



LENNOX HEAD-ALSTONVILLE
SURF LIFE SAVING CLUB INCORPORATED
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29 July 2010

2010/ 2011 Season Board Training Timetable

Scheduled below is the LHASLS Club training timetable for the up coming season as at 29 July 2010. This timetable may change during the season. You will be notified of any changes by the coaches.

Beginners & Nipper board – Foam (Under 9 & 10)

- Board training.
Every Wednesday from 6.00am to 7.00am starting late in September 2010. Exact date still to be confirmed.

Nipper board – Fibreglass. Under 11, 12 & 13 at Intermediate & Advance Levels

- Board training.
Every Tuesday, Wednesday & Friday from 6.00am to 7.00am starting on Tuesday 3 August 2010.
- Iron person training.
Every Sunday from 9.30am to 11.00am starting on Sunday 8 August 2010 until Nippers starts. Then iron person training will revert to Saturday's from 8.00am to 9.30am.

Long board – (Under 14 & above)

- Board and/or ski training.
Every Tuesday, Wednesday & Friday from 6.00am to 7.00am starting on Tuesday 3 August 2010.

Please note the following.

1. Please be ready to start training at the above mentioned starting times.
2. For the nipper board & iron person training session's water safety will be required. All bronze medallion holders your assistance will be appreciated. Training groups are not permitted to enter the water unless the required water safety numbers are met. Water safety personal are required to sign on in the water safety book located in the Patrol Room at the start of each session.
3. For High Performance Squad details please refer to Lou Wilson.

Regards

Tony Barnett