As you are aware our full program starts this Monday. (Please scroll down this page to find the Training Timetable and save it to your phone!)

Below are the Youth Ergo Groups which will be happening Wednesday evenings either 5.45pm or 6.30pm.

Nipper Juniors your ergo session is Monday’s at 6pm.

Please find your name and remember what Group you are in.

We have 6 ergos. There needs to be 5 ergos in each group so a coach can have one. Group 3 is the rugby boys group and will only happen if there isn’t rugby training, there is a spare ergo here if you play rugby with group 3. Group 1 have some Truro swimmers, you are all in the same group to lift share to the pool, not via MacDonalds.   
Group 4 is empty, if we have youth members who are keen to learn ski technique please comment.

All groups will be reminded on THIS PAGE if it’s your technique session. With 4 groups only it will run fortnightly.

This is a super important part of your training timetable. A session focused purely on technique which you can take to your higher intensity session on Saturday mornings.

https://static.xx.fbcdn.net/images/emoji.php/v9/f7b/1.5/16/2728.png✨ GROUP 1 & GROUP 2 are this week (Wednesday 31st January)

\*please note these are the only names I have been told would like to paddle, if you would like to please don’t hesitate to comment so we can get you on!

[](https://www.facebook.com/photo.php?fbid=1589288801166930&set=gm.780152215525397&type=3&ifg=1)