



SENIOR TRAINING PROGRAM

Week 26

NOV	TIME	SESSION	VENUE	COACH
Monday 6th	5:15am 4:00pm 5:00pm	SWIMMING SKI & BEGINNERS SKI GYM	GC Aquatic Broadwater Club	Pierce & Shane Pierce & Shane Pierce & Shane
Tuesday 7th	5:15am 4:00pm 5:00pm	SWIMMING BOARD RUN (bring shoes)	GC Aquatic Club Club	Pierce & Shane Pierce & Russall Pierce & Russall
Wednesday 8th	6:00am 9:00am	SKI CHANGE OVERS	Club Club	Pierce & Russall Pierce & Shane
Thursday 9th	5:15am 4:15pm 5:30pm	SWIMMING BOARD YOGA	GC Aquatic Club Nippers	Pierce & Shane Pierce & Shane Shane Myers
Friday 10th	5:15am 4:00pm	SWIMMING SKI/BOARD (STARTS)	GC Aquatic Club	Pierce & Russall Pierce & Russall
Saturday 11th	6:00am 6:30am	RUN- SWIMS IRONS	Club Club	Russall Russall
Sunday 12th	7:00am	CLUB CHAMPS	Club	-

Pierce: 0422 259 443

Shane: 0413 652 672

Russall: 0438 889 453

*The SKI & Beginners Ski session will commence at 4:00pm Mon on the Broadwater. Please be onsite prior to this to collect craft.

Carnival	Location	Entries Close
Young Guns Individual (U11-U15)	Nobbys Beach	6 th November 2017
Ocean 6- Rd 2	Coolum	9 th November 2017
Club Championships	Southport SLSC	10 th November 2017
Oceans 38- Rd 2	Kirra	14 th November 2017
Ocean 6- Rd 3	Wollongong NSW	4 th December 2017