



2020/2021
MOOLOOLABA U11 - U13 NIPPER
PRE-SEASON TRAINING PROGRAM
STARTING MONDAY 10 AUGUST 2020

CHANGES TO THE PROGRAM MAY OCCUR AND WILL BE COMMUNICATED TO MEMBERS VIA SMS AND EMAIL

2020/2021	TIME	SESSION	LOCATION	COACH
MONDAY	4.30PM - 5.30PM	U11 - U13 BOARD	MOOLOOLABA	MITCH
WEDNESDAY	4.30PM - 5.30PM	U11 - U13 BOARD & SWIM (bring goggles)	MOOLOOLABA	MITCH
SATURDAY	8.00AM	IRON (bring goggles)	MOOLOOLABA	MITCH
SUNDAY	8.00AM	NIPPERS	MOOLOOLABA	VARIOUS