

# Mentone LSC Weekly Update 13 October

## General Club News

### **SRC and Bronze Medallion Courses \*\* FINAL CALL\*\***

If you wish to complete either your SRC or Bronze Medallion this season and you haven't already registered please contact Andy Waters Chief Instructor [chiefmlsc@gmail.com](mailto:chiefmlsc@gmail.com) IMMEDIATELY.

All courses start Wednesday 19th October 6.00pm with the induction/information session.

Full details and registration links are on the website: <http://www.mentonelsc.com/courses--skills-maintenance.html>

### **Join the Mentone LSC Patrol Kickoff Meeting 21 October 6:30pm**

Mentone LSC is looking for club members (with BM awards) to participate in patrol and also to guide our younger members as they join the Mentone LSC Patrol.

### **Two important upcoming dates**

- Mentone LSC Patrol Team Core Meeting Friday 21st Oct at 6.30pm for all interested patrollers
- Mentone LSC Patrol Launch night (All Patrol Members please attend to help improve our patrol Friday 4th Nov 7.30pm)

To express interest in being part of patrol and attending these meeting please contact Colin Williams [colin.williams@optusnet.com.au](mailto:colin.williams@optusnet.com.au)

### **Mentone LSC Trivia Night 7.00pm, Saturday 22nd October**

\$15 per head (Max. 10 per table)

Drinks available at Bar Prices. Bring your own nibbles

Sign up at : [trybooking.com/mzyd](http://trybooking.com/mzyd)

For any questions contact Marianne Kirk on [Marianne.kirk@o-i.com](mailto:Marianne.kirk@o-i.com) or 0419 661131

Mentone LSC Open House - 16 October 9am to 12noon

Remind your Friends to come by the Mentone LSC Open House this Sunday, 16 October 9am to 12noon

Here is the article about the Open House in the [Mordialloc Leader](#)

### **Aluminium Welder needed for Small Job**

We need some aluminium welding done as part of building another mobile board rack. If you

can help contact Greg Schmidt [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com)

## **Juniors**

### **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.

Seals for this week will be Friday night at 5:30pm. (No session on Saturday)

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](mailto: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 focussed 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)

### **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**

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 \$70 per Nipper (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**

### **Senior State Championships Location Announced - Port Fairy**

LSV has announced that this year Senior State Championships will be in Port Fairy, 5 and 6 March.

Book your accommodation now.

### **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 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 \$70 per Nipper (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
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## **Training and Certification**

### **Course helpers and Trainee Trainer & Assessors**

With the planning for the upcoming Bronze and SRC courses we are seeking the assistance of any current Bronze Medallion holders to help out in 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](mailto:chiefmlsc@gmail.com) for further information.

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