

# **Mentone LSC Weekly Update 28 October**

## **General Club News**

### **Mentone Open Water Swim**

The Mentone Open Water Swim is a major annual event for the club. This event features several hundred competitors. There are

events for all ages and the day is a great time for all. The Open Water Swim is also the first big day of Water Safety for our new SRC and Bronze Medallions. There are a number of races throughout the day including:

### **Splash and Dash**

- 7-10 yrs 100m swim and 400m run
- 11-15 yrs 200m swim and 800m run

### **1km and 2.5km Open Water Swim**

- All events for male and female
- Categories: 11 to 17, 18 to 29, 30 to 39, 40 to 49, 50 to 59, 60+
- Trophies for 1st and medals for 2nd & 3rd, for each category
- Electric timing

For more info go to <http://www.mentonelsc.com/mentone-open-water-swim.html>

## **Juniors (Nippers)**

### **BBQ Coordinator Needed**

Person to coordinate the running of the Sunday morning BBQ for nippers. This is a very important role as it the BBQ is a big favourite for all the Nippers on Sunday and it is also a big fundraiser for the club.

For More info contact Russell Rees [keanrees@bigpond.net.au](mailto:keanrees@bigpond.net.au) or 0419 394 880

### **Volunteers for Coaching & Team Manager Roles for the 2015/16 season**

We will still have the following roles to fill for Mentone LSC Nippers:

U9 Team Manager

U8 Assistant Coach

U6 Team Manager

Helpers for both the Starfish Nippers and U6 Nippers groups ideally members aged from U13-U17 that do not attend senior carnivals.

Contact Conor Hayes [conorhayes@iinet.net.au](mailto:conorhayes@iinet.net.au) for more info or if you would like to volunteer.

### **Mentone LSC Seals-Open Water Swimming Intro (for U8 to U12)**

The Mentone LSC Seals sessions for the next few weeks are

- Friday, 30 October 5:30pm-6:30pm
- Saturday, 31 October 9:00am-10:00am
- Thursday 5 November 5:30pm-6:30pm
- Friday 6 November 5:30pm-6:30pm
- Saturday 7 November 9am-10am

For full info go to <http://www.mentonelsc.com/mentone-lsc-seals.html>

To sign up for the Mentone LSC Seals or ask questions contact Greg Schmidt  
[gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com)

### **U14 Training Session - Thursday Night Training Session 29 October**

Gary Simondson will be running a special training session Thursday, 29 October 4:30pm to 5:30 pm on boards.

Pizza will be supplied for all those who participate as dinner before the SRC course starts.

## **Seniors**

### **Development Squad**

Development Squad commencing Monday 26th of October

Catering for for u/14 and u/15 athletes transitioning into Seniors.

- Monday 4:30pm-6:00pm Board Training
- Tuesday: 6:00am-7:00am Ski Training
- Wednesday: 4:30pm-6:00pm Iron Training
- Thursday: 5:30-7:00pm Swim Training and Beach Training

To keep up to date on the weekly Development Squad Sessions request to join our Senior Competiton Faceebook Page:

<https://www.facebook.com/groups/156518138013517/>

## **Training and Awards**

### **Bronze and SRC training for the next week**

- Thursday 6pm to 8:30pm
- Saturday 10am to 4pm
- Sunday 12noon to 4pm

For the full schedule go to <http://www.mentonelsc.com/courses--requals.html>

## **Patrol 1**

### **Patrol Schedule**

Current Patrol Schedule can be found at:

[http://www.mentonelsc.com/uploads/1/0/5/0/10503678/patrol\\_teams\\_roster\\_15\\_16\\_draft\\_6\\_19-10-15.xlsx](http://www.mentonelsc.com/uploads/1/0/5/0/10503678/patrol_teams_roster_15_16_draft_6_19-10-15.xlsx)

### **Mentone Pinkhats**

The Mentone Pinkhats is a community swim that takes place every Saturday at 8am. This is a mixed skills group that welcomes new member who want to learn how to swim in open water. Meet at Mentone LSC at 8am on Saturday mornings.

### **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](https://twitter.com/mentone_lsc)