

March - Youth Training Schedule

U11 - 15

March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Rest	Swim Board U11-14 Club 6am	Swim	Iron U11--14 Club 9am	N I P P E R S
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	

“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.”