

Competition Training and Dates 2008-9

Contributed by Chris Parsons
Last Updated Sunday, 18 January 2009

Brighton SLSC Training

Senior carnival at Moana on 11th January was well attended with many Brighton red caps on the beach and in the water.

Nipperthon is on Monday 26th January Port Noarlunga. 1 pm

Senior Board Training: Mon, Wed, Fri - 5 pm

Masters (and others) Board Training: Sundays 9am

Ski: Tues & Thurs: 5.30pm

Beach Flags / Sprint:

Cadets: R&R training Saturdays after the 4pm swim.

R&R training: Seniors: Saturdays after the 4 pm swim.

Champion Lifesaver: Theory (40 questions) at Semaphore Wed Jan 28th.

Physical - Semaphore: Saturday Jan 31st. 9am

Contact James Cordner asap to get your name in.

March Past: (see E-News for full details) teams going to Senior carnivals, Nipper carnivals and the U23 team aiming for the Aussies. Training on Saturdays: 2pm for Seniors, 12.45 for Nippers. Coach John Slaven. Aussies dates - 17-22 March 2009 at Scarborough Beach, Perth, WA (March Past on Thurs / Fri 19th/20th - qualifying & Sunday 22nd March - final).

Accommodation options can be discussed with John.

Boat training: Contact Warwick Archer for crew details.

IRB Training: contact Rick Ashby

Check out www.surfrescue.com.au for the Surf Sports calendar

(<http://www.surfrescue.com.au/docs/sport/09%20Calendar%20F8.pdf>)