

Southport Yacht Club



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 17th February	Training Camp	SYC Performance Program – All Boats	Training Camp with our coaches from 10.30am to 3.30pm
Thursday 22nd 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 24th 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 24th February	Training Camp	SYC HP/P Program – All Boats	Training Camp with our coaches from 10.30am to 3.30pm
Thursday 1st 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 3rd March	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 3rd March	Training Camp	SYC Performance Program – All Boats	Training Camp with our coaches from 10.30am to 3.30pm
Thursday 8th 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 10th March	Away	SYC Performance Program – Lasers	Regatta Support for the Laser State Titles at Humpybong. Meet at Humpybong
Sunday 11th March	Away	SYC Performance Program – Lasers	Regatta Support for the Laser State Titles at Humpybong. Meet at Humpybong
Thursday 15th 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 17th 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.
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Thursday 22nd 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 24th 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 24th March	Training Camp	SYC Performance Program – All Boats	Training Camp with our coaches from 10.30am to 3.30pm
Thursday 29th 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.