

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 12th- 18th 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			
6:00am	OCEAN SWIM Club		OCEAN SWIM Club		OCEAN SWIM Club		
			SKI Club Pierce, Russall & 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			
	SKI/ BEGINNERS SKI Club Pierce, Russall, Shane	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		

QLD STATE CHAMPIONSHIPS- Maroochydore

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