

**CITY OF BUNBURY SLSC 2023/24
SUMMER TRAINING/ACTIVITIES SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6.00 AM Swimming Competition Squad <u>SW Sport Centre</u></p>		<p>6.00 AM Swimming Competition Squad <u>SW Sport Centre</u></p>	<p>6.00 AM Ski Youth/Open</p>	<p>6.00 AM Swimming Little Nippers/ Big Nippers/ Youth/Open <u>SW Sport Centre</u></p>	<p>8.00 AM Iron with Ski's Competition Squad</p> <p>8.00AM Board/Iron Surf Sports Squad Little/Big Nippers</p>	<p>8:30AM Club Swim/Activities Big Nippers*/ Youth/Open</p> <p>9:30AM Woodside Nipper Program Little/Big Nippers</p>
<p>5.00 PM Ski Youth/Open</p> <p>Board Surf Sports Squad Big Nippers/ Youth/Open</p> <p>6-7pm Running Competition Squad South West Athletics Track</p>	<p>5.00 PM Iron Competition Squad</p>	<p>5.00 PM Ski Youth/Open</p> <p>Board Competition Squad</p>	<p>5.00 PM Board Surf Swim Competition Squad</p> <p>5.00pm Running Competition Squad Gym Youth/Open</p>	<p>5.00pm Ski Paddle Youth/Open</p> <p>4.30pm Running Surf Sports Squad Beach Big Nippers/ Youth/Open</p>		

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Age Group Breakdown

Little Nippers: Under 6 – Under 9

Youth: Above Under 13

Big Nippers: Under 10 – Under 13

Open: Open and Masters

Big Nippers* - Must have capability assessed in SATURDAY Session prior to attending these sessions.

Competition Squad - Must have capability assessed in SATURDAY Session prior to attending these sessions

Water Safety required at ratio of 1:5 mandatory!

Please ensure you are connected to **Team Stack App**

- COBSLSC SURF SPORTS COMP
- Last minute location changes will be posted here
- October/November Mid-Week Board/Iron Sessions will be at Koombana Bay

Possible Locations – All Summer sessions will be at City of Bunbury SLSC unless advised

Ski/Board

- City of Bunbury Surf Club
- Inlet, near Rowing Club
- Koombana Bay, Near Patrol Tower

Swim Session

- Southwest Sports Centre
- City of Bunbury Surf Club

Running Squad

- City of Bunbury SLSC
- Bunbury Recreation Oval/Colts Cricket Oval
- South West Athletics Track

Swimming Training

- Paddles; fins; goggles and a smile required.
- Extra time and distance - start in pool as soon as arrive. Pool opens at 5.45am!
- Junior Development swimmers – swimmers who need to develop training squad experience - Friday 6.00am.

Boards and Iron Man

- Require goggles each session for open water swim.
- U17 and above ski included.

Club Swim/Activities – 400m Club Swim and Craft Race depending on Conditions.

**Team Stack App
Please Scan to Join**

