

MC SLSC Surf Sports Program: Water Squad 2/8/2010 - 29/8/2010

Day	Date	AM	Session	Location	PM	Session	Location	
Mon	2/8/10	TBA	Weights	Gym	4:00	Ski	Wurtulla	
Tue	3/8/10		~~			~~		
Wed	4/8/10	7:30 9:00	Board / Runs Weights	TBA Gym	4:00 5:15	Board Run	Mets Mets	
Thu	5/8/10		~~		3:30	Iron	TBA	
Fri	6/8/10		~~			~~		
Sat	7/8/10	7:30	Ski	Mets		~~		
Sun	8/8/10		~~			~~		
Mon	9/8/10		~~		4:00	Ski	Wurtulla	
Tue	10/8/10	TBA	Weights	Gym		~~		
Wed	11/8/10		~~		4:00	Board	Mets	
Thu	12/8/10	TBA	Weights	Gym	3:30	Iron	TBA	
Fri	13/8/10		~~		4:00 5:15	Board Run	Bokarina Bokarina	
Sat	14/8/10	7:30	Ski	Mets	3:00	Ski	Mets	
Sun	15/8/10		~~			~~		
Recovery	Mon	16/8/10	TBA	Weights	Gym	4:00	Ski	Wurtulla
	Tue	17/8/10		~~			~~	
	Wed	18/8/10	7:30 9:00	Board / Runs Weights	TBA Gym	4:00 5:15	Board Run	Mets Mets
	Thu	19/8/10		~~		3:30	Iron	TBA
	Fri	20/8/10		~~			~~	
	Sat	21/8/10	7:30	Ski	Mets		~~	
	Sun	22/8/10		~~			~~	
Mon	23/8/10		~~		4:00	Ski	Wurtulla	
Tue	24/8/10	TBA	Weights	Gym		~~		
Wed	25/8/10		~~		4:00	Board	Mets	
Thu	26/8/10	TBA	Weights	Gym	3:30	Iron	TBA	
Fri	27/8/10		~~		4:00 5:15	Board Run	Bokarina Bokarina	
Sat	28/8/10	7:30	Ski	Mets	3:00	Ski	Mets	
Sun	29/8/10		~~			~~		

All TBA sessions are weather dependant & will be advised via text message

I will be away from Fri to Sun in the 1st & 3rd weeks. Sessions will run as per program

All Ski paddlers should do an extra session while I am away over the first weekend

All senior members should be doing 1 or 2 additional runs each week

Rhett Collie || rcollie@caloundrasurfclub.com.au || 0449 256 387