



JUNIOR TRAINING PROGRAM

Week 23

NOV	TIME	SESSION	VENUE	COACH
Monday 6th	5:15am	SWIMMING	GC Aquatic	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Tuesday 7th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Wednesday 8th	5:30am	IRONS	Club	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Thursday 9th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Friday 10th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	NOVICE BOARD SKILLS (U9 & above)	Club	Brad
Saturday 11th	6:00am	IRONS	Club	Brad
	-	LITTLE SQUIRTS	Club	-
Sunday 12th	-	-	-	-

*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

**Swim Caps are now COMPULSORY for all Juniors participating in training sessions

Carnival	Age	Date	Location	Entries Close
Young Gun Ind	U11- U15	26 th Nov	Nobbys Beach	6 th Nov
GCCT	U11-U15	9 & 10 th Nov	North Kirra	21 st Nov
Kozii Iron Challenge	U9- U14	16 th Dec	Raby Bay	28 th Nov