

Mentone LSC Weekly Update for 27 June 2017

General Club News

Patrol Room Upgrade

The club has received a grant from the Emergency Services Volunteer Sustainability Grant Program to undertake works to improve our patrol room. Over the next few months we will be installing a new power supply, new computers, a new marine radio, an automatic weather station, a new shark siren, and two new pairs of binoculars. In addition much of the equipment currently housed in the office are will be moved to the patrol room. The aim is to automate many of our systems and provide much more information for patrollers. Any queries or if you would like to be involved please contact [Colin Williams](#), [Russell Rees](#) or Sai Dale.

Mentone LSC Club Calendar

Keep up to date with Mentone LSC Club Calendar. This online calendar allows you see and filter Mentone LSC events (even if they are being held at another location). Bookmark the [Mentone LSC Calendar here](#).

Tax Deductible Donation to Mentone LSC

You can make a Tax Deductible Donation to Mentone LSC just in time for the end of the tax year. All donations contribute to helping support the many programs and services that we run year round at Mentone LSC. To make a donation follow these steps:

Go to this [link](#)

Select Transaction Type: Donation

Make sure to enter your email address to receive your receipt.

Mentone LSC AGM Rescheduled new Date 20 July 2017

Mentone LSC annual AGM has been rescheduled for 20 July 7:30pm at the club.

Juniors

Winter Nippers at Mentone LSC this Saturday 3:00pm to 5:00pm

We encourage your Nippers to bring a friend. It is a great day for Nipper and Parent.

For more info contact [Greg Schmidt](#).

Other Winter Nipper Sessions for July

- Saturday 15 July at Mentone LSC 3pm - 5pm

- Sunday 23 July at Mentone LSC 3pm - 5pm
- Saturday 29 July at Ocean Grove SLSC 2:30pm - 4:30pm

For the full info and Winter Nipper schedule go to [here](#).

Term 3 Swimming Adult and Nipper at Bayside Aquatic Monday Nights 17 July

Our Mentone LSC Swimming group of Nippers and Parents will start next term on 17 July, 7:45pm to 8:45pm. Coaching will be done by Joel Simondson, Hannah Schmidt, Phoebe Wearne and Charli Kappa. We will have separate lanes for adults, Advanced Nippers and Basic Nippers. This is a great opp for parents and Nippers to work on technique and endurance (We can also accommodate next season U8s and U9s).

The cost for the full term (11 sessions) is \$70 per swimmer. There is a 50% discount for all family members beyond 2. Casual rate is \$8 per swimmer.

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

- For payment select other.
- For meaningful information: enter Term 3 Swimming at Bayside for [Nipper/Adult name]

Harriet Brown Training Session 13 August Anglesea SLSC

Nutrigrain Ironwoman and World Lifesaving Ironwoman Champion, Harriet Brown will be giving surf skills clinics for Mentone LSC on 13 August. These sessions will be held at Anglesea. There will be two sessions in the afternoon for Nippers (Advanced Nipper Session and Basic Nipper Session). This is open for all Nippers U9 to U14 (next season ages) who are able to board and swim in surf conditions. Session will be assisted by Joel Simondson. Cost will be approximately \$40 per athlete.

Spaces are limited. Please let [Greg Schmidt](#) know if you would like to attend or if you have any questions.

Seniors and Masters

Mentone Surfboat Rowing

We WANT YOU!

We are now looking for 15 - 18 year olds to form U19 male & female surf boat rowing crews.

We have coaches, boats, ergos (rowing machines) and training programs ready!

Please feel free to bring your mates.

For more info or questions contact Peter Hurst 0416 243 271

Senior and Master Training

There are plenty of Winter Training options available for Mentone LSC Seniors and Adults.

Monday 6:00am to 7:00am Gym workout at Mentone LSC

Wednesday 6:00am to 7:00am Gym workout at Mentone LSC

Wednesday 7:45pm to 8:45pm Swim at Bayside Aquatic (\$5 per swimmer per session)

Friday 6:00am to 7:00am Gym workout at Mentone LSC

Saturday 2:00pm to 3:15pm Board and ski with warm up run.

For a complete listing of a training and fitness activities go [here](#).

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