

Mentone LSC Weekly Update 1 September

General Club News

Mentone LSC Working Bee 24 Sept 8am to 12noon

Mentone LSC is having a working Bee on Saturday 24 Sept 8am to 12noon to get the club spruced and ready for the the Open House and for the season.

There are jobs for all skill levels. It is a good way to meet other members and help out the club. For the open day we also need an Electrician to help with some much needed maintenance.

Other jobs include

- Painting
- Installing new board racking
- Oiling the deck
- Plenty other (fun) misc jobs.

If you have any questions or if you are Electrician who can help out contact Brian Van Den Broek at 0408 997 501

Looking for Mentone LSC Sponsors

Mentone LSC is looking for sponsors. We are especially keen for sponsors th at are located in suburbs near Mentone LSC. There are plenty of packages available. Contact Shad Wall for more info Shad.Wall@clarkeequipment.com or +61 412 238 122

Mentone LSC Open House 16 October

Mentone LSC Open House will be Sunday 16 October 9am to 1pm. Please be sure to let your friends (who are not members) about this day and encourage them to come down and check out the club. If you would like to volunteer to help out at the Mentone LSC Open House contact Greg Schmidt greogryschmidt@yahoo.com.

Mentone Open Water Swim 3 December

The Mentone Open Water Swim has a 2.5km swim and 1km swim as well as Splash and Dash for younger kids. Come to the Mentone LSC Pool Swimming Bayside 7:45pm on Monday (Adults and Juniors) or 7:45pm Wednesday (Seniors and Adults) to get ready. Also be sure to participate in our Open Water swim sessions at Mentone LSC on Saturdays in October and November coached by Joel Simondson.

Mentone LSC Open Water Swimming Satuday at 2pm to 3:30pm Saturdays in October and November

Mentone LSC will have Open Water Swim training session at Mentone LSC startign October 8. This course will be coached by Joel Simondson and Hannah Schmidt. This is open to all

Juniors (U10+), Seniors and Adults. This open water swim training will be provided free of charge.

For questions on the Mentone LSC Open Water Swimming contact Greg Schmidt gregoryschmidt@yahoo.com.

Looking for Members to get involved with the Mentone LSC Patrol

The Beach Patrol is a great to develop and grow the youth of the club. ; This is also a great for adults to develop some new life saving skills as well.

For this upcoming season, we are looking for some people to assist with the following:

- First Aid Officer(s) - this could be a shared role, with primary responsibility being to look after the First Aid room
- IRB Captain - responsibility for looking after the IRB boats and their motors (could be a shared role).

If you can help, please contact Colin Williams on 0431 835 813 or colin.williams@optusnet.com.au.

Volunteers Needed to Help with Admin Team

The admin team is looking for help. The admin team is responsible for a lot of the activities that make the club run so well. Specific areas include processing memberships, responding to emails, processing nipper awards and data entry for carnivals. Knowledge of excel, training in other programs provided. Sunday morning assistance with helping members enrol. 5-10 hours per week (possibly more in the lead up to Christmas).

If you would like more info about the role or would like to volunteer to help contact Karen Dale membershipmlsc@gmail.com

Juniors

Winter Nippers

The next Winter Nippers Session will be Saturday 3 Aug at 3pm. Weather looks good with partly sunny, light winds and 15. Only a few more sessions to get your Junior ready for the Mentone Mini Gold.

Morning Board Sessions Starting 5 September

We will be starting our morning board training sessions on September 5th. These will run Monday, Wednesday and Friday's at 6:00 am at the club. These sessions are open to all male riders (next season U14+)

For more info call Aaron Hamstead at 0478 000 726.

Mentone LSC Pool Swimming Term 4 Monday and Wednesday nights at 7:45pm

at Bayside Aquatics

We are back at Bayside Aquatics for Term 4.

Monday nights 7:45pm for Juniors and Adults coached by Joel Simondson, Hannah Schmidt and Phoebe Warne

Wednesday nights 7:45pm for Seniors and Adults

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 3).

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)

Mentone LSC Beach and Fitness Coach Hayley Atkins

Hayley's fitness sessions are open to all club members from U1 2 on up and adults. Come on down and give it a try.

Sessions are

- Wednesday 6:00am to 7:00am Mentone LSC Clubhouse Gym, Group PT and strength
- Friday 5:00pm - 6:15pm Mentone LSC Cross Training, Group PT stairs/hills/beach

Seniors

Clint Robinson Training Seminar (For next season U14, Seniors and their coaches)

We are excited to announce that Clint Robinson will be hosting 2 seminars on September 3rd.

Session 1 (Ski First & Second Year) Spaces are limited.

Time: 10.00am to 11.30am

Format: On Water

Focus: Essential Ski Skills & Technique

Session 2 (Board Paddlers U14 to U17 and Parents / Coaches)

Time: 12.00noon to 1.30pm

Format: Clubhouse QA / Video

Theme: Preparing for the competition season

The cost for these seminars are \$30 for one of \$50 for both. Parents and coaches will not be charged. For those of you that don't know Clint, he is a legendary Life Saving Champion and multiple Olympic Gold Medallist. Clint has been hosting a Winter Training camp for Mentone

for the last several years in Queensland and is an outstanding coach and mentor. This is the only seminar that Clint is doing in Victoria pre season and all attendees will benefit greatly from Clint's guidance, strategy and inspiration.

If you are interested in attending please email Aaron Hamstead aaron.hamstead@gmail.com and make your payment online.

To make your payment

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 Clint Robinson session Morning/Afternoon/Both (insert name of Athlete here)

Saturday Board Session for next season U14+ 1:45pm

There will be a board paddling session on Saturday afternoon for all (next season U14+) starting at 1:45pm.

Ski training sessions available for U15+ and parents:

Monday and Thursday 4:30pm at the Paterson Lakes Canoe Club. These are technique based sessions and if you are a first or second year paddler or a parent looking to try it out I strongly recommend getting to these sessions. We have been carpooling if that helps out at all. You must join the club but the costs are very reasonable. For more info call Aaron Hamstead at 0478 000 726.

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- Transaction Type: Special event

- Meaningful Payment details: Mentone LSC Term 4 Pool Swimming (insert name of Adult and Athlete here)

Mentone LSC Beach and Fitness Coach Hayley Atkins

Hayley's fitness sessions are open to all club members from U12 on up including adults. Come on down and give it a try.

Sessions are

- Wednesday 6:00am to 7:00am Mentone LSC Clubhouse Gym, Group PT and strength
- Friday 5:00pm - 6:15pm Mentone LSC Cross Training, Group PT stairs/hills/beach

Training and Certification

Bronze Medallion and SRC Courses

Mentone LSC will be sponsoring and hosting Bronze Medallion and SRC (Surf Rescue Certificate). Bronze Medallion is needed to compete as an U17 and above (including competing in Masters). SRC is required for this coming season U14 who will be competing. Bronze Medallions and SRC's are also needed to help the club with Patrol and Water Safety (Nipper training and Nipper Competition Carnivals).

Bronze Medallion Training Course Dates are now confirmed.

To complete the Bronze Medallion course you will need to do the following:

- Timed Swim of 400metres in under 9minutes (Bayside Aquatics 8pm 12 Sept, 14 Sept, 5 October, 7 October)
- 4 Days of courses over two weekends 9am to 3pm each day October 8, 9, 15, 16
- Final assessment on 16 October

Information will be sent out early next week regarding course materials. Please contact Greg Schmidt gregoryschmidt@yahoo.com with any questions.

SRC Courses

Will start in late October and with final assessment in late November.

First Aid Courses at Mentone LSC

We will have date(s) for the course confirmed by next week.

If you have questions about the course or if you would like to express interest in taking the course please contact Greg Schmidt gregoryschmidt@yahoo.com