



SENIOR TRAINING PROGRAM

Week 27

NOV	TIME	SESSION	VENUE	COACH
Monday 13th	5:15am 4:00pm 5:00pm	SWIMMING SKI & BEGINNERS SKI GYM	GC Aquatic Broadwater Club	Pierce & Shane Pierce & Shane Pierce & Shane
Tuesday 14th	5:15am 4:00pm 5:00pm	SWIMMING BOARD RUN (bring shoes)	GC Aquatic Club Club	Pierce & Shane Pierce & Russall Pierce & Russall
Wednesday 15th	6:00am 9:00am	SKI CHANGE OVERS	Club Club	Pierce & Russall Pierce & Shane
Thursday 16th	5:15am 4:15pm 5:30pm	SWIMMING BOARD YOGA	GC Aquatic Club Nippers	Pierce & Shane Pierce & Shane Shane Myers
Friday 17th	5:15am 4:00pm	SWIMMING SKI/BOARD (STARTS)	GC Aquatic Club	Pierce & Shane Pierce & Russall
Saturday 18th Sunday 19th	OCEAN 6 CARNIVAL – COOLUM BEACH			

Pierce: 0422 259 443

Shane: 0413 652 672

Russall: 0438 889 453

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

The trailer will be loaded after training for Ocean 6 in Coolum

Carnival	Location	Entries Close
Young Guns Individual (U11-U15)	Nobbys Beach	CLOSED
Ocean 6- Rd 2	Coolum	CLOSED
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