

## TH&C MEMBERS & NIPPERS TRAINING SESSIONS

As of November 2017 (Sessions subject to change – changes will be posted on Facebook)

### QLD TIMES - ALWAYS

Please arrive before these training times to be ready for a prompt start.

PLEASE NOTE YOU MUST BE FINANCIAL FOR THE 17/18 SEASON TO ATTEND THESE TRAINING SESSIONS

Any inquires contact us at Surf Club Office

Phone: 07 55366901

Email: [thcslc@bigpond.net.au](mailto:thcslc@bigpond.net.au)

Website: [www.thcslc.com.au](http://www.thcslc.com.au)

#### **SENIOR BOARD**

Monday/Wednesday/Friday – 4.30 PM

#### **SENIOR SKI**

Tuesday/Thursday – 5.30 AM

#### **IRON PERSON**

Saturday – 6:00 AM

#### **SENIOR STRENGTH & CONDITIONING**

Monday/Wednesday 5:40 PM

(Shoes n Socks; Water; Towel)

All Nippers are to arrive prior to training start time, sign on and be ready with what's required for the session (board, cap, rashie, goggles, runners, water bottle).

#### **MONDAY**

3.45 PM Junior Board – Carnival competitors (11-14)

#### **TUESDAY**

3.45 PM Junior Board (skills)

5.00 PM Junior  
Strength/conditioning/running

#### **WEDNESDAY**

3.45 PM Junior Board – Carnival competitors (11-14)

#### **THURSDAY**

3.45 PM Junior  
Strength/Conditioning/running

#### **SATURDAY**

7.45 AM Junior Beginner Ironperson (skills)

7.45 AM Junior Carnival Ironperson

#### **SUNDAY**

**7.45 AM NIPPERS**