

October - Youth Training Program U11-U15

October	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M				Board U11-14 6am Club		Iron U11-14 9am Club	Swim in's & out's 9am
P.M	Run Club 4pm	Board U11-14 Picnic point 4.15pm	Run Uni 4pm		Run Club 4pm		Run Uni 3pm
	Board U14-15 Cotton Tree 4.15pm		Iron U14 -15 Club 4.15pm				

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

October - Senior Training Program U15- Open

October	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M						Ski 5.45am Club	Swim in's and out's
						Iron 7.30am Club	
P.M	Ski Club 4.30pm	Board Cotton Tree 4.15pm	Ski Club 4.30pm Iron Club 4.15pm	Board Club 4.15pm	Ski Club 4.30pm	Paddle back when conditions Suit – depart club 3pm	

