

# Mentone LSC Weekly Update for 14 Sep

## General Club News

### SRC and Bronze Medallion courses will commence in mid October.

There will be 3 courses for SRC and Bronze Medallion certification:

1. SRC (Surf Rescue Certificate) is required for all this season U14. After getting this certificate U14's can participate in patrol and water safety.
2. Bronze Medallion is required for all U17+ Senior and Master Competitors
3. Bronze Medallion for adults which allows an adult to patrol and perform water safety

The Bronze Medallion also is the basis for advanced awards (including Advanced Resuscitation and IRB Crew/Driver). Getting these awards is also important to helping us perform our community responsibility of patrol.

Please get involved in these courses. It is a great way to learn new skills, make some new friends and help develop the young people of our club into exceptional adults.

To express your interest in SRC or Bronze Medallion courses please Email [Andy Farrow](#)

### Mentone LSC Trivia Night - Save the Date 21 Oct

Mentone Life Saving Club Annual Trivia Night will be held 7.00pm 21st October 2017

Booking details to come soon.

If you would like to donate items for prizes on the night or you have something we could auction, please contact [Marianne Kirk](#)

### Mentone Working Bee 7 October 8am to 12noon

Save the date for the Mentone LSC working Bee. This twice yearly activity is very important to keep our club looking its best. There will be plenty of jobs for all skills. Come down and help the club, meet old friends and make some new ones.

## Juniors

### Expression of Interest in Coaching, Age Managers and Helping out for Summer Junior Season

Please let [Greg Schmidt](#) know if you are interested in Volunteering in any of the following roles for the upcoming summer season

- Coach or Asst Coach (For Sunday Nippers and Competition)
- Coach or Asst Coach (for Sunday Nippers with competition optional)

- Senior Athlete Coach Mentors (U15+ Athletes who want to help mentor and develop U8-U14)
- Age Manager (Primary or assistant Age Group Manager)

We are also looking for volunteer coaches for skill sessions (Beach, Swimming, Board) to be held at the club throughout the summer. These session can be morning, evening or weekend.

### **Last Winter Nippers of the season Mentone LSC Sunday 3pm to 5pm**

This Sunday is our final Winter Nippers Session for this season. Forecast is for partly sunny with a high of 17 degrees. This will also be the last session before the Mentone LSC Mini Gold

### **Mentone LSC Mini Gold 15 October**

The 3rd Annual Mentone Mini Gold will be held 15 October. The Mentone LSC Mini Gold is 3.5km run from Mentone LSC to Beaumaris LSC and a 3.5km paddle back to Mentone LSC. Marshalling at 9am and racing starts at 10:00am.

If your Nipper would like to compete, or if you would like to help with water safety/marshalling contact [Greg Schmidt](#)

### **Updated LSV Junior Competition Schedule**

LSV has updated their LSV Junior Competition Schedule

They are not confirmed on which carnivals will be State Qualifiers (but they will most likely be Chelsea and Lorne). The carnival for Australia Day weekend is now listed as location TBC. Current schedule can be found [here](#).

### **Term 4 Swimming for Juniors (U8-U14) and Adults**

Term 4 Swimming at Bayside Aquatics will start Monday 9 October 7:45 - 8:45. Instructors include Joel Simondson, Hannah Schmidt, Phoebe Wearne and Charli Kappa. We will have a lane for beginner Nippers, lanes for general to advanced Juniors and lanes for adults. This is great night to share with your Nipper.

Cost is \$70 for the term or \$8 casual rate per session. There is a 50% discount for each family member beyond 2.

To pay online go to SLS Portal [here](#)

Transaction Type: Special event

Meaningful info: Term 4 Swimming for [Nipper and/or Parent name]

## **Seniors and Masters**

### **Updated Senior/Master/Boatie Competition Schedule**

LSV has updated their competition schedule for Seniors/Masters/Boaties. This updated schedule can be found [here](#)

## **Patrol**

### **All IRB drivers and crew**

This Sunday 17th Sept at 1pm we are having a inspection of all IRB equipment in preparation

for the LSV club inspection.

So if you spare a hour or two, please come down and help.

We can take a IRB out for run while Winter Nippers is running at 3pm as well.

Contact Colin for more info on 0431 835 813

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