



COOGEE SLSC

TRAINING SESSIONS 2024/2025

Day of week	Time	Details	Who	Where	Contact if interest and will add to respective group chats
Monday	6.25am	Rescue Board training	All invited	Coogee	https://chat.whatsapp.com/D45gmlBAkIR0oBbK0VrQab
	4.30pm	Board training - Seniors	Competition team	Coogee	boardskicaptain@coogeeslsc.com.au
Tuesday	6.00am	Fitness session - sand & water	All invited	Coogee	hawkfamoz@mac.com
	6.00am	Pool Swim training	All invite - 16+	Diggers RSL - pay entry	proficiency@coogeeslsc.com.au
	5.30pm	Board training - all	Competition team	South Maroubra	boardskicaptain@coogeeslsc.com.au
	6.00pm	Sprint Training	Competition team	Coogee Oval	beachcaptain@coogeeslsc.com.au
Wednesday	6.00am	Open Water/Surf Swimming	All invited	Coogee Boat shed	proficiency@coogeeslsc.com.au
	4.30pm	Board training	Competition team	Coogee	boardskicaptain@coogeeslsc.com.au
Thursday	6.00am	Surf Swim	Competition team	South Maroubra	assistantcompetition@coogeeslsc.com.au
	6.00am	Open Water/Surf Swimming	All invited	Coogee Boat shed	proficiency@coogeeslsc.com.au
	6.00am	Fitness session -sand & water	All invited	Coogee	hawkfamoz@mac.com
	5.00pm	Rescue Board training	All invited	Coogee	https://chat.whatsapp.com/D45gmlBAkIR0oBbK0VrQab
	5.30pm	Board training - all	Competition team	Coogee	boardskicaptain@coogeeslsc.com.au
	7.30pm	Sprint training	Competition team	ES Marks	beachcaptain@coogeeslsc.com.au
Friday	6.00am	Pool Swim training	All invited - 16yo+	Diggers RSL - pay entry	proficiency@coogeeslsc.com.au
Saturday	8.30am	Irons - depending on carnivals	Competition team	Coogee	boardskicaptain@coogeeslsc.com.au
Sunday	8.00am	Sprint training	Competition team	Coogee Beach	beachcaptain@coogeeslsc.com.au
	9.00am	Club swim	All invited	Coogee	swimmingcaptain@coogeeslsc.com.au