

Mentone LSC Weekly Update 16 October

General Club News

Mentone LSC Open House, Sunday 18 October (9am - 12noon)

The Open House is for bringing in new members. Please invite your friends who may be interested in joining Mentone LSC. If you are interested in volunteering to help on the day contact Conor Hayes at conorhayes@iinet.net.au.

Be sure to have your Nippers invite their friends.

Juniors (Nippers)

Pool Lifesaving Championships

Congratulations to all the Mentone competitors who participated in the Junior State Championships (13 September) and the Senior State Championships (11 October). A great effort and results from all involved. Well Done!

Volunteers Needed for U6 Nipper Group

The U6 Nipper group has been coached and managed by a group of Mentone Seniors for the last several years. The current group has done a fantastic job but they are looking move on to other things this season. We are looking for any Nippers/Seniors from U13 to U17 who would be interested in taking over the U6 Nippers group. This role would be perfect for an U13 to U17 who want to remain in involved with Lifesaving but are not interested in competing at carnivals. To express your interest or ask any questions, contact Conor Hayes at conorhayes@iinet.net.au.

Mentone LSC Seals - Open Water Swimming Intro

The Mentone LSC Seals starts this week. Sessions for the next two weeks are

- Friday, 16 October 5:30pm to 6:30pm
- Friday, 23 October 5:30pm to 6:30pm
- Saturday, 24 October 9:00pm to 10:00pm
- Friday, 30 October 5:30pm to 6:30pm
- Saturday, 31 October 9:00am to 10:00am

To sign up for the Mentone LSC Seals or ask questions contact Greg Schmidt gregoryschmidt@yahoo.com.

Mentone Nippers Mini-Gold Race

To celebrate the end of Winter Nipper season we are holding the 1st Annual Mentone Mini-Gold Run and Board Race. This event will be held during the Mentone Open house Sunday, 18 October. The race will include a run from Mentone LSC to Beaumaris LSC and a board paddle back. This is a 3.5 run and 2.7 board paddle. This event is open to all Nippers U10 and above and U9 on exception. This is a long paddle and Nippers needs to have good endurance to complete.

Registration at 9:30 for a 10:00am start.

Please contact Greg Schmidt gregoryschmidt@yahoo.com if your Nipper is interested in the race or if you would like to volunteer to help (in or out of the water).

Seniors

Endurance Championships

LSV will be holding Endurance Race challenges for Seniors and U13/U14 competitors at Half Moon Bay Saturday 21 November at 10am.

The events will include:

- Surfboard-10km
- Ski-10km
- U13/U14 Board-2km
- Board-6km
- U13/U14 Swim-1.5km
- Swim-5km
- Run-5km

For more info go to

http://www.lifesavingvictoria.com.au/resources/documents/Circular_073.10.15_Victorian_Endurance_Championships_20151.pdf

Entry payments can be done through the Members Portal. Deadline for signup is Sunday 15th November 4.00pm (to allow me time to process). Senior entries will need to be coordinated through Anglesea.

Training and Awards

IRB Crew Training

Mentone LSC will be holding IRB crew courses this November. If you have a current Bronze Medallion and would like to get your IRB Crew award please contact Greg Schmidt

gregoryschmidt@yahoo.com

SRC and Bronze starts week

First session is Thursday night. Check the schedule at <http://www.mentonelsc.com/courses--requals.html>

Assistance with SRC/BM - We need Bronze Medallion volunteers

We have a record number of SRC and BM candidates this year (50+). This is good for the club but this has put a strain on our trainers. We need current Bronze Medallion holders to volunteer to help with training sessions. Contact Andy Waters if you can help for at least some of the sessions at andy_waters@bigpond.com.

Patrol

Please find attached the first version of this season's Patrol Roster. Please note that there will be further versions circulated once the new Bronze/SRC group has qualified. Some exciting news is that your patrol swaps this season can be done through your Member Portal. Once this is set up, instructions will be sent out to you. If you have any queries please contact Lee Scotland l_scotland@yahoo.com.au or 0401 758 238.

Special Offers and Club Sponsors

Best Bodies Bootcamp to benefit Mentone LSC and Heartfelt

Best Bodies will be doing a PT Bootcamp this Saturday, 17 October at 2pm. This Bootcamp will be a 45 minute high intensity training session (including weights, resistance bands and medicine balls). This session is geared for all levels of fitness and ability. Cost is \$10. Half the proceeds go to Mentone LSC and the other half goes to the charity Heartfelt <https://www.heartfelt.org.au/>. You just need to wear active wear, bring runners and water. To sign up go to <https://bestbodies.wufoo.com/forms/q1ofeejv1tskfv1/>

Bakers Delight Mentone

Bank of Melbourne Mentone

Mentone Girls Grammar

Kingston City Council

Be sure to follow us on:

Web

Facebook

Instagram

Twitter