

# Mentone LSC Weekly Update 7 October

## General Club News

### **Join the Mentone LSC Patrol Kickoff Meeting 21 October 6:30pm**

Mentone LSC is looking for club members (with BM awards) to participate in patrol and also to guide our younger members as they join the Mentone LSC Patrol.

### **Two important upcoming dates**

- Mentone LSC Patrol Team Core Meeting Friday 21st Oct at 6.30pm for all interested patrollers
- Mentone LSC Patrol Launch night (All Patrol Members please attend to help improve our patrol Friday 4th Nov 7.30pm)

To express interest in being part of patrol and attending these meeting please contact Colin Williams [colin.williams@optusnet.com.au](mailto:colin.williams@optusnet.com.au)

### **Mentone LSC Golf Day 23 Oct 4pm Keysborough Golf Club**

All members are invited to a 9 Hole club Golf Day. Tee off is 4:30pm. Cost is \$40 which includes green fee, dinner and beverage. All skill levels are welcome.

To register contact Harrison Vulcan [hvulcan@deloitte.com.au](mailto:hvulcan@deloitte.com.au)

### **Volunteers Needed to Help with Admin Team \*\*URGENT\*\***

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)

### **Mentone LSC Trivia Night 7.00pm, Saturday 22nd October**

\$15 per head (Max. 10 per table)

Drinks available at Bar Prices. Bring your own nibbles

See info for sign up on the attached flyer. For any questions contact Marianne Kirk on [Marianne.kirk@o-i.com](mailto:Marianne.kirk@o-i.com) or 0419 661131

### **Looking for Mentone LSC Sponsors**

Mentone LSC is looking for sponsors. This includes financial sponsors as well as give-aways for events. We are happy to provide visibility of your company while also providing a tax

deduction. We are especially keen for sponsors that are located in suburbs near Mentone LSC. There are plenty of packages available. Contact Shad Wall for more info [Shad.Wall@clarkeequipment.com](mailto:Shad.Wall@clarkeequipment.com) or +61 412 238 122

### **Mentone LSC Open House 16 October**

There is a lot going on during Open House. Come by to watch the Mentone LSC Mini Gold race and meet families who are considering joining the club.

### **Mentone LSC 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.

For full information on the Mentone Open Water Swim go to <http://www.mentonelsc.com/mentone-open-water-swim.html>

### **Mentone LSC Open Water Swimming (Mentone LSC Dolphins) Saturdays at 2pm to 3:15pm Saturdays in October and November**

Mentone LSC will have Open Water Swim training session at Mentone LSC starting October 8. This is meant for competent open water swimmers. This course will be coached by Joel Simondonson and Hannah Schmidt. This is open to all Juniors (U10+), Senors and Adults. This open water swim training will be provided free of charge.

For the full schedule go to <http://www.mentonelsc.com/mentone-lsc-dolphins.html>

For questions on the Mentone LSC Open Water Swimming Programs contact Greg Schmidt [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com).

## **Juniors**

### **Mentone LSC Seals - Introduction to Open Water Swimming**

This program is meant for Nippers who are competent pool swimmers who are new to open water swimming or want to learn and build confidence. This program also makes use of older Nippers to help teach the younger Nippers. Assistant Coaches for the Mentone LSC Seals will be Harriet Waters (U13) and Charli Kappa (U13) This is offered free of charge to Mentone LSC Members.

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

for more info on Mentone LSC Seals contact Greg Schmidt [gregoryschmidt@yahoo.com](mailto:gregoryschmidt@yahoo.com)

### **Winter Nippers 8 October 3pm**

This is our last Winter Nippers session of the season. Those doing Mentone LSC Seals or Mentone LSC Dolphins Open Water Swimming at 2pm, can skip the warmup run and go right to the boarding (if they have the energy).

Mentone LSC Development Squad (U12/U13/U14/U15) For Iron and Board Starting the week of 10 Oct

Mentone LSC Development Squad is a Mentone LSC sponsored program where experienced Mentone LSC Seniors coach our younger athletes. These sessions are for athletes who are focussed on reaching their full potential. Sessions are as follows:

- Tuesday 5:30pm - 6:45pm Ski Coached by Sophie Conroy (U15 only)
- Wednesday 5:30pm - 6:45pm Iron Coached by Joel Simondson (U12/U13/U14/U15)
- Thursday 5:30pm - 6:45pm Iron Coached by Joel Saunders (U12/U13/U14/U15)

### **First Day of Summer Nippers 6 November**

Summer Nippers season kicks off 6 November. Arrive at 9:45am for a 10am start. We finish at 11:30am.

### **Mentone LSC Indoor Swimming at Bayside Aquatic Monday Nights 7:45pm**

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

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 2).

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)

## **Seniors**

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### **Morning Board (Mal) Sessions**

Mentone LSC is running board sessions Monday, Wednesday and Friday's at 6:00 am at the club. These sessions are open to all Mal riders. For any updates on session be sure to join the Senior

Facebook Group.

For more info call Aaron Hamstead at 0478 000 726.

### **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.

Senior and Adult Swim at Bayside Aquatics Term 4 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 2).

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
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## **Training and Certification**

### **SRC, Bronze Medallion (under 18) and Bronze Medallion (over 18) Courses**

Mentone LSC now has dates provided for the upcoming courses for - Registration for all courses closes 2nd October 2016

- Surf Rescue Certificate (Course 2)
- Bronze Medallion Under 18 (Course 3)
- Bronze Medallion Over 18/Adult (Course 4)

Full details and registration links are on the website: <http://www.mentonelsc.com/courses--skills-maintenance.html>

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