



# JUNIOR TRAINING PROGRAM

Week 37

FEBRUARY	TIME	SESSION	VENUE	COACH
Monday 12th	5:15am	SWIMMING	Golden Door	Brad & Pierce
	4:00pm	SWIMMING	Golden Door	Donna
Tuesday 13th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Wednesday 14th	5:30am	IRONS	Broadwater Swim Enclosure	Brad
	4:00pm	SWIMMING	Golden Door	Donna
Thursday 15th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Friday 16th	5:15am	SWIMMING (U11-U14)	Golden Door	Brad & Pierce
	4:15pm	NOVICE BOARD SKILLS	Club	Brad
Saturday 17th	6:00am	IRONS	-	-
Sunday 18th	-	-	-	-

\*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 <sup>th</sup> & 15 <sup>th</sup> Apr	Scarborough WA	14 <sup>th</sup> Mar 2018