

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 12- 18 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		SRC Laerdal Championships Bundaberg	
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 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						SRC Laerdal Championships Bundaberg		RUN Club
7:30am								INS & OUTS Club
9:00am		RUN-SWIM Club	LEGS/ CHANGEOVERS Club- Pierce & Shane	BOARD Club				
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			
	SKI/ BEGINNERS SKI Club- Pierce, Russall, Shane	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			
5:00pm		SWIMMING (Seniors) Golden Doors- Bonita		SWIMMING (Seniors) Golden Doors- Bonita				
5:15pm	RUN Club- Pierce & Russall							
5:30pm				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