

Mentone LSC Weekly Update 16 December

General Club News

Sundowner this Wednesday (16 Dec) afternoon at Mentone LSC

The club will be open the Wednesday evening from 4-30pm with bar service and ice creams for the kids. Yes the summer has really arrived!

Next Mentone LSC Open Mic Night Thursday 7 January

Our first open mic night drew some amazing performances from our full range of members. We had piano, violins and solo guitar singers. To see one of our Mums singing 'Sweet Child of Mine' backed up by her twin sons on bass and lead guitar and a drummer from the same age group was an incredible moment. Don't miss the next one on Thursday 7 January when the Summer Kitchen returns for meals.

The Mentone Gold (Senior event) 24 December

MSK will once again be running the MENTONE GOLD for its 5th edition, a 3km run, 3.7km ski, 2km board, and 1.2km swim.

The will be on the 24th of December at 8:30am, with a 7:30am briefing and arrival time for trailer packing. We will continue with

a handicap format with Individual Entries for U17+ and Teams of any composition. All individual entries must be approved by a

senior coach due to ski availability and competency.

This is a great event to watch, come down to the club and cheer on our Seniors.

Contact Joel Simondson on the Senior Facebook page if you interested in competing.

Mentone LSC Summer Kitchen now open Thursday and Friday

Don't forget to use the simple on-line booking form to grab a family meal at the club this Thursday and Friday. It helps so much to cater for everyone. With such glorious weather forecast it is a perfect time to come down for a swim and relax watching the sunset on the deck!

The Mentone LSC Summer Kitchen will have its last night of the year on 18 December reopening on 7 Jan.

Register for dinner at the Mentone LSC Summer Kitchen at <https://goo.gl/K7uJqP>.

Mentone LSC New Years Eve Party Committee

If anyone would like to join the New Years Eve committee please contact Clarke Martin clarkemartin@bigpond.com. It is going to be a great night!

Membership

The Admin Team is available to help with your membership queries from 9.30am on Sunday mornings (1 left for this year). There will be no help sessions for the remainder of December to the end of January. If you need to contact us, please send an email to membershipmlsc@gmail.com and we will endeavour to assist you.

Juniors (Nippers)

Upcoming Junior Carnivals - deadline to sign up is 20 December

- Carnival #2 - Cosy Corner (Torquay), Date: 2nd January 2016
- Carnival #3 - Elwood LSC, Date 24th January 2016
- Regional Qualifier - Elwood LSC, Date 30th January 2016

Entries for the above carnivals will close at 4.00pm on Sunday 20th December. If your child intends on competing please make the entry payment of \$22.00 per carnival via your Members Portal account and let your Age Manager know.

Detailed instructions and links can be found on our website
<http://www.mentonelsc.com/carnivals.html>

Please be sure to register as soon as possible to help our admin team out.

Mentone LSC Seals (intro to Open Water Swimming for Nippers) is Back

There will be additional Mentone LSC Seals swimming session for Nippers who want to build skills and confidence in open water swimming.

Upcoming sessions will be held

- Saturday, 19 December 9am to 10:15am
- Tuesday, 22 December 5:00pm to 6:15pm

If you would like to join the Mentone LSC Seals contact Greg Schmidt
gregoryschmidt@yahoo.com

Mentone LSC Development Squad Training for U12, U13, U14

Mentone LSC provides development training for U12, U13 and U14. This training is done by Mentone LSC Seniors and is free of charge. Training includes board, swim and sand.

New Training available Timetable for Development, High Performance and General Training.

http://www.mentonlsc.com/uploads/1/0/5/0/10503678/mentone_lsc_training_schedule_2015_-_2016.pdf

Last Nippers Sunday for the 2015

20 December 10am. Weather forecast is for a high of 39 degrees and sunny. Some age groups will be doing parent and Nippers games and competitions.

Upcoming Age Group Nights

Individual Age Groups will have Thursday and Friday night designated to their age group. These nights are a great way to have

Nippers and parents socialise and enjoy the club.

Upcoming Age Group Nights:

- U8 Thursday Dec 17th Don't forget this is a Wig Night!
- U9 Friday Feb 5th
- U10 Thursday Jan 21st
- U11 Friday Dec 18th
- U12 Thursday Feb 11th
- U13 Thursday Feb 18th
- U14 Thursday Feb 4th

Seniors

New Training available Timetable for Development, High Performance and General Training

http://www.mentonlsc.com/uploads/1/0/5/0/10503678/mentone_lsc_training_schedule_2015_-_2016.pdf

Senior News and Info

To keep up to date on the Senior news and information join our Senior Competition Facebook Page:

<https://www.facebook.com/groups/156518138013517/>

Training and Awards

Next Requal - LSV Port Melbourne Sunday 20 December 9am. This will be for all awards

Registrations close 16 December. Times are available from 9am to 1pm (so you can schedule for after Nippers).

Register at <http://www.lsv.com.au/membertraining>

For additional info go to

http://www.lifesavingvictoria.com.au/resources/documents/Circular_098.11.15_2015_State_Req_ual.pdf

Be sure to follow us on:

Web <http://www.mentonelsc.com>

Facebook <https://www.facebook.com/Mentone-Lifesaving-Club-134248189970238/>

Instagram <https://instagram.com/mentonelifesavingclub/>

Twitter https://twitter.com/mentone_lsc