

TH&C SURF LIFESAVING CLUB TRAINING SESSIONS

OCTOBER 2017

	Mornings	Afternoons
Monday		4:30pm Senior Board
		5:40pm Senior Strength/conditioning/running
Tuesday	5am Senior Ski	3:45 Junior Board (skills)
		5pm Junior Strength/conditioning/running
Wednesday		3:45 Junior Board (carnival competitors (11-14))
		4:30pm Senior Board
		5:40pm Senior Strength/conditioning/running
Thursday	5am Senior Ski	3:45 Strength/conditioning/running
Friday		3:45 Junior Board (carnival competitors (11-14))
		4:30pm Senior Board
Saturday	6am Senior Ironperson	
	7:45 Junior beginner Ironperson (skills)	
	7:45 Junior carnival Ironperson	
Sunday	7:45am Nippers (for 8am)	

Water safety is desperately needed for all sessions please arrange parents or rotation / Parent or SRC qualified sibling are required to stay at session
 All Nippers are to be ready on time for the session / signed on / for surf - board, cap, rashie, goggles ready / for beach - runners and water bottle ready
 Surf sessions are for under 9 up or under 8's that have completed under 9's proficiencies and are strong swimmers and parents in close attendance
 Strength/conditioning/running is for under 8's up but younger age groups must have parents in close attendance so they do not hold back the group
 These sessions are a privilege not a right so any individual with disruptive, non-compliant behaviour that affects everyone else will have the privilege taken away
 Senior sessions are for under 15's and older unless an under 14 is competent and invited to train with seniors.
 Junior Board and Ironperson that are specifically for Carnival competitors are not for 9-10's or beginners and all Nippers should check with coaches before attending.
 An additional board session will be added in November but only if numbers increase
 Callum Taylor will take beach squad sessions for Serious carnival competitors / relay runners and Nippers should check with coaches before attending.
 If there are any issues or problems please discuss them with Jason, Mariah, Vaughn or Glenn. We love being told about a problem when you also have a solution.