

COACHING PROPOSAL 2017 / 18 SEASON (AUGUST)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM					SWIMMING U11 - U15 SWIM 5:30AM - 7:00AM		IRON TRAINING U11 - U13 8:00 - 9:30AM
PM	SWIMMING U11 - U15 SWIM 5:15 - 6:30PM U16 - MASTERS 6:15PM - 7:15PM		SWIMMING U11 - U15 SWIM 5:15 - 6:30PM U16 - MASTERS 6:15PM - 7:15PM	BOARD TRAINING U11 - U13 4:00 - 5:00PM *BOARDS TO BE COLLECTED AT 3:45PM FOR A 4:00PM SHARP START (esp lake)			

* Water Safety Officer to arrange roster for Saturday morning to ensure all required sessions are manned.

* Surf Sports to arrange out of season training approval prior to the 17th August 2017

COACHING PROPOSAL 2017 / 18 SEASON (SEPTEMBER)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		BOARD TRAINING U11 - U13 6:00 - 7:00AM *BOARDS TO BE COLLECTED AT 5:45AM FOR A 6:00AM SHARP START (esp lake)			SWIMMING U11 - U15 SWIM 5:30AM - 7:00AM	IRON TRAINING U11 - U13 6:30 - 8:00AM	*BOARD TRAINING U11 - U13 6:00AM - 7:30AM
PM	SWIMMING U11 - U15 SWIM 5:15 - 6:30PM U16 - MASTERS 6:15PM - 7:15PM	TBC	SWIMMING U11 - U15 SWIM 5:15 - 6:30PM U16 - MASTERS 6:15PM - 7:15PM	IRON TRAINING U11 - U13 4:00 - 5:00PM *BOARDS TO BE COLLECTED AT 3:45PM FOR A 4:00PM SHARP START (esp lake)			

* Water Safety Officer to arrange roster for all training sessions to ensure all required sessions are manned.

*Every2nd Thursday will be at the lake