

Mentone LSC Weekly Update 11 May

General Club News

Bronze Medallion Water Safety tops

Mentone LSC will provide Bronze water safety tops for carnivals but we are putting an order in for anyone who would like to purchase their own. If any person would like to buy their own vest rather than having to share a club vest, please send an email to membershipmlsc@gmail.com to express interest. Cost is about \$40.

Mentone LSC Venue Hire

There are still Saturday nights available during June, July and August for your special function. Just email Clarke to chat. Member discount rates are available. clarkemartin@bigpond.com

Mentone Board Repair - Still time to Participate

We still have a bit more work to do on our Nipper board refurbishment program. We will be meeting Wednesday 11 May 6:30pm and Wednesday 18 May 6:30pm in Braeside. All skill levels needed. IF you would like to help (and learn how to do fiberglass repair) please contact Greg Schmidt gregoryschmidt@yahoo.com

Juniors (Nippers)

Winter Nippers Starting Saturday May 14 3pm to 5pm

Come down and enjoy the club. This Saturday we will have:

Parent and Nipper run, board and swim (Casual attendance is fine, no need to commit for the whole season)

Bar open for coffee and drinks and Hot Milo and doughnuts for the Nippers.

Live Music after Nippers

Parent info session by Damian Farrow "Junior Sport and Key Tips for Parents" from 3pm - 3:20pm (while the Nippers are running)

Be sure to bring:

- Running Gear
- Runner
- Wetsuit 3/2 Steamer (minimum)
- Board wax

- \$3 for a hot Milo and Doughnut

For the full schedule and information for entire Winter season go to <http://www.mentonelsc.com/mentone-lsc-winter-nippers.html>

Any questions about Winter Training contact Greg Schmidt gregoryschmidt@yahoo.com

Harriet Brown Training Sessions 21 Aug Full

We have a a very strong interest in the training sessions with Australian National Lifesaving and Triathlon Champion Harriet Brown at Anglesea SLSC on 21 Aug. We are currently full and now starting a waiting list.

Any questions about The Harriet Brown training sessions contact Greg Schmidt gregoryschmidt@yahoo.com

Board Refurbishment

The first 18 Fiberglass Nipper boards out of our total stock of 30 will be back in service this weekend. Over a dozen members of the club have donated a total of 175 hours to do a full repair and refurbishment on these boards. Please encourage your Nipper to be kind to our fiberglass boards.

As a reminder Fiberglass Nipper board use is restricted to U11 to U13 (note last season U10 are ok to use fiberglass Nipper boards during the winter and last season U13 are ok to use Mal's during the winter).

Training

Bronze Medallion info Session 28 May 3pm at Mentone LSC

Andy Waters will be hosting a Bronze Medallion information session on 28 May at 3pm (during Winter Nippers). This session will cover requirements, preparation and how to go about becoming a Bronze Medallion Lifesaver.