

Mentone LSC Weekly Update 27 October

General Club News

Mentone LSC Patrol Launch night (All Patrol Members) Friday 4th Nov 7.30pm

This is for all patrollers including our new Bronze Medallions and also our SRC and Bronze Medallions in training to formally launch the season. This night is a great chance to hear the full plan for the patrol season and also to socialise with fellow patrollers. This year we are focusing on improving Mentone LSC's patrol compliance rate (important for getting funding for redevelopment), skills development and providing opportunities for growth for our younger patrollers.

Finger Food and drinks (including bar drinks) will be provided.

To express interest in being part of patrol and attending these meeting please contact Colin Williams colin.williams@optusnet.com.au

Responsible Serving of Alcohol Course at Mentone LSC 8 November 6:30pm

MLSC will host a Responsible Serving of Alcohol course on Tuesday 8th of November from 6-30pm to 9-30/10ish at MLSC. This course is for those 15 and above (only people 18+ can serve alcohol) to learn about the rules about alcohol. This is a very useful certificate to have. Those who complete the course will receive a Responsible Serving of Alcohol certificate which is valid for use with any other organisation (for example Footy Club, etc).

Non-members can and are encouraged to attend.

The cost of the course is \$40 per person.

No need to book yourself in. Just turn up on the night. Any further questions contact Clarke Martin 0412 259 631.

Expression of Interest - Safe Guarding Children Educational Session

Lifesaving Victoria is working closely to improve the safety and security of the children involved in Surf Lifesaving. Mentone LSC members are key part of making sure that we have a safe and secure environment for our children at Mentone LSC. The club is looking to sponsor a course to provide basic guidance on how we all can help create this safe environment. If you are interested in attending please contact Russell Rees rjrees56@gmail.com.

Board Storage Renewals and Requests

Mentone LSC is now accepting requests for onsite board storage. Onsite board storage is provided for club members for Mal's (no SUPs) for a cost of \$50 per year. Private Board (Mal) storage is provided in the racks to the left (entering the downstairs from the beach) or the

Beaumaris side (North side of the downstairs). Mals that are available to any club member for use will be located on the right (entering the downstairs from the beach) or Mordialloc side (south side of downstairs).

To request Mal storage space please do the following:

Log in to [Life Saving Members Portal](#) (same portal to pay for Carnivals and other events)

- Select Lifesaving Online/Renewals (centre of page)
- Select Online Payments (centre of page)
- Select Make Payment (lower centre of page)
- Enter the following information
- Transaction Type: Other
- Meaningful Information: Board Storage, 2016-2017 "Athlete/Adult Name" Bay Number "x".

If you don't know an available Bay Number (Bays that are taken have names on them already) an available one will be allocated for you.

Any questions just email membershipmlsc@gmail.com

Juniors

Notice of Cancellation of Training Sessions (Seals, Dolphins, Iron, Board, etc) Due to Weather
We may need to cancel sessions due to weather (e.g. water quality, waves). We have 2 methods to let you know if a session is cancelled. Any cancellation of a Seals Session will be posted at
The [Mentone LSC web site](#).
The [Mentone LSC FB](#)

Expression of Interest - Mentone LSC Group Surfing Lessons 28 December at Anglesea

We are looking to book a group intro to surfing lesson in Anglesea on 28 December in the afternoon (U9 - U14). This session is meant to broaden our Junior Athletes skill sets and also provide a fun alternative activity that will help their other Lifesaving skills. The course will be given by Go Ride A Wave in Anglesea. The approximate cost will be \$50 per Nipper for a 2 hour session. All attending will need to be competent open water swimmers and have a successful Competitive Swim Assessment (aka S Badge) completed prior to the day.

Spaces are limited, if you are interested please contact Greg Schmidt
gregoryschmidt@yahoo.com

Mentone LSC Seals - Introduction to Open Water Swimming

This program is meant for Nippers who are competent pool swimmers who are new to open water swimming or want to learn and build confidence.

Session this week:

Friday 28 October 5:30pm

No Session on Saturday 27 October

For full schedule go to <http://www.mentonelsc.com/mentone-lsc-seals.html>

for more info on Mentone LSC Seals contact Greg Schmidt gregoryschmidt@yahoo.com

Mentone LSC Development Squad (U12/U13/U14/U15) For Iron, Board and Swim

Mentone LSC Development Squad is a Mentone LSC sponsored program where experienced Mentone LSC Seniors coach our younger athletes. These sessions are for athletes who are focused on reaching their full potential.

Sessions are as follows:

- Monday 5:00pm - 6:15pm Board (U12/U13/U14/U15)
- Wednesday 5:00pm - 6:15pm Iron (U12/U13/U14/U15)
- Thursday 5:00pm - 6:15pm Board (U12/U13 /U14/U15)
- Saturday 2:00pm - 3:15pm Open Water Swim (U11 - Adult) *Note - We will have a swim session Saturday 29 October.*

First Day of Summer Nippers 6 November

Summer Nippers season kicks off 6 November. Arrive at 9:45am for a 10am start. We finish at 11:30am.

Mentone LSC Indoor Swimming at Bayside Aquatic Monday Nights 7:45pm

Note No session on Monday 31 October due to holiday.

Monday nights 7:45pm for Juniors and Adults coached by Joel Simondson, Hannah Schmidt and Phoebe Wearne.

Casual Price is \$10 per session per person and Price for the full term (10 sessions total) is \$40 per Nipper for remaining 6 sessions (50% discount for family members over 2).

To Pay online

You can pay for Mentone LSC Senior and Parent swimming at the Lifesaving Online Portal.

Please add this info

- Transaction Type: Special event
- Meaningful Payment details: Mentone LSC Term 4 Pool Swimming (insert name of Adult and Athlete here)

Seniors

Mentone LSC Senior Training - Mentone LSC Beach

- Monday 6:00am Boards (Aaron)
- Tuesday 6:00am Group Training (Hayley)
- Tuesday 5:00pm Ski (Joel Saunders)
- Wednesday 6:00am Boards (Aaron)
- Friday 6:00am Boards (Aaron)
- Friday 5:00pm Group Training (Hayley) then Board (Aaron)
- Saturday 2:00pm Open Water Swim (adults welcome) Note - There will be a session on Saturday 29 October.

For any updates on session be sure to join the Senior Facebook Group.
For more info call Aaron Hamstead at 0478 000 726.

Senior Ski Training at Patterson Lakes

Senior Ski training is held at Patterson Lakes
Mondays and Wednesdays at 5:30pm.

Extra fees apply. Contact Aaron Hamstead for more details, aaron.hamstead@gmail.com.

Senior and Adult Swim at Bayside Aquatics Term 4 Wednesday nights 7:45pm

Casual Price is \$10 per session per person and Price for the full term (10 sessions total) is \$40 per Swimmer for remaining 6 sessions (50% discount for family members over 2). Adults can swim on both Monday and Wednesday for the same price.

To Pay online

You can pay for Mentone LSC Senior and Parent swimming at the Lifesaving Online Portal.

Please add this info

- Transaction Type: Special event
- Meaningful Payment details: Mentone LSC Term 4 Pool Swimming (insert name of Adult and Athlete here)

Training and Certification

Course helpers and Trainee Trainer & Assessors - **URGENT HELP REQUIRED**

Our Bronze and SRC courses are now underway we are seeking the assistance of any current Bronze Medallion holders to help out with our courses. We can assist you to become a qualified

trainer and/or assessor, with the qualifications recognised outside of Surf Life Saving.

Please contact Andy Waters Chief Instructor chiefmlsc@gmail.com for further information.

Bronze and other Award Requal Dates

Dates will be published soon for BM, Spinal, ART and other award requals.

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