

Mentone LSC Weekly Update 9 November

General Club News

Summer Kitchen Now Open [Book Here](#)

The Summer Kitchen offers family meals on Thursday and Friday nights from 4.30pm and a beach brunch menu on Saturday and Sunday mornings from 7am to mid-day. [Click here for further details.](#)

Members Friday Night Summer Jackpot!! Proudly sponsored by [Mortgage Choice Beaumaris.](#)

At 6:30pm every Friday night an adult member will be drawn and if present will receive a \$100 jackpot which will keeps building by \$100 each week. So make sure your down at your club!

Mentone LSC Open Water Swim - Registrations Open

Registrations are now open for the Mentone LSC Open Water swim for these events.

- 2.5km Swim
- 1.0km Swim (U11+)
- Splash and Dash Run and Short Swim for U8-U15

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

To signup go to <https://www.registernow.com.au/secure/Register.aspx?E=21244>

Open Surf Boat Rowing Session every Sunday

Is there anyone out there that would like to learn something new or maybe recapture something old? Please come down to the club on any given Sunday 8am to have a go at rowing in our surf boat (Weather Permitting). You will not be alone and there will be plenty of help from others to show you the ropes. Surf Boat Rowing is a great way to get fit and more importantly it is a lot of fun. If you are interested in coming down on a Sunday or would like more details please contact Marianne Kirk on 0419661131 or Brian Van Den Broek on 0408997501.

Mindfulness for Sport and Performance Free Session Saturday 26 Nov 1:00pm 2:30pm

Mindfulness can be helpful in increasing focus, performance, resiliency and improving sleep. There will be free session on learning how to use Mindfulness on Sat 26 Nov. The session is free but bookings are essential. To book contact Sally Cumming sally.cumming@engagehealth.com.au or 0401358309

Expression of Interest - Safe Guarding Children Educational Session

Lifesaving Victoria is working closely to improve the safety and security of the children involved in Surf Lifesaving. Mentone LSC members are key part of making sure that we have a safe and secure environment for our children at Mentone LSC. The club is looking to sponsor a course to provide basic guidance on how we all can help create this safe environment. If you are

interested in attending please contact Russell Rees rjrees56@gmail.com.

Board Storage for Mals and Surfskis

If you have a Mal or Surfski at Mentone LSC please new by 13 November. Spaces are limited.

If you would like to renew or store you Mal or Surfski at Mentone LSC please do the following:
Log in to Life Saving [Members Portal](#) (same portal to pay for Carnivals and other events)

- Select Lifesaving Online/Renewals (centre of page)
- Select Online Payments (centre of page)
- Select Make Payment (lower centre of page)
- Enter the following information
- Transaction Type: Other
- Meaningful Information: Board Storage, 2016-2017 "Athlete/Adult Name" Bay Number "x".

If you don't know an available Bay Number (Bays that are taken have names on them already) an available one will be all ocated for you.

Any questions just email membershipmlsc@gmail.com

Juniors

Nippers Session #2 this Sunday 13 November

Arrive at 9:45am for a 10am start. Weather looks to be 17 for a high with a chance of rain. Make sure to bring wetsuits and rwet weather gear.
Clothing shop will also be open.

Notice of Cancellation of Training Sessions Notice

We may need to cancel sessions due to weather (e.g. water quality, waves). We have 2 methods to let you know if a session is cancelled. Any cancellation of a Seals Session will be posted at The Mentone LSC web site. <http://www.mentonelsc.com/mentone-lsc-training-status.html>
The Mentone LSC FB <http://www.mentonelsc.com/mentone-lsc-training-status.html>

Expression of Interest - Mentone LSC Group Surfing Lessons 28 December at Anglesea

We are looking to book a group intro to surfing lesson in Anglesea on 28 December in the afternoon (U9 - U14). This session is meant to broaden our Junior Athletes skill sets and also provide a fun alternative activity that will help their other Lifesaving skills. The course will be given by Go Ride A Wave in Anglesea. The approximate cost will be \$50 per Nipper for a 2 hour session. All attending will need to be competent open water swimmers and have a successful Competitive Swim Assessment (aka S Badge) completed prior to the day.

Spaces are limited, if you are interested please contact Greg Schmidt

gregoryschmidt@yahoo.com

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.

Session this week:

Saturday 12 November 2:00pm - 4:00 at Anglesea SLSC

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

Mentone LSC Development Squad (U12/U13/U14/U15) For Iron, Board and Swim

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 focused on reaching their full potential.

Sessions are as follows:

- Monday 5:00pm - 6:15pm Board (U12/U13/U14/U15)
- Wednesday 5:00pm - 6:15pm Iron (U12/U13/U14/U15)
- Thursday 5:00pm - 6:15pm Board (U12/U13 /U14/U15)
- Saturday 2:00pm - 3:15pm Open Water Swim (U11 - Adult) **This week at Anglesea SLSC**

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 \$30 per Nipper for remaining 5 sessions (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

Mentone LSC Senior Training - Mentone LSC Beach

- Monday 6:00am Boards (Aaron)
- Tuesday 6:00am Group Training (Hayley)
- Tuesday 5:00pm Ski (Joel Saunders)
- Wednesday 6:00am Boards (Aaron)
- Friday 6:00am Boards (Aaron)
- Friday 5:00pm Group Training (Hayley) then Board (Aaron)
- Saturday 2:00pm Open Water Swim (adults welcome) This week at Anglesea SLSC

For any updates on session be sure to join the [Senior Facebook Group](#).

For more info call Aaron Hamstead at 0478 000 726.

Senior Ski Training at Patterson Lakes

Senior Ski training is held at Patterson Lakes

Mondays and Wednesdays at 5:30pm.

Extra fees apply. Contact Aaron Hamstead for more details, aaron.hamstead@gmail.com.

Senior and Adult Swim at Bayside Aquatics Term 4 Wednesday nights 7:45pm

Casual Price is \$10 per session per person and Price for the full term (10 sessions total) is \$40 per Swimmer for remaining 6 sessions (50% discount for family members over 2). Adults can swim on both Monday and Wednesday for the same price.

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)

Training and Certification

Patrol Dates/Roster

Mentone Lifesaving club is using Team App this year to manage the patrol roster. If you wish to register for patrols please download the app. It is accessible via smart phones, ipads or pc's. Once set up you can register for the patrols which suit you. Please note that patrols are capped at 20 people.

Team App: <https://mentonepatrols.teamapp.com/>

Team App FAQ: <https://www.teamapp.com/faqs>

Follow these steps to access Mentone Patrols App:

1. Download Team App from the Apple or Google Play app store.
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Mentone Patrols".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to mentonepatrols.teamapp.com to sign up and view this App online.

Note there are 2 patrols on December 3rd. The morning patrol where all patroller's are required for the Mentone Swim and a standard sanctioned full patrol in the afternoon.

Skills Maintenance (Requals)

How to register for annual Skills Maintenance:

This year we are making it easier than ever to do your Skills Maintenance. If you only need to do Bronze or SRC we are conducting these during most patrol times in December, so no special trip to the club needed! Area skills maintenance at other clubs are also available. If you also have IRBD/C, Spinal or ART; these will be at most sessions.

NOTE: All IRB Crew and IRB Driver award holders this season must successfully demonstrate a practical requirement of a range of skills to be deemed competent. The log book process used in previous seasons is not available for the 2016/17 season. We aim to have the main IRB session after the Mentone Swim on the 3rd December due to all boats available.

With changes to Spinal Management this season, this skills maintenance is more a learning session of updates.

Go to <http://www.lsv-from-anywhere.com.au/>

Log in to your account (if you have used this before) or create a new account.

- Click on Skills Maintenance.
- Complete the theory assessment for your appropriate award(s)
- Print your Certificate and present to the assessor on the day of the skills maintenance.
- Once successfully completed the theory component, you are then required to book into a skills maintenance. assessment. Please book early to avoid missing out, as numbers are capped depending to resources available.
- Select book practical against your awards and select. Remember your chosen session.

Further information: <http://www.mentonelsc.com/courses--skills-maintenance.html>

Nipper Patrol Roster

We will be running a Partial Patrol on ALL Nipper Days. Nipper Patrols - Sundays 10am to 12pm (or other alternate dates).

We require a few experienced Bronzies on patrol for each session, plus SRC patrollers. These patrols are highly recommended as good opportunities for new Bronzies and SRC to test out their skills.

Please nominate into the sessions/roles which best suit you using the link to a live google doc.

https://docs.google.com/spreadsheets/d/1c_SwR2D9mSbSGR9If0CdTXJvg5DUyMjx1Nu3QhQvxhw/edit?usp=sharing

Be sure to Follow Us on

[Web](#)

[Facebook](#)

[Instagram](#)

[Twitter](#)