

# Junior Training Day

2018 Junior Training Day, Kaka Point

**Date and time** 3<sup>rd</sup> November 2018, 9am – 12pm.

**Venue** Kaka Point

**Programme**

**Board:**

- Care of boards
- Starts & finishes
- Rolling & popping waves
- Paddling Technique

**Swimming:**

- Starts & finishes
- Surf swimming technique
- Wave skills

**Notes** This event is open to all junior athletes aged from 10yr – 14yr old. All athletes must supply their own gear and wear approved high Vis vest.

**For more info** Maddy Crawford  
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