

Mentone LSC Weekly Update for 16 Aug

General Club News

Save the Date Mentone LSC Open House Sunday 15 October

Mentone LSC Open House is a day where we show off our club and our many activities to new members. We will be promoting in the community but we also need club member help to spread the news and volunteer to help on the day. If you would like to get involved in the Mentone LSC Open House day (including making sure we get this promoted in your local school or neighbourhood) please contact [Greg Schmidt](#).

Juniors

Winter Nippers

Winter Nippers this Saturday 19 Aug 3pm to 5pm

Upcoming Sessions

Saturday 26 Aug Ocean Grove 2pm to 4:30pm

Saturday 2 Sept Mentone LSC 3pm to 5pm

Saturday 9 Sept Anglesea SLSC 2pm to 4:30pm

Sunday 17 Sept Mentone LSC 3pm to 5pm

Save the Date Mentone Mini Gold 15 October 2017

The Mentone Mini Gold 3.5km run and 3.5km board paddle is back for its 3rd year. This years Mentone Mini Gold will be on 15 October (same day as Mentone LSC Open House). Racing starts at 10:00am.

Junior Sports Calendar is now available

Check out the dates and locations for Mentone LSC club events and LSV Competitions. Please note that LSV have not yet identified which competitions will be qualifiers for the State Championships. Please download the schedule [here](#).

Seniors and Masters

Senior Competition Schedule (Draft) is now available

LSV has released a draft schedule for the 2017/2018 Season. See the schedule [here](#).

Surf Boat Rowing

Training for 15+ year olds is now on Thursday Nights at 7.30pm.

Training sessions will be gym & rowing machine based.

We will be working on technique first boat / water stuff will follow.

See you at 7.30 pm or text Peter Hurst on 0416 243271

Ergo Rowing Fitness Sessions

Attention boaties, we have two sessions weekly for Ergo Rowing Fitness

- 6am to 7am Tuesday
- 7.30pm to 8.30pm Thursday

R&R information Session for Seniors, including U15 and up

Please come along this Sunday 20 August at 4pm to discuss our club's participation in R&R this season. Whether you competed last year or not and even if you are unsure about this year, please come along. The aim is to gauge interest and the potential to establish teams for season 2017/18.

Please contact Russell Rees 0419394880 if you have queries or if you cannot come and want to have a chat.

See you Sunday at 4pm (you never know the bar may just open for parents for a short time!)

Patrol

Attention Patrollers Dates have been released for 2017/2018 Patrol

Please see the LSV flyer for [dates for patrol](#) for the 2017/2018 season (including Holiday Patrols).