

# Junior Training Day

2018 Junior Training Day, Warrington

## Date and time

Saturday 15<sup>th</sup> December 2018, 9am – 12pm.

## Venue

Warrington

## Programme

Board:  
Rolling & Popping Waves  
Paddling Technique

Swimming:  
Starts & Finishes  
Wave Skills

Tube and Board Rescue ( u14)  
Possums Rock Race  
Mini Iron Man

## 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

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