

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 5th- 11th March 2018

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