



Junior Water Coach – Chris Wood

Some of the key focus areas as water coach again this season will be to improve the athlete's surf skills, fitness levels (aerobic/anaerobic), team event's and attendance to training during the week. In addition to this athletes progress will be monitored by goal setting and self analysis worksheets during the year. Club spirit and moral will also be imbedded in all training and carnival competitions.

The main reason adolescents participate in sport and surf life saving is because they wish to master skills in the surf, to have fun, to get physically fit and for their own self-esteem. Also for athletes to improve these areas attendance at training during the week and as well on Sunday nipper days is very important.

I wish all current and new members a great season ahead and if you have any questions do not hesitate to ask.

Thank you

Chris Wood

PLEASE NOTE:

- When the weather is bad we will still have training with focus on strength & fitness.
- Training for July & August - please bring your running gear, shoes, & water bottles.
- All surf training sessions will require you to wear your club competition cap:

NO CAP NO WATER TRAINING

- All U14's will commence training with the rest of the Juniors with the intent to progress up to the Senior training program when Woody deems you are ready.



northburleigh
surflifesavingclub

Junior Training Schedule for 2009/2010

<i>DATE</i>	<i>DAY</i>	<i>GROUP</i>	<i>VENUE</i>	<i>TIME</i>	<i>SESSION</i>
19 th July	Sun	U8's - U14's	Club	9am	Swim/ Board/Wade
26 th July	Sun	U8's - U14's	Club	9am	Swim/ Board/Wade
2 nd August	Sun	U8's - U14's	Club	9am	Swim/ Board/Wade
5 th August	Wed	U8's - U14's	Club	4.15pm	Fitness Training
9 th August	Sun	U8's - U14's	Club	9am	Swim/ Board/Wade
12 th August	Wed	U8's - U14's	Club	4.15pm	Fitness Training
16 th August	Sun	U8's - U14's	Club	9am	Swim/ Board/Wade
19 th August	Wed	U8's - U14's	Club	4.15pm	Fitness Training
22 nd August	Sat	U8's - U14's	Club	9am	Swim/ Board/Wade
26 th August	Wed	U8's - U14's	Club	4.15pm	Fitness Training
29 th August	Sat	U8's - U14's	Club	9am	Swim/ Board/Wade
2 nd Sept	Wed	U8's - U14's	Creek	4.15pm	Swim/ Board/Wade Ironman
4 th Sept	Fri	U8's - U14's	Club	4.15pm	Swim/ Board/Wade
5 th Sept	Sat	U8's - U14's	Club	9am	Swim/ Board/Wade
9 th Sept	Wed	U8's - U14's	Creek	4.15pm	Swim/ Board/Wade Ironman
11 th Sept	Fri	U8's - U14's	Club	4.15pm	Swim/ Board/Wade
12 th Sept	Sat	U8's - U14's	Club	9am	Swim/ Board/Wade



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16 th Sept	Wed	U8's - U14's	Creek	4.15pm	Swim/ Board/Wade Ironman
18 th Sept	Fri	U8's - U14's	Club	4.15pm	Swim/ Board/Wade
19 th Sept	Sat	U8's - U14's	Club	9am	Swim/ Board/Wade
23 rd Sept	Wed	U8's - U14's	Creek	4.15pm	Swim/ Board/Wade Ironman
25 th Sept	Fri	U8's - U14's	Club	4.15pm	Swim/ Board/Wade
26 th Sept	Sat	U8's - U14's	Club	9am	Swim/ Board/Wade
30 th Sept	Wed	U8's - U14's	Creek	4.15pm	Swim/ Board/Wade Ironman
2 nd Oct	Fri	U8's - U14's	Club	4.15pm	Swim/ Board/Wade
3 rd Oct	Sat	U8's - U14's	Club	9am	Swim/ Board/Wade
6 th Oct	Tues	Advanced Group	Club	6am	Swim/ Board/Wade
7 th Oct	Wed	U8's - U13's	Creek	4.15pm	Swim/ Board/Wade Ironman