce, Russall & Shane				
6:30am						IRONS Club- Pierce, Russall & Shane	
						BOARD SKILLS Club- Pierce, Russall & Shane	
7:00am						U11-U15 BRANCH CHAMPIONSHIPS MERMAID BEACH	RUN Club
7:30am					INS & OUTS Club		
9:00am		RUN-SWIM Club	LEG SESSION 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	BOARD & SKI STARTS Club- Pierce & Russall		
		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	SKI/ 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



SENIORS



GENERAL & MASTERS



JUNIORS



JUNIORS & SENIORS