



CLUB ENDORSED TRAINING SESSIONS 2021/22 updated 20 Jan 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
SURF BOATS 5.00-9.00am	SURF BOATS 5.00-9.00am	SURF BOATS 5.00-9.00am	SURF BOATS 5.00-9.00am	SURF BOATS 5.30-9.00am	SURF BOATS 5.00-9.00am	SURF BOATS
	INS & OUTS Craig 5.45-6.45am		JUNIOR BOARD U11 to U13s: Josh 6.00-7.00am Maroochydore Beach		INS & OUTS Craig 6.15-7.00am	5.00 am - 6.00 pm
	JUNIOR INs & OUTS U11 – U13s: Steve 6:00am – 6:45am		BOARD 14yrs-Masters: Brett Bronze/Intermediate: Sean 6.00 -7.30am	BEACH FIT Craig 6.00 -7.00am	SKI U17-Masters: Shane 6.00 -7.00am	
AFTERNOON SESSIONS:						
SURF BOATS 3.30-6.00pm	SURF BOATS 3.30-6.00pm	SURF BOATS 3.30-6.00pm	SURF BOATS 3.30-6.00pm	SURF BOATS 3.30-6.00pm	IRON U14-Masters: Maddy 6.30 – 8.00am	TRACK SPRINTS Starts, Max Velocity Craig U14 Cadets, Open, Masters
SKI U17-Masters: Shane 4.30-6.15pm		SKI U17-Masters: Shane 4.30-6.15pm	BEACH Flags & Sprints U8-U10 yrs: Ginny 4.00-5.00pm U11-U14 yrs: Craig 4.30-5.45pm	SKI U17-Masters: Shane 4.30-6.15pm	BOARD Bronze/Intermediate: Sean 7.00 -8.30am	7.00-8.30am At USC Track
BOARD 14-Masters: Maddy 4.30-5.45pm	BOARD 14-Masters: Maddy 4.30-6.00pm <i>(bring running shoes!)</i>	BEACH Flags, Sprints, Relays Craig U14 Cadets, Opens, Masters 4.30-5.45pm	BOARD 14-Masters: Maddy 4.30-5.45pm Maroochydore Beach	TRACK SPRINTS Craig: Max Velocity, short sprints U14, Cadets, Opens, Masters 4.30-5.30pm At USC Track	JUNIOR IRON U9-U10: Jason U11-U13s: Josh 7.30-8.30am	
JUNIOR BOARD Strength & Endurance U10 to U13s: Josh 4.30-5.30pm Mooloolah River		JUNIOR BOARD/IRON U9 to U10: Jason, Nathan U11 to U13s: Josh 4.30-5.30pm		<p>All training sessions held at Mooloolaba Beach - unless another location is detailed</p> <p>See page 2 for detailed session information.</p>		
HILLS Craig 4.45-6.00pm Point Cartwright	SURF RESCUE U14-Masters: Corey 6.00-7.00pm		SURF RESCUE U14-Masters: Corey 6.00-7.00pm			

SESSIONS - DETAILED INFORMATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
<p>JUNIOR BOARD <u>Coach - Josh Linton</u> with assistance of Under 10's Age Managers</p> <p>Under 10's to Under 13's</p> <p>Strength & Endurance Session</p> <p>Location: Mooloolah River (adjacent to Savvy Squires) Collect boards and carry to River</p> <p>Water Safety Required - 1 per 5 kids (Under 10's Parents to Cover Under 10's)</p>		<p>JUNIOR BOARD <u>Group 1 with Josh Linton</u> Under 11's to 13's (with Under 10's who have specifically been invited to join by Josh)</p> <p><u>Group 2 with</u> <u>Jason Parsons:</u> Advanced Under 9's & 10's Foamies</p> <p><u>Group 3 with</u> <u>Nathan Byrne:</u> Beginner Under 9's & 10's</p> <p>Location: Mooloolaba Beach</p> <p>Water Safety Required - 1 per 5 kids</p>	<p>JUNIOR BOARD <u>Coach Josh Linton:</u> Under 11's to 13's (with Under 10's who have specifically been invited to join by Josh)</p> <p>Location: Maroochydore Beach (adjacent to Cotton Tree Caravan Park)</p> <p>Water Safety Required - 1 per 5 kids</p>		<p>JUNIOR BOARD <u>Coach:</u> <u>Josh Linton</u> Under 11's to 13's (with Under 10's who have specifically been invited to join by Josh)</p> <p><u>Coach:</u> <u>Jason Parsons</u> Under 9's & 10's</p> <p>Location: Mooloolaba Beach</p> <p>Water Safety Required - 1 per 5 kids</p>	
Coaches & Assistants:	Shane Dalziel – Club Coach Josh Linton – Club Coach Maddy Dunn – Club Coach Craig Parker (Beach) Corey Linton (Surf Rescue) Jason Parsons – Nippers Age Manager Ginny Sargent – Nippers Age Manager Nathan Byrne - Nippers Age Manager					