



# FITNESS - CLUB WIDE

## 2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	<b>SKI / BOARD Long nets</b> Coach Rod Taylor*	<b>BOARD</b> Coach Mark Higgison*	<b>SKI</b> Coach Paul (Buck) Rogers	<b>BOARD</b> Coach Brett Williams	<b>IRON TRAINING</b> Coach Rod Taylor*	<b>IRON TRAINING</b> Coach Mark Higgison*	
6:00		<b>INS &amp; OUTS</b> Coach Craig Parker	<b>BOARD / SWIM</b> Coach Ian (Simmsy) Simms	<b>BEGINNER BOARD</b> Coach Ian (Simmsy) Simms	<b>SKI</b> Coach Paul (Buck) Rogers		
6:30					<b>6:45 AM</b> <b>SQUAD SWIMMING</b> Mountain Creek Pool - \$5 Coach Jarmo Hast / Perry	<b>6:30AM</b> <b>INS &amp; OUTS</b> Coach Craig Parker	
7:00 / 8:45						<b>8:45AM -</b> <b>BEGINNER BOARD</b> Coach Ian (Simmsy) Simms	<b>7AM -</b> <b>SWIM / INS &amp; OUTS</b> Coach Ian (Simmsy) Simms
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00	<b>SQUAD SWIMMING</b> Mountain Creek Pool - \$5 Coach Jarmo Hast		<b>SQUAD SWIMMING</b> Mountain Creek Pool - \$5 Coach Jarmo Hast	<b>CHAMPION LIFESAVER</b> U14 - Opens - Masters Coach Greg Toman			

**Mooloolaba SLSC Members only sessions**

**\*Waiting for Coach License renewal, not Endorsed training (not insured at participants' own risk).**

Training schedule to be updated when processed & endorsed.

Only those on this calendar are endorsed by the management committee and are insured

Current at: 30/09/25





# U14 - OPEN

## ADVANCED SESSIONS - ALL WELCOME 2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00		<b>SKI</b> Youth Development Coach Trent Robinson	<b>IRON / BOARD TRAINING</b> Youth Development Coach Maddy Gale	<b>SKI</b> Youth Development Coach Trent Robinson		<b>SKI</b> Coach Trent Robinson	
6:00						<b>IRON TRAINING</b> Coach Rhys Drury	
6:00 AM - 06:30 AM			<b>6:30 AM IRON TRAINING</b> Coach Rhys Drury Location: Kawana			<b>6:00 AM IRON TRAINING</b> Youth Development Coach Maddy Gale	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30		<b>BOARD &amp; RUN</b> Youth Development Coach Maddy Gale <i>Bring running shoes</i>		<b>BOARD</b> Youth Development Coach Maddy Gale Location: Kawana			
17:00	<b>SKI</b> Coach Rhys Drury	<b>BOARD</b> Coach <b>U17- OPENS</b> Beau Farrell	<b>SKI</b> Coach Rhys Drury	<b>BOARD</b> Coach Rhys Drury Location: Kawana	<b>SKI</b> Coach Rhys Drury		

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# BEACH - TRACK - GYM

## 2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	<b>BEACH MASTERS</b> Coach Cherie Bell				<b>BEACH MASTERS</b> Coach Cherie Bell		
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00	<b>FLAGS</b> U11-U13 Coach Pauline Gleeson					<b>GYM</b> U14-OPENS Coach Pauline Gleeson	
16:30	<b>FLAGS</b> U14-OPENS Coach Pauline Gleeson	<b>SPRINTS</b> U11-U13 Coach Pauline Gleeson & U8-U10 - Ginny Sargeant	<b>SENIOR BEACH SPRINTS &amp; GYM</b> U14-OPENS (16:30-18:00) Coach Pauline Gleeson Bring runners & Towel		<b>TRACK</b> U11-U13 (16:30-17:30) U14-OPEN (16:30-18:00) Location - Maroochydore Multisports Center Coach Pauline Gleeson & U8-U10 Ginny Sargeant		
17:00			<b>FLAGS MASTERS</b> Coach Cherie Bell				

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# NIPPERS TRAINING CALENDAR

## 2025/2026 Training Calendar

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00				<b>ADVANCE OPEN BEACH BOARD</b> Coach Beau Farrell & Steven Coombsie <u>Location: Maroochydore</u>	<b>OCEAN SWIMS</b> Coach Steven Coombes & Jess Roberts		
6:30 / 7:00		<b>6:30AM SQUAD SWIMMERS INS &amp; OUTS</b> Coach Rohan Livingstone				<b>7:00AM IRON TRAINING</b> Coaches Beau Farrell - Dani Jackson, Perry Elliott & Steven Coombes	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00	<b>BEACH FLAGS</b> U11-U13 Coach Pauline Gleeson						
16:30		<b>SPRINTS</b> U11-U13 Coach Pauline Gleeson U8-U10 Coach Ginny Sargeant			<b>TRACK</b> U11-U13 (16:30-17:30) U14-OPEN (16:30-18:00) Location - Maroochydore Multisports Center Coach Pauline Gleeson & Ginny Sargeant		
17:00 PM	<b>ENDURANCE BOARD</b> Coach Beau Farrell		<b>BOARD</b> Coach Beau Farrell, Perry Elliott, Dani Jackson, Steven Coombes & Jess Roberts				

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