

Mentone LSC Weekly Update 28 January

General Club News

Mentone Marathon Open Water Swim 19 March

This year is our first annual Marathon swim located in the sheltered Beaumaris Bay, under the watchful eye of Mentone Life Saving Club. This is a fantastic event for first time and experienced open water swimmers.

10km open water swim - Individual wetsuit and non wetsuit
10km open water swim - Duo (team of 2)
10km open water swim - Team (team of 4)
5km open water swim - Individual wet suit and non wet suit

For more information go to

<http://www.mentonelsc.com/mentone-marathon-swim.html>

To register go to

<https://www.registernow.com.au/secure/Register.aspx?E=18939>

Mentone LSC Music on the Beach Thursday 24 Feb 5pm to 8pm

The Next Family Open Mic Night is Thursday 24 February. Dinner from 6pm, Session begins at 7pm

Bookings for meals through the Summer Kitchen Go to <https://goo.gl/BXZZDu>

Juniors (Nippers)

Next Nippers Session, Sunday 31 January

Arrive 9:50 for a 10:00am start

Junior Regional Qualifying Carnival at Elwood LSC Saturday 30 Jan.

Arrive around 7:30 to help unpack the trailer.

Upcoming Nipper Competitions

Ocean Grove, Saturday 13 Feb (\$22 entry fee - deadline for entry is 4.00pm Sunday 31st January)

Lorne, Sunday 28 Feb (\$22 entry fee - deadline for entry is 4.00pm Sunday 14th February)

Warrnambool - State Championships, 12 and 13 March (\$35 entry fee - deadline for entry is 4.00pm Sunday 14th February)

Replacing Fading Pink Rashies

LSV will be enforcing the rule that requires Nippers to have non-faded pink rashies for competitions. If your Nipper's rashie is fading you can pick one up on Nippers Sunday at the store. For anyone who needs a new rashie for Elwood the Mentone Uniform shop will be open at 5:30pm on Thursday.

Training Sessions before Lorne Carnival

We will have two training sessions for board and swim on Saturday 27 Feb in Lorne. We will have the trailer in Lorne early and club boards available. The first session will be 11am to 1pm and the second session is 4pm to 5:30pm. This is a great opportunity to practice on some ocean waves prior to Warrnambool. For additional information contact Greg Schmidt gregoryschmidt@yahoo.com or 0428027577

Upcoming Age Group Nights

Individual Age Groups will have Thursday and Friday night designated to their age group. These nights are a great way to have Nippers and parents socialise and enjoy the club.

Upcoming Age Group Nights:

- U9 Friday Feb 5th
- U12 Thursday Feb 11th
- U13 Thursday Feb 18th
- U14 Thursday Feb 4th

Be sure to follow us on:

Web <http://www.mentonelsc.com>

Facebook <https://www.facebook.com/Mentone-Lifesaving-Club-134248189970238/>

Instagram <https://instagram.com/mentonelifesavingclub/>

Twitter https://twitter.com/mentone_lsc