

Palm Beach SLSC

Surf Sports training plan notes

Ben Cox here, your new Surf Sports Officer.

Being new to this position, please feel free to share your thoughts and experience to make this a great Club. Remember that WE is stronger than ME. We should all be excited about the coming season for growth of your skills and mindset.

Covid lockdown and commencement of training

The indicative schedule for August can be found on the final page of this document.

Please note our training plan for August is on hold at present subject to lockdown lifting and updates from Queensland Health permitting the recommencement of group activities.

As soon as we are permitted to commence training, members will be notified by email and the schedule placed on our website and shared through other communication channels including Facebook posts and through our newsletter.

Our full training schedule for September onwards will be made available as soon as possible.

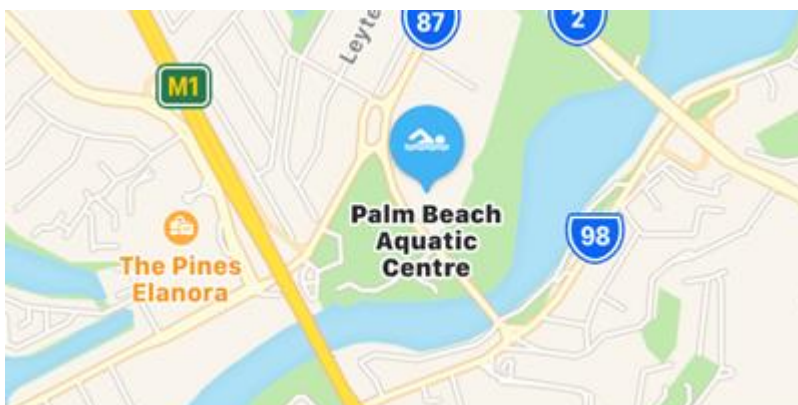
#-Please note the schedule is subject to change and all efforts will be made to keep everyone informed ASAP.

Once we can commence training, the following information will assist members to understand the training schedule plan further with extra details and locations for each session identified.

Run/Pool session is set at Palm Beach Aquatic Centre (see marked spot below) with sessions to be run every **Monday** and **Wednesday** until the end of March 2022.

Start time:- 5:15pm Finish time:- 7:15pm **NOTE: Must be a competent swimmer, this is NOT learn to swim.**

What to Bring:- Money to pay for Pool Entry fee, Phone or Parent to sign in for COVID Tracking, Goggles, Towel, Running socks and shoes, comfortable running clothes, swim ware and water bottle.
Optional/But preferred:- Fins, kick board, pull buoy and hand paddles.



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Board session is set at PBQSLSC with sessions to be run every **Thursday only (subject to Covid restrictions lifting)** in the Month of August for U10 and up to Masters. This will change to **Tuesday** and **Thursday** from September, until the end of March 2022. Tuesday is a Creek Session @ Currumbin (see marked spot below).

Start time:- 4:30pm **Finish time:-** 5:30pm (Time is subject to change throughout the Season and there will be different sessions for different age group).

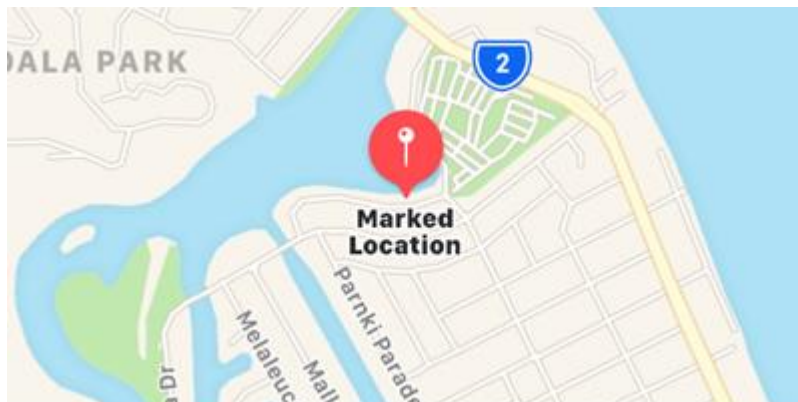
What to Bring:- Board, Towel, comfortable paddling ware, water bottle, cap(U11 and under) and hi-vis rashy. **Optional/But preferred:-** Dry clothes to change into afterwards.



Ski session is set at Murlong Crescent, Tallebudgera Creek with sessions to be run every **Tuesday only (subject to Covid restrictions lifting)** throughout the whole season, until the end of March 2022. Tuesday is a Creek Session @ Murlong (see marked spot below).

Start time:- 5:45am **Finish time:-** 6:45am (Time is subject to change throughout the Season).

What to Bring:- Ski, Paddle, bung, Towel, comfortable paddle ware, water bottle and hi-vis rashy. **Optional/But preferred:-** Dry clothes to change into afterwards.



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Beach session is set at the PBQSLSC, for a start on **Thursday 2nd September**, with sessions to be run every **Thursday only** throughout the whole season, until the end of March 2022.

Start time:- 4:15pm **Finish time:-** 5:45pm (Time is subject to change throughout the Season).

What to Bring:- Towel, comfortable running sand ware and water bottle .

Optional/But preferred:- Dry clothes to change into afterwards.

Iron session is set at the PBQSLSC with sessions to be run every **Saturday only (subject to Covid restrictions lifting)** throughout the whole season, until the end of March 2022.

Start time:- 8:00am **Finish time:-** 9:00am (Time is subject to change throughout the Season).

What to Bring:- Board, Ski, Towel, comfortable training ware, water bottle and hi-vise rashy.

Optional/But preferred:- Dry clothes to change into afterwards.

Mixed Water session is set at the PBQSLSC for a start on **Wednesday 3rd November**, with sessions to be run every **Wednesday only** throughout the whole season, until the end of March 2022.

Start time:- 5:30am **Finish time:-** 6:30am (Time is subject to change throughout the Season).

What to Bring:- Board, Goggles, Towel, comfortable training ware, water bottle and hi-vise rashy.

Optional/But preferred:- Dry clothes to change into afterwards.

Board Skill session is set at the PBQSLSC for a start on **Friday 5th November**, with sessions to be run every **Friday only** throughout the whole season, until the end of March 2022.

Start time:- 5:30am **Finish time:-** 6:30am (Time is subject to change throughout the Season).

What to Bring:- Board, Goggles, Towel, comfortable training ware, water bottle and hi-vise rashy.

Optional/But preferred:- Dry clothes to change into afterwards.

###PLEASE TAKE NOTE:- Keep a close eye on the training Program throughout the season, as there is **time** and **group** changers, allowing for the extra daylight in Summer.

Finally, I would like to recognise and acknowledge Simone for her diligent efforts throughout the 2020-21 season. Thank you!

Have a great season and remember that you can achieve your dreams through Daily and Consistent Action. See you on the Beach. **BEN**

YEEEEEEEEWWWWWW!! ☺

P.S. Subject to lockdown lifting, please register your interest so we can gauge numbers for our first few sessions, by emailing doss@pbqslsc.com.au . We look forward to seeing you at the pool.

August 21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Training		Ski: 5:45 -6:45am Meet @ Tally Creek, Murlong Court Boat Ramp				Iron: 8:00-9:00am For U11 up to Masters meeting @ Club	
Afternoon Training Session 1	Run: 5:15pm -6pm. Meet @ PBC Pool.		Run: 5:15pm -6pm. Meet @ PBC Pool.				
Afternoon Training Session 2	Swim: 6:15-7:15pm All AGES PBC Pool		Swim: 6:15 - 7:15pm All AGES PBC Pool	Board: 4:30 - 5:30pm For U10 up to Masters meeting @ Club			
Notes	To commence the week August 2nd					Pre-nipper season extended session	
Notes							

Staff/ Coaching	Sessions
Ben Cox	Run
	Pool
	Board - U10/up
	Iron
Mick Herden	Ski
	Board - U11/down
Colleen	Beach
Greg Cox	Mixed Water
Lou Ruff	Board skills Masters

***Indicative schedule only:
All training sessions are currently on hold,
subject to Queensland Health COVID
restrictions lifting.***