

Southport



Yacht Club

PROGRAM DATES FOR TERM 1 2019

Sailing PERFORMANCE PROGRAM

Date	Session	Focus Group	Notes
Thursday 31 st January	On Water	SYC Performance Program – All Boats	SYC Hollywell Briefing: 4:00pm Debrief 6:30pm
Thursday 7 th February	On Water	SYC Performance Program – All Boats	SYC Hollywell Briefing: 4:00pm Debrief 6:30pm
Saturday 9 th February	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Thursday 14 th February	On Water	SYC Performance Program – All Boats	SYC Hollywell Briefing: 4:00pm Debrief 6:30pm
Saturday 16 th February	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Sunday 17 th February	On Water	SYC Performance Program – All Boats	SYC Hollywell On water session 8:30am – 11:30am DINGHY SPRINTS
Thursday 21 st February	On Water	SYC Performance Program – All Boats	Briefing: 4:00pm Debrief 6:30pm
Saturday 23 rd February	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Sunday 24 th February	On Water	SYC HP/P Program – All Boats	SYC Hollywell Briefing: 9:30am Debrief 3:30pm
Thursday 28 th February	On Water	SYC Performance Program – All Boats	Briefing: 4:00pm Debrief 6:30pm
Saturday 2 nd March	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Sunday 3 rd March	On Water	SYC Performance Program – All Boats	On water session 8:30am to 11:30am DINGHY MARATHON TROPHY RACE
Thursday 7 th March	On Water	SYC Performance Program – All Boats	Briefing: 4:00pm Debrief 6:30pm
Saturday 9 th March	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Sunday 10 th March	On Water	SYC Performance Program – All Boats	On water session 8:30am to 11:30am DINGHY CHAMPS

Thursday 14th March	On Water	SYC Performance Program – All Boats	Briefing: 4:00pm Debrief 6:30pm
Saturday 16th March	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Sunday 17th March	On Water	SYC Performance Program – All Boats	SYC Hollywell Briefing: 8:30am Debrief 11:30am DINGHY SPRINTS
Thursday 21st March	On Water	SYC Performance Program – All Boats	Briefing: 4:00pm Debrief 6:30pm
Saturday 23rd March	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Sunday 24th March	On Water	SYC Performance Program – All Boats	On Water session 8:30am to 11:30am DINGHY CHAMPS
Thursday 28th March	On Water	SYC Performance Program – All Boats	Briefing: 4:00pm Debrief 6:30pm
Saturday 30th March	Fitness	SYC Performance Program 13+ Runaway Bay Sports Super Centre	RBSSC 8:20am – 9:10am
Sunday 31st March	On Water	SYC Performance Program – All Boats	On Water session 8:30am to 11:30am DINGHY SPRINTS
Thursday 4th April	On Water	SYC Performance Program – All Boats	Briefing: 4:00pm Debrief 6:30pm