

March – Senior Training Schedule

U17 - Open

March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Ski 6am	Swim	Swim	Ski Club 6am	R E S T
						Iron Club 7.30am	
P.M	Ski Club 4.30pm	Board Cotton Tree 4.30pm	Transitions U17 – Open club 4.30pm	Board Club 4.30pm	Ski Club 4.30pm Beginner Ski Gym 4.30pm	Mixed Session 3pm Club	

“Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday.”

March - Youth Training Schedule

U11 - 15

March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Rest	Swim	Swim	Iron U11--14 Club 9am	N I P P E R S
				Board U11-14 Club 6am			
P.M	Rest	Board U11-14 Club 4.30pm	Board U14/15 Club 4.30pm	Rest	Board U14/15 Club 4.30pm	Mixed Session U14/15 Club 3pm	