

Surf Sports Training Calendar 2020/21

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM Sessions						
0600-0700 Ski (Advanced/Intermediate) Coach – Jon/Annabelle	0600-0645 General Fitness (All Levels/Disciplines) Coach – Jack Dowie	0600-0645 Running Threshold (Competitive Members) Coach – Jack Dowie	0600-0645 General Fitness (All Levels/Disciplines) Coach – Jack Dowie	0600-0645 Running - Endurance (All Members) Coach – Jack Dowie [start date to be confirmed]	0830-0930 Ski (all abilities) Coach – Jon/Annabelle	0730 – 0830 Sprints & Flags All levels/Ages Coaches: Dorian Moro David Carbon
	0600-0700 Senior Boards Coach – Matt Elliot and Tony Watson		0600-0700 Nipper Performance Boards Coach – Pedro <i>Note 1 – Interview/Trial required before acceptance to squad</i>	0600-0700 Ski (Advanced/Intermediate) Coach – Jon/Annabelle		0900 Club Swim (whole club event)
	0600-0700 Nipper Performance Boards Coach – Pedro <i>Note 1 – Interview/Trial required before acceptance to squad</i>		0600-0700 Senior Boards Coach – Matt Elliot and Tony Watson			
PM Sessions						
	1630-1800 Ski (Advanced/Intermediate) Coach – Jon/Annabelle	1730 – 1830 Boaties Ergo Training	1730 – 1830 Strength and Conditioning Training Club Gym	1730 – 1830 Sprint Training Location – Gil Fraser reserve in Nth Fremantle Coach – Dorian Moro and Dave Carbon	1400-1600 Nipper Boards Coach - Pedro	

Arrival times

Please arrive 15 minutes prior to the advertised start time so you can be on the beach with your equipment ready to start as required

Note 1 – Performance Nipper Boards is for advanced paddlers who already have high level of skills and fitness – Must be doing a minimum 2 swim sessions a week. Coach approves entry to squad after trial/interview

Note 2 – Beginner/Intermediate Nipper Board Paddlers should first complete the Surf Squad sessions before trialling for a place in the Performance squad, This is to ensure that all athlete abilities are catered for.

Join **FMSLS SURF SPORTS Facebook Group** for regular updates and communications relevant to training sessions. You must answer All questions asked during the joining process, so Admin knows who you are for Member Protection Purposes.