



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

Commence January 11, 2021

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

Nippers (U9s to U13s)

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.

MUST wear a club cap U9s to U14s

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	6.00am: Irons - Board/Swim/Run Luke Club	6.00am General Fitness Luke Club Gym		Nippers resumes 16 January Coaching integration 8.00am – 10.30am	8:00am Open Swim Coxy Pirate Park
PM:	4.30pm: Board – Seniors Luke B Talle Creek (Neptunes)	6.00am Open Swim Luke B Tallie or Murlong		4.15pm Beach Training Nippers U/11-U/14 Colleen Club	4.30pm: Board – U/11 – U/13 Nippers Mick + water safety Club		
		4.30pm: Board U/9 - U/13 Nippers Coaches: Mick, Luke F, Ben Cox Murlong Creek			5.00pm - Seniors Board/Swim Luke B Club		