

SQUAD TIMETABLE

Junior Squad

Newish to racing, mostly foam boards, developing board skills, working towards Oceans/South Island Juniors

end Sep – Feb

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session		4.30-5.30 pm Board				10-11.30 am Board/Diamond	Junior Surf (late Oct)

Development Squad

Building skills and endurance, on glass boards, working towards Oceans/South Island Juniors

end Sep – end Febr

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session		4.30-5.30pm Board	4.30-5.30 pm Board/Diamond			10-11.30 am Board/Diamond	Junior Surf (late Oct)

Iron Squad

Experienced skilled senior board paddlers, Senior iron athletes, Intermediate level ski paddlers

September– March

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Board / Iron/Diamond		5.45 – 7pm Board	5.45 – 7pm Board/Iron			8 – 9.45am Oct – Nov – all in Super Sat Dec – March – Iron/Diamond	
Ski	4.30 - 6pm Ski			4.30 – 6pm (Nov – March) tbc			
Beach and Conditioning					4-5pm TBC Beach /Conditioning		11am - TBC Beach / Conditioning

Open Ski

Top level ski paddlers/kayakers (some might also be in Iron Squad)

September - March

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ski	5.45-7pm			5.45-7pm		8-9.45am All in Super Saturday	