

# Youth Seniors and Masters Training Calendar 2023/24



Day	Session	Time	Place	Age Group	Coach	Date Commencing	Pre-requisites	What to Bring
Monday	Sprints & Flags	5:15 - 6:30pm	Peter Moyes Northern Oval	U13 - Masters	Lynda Hogan	7-Aug-23		Running Shoes
	Boards	5:00 - 6:00pm	Mindarie Marina/QMSLSC	U14 - Masters	Indi Sheppard	11-Sep-23	SRC or BM or passed proficiency for SRC or BM	Hi-vis Vest, goggles
Tuesday	Surf Boats (Introductory)	4:15 - 5:15pm	QMSLSC	U14 - Masters	Duncan Gemmell	25-Jul-23		Running Shoes
Wednesday	Ski	7:00 - 8:00am	QMSLSC	U15 - Masters	Scott Anderson	All year	Proficient SRC holders or passed proficiency swim for BM	Hi-vis Vest
	Boards	5:00 - 6:00pm	Mindarie Marina/QMSLSC	U14 - Masters	Indi Sheppard	13-Sep-23	SRC or BM or passed proficiency for SRC or BM	Hi-vis Vest, goggles
	Surf Boats	5:00 - 6:00pm	Mindarie Marina/QMSLSC	U14 - Masters	Various	All year	SRC or BM or passed proficiency for BM	Hi-vis Vest
	IRB Gym Fitness	5:00 - 6:00pm	QMSLSC	U17 - Masters	Various	All year	IRB Crew persons Award	Running Shoes
	Sprints & Flags	5:15 - 6:15pm	QMSLSC	U13 - Masters	Lynda Hogan	6-Sep-23		Running Shoes
	Club Social Night	6:00pm	QMSLSC	All		12-Oct-23	All members welcome and signed in guests	
Friday	Sprints & Flags	TBA	QMSLSC	U13 - Masters	Lynda Hogan	TBA		Running Shoes
Saturday	Sprints & Flags	TBA	QMSLSC	U13 - Masters	Lynda Hogan	TBA		Running Shoes
	Ocean Swimming	10:00 - 11:00am	QMSLSC	U14 - Masters	Joe Quirk	16-Sep-23	SRC or BM or passed proficiency for SRC or BM	Hi-vis Vest, goggles
	IRB Racing	TBC	QMSLSC	U17 - Masters	Various	TBA	IRB Crew persons Award	Hi-vis Vest
Sunday	Surf Boats	6:00 - 7:00am	Mindarie Marina/QMSLSC	U14 - Masters	Various	22-Oct-23	SRC or BM or passed proficiency for BM	Hi-vis Vest
	Club Run	8:00am	QMSLSC	U14 - Masters	Lynda Hogan	22-Oct 23		
	Club Swim	8:30am	QMSLSC	U14 - Masters	Lynda Hogan	22-Oct-23	SRC or BM or passed proficiency for SRC or BM	Hi-vis Vest, goggles
	Boards	9:00 - 10:00am	QMSLSC	U14 - Masters	Indi Sheppard	17-Sep 23	SRC or BM or passed proficiency for SRC or BM	Hi-vis Vest, goggles
	Surf Boats (Introductory)	9:00 - 10:00am	QMSLSC	U14 - Masters	Duncan Gemmell	22-Oct-23		Running Shoes
	Sprints & Flags	9:00 - 10:00am	QMSLSC	U13 - Masters	Lynda Hogan	22-Oct 23		

\*Gym is open 24hrs. Users must be club members identified in the club By-laws as having access and must complete an induction

\*Surf boat training is subject to change dependant on crews and boat availability