



Training Program for U/15s to Masters (All Sections)

	TIME	SESSION	VENUE	TRAINING WITH
Mon 23 Jan	TBA	SWIM*	DRAC	Tony Shaw
	5.30am	SWIM**	DRAC	Stevie D
	10am	BOARD	CLUB	Lisa
	5.30pm	GYM	CLUB	Self
Tue 24 Jan	9am	SKI	Malabar	Dennis OAM
Wed 25 Jan	TBA	SWIM*	DRAC	Tony Shaw
	5.30am	SWIM**	DRAC	Stevie D
	3pm	BOARD	CLUB	Lisa
	5.30pm	GYM	CLUB	Self
Thu 26 Jan		CARNIVAL	FRESHWATER	
Fri 27 Jan	TBA	SWIM*	DRAC	Tony Shaw
	5.30am	SWIM**	DRAC	Stevie D
	9am	SKI	CLUB	Dennis OAM
	4.30pm	SurfSkills/Changeovers	CLUB	TBA
Sat 28 Jan				
Sun 29 Jan	8:15am	Changeovers	CLUB	Darren Schott
	9.30am	Club Races	CLUB	Di Harper

SKI COACH: Kane Heussner 0401209007 BOARD COACH: Lisa McGuiggan 0451950470 COACH COORDINATOR: Cuz 0414930300 BOARD CAPTAIN: Sticks 0409304005 SKI CAPTAIN: Scott Clemesha 0419143462 SWIM CAPTAIN: Darren Schott 0400500917 RUN/BOXING: Debbie Coleman 0400338805

Above are the contact numbers of coaches and area captains. If you need to discuss sessions or allocation/repair of craft please contact these persons direct.