

# Mentone LSC Weekly Update 19 May

## General Club News

### LSV Draft Competition Schedule Released for 2016-2017

LSV has released a draft of the Competition Schedule for the 2016-2017 season. Junior State Championships will be in Warrnambool Labour Day long weekend in March and Senior State Championships are the week prior. Other carnival dates and locations will be confirmed soon. Changes to this season include:

- 2 x Junior Qualifying Carnivals (statewide) in place of individual regional qualifiers
- 4 x Senior Carnivals
- 4 x Senior Discipline Specific Carnival (2 hours carnival on a specific skill area board, ski, beach)

Draft Schedule attached

## Juniors (Nippers)

### Winter Nippers Starting Saturday May 21 3pm to 5pm

Parent info session by Gary Simondson "Advice on buying a board for your Nipper" from 3:30pm to 3:45pm (directly after the run)

Parent and Nipper run, board and swim

Bar open for coffee and drinks

Be sure to bring

- Running Gear
- Runners
- Pink Rashie
- Wetsuit 3/2 Steamer (minimum)
- \$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](mailto:gregoryschmidt@yahoo.com)

### Winter Nippers Day Trip to Anglesea SLSC (4 June)

Winter Nippers for 4 June will be held at Anglesea SLSC. This session will be focussed on board sessions in the surf as well as surf swimming. Shower facilities are available for after Nippers. We will start at 2:30pm and finish around 4:30pm. It is OK to arrive late if you have other activities early in the day. We will be taking the trailer down for the day with club

boards. If anyone can tow the trailer contact [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com)

### **Indoor Lifesaving Coaches and Athlete Training at MSAC Sunday 22 May**

LSV will host Indoor Pool Life Saving training (athletes and coaches) this Sunday 22 May at MSAC (Indoor Pool) for last seasons U13 and U14. (cost is \$10)

- 3:45pm to 5pm coaches clinic and going through the pool handbook
- 5pm to 7pm training for Seniors on specific events

## **Seniors**

### **Attention Senior Athletes - Help LSV Design Next Years Senior Carnivals 23 May 7pm at LSV**

LSV has recently introduced a new type of carnival event for Seniors that will be a short (2 hours)and for a specific discipline (eg Board, Ski or Beach). LSV is having a workshop on Monday 23 May 7pm at LSV HQ in Port Melbourne. If you want to attend sign up at this link <https://lifesavingvictoria.wufoo.com/forms/x1g300nh0xbjrxyl/>

## **Training**

### **Bronze Medallion Info Session 28 May Mentone LSC 3:30pm**

Andy Waters (Mentone LSC Chief Instructor) will be giving an informational session on the steps to getting your Bronze Medallion Certification at Mentone LSC 28 May at 3:30pm. If you are interested in learning more about the Bronze Medallion and how to prepare come by the club for this session.