

Training Schedule

Discipline	Squad	Day	Time	Key Contact	Venue	Start Month	Notes
Boards	U14 to Masters	Wednesday	5.00pm – 6.00pm	Nat Benjanuvatra	North Cottesloe SLSC	September 2018	
	U14 to Masters	Friday	5.30pm – 6.30pm	Joe Anderson	North Cottesloe SLSC	October 2018	
	U14 to Masters	Sunday	3.00pm – 4:30pm	Nat Benjanuvatra	North Cottesloe SLSC	June 2018	
	U8 to U13	Sunday	3.00pm – 4:30pm	Susan Collins	Freshwater Bay, Mosman Park	June 2018	Meet at end of Johnston St
Ski	U17 to Seniors	Monday	5.45am – 7.00am	Brendan Downes	North Cottesloe SLSC	September 2018	
	U17 to Seniors	Wednesday	5.45am – 7.00am	Brendan Downes	North Cottesloe SLSC	September 2018	
	U17 to Seniors	Friday	5.45am – 7.00am	Brendan Downes	North Cottesloe SLSC	September 2018	
	U17 to Seniors	Friday	5.30pm – 6.30pm	Brendan Downes	North Cottesloe SLSC	October 2018	
	U17 to Seniors	Saturday	6.45am – 8.00am	Brendan Downes	North Cottesloe SLSC	October 2018	
	U15 to U19	Sunday	9.30am – 11.30am	Brendan Downes	Freshwater Bay, Mosman Park	June 2018	Youth Development – Meet @ NC
Swim	U14 to Seniors	Tuesday	6:00pm - 7:00pm	Nat Benjanuvatra	Uniswim, University of WA	May 2018	Pool Entry & \$5.00 Cost / Session
	U8 to U13	Wednesday	5.00pm – 6.00pm	Bill Kirby	Claremont Pool, Claremont	October 2018	Pool Entry & \$45 Cost / 9 Weeks
	U14 to Seniors	Thursday	6:00pm - 7:00pm	Nat Benjanuvatra	Uniswim, University of WA	May 2018	Pool Entry & \$5.00 Cost / Session
Sprint	U8 to U13	Tuesday	4.00pm – 5.00pm	Abi Dargan	WA Athletics, Floreat	October 2018	Stadium Entry Cost Not Included
	U14 to Seniors	Tuesday	5.45pm - 6.45pm	Tom Nolan	Allen Park, Swanbourne	August 2018	
	U8 to U13	Thursday	5.00pm – 6.00pm	Abi Dargan	WA Athletics, Floreat	October 2018	Stadium Entry Cost Not Included
	U14 to Seniors	Thursday	5.45pm - 6.45pm	Tom Nolan	North Cottesloe SLSC	August 2018	
	U14 to Seniors	Friday	5.30pm – 6.30pm	Tom Nolan	North Cottesloe SLSC	October 2018	
	U14 to Seniors	Saturday	9.00am – 10.30am	Tom Nolan	Leighton Beach	July 2018	
2km	All Ages	Tuesday	6.00am – 6.45am	Fran Endersby	North Cottesloe SLSC	May 2018	
	All Ages	Thursday	6.00am – 6.45am	Fran Endersby	North Cottesloe SLSC	May 2018	
	U14 to Seniors	Friday	5.30pm – 6.30pm	Fran Endersby	North Cottesloe SLSC	October 2018	
Surf Boats	U17 to Seniors	Saturday	Time TBC	Jodie Forlonge	Freshwater Bay, Mosman Park	October 2018	

For all training enquiries please email Surfsport@ncslsc.com, and the respective North Cottesloe training section contact:

- SkiCaptain@ncslsc.com;
- BoardCaptain@ncslsc.com;
- SwimCaptain@ncslsc.com;
- Sprintcaptain@ncslsc.com;
- 2krunCaptain@ncslsc.com;
- BoatsCaptain@ncslsc.com.