



TRAINING SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
												10.30am	Sprints Leigh
		4.00PM	Board/Ski Ron			4.00pm	Board/Ski Ron			3.00pm	Mixed Training Wave Play		
5.30PM	Sprints Leigh	5.45pm	Swim Highlands Pool Karen Todd Emma	5.30pm	Board/Swim Emma Cadets & Rookies	5.30pm	Sprints Leigh Ski Adam	6.00pm	Long Distance Races (Meet at club at 5pm to load gear)				
						6.00pm	Cadets/Rookies Ron						

Coaches Contacts

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