

WATER/CRAFT TRAINING TIMETABLE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30am							TRAINING @ Ocean Beach
5:15pm				SWIMMING @ Clive Pool			
5:30pm	SKI PADDLING @ Kiwi Beach	BOARD PADDLING @ Kiwi Beach					

NOTES:

- Always bring your running shoes and drink bottle
- Canoe sessions will begin shortly. As we will have many canoe teams this year - the trainings times for these will be split between the following groups. Please watch this space for training times.

Canoe Training Teams

OPEN MENS		U19 MENS		WOMENS	
Coach: Shane Bennett		Coach: Adam Dunnett		Coach: Jess Berridge	
Shane Bennett	William Wilkins	Ben Hamelink	Andrew Callinicos	Aimee Fisher	Jess Berridge
Mike Bennett	Jack Crasborn	David Benson	Mitch Glasgow	Connie Mills	Amy Vaughan
Scott Bicknell	Adam Dunnett	Campbell Ellingham	Jarrold Forde	Javaan	Kaitlyn Merritt
Ryan Welch	Lenny Kay	Tom Crasborn	Oscar Stewart	Jade	Clair Benson
		Russell Dodd	Jacob Crawley	Rosie Morgan	Biddy Wilson

NOTE:

If you are currently not in one of the above teams but would like to give canoe a go - please contact the respective coaches. Likewise, if you are named above but do not want to train in canoe, please advise asap.

If you cannot make a particular canoe session - you must let the coach know so they can plan for enough canoes/people per canoe.