



MOOLOOLABA
SURF LIFE SAVING CLUB

CLUB ENDORSED TRAINING SESSIONS 2022/23 updated 14 July 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
SURF BOATS 5-9am	SURF BOATS 5-9am	SURF BOATS 5-9am	SURF BOATS 5-9am	SURF BOATS 5-9am	SURF BOATS 5-9am	SURF BOATS 5-9am
BOARD Coach: Maddy Gale 6-7.15am	INS & OUTS Coach: Craig Parker 6-6.45am	SKI Coach: Rhys Drury 6-7.15am			INS & OUTS Coach: Craig Parker 6.15-7am	
			DEVELOPMENT BOARD Coach: Sean Cotton 6-7.30am	BEACH FIT Coach: Craig 6-7am		
AFTERNOON SESSIONS:						
SURF BOATS 3.30-6pm	SURF BOATS 3.30-6pm	SURF BOATS 3.30-6pm	SURF BOATS 3.30-6pm	SURF BOATS 3.30-6pm	SKI/IRON Coach: Maddy/Rhys 6-8am	TRACK SPRINTS Coach: Craig Parker
SKI Coach: Rhys Drury 4.30-6.15pm				SKI Coach: Rhys Drury 4.30-6.15pm	DEVELOPMENT BOARD Coach: Sean Cotton 7-8am	7-8am At USC Track
4.30pm-5.30pm BEACHFIT Coach: Craig Parker Lara Drive Stairs	BOARD Coach: Maddy Gale 4.30-6pm <i>(bring running shoes!)</i>		BOARD Coach: Maddy Gale 4.30-6pm	TRACK SPRINTS Coach: Craig Parker 4.30-5.30pm At USC Track		
		TRACK SPRINTS Coach: Craig Parker 4.30-5.30pm USC Track		All training sessions held at Mooloolaba Beach - unless another location is detailed		