



ALL FINANCIAL NIPPERS
NEEDED FOR
DEMONSTRATION

DATE	TIME	FINISH	SESSION	VENUE	COACH
SUNDAY 12TH AUGUST	10.00AM	12.00PM	<i>PEREGIAN SUPER SUNDAY - NIPPER DEMONSTRATION</i> <i>(ALL U11-U14 NEEDED)</i> (meet at 9.30am for 10am start)	PEREGIAN BEACH CLUB HOUSE	WOOGIE & DARREN MERCER
MONDAY 13TH AUGUST	4.00PM	5.00PM	SWIM BOARD IRON SESSION (for all athletes training for State Enduro champs U11-U14) <i>(meet at 3.45pm for a 4.00pm start)</i>	NOOSA HEADS MAIN BEACH	WOOGIE & MITCH
TUESDAY 14TH AUGUST	4.00PM	5.00PM	RUNNING TRAINING (U11-U14) <i>(meet at 3.45pm for a 4.00pm start)</i>	SUNSHINE BEACH STATE SCHOOL	MITCH
WEDNESDAY 15TH AUGUST	4.00PM	5.00PM	RUNNING / STRENGTH SESSION (U11-U14) (for all athletes training for State Enduro champs U11-U14) <i>(meet at 3.45pm for a 4.00pm start)</i> BRING RUNNERS	SUNSHINE BEACH STATE SCHOOL	WOOGIE & MITCH
THURSDAY 16TH AUGUST	4.00PM	5.00PM	RUNNING TRAINING (U11-U14) <i>(meet at 3.45pm for a 4.00pm start)</i>	SUNSHINE BEACH STATE SCHOOL	MITCH
SATURDAY 18th AUGUST	6.45AM	8:15AM	RUN / SWIM / BOARD SESSION (for all athletes training for State Enduro champs U11-U14) <i>(meet at 6.30am for a 6.45am start)</i> bring your runners	NOOSA HEADS MAIN BEACH	WOOGIE & MITCH

2018-2019 AUGUST OFF SEASON TRAINING SCHEDULE U11 - U14 NIPPERS

Coaches: Woogie Marsh 0432 296 647 Kristy Quirk 0439 803 270
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