

Mentone LSC Weekly Update 2 November

General Club News

Mentone LSC Open Water Swim - Registrations Open

Registrations are now open for the Mentone LSC Open Water swim for these events.

- 2.5km Swim
- 1.0km Swim (U11+)
- Splash and Dash Run and Short Swim for U8-U15

To get more info go to <http://www.mentonelsc.com/mentone-open-water-swim.html>

To signup go to <https://www.registernow.com.au/secure/Register.aspx?E=21244>

Mentone LSC Summer Kitchen Opens for Business Thursday 10 Nov

The Mentone LSC Summer Kitchen is back on Thursday 10 Nov. The Summer See the attached flyer for details.

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. .

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

Open Surf Boat Rowing Session 6 November

Is there anyone out there that would like to learn something new or maybe recapture something old? Please come down to the club on Sunday 6th November 8am to have a go at rowing in our surf boat. You will not be alone and there will be plenty of help from others to show you the ropes. Surf Boat Rowing is a great way to get fit and more importantly it is a lot of fun. If you are interested in coming down on Sunday or would like more details please contact Marianne Kirk on 0419661131 or Brian Van Den Broek on 0408997501.

Mindfulness for Sport and Performance Free Session Saturday 26 Nov 1:00pm 2:30pm

Mindfulness can be helpful in increasing focus, performance, resiliency and improving sleep. There will be free session on learning how to use Mindfulness on Sat 26 Nov. The session is free but bookings are essential. To book contact Sally Cumming sally.communing@engagehealth.com.au or 0401358309

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 for Mals and Surfskis

Mentone LSC is now accepting requests for onsite board and ski 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 located on the right (entering the downstairs from the beach) or Mordialloc side (south side of downstairs). Surfski storage is provided in separate roller door bay facing the the beach.

To request Mal or Surfski 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

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.

Clothing shop will also be open.

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. <http://www.mentonelsc.com/mentone-lsc-training-status.html>

The Mentone LSC FB <https://www.facebook.com/groups/156518138013517/?ref=bookmarks>

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 4 November 5:30pm

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)

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)

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 Aarron 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.

Be sure to Follow Us on

[Web](#)

[Facebook](#)

[Instagram](#)

[Twitter](#)