



CLUB TRAINING WEEKLY TIME TABLE (Intermed-Adv) 14yrs+

Discipline	COACHED BY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEACH	Name	Craig Jamieson	Time	6.00pm					TBA
	Phone	0274383174	Venue	Taylors					Sprints/Relay
	Email		Other	General fitness					Flag
SWIM/WADE	Name	Viv Bickley/Daniel Bromley	Time	6.00pm		6.00pm			
	Phone	0212065052/	Venue	Not scheduled until warmer weather-Jan					
	Email		Other	Board Rescue/Tube					
BOARD	Name	Dave/Craig J	Time	6.00pm			6.00pm		
	Phone	0274070779/0274383174	Venue	Taylors			Taylors		
	Email		Other	run/board			run/board		
IRONMAN	Name	Dave Smith	Time		6.00pm			8.00am	
	Phone	0274070779	Venue		Taylors			Taylors	
	Email		Other		paddle-run until warmer			paddle-run until warmer	
SKI	Name	Dave/Fraser	Time						8.00am
	Phone	0274070779/0275501106	Venue						Taylors run/ski
	Email		Other						
CANOE	Name	Craig Jamieson	Time						
	Phone		Venue	To be determined					
	Email		Other						
IRB	Name	Anthony Nunnick	Time				5.30pm		TBA
	Phone	0273843730	Venue				Taylors		Taylors
	Email		Other				Driver training		Driver training



CLUB TRAINING WEEKLY TIME TABLE (Junior/beginners) U11-14yrs

Discipline	COACHED BY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEACH	Name	Craig Jamieson	Time	6.00pm					
	Phone	0274383174	Venue	Taylors					
	Email		Other	General Fitness					
BOARD	Name	Ian Rae/Adam Worthington	Time	6.00pm			6.00pm		9.00am
	Phone		Venue	Taylors			Taylors		Taylors
	Email		Other	run/board			paddle-run until warmer		