



SUMMER TRAINING SCHEDULE

Season 23/24 - effective 5 October 2023

	TIME	SESSION	AGE GROUP (Requirements)	VENUE	COACH
MONDAY	5.30-6.30pm	Senior Boards	Seniors (U14+) with SRC/Bronze Juniors (U12+) with Red Patch	WBSLSC	Peter Zuill
	6.45-7.15pm	Long Run			Aiden Carberry
TUESDAY	5.30-6.30pm	Skis	Bronze Medallion Experience Required	WBSLSC	Peter Zuill
	7.00-8.00pm	Swimming	All Members	Immanuel Pool	Grant Muller
WEDNESDAY	5.30-6.30pm	Iron (Board/Swim)	Seniors (U14+) with SRC/Bronze Juniors (U12+) with Red Patch	WBSLSC	Peter Zuill
THURSDAY	5.30-6.30pm	Skis	Bronze Medallion Experience Required	WBSLSC	Peter Zuill
	7.00-8.00pm	Swimming	All Members	Immanuel Pool	Grant Muller
SATURDAY	8.30-10.00am	Iron (Ski/Board/Swim)	Seniors (U14+) with SRC/Bronze Juniors (U12+) with Red Patch	WBSLSC	Peter Zuill
	3.45-4.30pm	CLUB SWIM (start 28th oct)	All Senior Members Junior (U12+) with Red Patch	WBSLSC	Contact: Steve Perry & Gary Gilbert
SUNDAY		Senior Carnivals Coast Sessions	Seniors (U14+) with SRC/Bronze	TBC	

New members must be assessed with a Preliminary Skills Evaluation, suitable for the prescribed age group, prior to training commencing.
Age group members must also be assessed with a Preliminary Skills Evaluation, prior to training commencing, if this hasn't been done previously.
Junior members require adequate water cover to attend the water sessions