

September – Senior Training Schedule

U17 - Open

September	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Ski 6am	Swim	Swim	Ski Club 6am Iron Club 7.30am	Kayak/Ski 6am Cotton Tree
P.M	Ski Club 4.30pm Beginner Ski C/Tree 4.30pm	Board Canal 4.30pm	Rest	Board Club 4.30pm	Ski Club 4.30pm		

Only I can change my life. No one can do it for me.

September - Youth Training Schedule

U11 - 15

September	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Rest	Swim Board U11-14 Club 6am	Swim	Iron U11--14 Club 9am	Kayak/Ski 6am Cotton Tree U14/15
P.M	Rest	Board U11-14 Canal 4.30pm	Board U14/15 Club 4.30pm	Rest	Rest		