

SRQ - Training & Development Day



INFORMATION

Venue – John Siganto Park, Upper Coomera, Gold Coast

Date – 22nd April 2018 Start – 8am

Overview of the Training to be delivered:

- How to wrap up handles
- Start procedures / techniques
- Correct posture & stance both on Social and Race Skis
- Rope and ski maintenance
- Learning to ride Freeboard, Single Finless skis, plank and disc to improve skills & balance

Training Boats will be Social Ski Boats or/and Outboards

GENERAL ENQUIRIES:

Chris Williams 0422 611 625 or Jason Davis 0417 793 202

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