DATE	DAY	VENUE	CRAFT	TIME	PROGRAM
3rd Nov	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Saturday	North Avoca *	Board	6.30am	1/2 Distance work, 1/2 surf work
	Sunday	North Avoca *	Ski	6.30am	1/2 Distance work, 1/2 surf work
9th Nov	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
501100	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
12th Nov	Tilday	NUTTY MASTERS	SKI/ Bourd	3.30diii	CARNIVAL
12111100	Saturday	North Avoca *	Board	6.30am	1/2 Distance work, 1/2 surf work
	Sunday	North Avoca *	Ski	6.30am	1/2 Distance work, 1/2 surf work
16th Nov	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
TOTH NOV	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
19th Nov	riluay	SOTTS HEAD	SKI/ BOdi u	J.50aiii	CARNIVAL
13(11100	Sunday	North Avoca *	Ski	6.30am	1/2 Distance work, 1/2 surf work
23rd Nov	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
2310 1100	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	•	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Friday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: le 100/75/50 out - stop - in -repeat  Varied surf set lengths session with short sand run: le 150/100/50 out - in -repeat
	Saturday	North Avoca *	Ski	6.30am	·
30th Nov	Sunday		Board	5.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
30th Nov	Wednesday	Terrigal Car Park North Avoca *	Ski		Handicaped monthly race day
	Thursday			7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
4th Dan	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
4th Dec	Modeocdov	North Avoca *	Doord	F 20am	CLUB CHAMPS Surf skille / Edurance works Dage distance sets in and out through surf
7th Dec	Wednesday	Terrigal Car Park	Board Ski	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski/Board	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	•	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
4.44b D	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
14th Dec	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
24 . 5	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
21st Dec	Wednesday	Terrigal Car Park	Board	5.30am -	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
28th Dec	Wednesday	Terrigal Car Park	Board	5.30am	Handicaped monthly race day
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
4th Jan	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
8th Jan	Saturday	KILLCARE			CARNIVAL

	Sunday	North Avoca *	Ski	6.30am	Surf sets
11th Jan	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Iron person	6.30am	Race simulation
	Sunday	North Avoca *	Ski	6.30am	Surf sets
18th Jan	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Race simulation
	Sunday	North Avoca *	Iron Person	6.30am	Surf sets
25th Jan	Wednesday	Terrigal Car Park	Board	5.30am	Handicaped monthly race day
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Race simulation
	Sunday	North Avoca *	Iron Person	6.30am	Surf sets
1st Feb	Wednesday	Terrigal Car Park	Board	5.30am	Endurance focus: Long sets using bouys
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Sprint session
	Saturday	North Avoca *	Baord	6.30am	Race simulation
	Sunday	North Avoca *	Iron person	6.30am	Surf sets
8th Feb	Wednesday	Terrigal Car Park	Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Thursday	North Avoca *	Ski	7am	Surf sets
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Sprint session
11Tth Feb	Saturday	ТВС			BRANCH CARNIVAL
	Sunday	North Avoca *	Ski	6.30am	Surf sets
15th Feb	Sunday Wednesday	North Avoca * Terrigal Car Park	Ski Board	6.30am 5.30am	Surf sets Endurance focus: Long sets using bouys
15th Feb	•				
15th Feb	Wednesday	Terrigal Car Park	Board	5.30am	Endurance focus: Long sets using bouys
15th Feb	Wednesday Thursday	Terrigal Car Park North Avoca *	Board Ski	5.30am 7am	Endurance focus: Long sets using bouys Surf sets
15th Feb	Wednesday Thursday Friday Saturday	Terrigal Car Park North Avoca * Terrigal Car Park	Board Ski Ski/ Board	5.30am 7am 5.30am	Endurance focus: Long sets using bouys Surf sets Sprint session
15th Feb 22nd Feb	Wednesday Thursday Friday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca *	Board Ski Ski/ Board Iron person	5.30am 7am 5.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets
	Wednesday Thursday Friday Saturday Sunday Wednesday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca *	Board Ski Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation
	Wednesday Thursday Friday Saturday Sunday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca *	Board Ski Ski/ Board Iron person Ski Board Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets
	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day
	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski Ski Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am 5.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * North Avoca *	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am 5.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation
22nd Feb	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am 7am 5.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets
22nd Feb	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * North Avoca * North Avoca * Terrigal Car Park North Avoca *	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Board	5.30am 7am 5.30am 6.30am 6.30am 7am 5.30am 6.30am 6.30am 5.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets
22nd Feb	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Board Ski Board	5.30am 7am 5.30am 6.30am 6.30am 7am 5.30am 6.30am 6.30am 5.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes
22nd Feb	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Sunday Friday Saturday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Board Ski Board Iron person	5.30am 7am 5.30am 6.30am 5.30am 7am 5.30am 6.30am 5.30am 7am 5.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/Taper
22nd Feb 1st March	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Sunday Sunday Sunday Sunday Sunday Sunday Sunday Friday Saturday Saturday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca *	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Board Ski Board	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am 5.30am 6.30am 6.30am 7.30am 5.30am 7.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes
22nd Feb  1st March	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Wednesday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * SWANSEA	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Board Ski Board Iron person	5.30am 7am 5.30am 6.30am 5.30am 7am 5.30am 6.30am 5.30am 7am 5.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper
22nd Feb 1st March	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Sunday Sunday Sunday Sunday Sunday Sunday Sunday Friday Saturday Saturday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca *	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Board Ski Board Iron person	5.30am 7am 5.30am 6.30am 5.30am 7am 5.30am 6.30am 5.30am 7am 5.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper STATE TITLES STATE TITLES
22nd Feb  1st March	Wednesday Thursday Friday Saturday Sunday Wednesday Friday Saturday Sunday Wednesday Thursday Friday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Friday Friday Friday Friday Friday Friday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * SWANSEA SWANSEA Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski/ Board Iron person Ski Board Ski Board Ski Board Ski Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am 6.30am 6.30am 5.30am 6.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper STATE TITLES STATE TITLES STATE TITLES Sprint session with starts and finishes
22nd Feb  1st March	Wednesday Thursday Friday Saturday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Sunday Wednesday Thursday Friday Saturday Sunday Friday Saturday Saturday Sunday Friday Saturday Saturday Saturday Friday Saturday Friday Saturday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * SWANSEA SWANSEA Terrigal Car Park North Avoca *	Board Ski Ski/ Board Iron person Ski Board Ski/ Board Iron person Ski Board Ski Board Ski Board Ski Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am 6.30am 6.30am 5.30am 6.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper STATE TITLES STATE TITLES SPRINT SESSION with starts and finishes Race simulation
22nd Feb  1st March  8th March 9th March	Wednesday Thursday Friday Saturday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca * SWANSEA SWANSEA Terrigal Car Park North Avoca * North Avoca *	Board Ski Ski/ Board Iron person Ski Board Ski/ Board Iron person Ski Board Ski Board Ski Board Ski/ Board Iron person Ski/ Board Iron person Ski/ Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am 5.30am 6.30am 6.30am 5.30am 6.30am 6.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper STATE TITLES STATE TITLES SPRINT session with starts and finishes Race simulation Surf sets Surf sets
22nd Feb  1st March	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Saturday Friday Saturday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Sunday Wednesday Friday Saturday Sunday Wednesday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca * North Avoca * SWANSEA SWANSEA Terrigal Car Park North Avoca * North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski/ Board Iron person Ski Board Ski Board Ski Ski/ Board Iron person Ski Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am 5.30am 6.30am 6.30am 5.30am 6.30am 6.30am 6.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper STATE TITLES STATE TITLES STATE TITLES Sprint session with starts and finishes Race simulation Surf sets Endurance focus: Long sets using bouys
22nd Feb  1st March  8th March 9th March	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Friday Saturday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Friday Saturday Sunday Thursday Friday Saturday Sunday Thursday Friday Saturday Sunday Wednesday Thursday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca * SWANSEA SWANSEA Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Board Ski Ski/ Board Iron person Ski Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am 5.30am 6.30am 5.30am 7am 5.30am 6.30am 6.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper STATE TITLES STATE TITLES Sprint session with starts and finishes Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Endurance focus: Long sets using bouys Surf sets
22nd Feb  1st March  8th March 9th March	Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Saturday Saturday Friday Saturday Saturday Sunday Wednesday Thursday Friday Saturday Sunday Wednesday Thursday Friday Sunday Wednesday Friday Saturday Sunday Wednesday	Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca * North Avoca * SWANSEA SWANSEA Terrigal Car Park North Avoca * North Avoca * North Avoca * Terrigal Car Park North Avoca * North Avoca * Terrigal Car Park	Board Ski Ski/ Board Iron person Ski Board Ski/ Board Iron person Ski Board Ski Board Ski Ski/ Board Iron person Ski Ski/ Board Iron person Ski	5.30am 7am 5.30am 6.30am 6.30am 5.30am 7am 5.30am 6.30am 6.30am 5.30am 6.30am 6.30am 6.30am 6.30am 6.30am	Endurance focus: Long sets using bouys Surf sets Sprint session Race simulation Surf sets Handicaped monthly race day Surf sets Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat Race simulation Surf sets Endurance focus: Long sets using bouys Surf sets Starts and finishes Surf sets/ Taper Surf sets/ Taper STATE TITLES STATE TITLES STATE TITLES Sprint session with starts and finishes Race simulation Surf sets Endurance focus: Long sets using bouys

	Sunday	North Avoca *	Ski	6.30am	Surf sets	
22nd March	Wednesday	Terrigal Car Park	Board	5.30am	Taper session	
	Thursday	North Avoca *	Ski	7am	Taper session	
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Taper session	
27th march		KIRRA			AUSSIES	
28th March		KIRRA			AUSSIES	