

DICKY BEACH NIPPERS - SEPTEMBER 2019 TRAINING SCHEDULE

	31/08/2019	1/09/2019	2/09/2019	3/09/2019	4/09/2019	5/09/2019	6/09/2019	7/09/2019
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	7:30 - 9:00am Board Training Performance Squad (Ronnie) Development Squad (Janene)	Fathers Day		6:00 - 7:00am Board Training Performance Squad (Ronnie)			5.:30 - 7:00am Pool Training U10 - U13 Only	7:30 - 9:00am Board Training Performance Squad (Ronnie) Development Squad (Janene) Beginner Squad (Talia/Luke)
PM			5:00 - 6:30pm Pool Training		5:00 - 6:30pm Pool Training	4:00 - 5.30pm Board Training Performance Squad (Ronnie) Development Squad (Janene)		

	8/09/2019	9/09/2019	10/09/2019	11/09/2019	12/09/2019	13/09/2019	14/09/2019
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			6:00 - 7:00am Board Training Performance Squad (Ronnie)			5.:30 - 7:00am Pool Training U10 - U13 Only	7:30 - 9:00am Board Training Performance Squad (Ronnie) Development Squad (Janene) Beginner Squad (Talia/Luke)
PM		5:00 - 6:30pm Pool Training		5:00 - 6:30pm Pool Training	4:00 - 5.30pm Board Training Performance Squad (Ronnie) Development Squad (Janene)		

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		15/09/2019	16/09/2019	17/09/2019	18/09/2019	19/09/2019	20/09/2019	21/09/2019
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM				6:00 - 7:00am Board Training Performance Squad (Ronnie)			5.:30 - 7:00am Pool Training U10 - U13 Only	7:30 - 9:00am Board Training Performance Squad (Ronnie) Development Squad (Janene) Beginner Squad (Talia/Luke)
	PM		5:00 - 6:30pm Pool Training		5:00 - 6:30pm Pool Training	4:00 - 5:30pm Board Training Performance Squad (Ronnie) Development Squad (Janene)		

		22/09/2019	23/09/2019	24/09/2019	25/09/2019	26/09/2019	27/09/2019	28/09/2019
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM				6:00 - 7:00am Board Training Performance Squad (Ronnie)			5.:30 - 7:00am Pool Training U10 - U13 Only	7:30 - 9:00am Board Training Performance Squad (Ronnie) Development Squad (Janene) Beginner Squad (Talia/Luke)
	PM		5:00 - 6:30pm Pool Training		5:00 - 6:30pm Pool Training	4:00 - 5:30pm Board Training Performance Squad (Ronnie) Development Squad (Janene)		

IMPORTANT INFORMATION

1. Currimundi lake will be used as an alternate training session depending on weather and surf conditions. We will give you as much notice as possible if this is to happen. Please keep an eye out on Team App
2. These times are when training sessions commence, please arrive 15 minutes prior to ensure that you are ready to start training on time. If you are going to be late, please let your coach know.