



Surf Life Saving Sydney Kellogg's Nutri Grain Trials – Training Session Coached by Grant Wilkinson

Surf Life Saving Sydney invites all Sydney Branch competitors who are participating in the KNG Trials at Alexandra Headland on 12 & 13 September 2015 to attend a pre-event training session at Cronulla on Saturday 8 August 2015 commencing at 10am.

This training session is limited **only** to athletes who will be competing in the Trials.

Day	Date	Activities	Time	Details
Sat	8 August 2015	Ironperson training session in a similar format to the KNG Trials to be held at Alexandra Headland on 12 & 13 September. Coach: Grant Wilkinson Coordinated by Wayne Druery (DOSS)	10am to 12midday (approx.)	Cronulla SLSC No preregistration or entry is required. All participants are also requested to consider the need for suitable warm attire whilst competing and in between races. Ie wetsuit top, swim caps etc.

**Enquiries can be directed to Victoria Raymond at the Branch Office Ph. 90190722
or
Wayne Druery: 0490 081 273**

All participants must supply & wear a hi-vis fluoro pink lycra vest

All participants must be financial, hold a Bronze Medallion and be proficient members of a surf club.