



2020 Training

Develop skills + build endurance!
U9-U14s welcome

BOARD with Ryan

@ NC Beach: Tuesdays 6.00 - 7.15am

@ Gunnamatta: Thursdays 4.30 - 5.30pm

SWIM with Camo

@ NC Beach: Fridays 6.00 - 7.15am

Join #NC HOTSHOTZ on Facebook

NOTE: Water proficiency essential!

**WATER SAFETY
PARENTS REQUIRED
FOR BOARD & SWIM**

SPRINTS with Dave

@ Solander: Tuesdays 4.30 - 5.30pm

Join NC Nippers Sprinting on Team App

BEACH with Ray

@ The Sandhills: Fridays 4.30 - 6.00pm

Join NC STINGERS on Facebook