

# BOARD TRAINING PROGRAM

## SUMMER PROGRAM SUMMER (OCTOBER 2- FEB)

	MON	TUES	WED	THURS	FRI	SAT	SUN
AM	C 5.30AM						
PM		B 4.30pm Nth Bondi		C 4.30PM D 4.30PM S&F 5PM BRONTE		C 1.30pm D 1.30PM	
	COOGEE	NORTH BONDI	BONDI/BRONTE	BRONTE		BRONTE/BONDI/LA PA	

### LEGEND

SQUAD	COACH
C = COMPETITION SQUAD	Jason Gavin
D = DEVELOPMENT SQUAD	Scott Doble
B = Beginners squad	Jo Mermaid
S&F = STRENGTH & FITNESS	Troy Stewart

### For Who

Highly Competitive U11's and up attending State & other carnivals  
 U9's up that are competent on boards looking to train for carnivals  
 U9's and up  
 U13's up Only

SUMMER TRAINING WILL BE MAINLY BRONTE, BONDI & COOGEE

We will always try for Bronte when flat as we have resourse available.

For All communication download "Team App" from the app store. Then search "Bronte Board Trng" request permission to join with your childs name and squad request.

Cost is \$150 for the season

Parents must assist with Water safety at these sessions with flippers & tube or board. Ratio 1:5. Kids must wear pink singlets