

# Mentone LSC Weekly Update 25 August

## General Club News

### Mentone LSC Open House 16 October

Mentone LSC Open House will be Sunday 16 October 9am to 1pm. This is a very important day for Mentone LSC to show off the club and our many activities to prospective members. The most important thing you can do is to let your friends know and suggest they come down to have a look. (*This is especially true for Nippers*). We will need a range of volunteers for the day to help give tours, answer questions and help out with BBQ. If you would like to volunteer to help out at the Mentone LSC Open House contact Greg Schmidt [greogryschmidt@yahoo.com](mailto:greogryschmidt@yahoo.com).

### Mentone LSC Athletes Invited to Join Life Saving Victoria High Performance Program

Congratulations to all the Mentone LSC Athletes who have been invited to join the Life Saving Victoria (LSV) High Performance Training Program. This program is focussed on developing and improving the Surf and Beach skills of Victoria's best lifesaving athletes. LSV will be providing training sessions run by experienced coaches (including Hayley Atkins). To qualify to be invited to join this program a Junior athlete must achieve a podium finish at Junior State Finals. Mentone LSC athletes invited to join the program are:

#### Surf Program

Under 11 Boys Charlie Bruce  
Under 11 Boys Ethan Gorringer  
Under 11 Girls Holly Neville  
Under 13 Girls Millie Belleville  
Under 14 Boys Thomas Dale  
Under 14 Girls Hannah Schmidt  
Under 14 Girls Teiki Waata

#### Beach Program

Under 12 Girls Sophie Conlan  
Under 13 Girls Millie Belleville  
Under 13 Girls Chloe Garifalakis  
Under 13 Boys Declan McComb  
Under 14 Girls Ashleigh Harvie  
Under 14 Girls Teiki Waata

### Mentone Open Water Swim 3 December

The Mentone Open Water Swim will be Saturday 3 December. Be sure to keep this date open if you would like to help out, swim in the event or just come down to enjoy the day. There will be two open water races (2.5km and 1km) and two splash and dash races for Nippers. Start your swim preparation by attending the Mentone LSC Pool Swimming (Monday nights 7:45pm for

Juniors/Adults and Wednesday nights 7:45pm for Seniors/Adults.

For more info on the Mentone Open Water Swim contact [Brian Kirk bkirk5@me.com](mailto:Brian.Kirk@me.com)  
For more info about Mentone LSC indoor and open water swimming programs (for Juniors, Seniors and Adults) contact Greg Schmidt [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com)

### **Looking for Members to get involved with the Mentone LSC Patrol**

The beach patrol is key public service that our club provides to the community. It also is a great opportunity to develop skills and promote personal growth for teenagers and adults.

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](mailto: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](mailto:membershipmlsc@gmail.com)

### **Club Membership Renewals 2016/17 Season**

Please renew your club membership.

For more info go to Mentone Lifesaving Club website <http://www.mentonelsc.com/renewing-member.html>

### **Guidance When Renewing family memberships**

When renewing Family memberships please make sure you click on the "My Family" tab and select ALL of the family members to be renewed. (If you don't click on this you will only renew yourself).

Full instructions are available at <http://www.mentonelsc.com/renewing-member.html>

## **Juniors and 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 preseason 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](mailto: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)

#### Winter Nippers

The next Winter Nippers Session will be Saturday 27 Aug at 3pm. Weather looks great, sunny and 16 degrees.

#### 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.

#### 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 mal riders.

For more info call Aaron Hamstead at 0478 000 726.

### **Harriet Brown and Joel Simondson Training Session Anglesea SLSC 21 Aug**

Thanks to everyone who attended the Harriet Brown and Joel Simondson training session at Anglesea SLSC. It was a great day of fun and growth for all. We have spoken with Harriet about arranging another training session at Anglesea SLSC over the Christmas holidays.

### **Mentone LSC Pool Swimming Term 3 Monday and Wednesday nights at 7:45pm at Bayside Aquatics**

Come down and join other Mentone LSC club members in our weekly swims to prepare for summer, get ready for your Bronze, prepare for the Mentone Open Water Swim or just to get fit. We have swimming available on two nights

Monday nights 7:45pm for Juniors and Adults

Wednesday nights 7:45pm for Seniors and Adults

Price is \$10 per session per person (50% discount for family members over 3).

There are 3 weeks left this term.

If you pay online you can get all 3 weeks for \$20. In addition Adults can swim both Monday and Wednesday.

### **Mentone LSC Pool Swimming Term 4 Monday and Wednesday nights at 7:45pm at Bayside Aquatics**

We will be back at Bayside Aquatics for Term 4 Mentone LSC Pool Swimming Monday nights 7:45pm starting 3 October. This swim is a great way to help get into shape for summer.

Monday Nights are open to all all adults and Nippers from U08+ (who can swim 100 meters without stopping). Coaching this term will be Joel Simondson, Hannah Schmidt and Phoebe Warne. This swim is a great way to help get into shape for summer.

Wednesday Nights are open to all adults and Seniors.

Please contact Greg Schmidt [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com) with any questions about Mentone Pool swimming.

### **Mentone LSC Beach and Fitness Coach Hayley Atkins**

Hayley's fitness sessions are open to all club members from U12 on up. 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

## **Expression of Interest Mentone LSC Open Water Swim Training Saturdays at 2pm in October and November**

To supplement our pool swimming and prepare for the summer, Mentone LSC will be hosting Open Water Swim training on Saturdays at 2pm in October and November. Joel Simondson will be head coach for these sessions and will be bringing on additional, experienced open water coaches. These sessions are open to all Adults, Seniors and Juniors (minimum competency for Juniors is to be able to swim 500 meters open water without stopping). These sessions are meant for anyone who enjoys open water swimming and wants to improve their skill level. This is also a great way to get ready for the Mentone Open Water Swim.

Please contact Greg Schmidt if you are interested in attending [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com)

## **Expression of Interest in Mentone LSC Seals - Introduction to Open Water Swimming October and November**

We are continuing the Mentone LSC Seals introduction to open water swimming this season. These sessions are meant for Juniors who are good pool swimmers (able to swim a minimum of 100 meters in a pool without stopping) but are new to open water swimming. These sessions will be run in October and November. Helping to facilitate these sessions will be older Junior athletes who are experienced open water swimmers. This session is open to any Mentone LSC Junior who wants to get started with and improve in open water swimming.

If you are interested in having your child participate as an attendee or if you have an older Junior that would like to be a Seal Helper contact Greg Schmidt [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com)

## **Coming Soon - Officials Courses**

Mentone LSC will be sponsoring some entry officiating courses to help get our parent volunteers ready to be officials at Carnivals this summer. Officials definitely get the best view at Carnivals. This course just takes a couple of hours and we will have several dates available to give everyone a chance to attend.

## **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

### **SRC Courses**

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

### **Bronze Medallion and other award Requalification**

All awards from last year are valid until 31 December 2016. We will be scheduling Requalification for November. Dates for requal will be made available in the next two weeks.

### **Expression of Interest LSV First Aid Courses at Mentone LSC**

Thanks to everyone for the strong interest in the Senior First Aid courses. Thanks for all the people that have expressed interest in the First Aid Course. We will have a date 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](mailto:gregoryschmidt@yahoo.com)