

2017/2018 COMBINED TRAINING SCHEDULE

DAY	AM	PM
MONDAY	5am-7am – Surf Boats – Mooloolaba Beach or river 6am – Long Nets – Rod Taylor	4pm-6pm – Surf Boats – Mooloolaba Beach or river 4.30pm – 6pm Board Training Under11 – 13 Mooloolaba Beach or River Mitch Miller 4.30pm - 6pm BOARD U14 to Open Mooloolaba Beach or river (Other areas advised throughout the year) Sean Cotton/Mitch Miller
TUESDAY	5am-7am – Surf Boats – Mooloolaba Beach or river 6am-7am - Ins and Outs – Rob Larson	4pm-6pm – Surf Boats – Mooloolaba Beach or river 4.30pm – Long ski – Rod Taylor 5pm-6pm Gym sessions – Buck Rogers 4.30pm-6pm – U15 Development Ski – river TBA 4.30pm-6pm – Junior Ski Training- Mooloolaba Beach or river TBA
WEDNESDAY	5am-7am – Surf Boats – Mooloolaba Beach or river 6am-8am - ski sessions – Buck Rogers	4pm-6pm – Surf Boats – Mooloolaba Beach or river 4.30pm – 6pm - Board Training - U11 to U13 Mooloolaba Beach or River - Mitch Miller 4.30pm - 6pm BOARD U14 to Open Mooloolaba Beach or river (Other areas advised throughout the year) Sean Cotton/Mitch Miller
THURSDAY	5am-7am – Surf Boats – Mooloolaba Beach or river 6am-7am – Rescue Board Training – Bronze Squad 6am-8am – Board Session – Brett Williams	4pm-6pm – Surf Boats – Mooloolaba Beach or river 4.30pm Long ski – Rod Taylor 5pm-6pm Gym sessions – Buck Rogers 4.30pm-6pm – U15 Development Ski – river TBA 4.30pm-6pm – Junior Ski Training- Mooloolaba Beach or river TBA
FRIDAY	5am-7am – Surf Boats – Mooloolaba Beach or river 6am-7am – Beach FIIT Session – Craig Parker Ski Session – Paul Rogers– 6am-8am	4pm-6pm – Surf Boats – Mooloolaba Beach or river 4.30pm - 6pm – Board Training - U14 to Open Mooloolaba Beach or river (Other areas advised throughout the year) Sean Cotton/Mitch Miller
SATURDAY	5am-7am – Surf Boats – Mooloolaba Beach or river 6am-8am – Ski Session – Mooloolaba Beach 7am-8.30am – U11 to U13 Iron Mooloolaba Beach or River Mitch Miller 7am-9am – U14 to Open Iron session – Mooloolaba beach or river -Sean Cotton 7am-9am – Beach Sprints – Craig Parker	4pm-6pm – Surf Boats – Mooloolaba Beach or river
SUNDAY	5am-7am – Surf Boats – Mooloolaba Beach or river 6:30am – Long Ski Session – Moffat Beach to Mooloolaba 8am-10am – Junior Board – Mooloolaba Beach or river Brett Williams NIPPERS Rest	4pm-6pm – Surf Boats – Mooloolaba Beach or river