

# Mermaid Beach SLSC Training Schedule

AM SESSIONS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Nippers:</b>		Surf club 6:00am-7:00am Roo (Starts 1st Sept)				Surf club 10:00am Roo	
<b>HP Nippers:</b>		Surf club 6:00am-7:00am Gully (Starts 1st Sept)		Surf club 6:00am-7:00am Gully (Starts 1st Sept)		Surf club 10:00am Gully	
<b>Swimming:</b>	Swim own choice	Swim own choice	Swim own choice	Swim own choice	Swim own choice	Swim everyone with Mike & Gully 6am-7:30am	
<b>Ski:</b>		Surf Club / Canal 5:30am-7:00am Kurt (Start 1st Sept)		Surf Club / Canal 5:30am-7:00am Kurt (Start 1st Sept)		Surf Club / Canal 7:00am-8am Kurt	
<b>Irons:</b>			Surf Club/Lake Hugh Muntz 8:00-9:30 (HP) Mike			Surf Club 8:30am (HP) Mike 8:30am (D/I) Roo	
<b>Gym:</b>		Surf Club 8am-9am (HP) Mike		Surf Club 8am-9am (HP) Mike			
<b>Running</b>	Pizzey Park 8:30am-9:30am (HP) Mike				Pizzey Park 8:30am-9:30am (HP) Mike		

PM SESSIONS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ski</b>	Canal 4:00-6:00 (HP- Kurt / Int - Mike)		Surf club 4:00-6:00 (HP- Kurt / Int - Mike)		Surf club 4:00-6:00 (HP- Kurt / Int - Mike)		
<b>Board</b>		Surf Club 4:00-6:00 (HP-Mike / Dev -Roo)		Surf Club 4:00-6:00 (HP-Mike / Dev -Roo)			
<b>Running/Surf Race skills</b>	Surf Club Run + Stretch 3:00pm- 4:00pm Mike	Surf Club Run + Stretch 3:00pm- 4:00pm Mike	Surf Club Surf Race Skills 3:00pm- 4:00pm Mike	Surf Club Run + Stretch 3:00pm- 4:00pm Mike	Surf Club Surf Race Skills 3:00pm- 4:00pm Mike		
<b>Nippers</b>		Surf Club 4:00-6:00pm Roo	Lake Hugh Muntz 4:00-6:00pm Roo		Lake Hugh Muntz 4:00-6:00pm Roo		
<b>HP Nippers:</b>		Surf Club 4.00pm-5:30pm Gully		Surf Club 4.00pm-5:30pm Gully			

<b>HP Coach:</b>	Mike Janes	0416 080 480
<b>Ski Coach:</b>	Kurt Gislingham	0404 009 202
<b>Development Coach:</b>	Damien Gulliver	0431 216 932
<b>Surf Boat Coach:</b>	Graeme Huegill	0459 209 399
<b>Nipper Coach:</b>	Andrew Murfet	0488 922 444
<b>Crossfit:</b>	Joel Klein	0413 141 904

<b>Legend</b>	HP - High Performance	I - Intermediate	D - Development
<b>Start Dates</b>	All dates are the first Monday of that week.		

<b>High Performance Squad</b>	An elite group of athletes who are looking to take their training to the next level. These athletes require minimal skill development, a higher intensity in training sessions with shorter rests.
<b>M Squad</b>	This squad is the Dev / Int athletes who are still looking to improve skill development, learn race tactics and need more 1-1 assistance within sessions.
<b>Alternate Locations</b>	All sessions can be changed so we advise athletes to always come to the surf club first. Alternate locations will be Currumbin Creek, Dunlops Canal, Avanti Ave, Lake Hugh Muntz.
	Text messages will be sent to athletes / parents 1-2 hours before the session if a major change i.e. cancelation is to occur.