



**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

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