



OFF SEASON TRAINING 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
START 5 June 2023		STRENGTH CIRCUIT (ALL AGES) @Club 4.00pm – 4.40pm STRENGTH (SENIORS) 4.40pm – 5.00pm		STRENGTH/BOXING (ALL AGES) @Club 4.00pm – 4.40pm STRENGTH (SENIORS) 4.40pm – 5.00pm	RUN/TOUCH FOOTY @Club 4.00pm – 5.00pm		SKI PADDLING @ Club then travel to Molar Drive 7.45am – 9.00am

FAQ's

WHEN DOES IT START?

Week starting Monday 5 June 2023.

WHAT IS "OFF SEASON TRAINING"?

This is a period when training will focus on functional movement and strength development.

WHO CAN ATTEND?

Training is available to all Sawtell SLSC members and surf sports athletes.

WHERE WILL IT BE?

Ski Paddlers – Meet at Club then travel to Molar Drive, Bonville Waters.

All other training – Meet at Club.

Note: Please enter the club via internal stairs to avoid disrupting other activities underway in auditorium.

DO I NEED TO REGISTER?

No, just turn up.

WHAT EQUIPMENT DO I NEED?

Clean training attire including enclosed shoes, training towel, and water bottle.

Note: We have limited boxing equipment – so bring your own if you have some.

HOW WILL TRAINING INFORMATION BE COMMUNICATED?

We will be using a **WhatsApp** group chat to communicate updates and you can register a contact number with any of the coaching team.

WHAT IS "STRENGTH (SENIORS)"?

This is extended training designed for surf sports athletes who paddle a long board and will include weight training.

WHAT IF I AM DOING OTHER SPORTS?

Cross training in other sports that promote strength and endurance is ideal. Surf sports competitors should be swimming (pool training) at least 2-3 sessions/week.

WHAT IF I CAN'T MAKE THOSE DAYS?

Get in touch and we can look for options.

WHEN WILL PRE-SEASON TRAINING START?

Early August. Pre-season training will include board paddling and ocean swimming.

HOW CAN I HELP?

If you have skills in health, fitness, or education - Let us know how you can help!

WHO CAN I CONTACT FOR MORE INFO?

Todd Adamson: 0475 823 726

Sean Golding (Ski): 0418 666 196

Erin Powell: 0421 513 259

