



JUNIOR TRAINING PROGRAM

Week 24

NOV	TIME	SESSION	VENUE	COACH
Monday 13th	5:15am	SWIMMING	GC Aquatic	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Tuesday 14th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Wednesday 15th	5:30am	IRONS	Club	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Thursday 16th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Friday 17th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	NOVICE BOARD SKILLS (U9 & above)	Club	Brad
Saturday 18th	7:30am	IRONS	Club	Brad
Sunday 19th	-	<i>Little Dudes (U8 – U10)</i>	<i>Coolangatta</i>	-

*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
Young Gun Ind	U11- U15	26 th Nov	Nobbys Beach	CLOSED
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