

Metropolitan Caloundra Surf Sports Program: 22/2/2010 - 21/3/2010									
Day	Date	AM	Squad	Session	Location	PM	Squad	Session	Location
Mon	22/2/10			~~		4:30	Water	Board	Lake
Tue	23/2/10			~~				~~	
Wed	24/2/10	TBA	Water	Choice	Lake	4:30	Water	Ski	Bokarina
Thu	25/2/10			~~		4:30	Water	Ski	Mets
Fri	26/2/10			~~		4:00	Water	Run	Bokarina
						4:30	Water	Board	Bokarina
Sat	27/2/10	7:30	Water	Iron	Bokarina			~~	
Sun	28/2/10			~~				~~	
Mon	1/3/10			~~		4:30	Water	Iron	TBA
Tue	2/3/10			~~				~~	
Wed	3/3/10	TBA	Water	Choice	Lake	4:30	Water	Board	Bokarina
Thu	4/3/10			~~		4:30	Water	Ski	Mets
Fri	5/3/10			~~		4:30	Water	Pre-Race	Kurrawa
Sat	6/3/10	State Titles: Kurrawa							
Sun	7/3/10	State Titles: Kurrawa							
Mon	8/3/10			~~		4:30	Water	Ski	Lake
Tue	9/3/10			~~				~~	
Wed	10/3/10	TBA	Water	Choice	Lake	4:30	Water	Board	Bokarina
Thu	11/3/10			~~		4:30	Water	Ski	Bokarina
Fri	12/3/10			~~		4:00	Water	Run	Bokarina
						4:30	Water	Board	Bokarina
Sat	13/3/10	7:30	Water	Iron	Bokarina			~~	
Sun	14/3/10	8:00	Water	Choice	Mets			~~	
Mon	15/3/10			~~		4:30	Water	Board	Kurrawa
Tue	16/3/10	7:30	Water	Ski	Kurrawa	3:00	Water	Swim	Pool
Wed	17/3/10			~~		3:30	Water	Pre-Race	Kurrawa
Thu	18/3/10	Australian Titles: Kurrawa							
Fri	19/3/10	Australian Titles: Kurrawa							
Sat	20/3/10	Australian Titles: Kurrawa							
Sun	21/3/10	Australian Titles: Kurrawa							
No training Sat pm 27/2 - All athletes should spend 1 hour in surf on board or ski									
If you need someone to give you something to do I will be at Mets between 2pm & 3:30pm with nippers									
Sun 14/3 will be a light choice session before loading the Trailer for Aussies									
I will be running an extra session Wed am on the lake for anyone interested									
Rhett Collie rcollie@caloundrasurfclub.com.au 0449 25 mets / 0449 25 6387									