

Torquay Surf Life Saving Club - Senior Competition Training Schedule

Week 7

Week	Time	Session - U17 and above	Location	Coach
Monday 8th Oct	5:00 pm	Board	Cosy Corner	Zeb
Tuesday 9th Oct	5:00 pm	Ski	Torquay	Tim Altman
Wednesday 10th Oct	5:00 pm	Board	Torquay	Nick T
Thursday 11th Oct	5:00 pm	Ski	Torquay	Tim Altman
Friday 12th Oct		REST DAY		
Saturday 13 th Oct	7:30 am	Iron	Torquay	Zeb
Sunday 14 th Oct		REST DAY		

UPCOMING EVENTS

Endurance Champs – November
10th Mornington SLSC

Interclub Surf Carnival – November
11 at 11am Torquay. Water events
only

Ocean 6 round 1 – Queenscliff
19/20th October

Bronze Camp December 18

BEACH ATHLETES

Training with Jan Juc. Every Sunday
9:00 am at Torquay Primary School
Running track /Oval

Coach – Julian Kirk