

Mentone LSC Weekly Update 26 May

General Club News

Volunteer to Help with putting together Power Point presentations at Mentone LSC

The club is looking for a volunteer to assist in updating our electronic messages displayed on monitors at the club for the new season. We want to look after our sponsors, promote our events and show case our athletes. We are currently using a simple template on PowerPoint. If you have a bit of time and want to make a big difference to the club please email Clarke Martin clarkemartin@bigpoint.com

LSV Draft Competition Schedule Released for 2016-2017

Download the Competition Draft Schedule from here

http://www.mentonelsc.com/uploads/1/0/5/0/10503678/draft_carnival_calendar_summer_2016-17_v4.pdf

Juniors (Nippers)

Winter Nippers Saturday May 28 3pm to 5pm

Parent info session by Andy Waters and Jason Farrow "*How to Achieve your Bronze Medallion (Adults) and SRC (Surf Rescue Certificate) U14s*" from 3:30pm to 3:50pm (directly after the run). This session is especially important for parents of next season U14s that want to compete. All U14s must have achieved their SRC to compete in LSV Carnivals.

The weather looks to be a few degrees colder than last week (forecast for 15 degrees). A swim cap during the board will help keep Nippers warmer.

Parent and Nipper run, board and swim
Bar open for coffee and drinks

Be sure to bring

- Running Gear
- Runners
- Swim Cap (to keep warm)
- **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

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. Hot shower facilities are available for after Nippers. We will start at 2:30pm and finish around 4:30pm.

Please let Greg Schmidt gregoryschmidt@yahoo.com know if you are going **so we can make sure we have enough boards packed.**

Training

Bronze Medallion and SRC Info Session 28 May Mentone LSC 3:30pm

Andy Waters and Jason Farrow will be giving an informational session on the steps to getting your Bronze Medallion Certification and SRC for U14s at Mentone LSC 28 May at 3:30pm. If you are interested in learning more about the Bronze Medallion and SRC for your U14, and also how to prepare, come by the club for this session.