



**BEACH SQUAD TRAINING PROGRAM
2009-2010 SEASON**

SENIOR BEACH COACH - MARK ALDER - 0412 489 891

PROGRAM

AUG-SEPT-OCT [strength & power & fitness]
 NOV-DEC [power & strength, speed & technique]
 JAN-FEB-MARCH [sustain speed]

DAY TIME	TRAINING	VENUE	GEAR	FOCUS
MON 4.30PM	GENERAL PREP	GOLD COAST DOLPHIN CRICKET CLUB AT ROBINA	TOWEL SAND SHOES WATER	FITNESS TECHNIQUE
THUR 4.30PM	SPECIFIC PREP	SOMERSET COLLEGE	SANDSHOES TOWEL WATER	POWER ENDURANCE

CARNIVAL PROGRAM 2009-2010 SEASON

FASTEST MAN ON SAND - 17th OCT Surfers Paradise Round 1
 14th NOV Redcliffe Round 2
 19th DEC Kirra Round 3
 25TH JAN Australia day Gift Pro event – Gold Coast
 13th-14th FEB GCCT BHMP
 20th FEB Mooloolaba Round 4

QLD STATE TITLES 5th - 7th MARCH Kurrawa
AUSTRALIAN TITLES 16th - 21st MARCH Kurrawa

AUSTRALIA DAY GIFT EVENT ON GOLD COAST

OPEN to all comers from BHMP on Grass [Just need handicap times to compete - prize money on offer.] 70 metres to 120metres events all races are handicapped to personal times.