



Senior Beachies (U15 – Opens) December 2016

| December 2016 |
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| <u>Upcoming Events</u> |
| 3 rd Dec: Sydney Water & Shellharbour |
| 3 rd Dec: Cronulla Ski Challenge |
| 10 th Dec: Interbranch |
| 17 th Dec: North Cronulla Carnival |

| Day | Time | Session | Location | Coach |
|-----------|--------------------------------|---------------|-------------------|--------------|
| Monday | 5:30 PM | Sprints | Sylvania Track | Mark Redrup |
| Tuesday | 4:30 PM | Sandhills | Greenhills | Mark Redrup |
| Wednesday | 5:30 PM | Weights | Port Hacking High | Mark Redrup |
| Thursday | 5:30 PM | Tempo | Tonkin Oval | Anthony Lyon |
| Friday | 5:00 PM | Beach Sprints | Cronulla Beach | Mark Redrup |
| Saturday | Carnival | | | |
| Sunday | Rest – Sunday Races @ the club | | | |