

Beach Training – Nippers and Seniors

27 August 2010

Hi Everyone,

Nipper beach sprint training

All is going well with the numbers of participants gradually increasing at training.

Coaches are very excited with the potential shown of all the athletes and are looking forward to the season commencing.

No changes to the existing Nipper timetable.

Senior training (13 years and up)

The only change to the timetable is a move from the Lara Court Steps to Matthew Flinders school main oval.

This change will be as of next Tuesday 31 August so no more stair work at Lara Court. The time will remain as 5:30pm.

To access the oval, drive through the front entrance of the school and work your way around to the very back of the school. Meet at the gym and the oval is near the gym and on the other side of the tennis courts.

PROFICIENCIES:

These are the dates that I suggest we do the proficiencies as these dates don't seem to clash with our competition schedule:

17 October, 31 October and 21 November.

These are the only three dates available for the Beachies. If you'd like me to organise your pool time swim, let me know and I'll organise it with Michael King, the Head Coach, at Mountain Creek pool.

Please let me know as soon as possible.

Check out further information for requirements of Proficiencies on the club web site below:

<http://www.thesurfclub.com.au/slsc/documents/ProficiencyLetter2010.pdf>

Please contact me if there are any queries. The amended timetable is below.

See you at training,

Peter Roodveldt

(Senior beach coach)

Email: petercroodveldt@iprimus.com.au

Mobile: 0457944478

<u>NIPPERS BEACH</u>			
SPRINTS	MONDAYS 4:00PM	BUDERIM STATE SCHOOL OVAL	has commenced
	THURSDAYS 4:00PM	UNIVERSITY TRACK	has commenced
FLAGS	WEDNESDAYS 4:00PM	MOOLOOLABA BEACH	has commenced

<u>SENIORS BEACH</u>			
SPRINTS	MONDAYS 5:30PM	UNIVERSITY TRACK	SPEED ENDURANCE
commencing 31 August	TUESDAYS 5.30 PM	Matthew Flinders School main oval	SLED & START SESSION
	THURSDAYS 5:30PM	UNIVERSITY TRACK	MAXIMUM VELOCITY SESSION
	SATURDAYS 7:00AM	MOOLOOLABA BEACH	ACCELERATION SESSION
FLAGS	SUNDAYS 9 : 00 AM	MOOLOOLABA BEACH	FLAGS AND RELAY SESSION