



2020/21 PRE-SEASON TRAINING (Seniors and Nippers)

Commence October 12, 2020

Seniors (U/14's – Masters, Patrollers and Bronzies)

Nippers (U/11's – U/14's)

Those attending training need to be competent (craft and swim) and all fitness levels catered for

MUST sign on for training, No Sign, No Train. Coaches will have sign on sheets, also cover COVID-19 tracing.

MUST wear a pink rashie in the open water.

Training Schedule:

Please **arrive in plenty of time** to START the session at advertised time, no delays

Note all sessions are open to change due to weather and surf conditions.

Please check the **Facebook 'Surf Sports'** page regularly for training updates

COVID – 19 OBLIGATIONS

- Adhere to social distancing
- Come in, TRAIN, go home
- Bring your own water bottle
- Practice good hygiene
- You **MUST** sign into training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM:		5.30am: Ski Mick Club	5.45am: Irons - Board/Swim/Run Luke Club	5.45am General Fitness Luke Club		Nippers Starts 10 October Coaching integration 8.00am – 10.30am	8:00am Open Swim Coxy Pirate Park
PM:	4.30pm: Board – Seniors Luke Talle Creek (Neptunes)	4.30pm: Board – Nippers Mick/+1 Murlong Creek	4:30pm Competitor only Fitness Luke Club	4.15pm Beach Training Nippers U/11-U/14 Colleen Club	4.30pm: Board – Nippers Mick/+1 Club		
					5.00pm - Seniors Board/Swim Luke Club		