

# SURF SPORTS TRAINING

DATE	TIME	SESSION	VENUE	COACH
Monday, 6 November 2023	6.00am - 7.00am 4.00pm - 5.30pm 5.00pm - 6.30pm 5.30pm - 7.00pm	Rescue Board Skills Ski Strength & Conditioning - Boat Crews Champion Lifesaver	Noosa Noosa Noosa Noosa	Robyn & Paul Darren/Jordie Woogie/Taj Lara
Tuesday, 7 November 2023	5.45am - 7.00am 6.00am - 7.00am 4.00pm - 5.30pm 5.30pm - 7.00pm	Masters Board Gym Session Board U15 - Open (U14 by invitation) Surf Rescue Training	Noosa Noosa Noosa Noosa	Ross Donald Darren Lara
Wednesday, 8 November 2023	5.30am - 7.00am 5.30am - 7.00am 6.00am - 7.00am 4.00pm - 5.30pm 5.00pm - 6.30pm 5.00pm - 7.30pm	Iron Board - U15-Open (U14 by invitation) Lifesaving Ocean Swim - Masters Ski Strength & Conditioning Surf Rescue	Noosa Noosa Noosa Noosa Noosa Noosa	Jordie Clint Darren Darren/Jordie Woogie/Taj Lenore
Thursday, 9 November 2023	6.00am-7.00am 4.00pm-5.30pm	Gym Session Board U15-Open (U14 by invitation)	Noosa TBA	Donald Darren
Friday, 10 November 2023	6.00am-7.00am	Lifesaving Swim Board & Ski Masters	Noosa	Darren
Saturday, 11 November 2023	5.45am - 7.30am 5.45am - 7.30am 1.00pm - 2.30pm	Iron Ski Swimming Squad Training U8-U15 & Opens <b>Nutri-Grain</b>	Noosa Noosa NAC <b>Tugun</b>	Jordie Peter - Solo Woogie <b>Darren</b>
Sunday, 12 November 2023	6.00am - 7.30am	Conditioning - Boats <b>Nutri-Grain</b>	Noosa <b>Tugun</b>	Woogie <b>Darren</b>
Monday, 13 November 2023	6.00am - 7.30am 6.00am - 7.00am 4.00pm - 5.30pm 5.00pm - 6.30pm 5.30pm - 7.30pm	Boardriding - Masters Rescue Board Skills Ski Strength & Conditioning - Boat Crews Champion Lifesaver	Noosa Noosa Noosa Noosa Noosa	Kirra Robyn & Paul Darren/Jordie Woogie/Taj Lara
Tuesday, 14 November 2023	5.45am - 7.00am 6.00am - 7.00am 4.00pm - 5.30pm 5.30pm - 7.00pm	Masters Board Gym Session Board U15 - Open (U14 by invitation) Surf Rescue Training	Noosa Noosa Noosa Noosa	Ross Donald Darren Lara
Wednesday, 15 November 2023	5.30am - 7.00am 5.30am - 7.00am 6.00am - 7.00am 4.00pm - 5.30pm 5.00pm - 6.30pm 5.00pm - 7.30pm	Iron Board - U15-Open (U14 by invitation) Lifesaving Ocean Swim - Masters Ski Strength & Conditioning Surf Rescue	Noosa Noosa Noosa Noosa Noosa Noosa	Jordie Clint Darren Darren/Jordie Woogie/Taj Lenore
Thursday, 16 November 2023	6.00am - 7.00am 4.00pm - 5.30pm	Gym Session Board U15-Open (U14 by invitation)	Noosa TBA	Donald Darren
Friday, 17 November 2023	6.00am - 7.00am	Lifesaving Swim Board & Ski Masters	Noosa	Darren
Saturday, 18 November 2023	5.45am - 7.30am 5.45am - 7.30am 1.00pm --2.30pm	Iron Ski Swimming Squad Training U8-U15 & Opens <b>Oceans 38</b>	Noosa Noosa NAC <b>Kirra</b>	Jordie Peter - Solo Woogie <b>Darren</b>
Sunday, 19 November 2023	6.00am - 7.30am	Conditioning - Boats	Noosa	Woogie