

# **JANUARY HOLIDAY TRAINING**

## **MAG – Week 1 - Competitive Boys**

**Monday 9th January 8.30am – 10am**

**Tuesday 10th January 8.30am – 10am**

**Thursday 12th January 8.30am – 10am**

## **MAG – Week 2**

**Monday 16th January 8.30am – 10am**

**Tuesday 17th January 8.30am – 10am**

**Thursday 19th January 8.30am – 10am**

**Location: Mackay North High School Swimming Pool**

**At the End of Valley Street, behind the Community Hall**

<b>Date</b>	<b>Time</b>	<b>Need to Bring</b>
Monday 9 <sup>th</sup> Jan	8.30am – 10am	Swimmers
Tuesday 10 <sup>th</sup> Jan	8.30am – 10am	sunscreen
Thu 12 <sup>th</sup> Jan	8.30am – 10am	hat
Mon 16 <sup>th</sup> Jan	8.30am – 10am	towel
Tue 17 <sup>th</sup> Jan	8.30am – 10am	joggers
Thu 19 <sup>th</sup> Jan	4.30pm – 6pm	waterbottle

Days will be a mixture of fitness work and sports which will be done in either the pool or the oval next to the pool.

Would parents please let me know as soon as possible whether their son will be attending and which days, so we can provide numbers to the coach.

My number is 0450701992, and my email is [noreiks\\_69@hotmail.com](mailto:noreiks_69@hotmail.com)

***Normal Training commences Monday 23<sup>rd</sup> January.***