



U14-Masters Training Calendar

Updated Dec 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SURF BOATS 5:00am-9:00am	SURF BOATS 5:00am-9:00am	SURF BOATS 5:00am-9:00am	SURF BOATS 5:00am-9:00am	SURF BOATS 5:00am-9:00am	SURF BOATS 5:00am-9:00am	SURF BOATS 5:00am-9:00am
BOARD Coach: Maddy Gale 6:00am	INS&OUTS Coach: Craig Parker 5:45am	SKI Coach: Rhys Drury 5:30am	DEVELOPMENT BOARD Coach: Michael Allwood (Rocky) 6:00am	BEACHFIT Coach: Craig Parker 6:00am (Bring Shoes)	SKI Coach: Rhys Drury 5:30am	TRACK SPRINTS Coach: Craig Parker 6:30am At USC Track
			INTERMEDIATE BOARD Coach: Brett Williams 6:00am		INS&OUTS Coach: Craig Parker 6:15am	
					IRON Coach: Maddy Gale 7:00am	
					DEVELOPMENT BOARD Coach: Michael Allwood (Rocky) 7:00am	
AFTERNOON SESSIONS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SURF BOATS 3:30pm-6:00pm	SURF BOATS 3:30pm-6:00pm	SURF BOATS 3:30pm-6:00pm	SURF BOATS 3:30pm-6:00pm	SURF BOATS 3:30pm-6:00pm	SURF BOATS 3:30pm-6:00pm	SURF BOATS 3:30pm-6:00pm
SKI Coach: Rhys Drury 5:00pm	BOARD Coach: Maddy Gale 4:30pm (Bring Running Shoes!)	SPRINTS Coach: Craig Parker 4:30pm	BOARD Coach: Maddy Gale 4:30pm	SKI Coach: Rhys Drury 5:00pm		
BEACHFIT Coach: Craig Parker 5:00pm Pt Cartwright	SKI TECHNIQUE & DEVELOPMENT Coach: Peter Dorries 4:30pm			TRACK SPRINTS Coach: Craig Parker 4:30pm At USC Track		

All training sessions held at Mooloolaba Beach - unless another location is detailed