

PROGRAM DATES FOR TERM 1 2018

Sailing PERFORMANCE PROGRAM

Date	Session	Focus Group	Notes
Thursday 25 th January	On Water	SYC Performance Program – All Boats	Will do briefing at 4.15pm first then head onto water. Session will finish at 6.15pm. Meet at SYC Hollywell.
Thursday 1 st February	On Water	SYC Performance Program – All Boats	Will do briefing at 4.15pm first then head onto water. Session will finish at 6.15pm. Meet at SYC Hollywell.
Thursday 8 th February	On Water	SYC Performance Program – All Boats	Will do briefing at 4.15pm first then head onto water. Session will finish at 6.15pm. Meet at SYC Hollywell.
Saturday 10 th February	Fitness	SYC Performance Program over 13 y.o Fitness at 8.15am.	The Coaches will accompany the over 13 yo team to Runaway Bay Sports Super Centre for a fitness session. Meet at Hollywell by 8.15am sharp dressed for a gym session.
Saturday 10 th February	Try Dinghy Morning	SYC Performance Program – All Boats	Come down and try a different boat than what you sail. 10.30am to 12.30pm
Thursday 15 th February	On Water	SYC Performance Program – All Boats	Will do briefing at 4.15pm first then head onto water. Session will finish at 6.15pm. Meet at SYC Hollywell.
Saturday 17 th February	Fitness	SYC Performance Program over 13 y.o Fitness at 8.15am.	The Coaches will accompany the over 13 yo team to Runaway Bay Sports Super Centre for a fitness session. Meet at Hollywell by 8.15am sharp dressed for a gym session.

Saturday 17 th February	Training	SYC Performance Program – All	Training Camp with our coaches
Sucurual 17 Testadiy	Camp	Boats	from 10.30am to 3.30pm
		2000	
Thursday 22 nd February	On Water	SYC Performance Program – All	Will do briefing at 4.15pm first
,		Boats	then head onto water. Session
			will finish at 6.15pm.
			Meet at SYC Hollywell.
Saturday 24th February	Fitness	SYC Performance Program over	The Coaches will accompany the
		13 y.o Fitness at 8.15am.	over 13 yo team to Runaway
			Bay Sports Super Centre for a
			fitness session. Meet at
			Hollywell by 8.15am sharp
			dressed for a gym session.
Saturday 24 th February	Training	SYC HP/P Program – All Boats	Training Camp with our coaches
	Camp		from 10.30am to 3.30pm
Thursday 1 st March	On Water	SYC Performance Program – All	Will do briefing at 4.15pm first
		Boats	then head onto water. Session
			will finish at 6.15pm.
			Meet at SYC Hollywell.
Saturday 3 rd March	Fitness	SYC Performance Program over	The Coaches will accompany the
		13 y.o Fitness at 8.15am.	over 13 yo team to Runaway
			Bay Sports Super Centre for a
			fitness session. Meet at
			Hollywell by 8.15am sharp
Saturday 3 rd March	Training	SVC Parformance Program All	dressed for a gym session. Training Camp with our coaches
Saturday 3" Warch	Training	SYC Performance Program – All Boats	from 10.30am to 3.30pm
	Camp	Bodts	110111 10.30a111 to 3.30p111
Thursday 8 th March	On Water	SYC Performance Program – All	Will do briefing at 4.15pm first
inaroda, o maren	on water	Boats	then head onto water. Session
			will finish at 6.15pm.
			Meet at SYC Hollywell.
Saturday 10 th March	Away	SYC Performance Program –	Regatta Support for the Laser
		Lasers	State Titles at Humpybong.
			Meet at Humpybong
Sunday 11 th March	Away	SYC Performance Program –	Regatta Support for the Laser
		Lasers	State Titles at Humpybong.
			Meet at Humpybong
Thursday 4 oth 8 4 1	0:- 14/-1	CVC Doubours - Durana - All	Will de briefing at 4.45 cm Co.
Thursday 15 th March	On Water	SYC Performance Program – All	Will do briefing at 4.15pm first then head onto water. Session
		Boats	
			will finish at 6.15pm. Meet at SYC Hollywell.
Saturday 17 th March	Fitness	SYC Performance Program over	The Coaches will accompany the
Jacarday 17 Iviai CII	1101633	13 y.o Fitness at 8.30am.	over 13 yo team to Runaway
		25 y.o i itiless at 0.50aiii.	Bay Sports Super Centre for a
			fitness session. Meet at
			Hollywell by 8.15am sharp
			dressed for a gym session.
Saturday 17 th March	Training	SYC Performance Program – All	Training Camp with our coaches
	Camp	Boats	from 10.30am to 3.30pm
		_1	I

Thursday 22 nd March	On Water	SYC Performance Program – All Boats	Will do briefing at 4.15pm first then head onto water. Session will finish at 6.15pm. Meet at SYC Hollywell.
Saturday 24 th March	Fitness	SYC Performance Program over 13 y.o Fitness at 8.30am.	The Coaches will accompany the over 13 yo team to Runaway Bay Sports Super Centre for a fitness session. Meet at Hollywell by 8.15am sharp dressed for a gym session.
Saturday 24 th March	Training Camp	SYC Performance Program – All Boats	Training Camp with our coaches from 10.30am to 3.30pm
Thursday 29 th March	On Water	SYC Performance Program – All Boats	Will do briefing at 4.15pm first then head onto water. Session will finish at 6.15pm. Meet at SYC Hollywell.