

## SORRENTO SLSC TRAINING SCHEDULE - August 2020 - October 2020

Discipline	Squad	Day	Time	Key Contact	Coaches	Venue	Start Month	Notes
Iron	U/17 to Masters	Saturday	7.30am - 8.45am	Graham Snook	Graham Snook	Sorrento	August	Intermediate - Advanced - Include Ski
	U/14 to Masters	Saturday	8.30am - 10.00am	Lisa Thomson	Lisa Thomson	Sorrento	August	Development / No Ski
	U/8 to U/13	Sunday	8.00am - 9.00am	Bill Hughes	Bill Hughes	Sorrento	August	Nipper - Must have passed Nipper Competition Proficiency
Boards	U/14 to Masters	Wednesday	4.30pm - 5.30pm	Ash Booker	Ash Booker, Lisa Thomson	Sorrento	August	Development - Advanced / Tiered training program
	U/8 to U/13	Wednesday	4.30pm - 5.30pm	Bill Hughes	Bill Hughes	Sorrento	August	Nipper - Must have passed Nipper Competition Proficiency
	U/14 to Masters	Friday	4.30pm - 5.30pm	Ash Booker	Ash Booker	Trigg Beach	August	Intermediate - Advanced / This session will move to Trigg from 1st Friday in September, with August sessions held at Sorrento. The Trigg session will be open to proficient paddlers only who must have access to own board.
	U/8 to U/13	Saturday	8.00am - 9.00am	Bill Hughes	Bill Hughes	Sorrento	August	Nipper - Must have passed Nipper Competition Proficiency
Ski	U/17 to Masters	Tuesday	6.30am - 7.30am	Leanne Lewis	Les Goodliffe & Leanne Lewis	Sorrento	August	Intermediate - Advanced
	U/17 to Masters	Tuesday	5.00pm - 6.00pm	Kylie Broad	Kylie Broad	Sorrento	August	Intermediate - Advanced
	U/17 to Masters	Thursday	6.30am - 7.30am	Leanne Lewis	Les Goodliffe & Leanne Lewis	Sorrento	August	Intermediate - Advanced
	U/17 to Masters	Thursday	5.00pm - 6.00pm	Kylie Broad	Kylie Broad	Sorrento	August	Intermediate - Advanced
	Youth - Masters	Friday	5.00pm - 6.00pm	Les Goodliffe	Les Goodliffe	Sorrento	August	Beginners - Advanced
	U/15 to U/17	Sunday	8.00am - 9.00am	Chris Milne	Les Goodliffe, Kylie Broad & Leanne Lewis	Sorrento	August	Beginner & Development
Swim	U/12 to Seniors	Monday	5.30am - 7.30am	Andrew Ridley	West Swim Craigie	Craigie Leisure Centre	August	Intermediate - Advanced / Part of West Swim Craigie (Cost involved)
	U/12 to Seniors	Tuesday	5.30am - 7.30am	Graham Snook	West Swim Craigie	Craigie Leisure Centre	August	Intermediate - Advanced / Part of West Swim Craigie (Cost involved)
	U/12 to Seniors	Tuesday	5.30pm - 7.30pm	Graham Snook	West Swim Craigie	Craigie Leisure Centre	August	Intermediate - Advanced / Part of West Swim Craigie (Cost involved)
	U/8 to Masters	Tuesday	6.30pm - 7.30pm	Andrew Ridley	H2O Fitness Academy Coaches	Craigie Leisure Centre	August	Nipper - Intermediate / Part of H2O Fitness Academy (Cost involved)
	U/12 to Seniors	Wednesday	5.30am - 7.30am	Andrew Ridley	West Swim Craigie	Craigie Leisure Centre	August	Intermediate - Advanced / Part of West Swim Craigie (Cost involved)
	U/12 to Seniors	Thursday	5.30am - 7.30am	Graham Snook	West Swim Craigie	Craigie Leisure Centre	August	Intermediate - Advanced / Part of West Swim Craigie (Cost involved)
	U/8 to Masters	Thursday	6.30pm - 7.30pm	Andrew Ridley	H2O Fitness Academy Coaches	Craigie Leisure Centre	August	Nipper - Intermediate / Part of H2O Fitness Academy (Cost involved)
	U/12 to Seniors	Friday	5.30am - 7.30am	Andrew Ridley	West Swim Craigie	Craigie Leisure Centre	August	Intermediate - Advanced / Part of West Swim Craigie (Cost involved)
	U/8 to Masters	Saturday	4.00pm - 5.00pm	Andrew Ridley	H2O Fitness Academy Coaches	Craigie Leisure Centre	August	Nipper - Intermediate / Part of H2O Fitness Academy (Cost involved)
U/14 to Masters POOL RESCUE	Sunday	3:00pm - 4:30pm	Andrew Ridley	Andrew Ridley	Newman College	August	Run in conjunction with West Life Saving (Cost involved)	
Beach	U/14 to Masters	Monday	5.00pm - 6.00pm	Claire Rafferty	Claire Rafferty	Sacred Heart Oval	August	All skill levels
	U/14 to Masters	Wednesday	5.00pm - 6.00pm	Claire Rafferty	Claire Rafferty	Sacred Heart Oval	August	All skill levels
Surf Boats	TBC							
IRB	TBC							
Life Saving	TBC							
Strength & Conditioning /	Bronze Medallion to Masters	Monday	5.30pm - 6.30pm	Peta Watkins	Flow Performance	Sorrento SLSC Gym	August	All participants must be endorsed by a coach to attend these sessions.
	Bronze Medallion to Masters	Thursday	5.30pm - 6.30pm	Peta Watkins	Flow Performance	Sorrento SLSC Gym	August	All participants must be endorsed by a coach to attend these sessions.
March Past	TBC							
R&R	TBC							

For all Competition enquiries please email: [competitiondirector@sorrentoslsc.org.au](mailto:competitiondirector@sorrentoslsc.org.au)

For all Youth enquiries please email: [clubdevelopmentdirector@sorrentoslsc.org.au](mailto:clubdevelopmentdirector@sorrentoslsc.org.au)

For all Nipper enquiries please email [juniordirector@sorrentoslsc.org.au](mailto:juniordirector@sorrentoslsc.org.au)

For all training enquiries please email: [coaching@sorrentoslsc.org.au](mailto:coaching@sorrentoslsc.org.au)

and the relevant Sorrento SLSC training section captain/contact:

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