



2020/2021

## HENLEY SURF LIFE SAVING NIPPERS WEEKLY TRAINING SCHEDULE

Updated 8/10/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Board Training</b>            Venue: Henley SLSC            Time: 5.00-6:00pm            Coach: Andy Bray  <i>first session</i>            12/10/20  <u>see important info</u></p> <p><b>Sprint Training</b>            Venue: Port Adelaide Athletics Club            Time: 5.30-6.30pm            Coach: Pete Burdett            Cost: \$2 per session</p>			<p><b>Junior Swim Training</b>            Venue: Seaton Swim Centre            Time: 7.00-8.00pm            Coach: Swim Centre Coach            Cost: \$10 per session            *register with Justin Bishop</p>	<p><b>Iron Person</b>            Venue: Henley SLSC            Time: 4.30-5:30pm            Coach: Lennie Hitch  <i>first session</i>            16/10/20  <u>see important info</u></p>	<p><b>Regular Nipper training</b>            Venue: Henley SLSC            Time: 1.00-3.00pm            Coach: AGL's  <i>first session</i>            31/10/20</p>

> **Board Training** Intermediate & Advanced paddlers only \*\*Additional **Board Training** sessions for general skill development, intermediate & advanced paddlers will be made available soon after the season commencement. (Details to be provided shortly)

> **Iron Person Training** for U11 – U13 Intermediate & Advanced only

> **Sprint Training** currently underway

> **Junior Swim Training** currently underway – bookings essential.

### IMPORTANT INFORMATION

- **All Juniors attending weekly specific **Board** and **Iron Person** training, must have successfully completed Competition Swim Evaluation**
- **All Juniors attending weekly **Junior Swim Training**, must be able to confidently swim at least 100m freestyle without stopping.**