

MOUNT MARTHA SENIORS 2019-20



MISSION STATEMENT

To provide an avenue for senior aged members (13+) to train, compete and socialise in a positive supportive environment, free from judgement, bullying or negative pressure. The program strives to be both challenging and fun.

AGE GROUPS: All seniors train together however their competitive age groups for competition is as per below:

13 years old on 30 Sep 19 - Under 14
15 years old on 30 Sep 19 - Under 17
17 years old on 30 Sep 19 - Under 19

14 years old on 30 Sep 19 - Under 15
16 years old on 30 Sep 19 - Under 17

SENIORS PROGRAM:

Activity	Day/time
MMLSC Gym - Circuit training	Monday (6am-7am)
Board training @ Mt Martha Beach	Tuesday (6pm-7pm)
Seniors Program @ MMLSC flags, sprints, boards, ski and fun team building games	Thursday (6:00pm- 7:30pm)
Seniors Surf Camp @ Anglesea	Friday 18th - Sunday 20th October
Surf sessions @ Local or Surf coast beaches	Pending weather & surf conditions Look out for Team App notifications
Beach Patrol (per Patrol roster)	Saturday or Sunday afternoons

REQUIREMENTS:

MEMBERSHIP: Senior membership must be COMPLETED prior to participating in the Senior Program
Renewing members - <https://mmlsc.com.au/membership-renewals/>
New Members - <https://mmlsc.com.au/membership-new/>

LIFE SAVING AWARDS

All Senior members are required to obtain a life saving award and begin beach patrols upon obtaining their relevant award successfully.

13 & 14 year old members obtain **Surf Rescue Certificate (SRC)**
15 years and above obtain **Bronze Medallion (Bronze)**

SWIM ASSESSMENT: Required for seniors not holding SRC or Bronze award (SRC or Bronze)

Swim distance: 13 & 14 year olds – 200m swim and 15+ years 400m swim (**For New Members only**)
Peninsula Junior School pool - Thursday 10th October or Tuesday 15th October 7:00-8:00pm,
alternatively this will be completed during the first few weeks of seniors training.

UNIFORM:

Club bathers and hi-vis rash singlet (purchase from merchandise shop)

Club cap required for competitive seniors

Merchandise opening hours: Thursday 10th October, 31st October & Friday(s) Nov-Feb 6-7.30pm)

TRAVEL CONSENT FORM:

Completed LSV/MMLSC travel consent form required for all seniors

COURSE DATES - Surf Rescue Certificate Course**Theory 5:30pm - 9:00pm**

Friday 1st November

Thursday 7th, 14th, 21st, 28th November

Thursday 5th December (review optional)

Water Skills 5:30pm - 8:00pm

Friday 8th, 15th 22nd, 29th November & 6th December

Assessment day

7th December 9am

Requirements for all sessions: *Manual, club bathers, goggles, wetsuit, hi-vis rashie*

**COURSE DATES Bronze Medallion Course 15+ years****Saturday 8:30am - 4:00pm**

2nd, 16th, 30th November

Sunday 8:30 - 4:00pm

10th, 24th November

Assessment day

7th December 9am

Requirements for all sessions: *Manual, club bathers, goggles, wetsuit, hi-vis rashie*

**Surf Rescue Certificate & Bronze Medallion Skills Maintenance (requalify) 2019 dates
TBC**

SENIOR SURF CAMP – 18th - 20th 5pm October (see separate information sheet & application form)

This camp is an opportunity for seniors to improve their surf skills.

Bus transport (for seniors) departing MMLSC Friday 5:00pm

Email Senior manager for additional information: seniormanager@mmlsc.com.au

SAFEGUARDING CHILDREN AND YOUNG PEOPLE:

MMLSC is committed to the Safeguarding of Children and Young People (SCYP) and provides a safe and supportive environment for children and young people, with a focus on fun, education and building confidence of our people through positive learning and development.

Member Protection Officer: Bec Gibbs Club President

Wellbeing Officers: Lisa Chambers & Leigh Brown.

Please feel free to contact them at anytime if you need to talk to someone or need help with anything, contact details on Page 5.

SENIORS EQUIPMENT: All equipment is supplied by the club and extreme care must be taken in its use.

General boards:

10ft Soft & Fibreglass Racing Mal

Competition boards & Single/Double fibreglass skis

10ft Fibreglass/carbon racing mals – Under 14 and above (Competition boards) **(stored in patrol area)** *Only to be used under the instruction of a Senior coach during sanctioned training or competition.*

Seniors may access club equipment (SUPs, soft boards and general use boards only) during weekend patrols. Remember to bring your hi-vis rash vest and let the Patrol Captain know first.

COMMUNICATION: All communication Via Email and Team App



Download Team App. Join Mount Martha Life Saving Club & request access to Youth/Seniors 13+ and/or Seniors 18+. Parents and seniors must join.

SWIMMING

We have a group of swimmers that meet every morning – 7.30am weekdays, 8am weekends and public holidays, we encourage all Senior members to join in a regular swim sessions to maintain your fitness.

LSV COMPETITIONS

Surf Life Saving provides an amazing array of competition options, the different disciplines range from beach running, 'flags', board events, swimming, surf skis and IRB's racing. This wide range provides all members of the Club with an opportunity to become involved in competition.

PARENT VOLUNTEER REQUIREMENTS

Parental assistance is required with:

- Water safety (2 hours) for U14/U15 section
- LSV Carnival Setup/packup volunteers

MMLSC will provide officials and IRB crew as per LSV requirements for carnivals as noted below.

Seniors are welcome to attend all carnivals even when an MMLSC coach and officials are NOT attending. The Senior Manager will process competitors' entries **BUT** parents will be responsible for fulfilling the Competition Official duties and Water Safety personnel requirements in addition to LSV Set up/pack up roster at these carnivals.

SENIOR 2019/20 COMPETITION DATES

Date	Type	Venue	Entries Close	Notes
10/11/2019	Endurance Seniors/Masters	Mornington LSC	03/11/2019	MMLSC attending (Pending program)
24/11/2019	State Team Trials	Fairhaven SLSC	18/11/19	
30/11/2019	MMM Gold	Mt Martha	18/11/19	MMLSC attending

08/12/2019	Youth / Seniors #1	Ocean Grove SLSC	01/12/2019	MMLSC attending
14/12/2019	Modified Beach U10 - Youth/Seniors/Masters	Altona LSC	07/12/2019	
20/12/2019	Twilight Modified Youth/Seniors	LSV	13/12/2019	
05/01/2020	Youth / Seniors #2	Anglesea SLSC	28/12/2019	MMLSC attending
12/01/2020	Youth / Seniors #3	Torquay SLSC	05/01/2020	MMLSC attending
19/01/2020	Youth / Seniors	Mordialloc LSC	12/01/2020	MMLSC attending
1-2/02/2020	Youth / Seniors #4	Seaspray (2xhalf day)	23/01/2020	
09/02/2020	Youth / Seniors #5	Lorne SLSC	02/02/2020	MMLSC attending
21-22/03/20	Youth/Senior State Championships	Lorne SLSC	28/02/2020	MMLSC attending
18-26/04/20	Australian Championships	North Burleigh	10/03/2020	

COMPETITOR PREREQUISITES

Age Group	Award – Completed/ Proficient by 31st December	Patrol Hours @ 31st December 2019
Under 14	Surf Rescue Certificate + 288 metre Comp Swim	Nil
Under 15	Surf Rescue Certificate or Bronze Medallion	New Award – 4 hours Existing Award – 16 hours
Under 17	Bronze Medallion	New Award – 4 hours Existing Award – 16 hours
Under 19	Bronze Medallion	New Award – 4 hours Existing Award – 16 hours

CARNIVAL REGISTRATION

Once you have had a chat to your Coach and decided to participate in a carnival you need to register first. The registration is simply done online via **Team App Events**. The process is the same for every carnival including the State Championships, however please note the fee differences.

Carnival Fees (subject to change for 2019-20)

Carnival \$28 per athlete

State Championship \$42 per athlete

CARNIVAL PAYMENTS

- All Carnival payments can be made via the **Team App Events**. Please make sure you have Team App downloaded onto your smart phone and search for Mount Martha Life Saving Club, join Youth/Seniors access group.
- Find the date of the Carnival you wish to register for and proceed with the payment process and RSVP.
- Entry fees must be paid by due date – **no late entries, no entries on the day**.
- Withdrawals on the day need to be registered at the LSV tent before 10.00 am. It is your responsibility to advise your Coach/Team Manager on or before the day of absence/non attendance (refunds will be made if you ensure this gets done and the change is made at the LSV Tent on the day).
- No withdrawals after closing date for 2020 Victorian Championships.
- Your carnival entry CANNOT be processed if your club membership has not been completed or you have not completed your Award or patrol hour obligations as per table above.

WHAT TO BRING

- Competition cap & Fluoro vest
- Club Bathers/goggles/silicon swim cap
- Towels/sunscreen
- Rain coat & warm clothes
- Water bottle

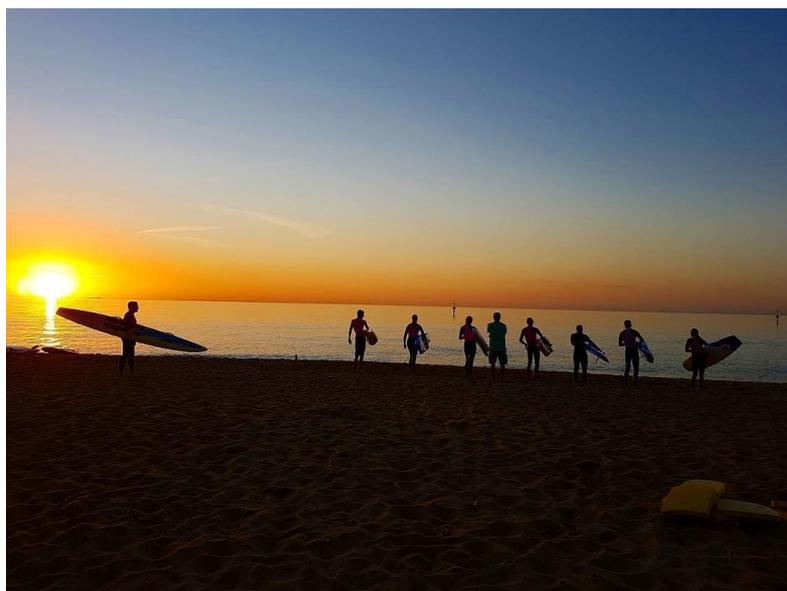
SENIOR SUB-COMMITTEE

Name	Position	Email	Phone
Deanne Johnstone	Senior Manager	seniormanager@mmlsc.com.au	0412 598 350
Troy Cochrane	Head Coach	headcoach@mmlsc.com.au	0400 751 798
Grant Gibbs	Senior Coach (male)	maleseniorcoach@mmlsc.com.au	0408 204 051
Caroline McGill	Senior Coach (female)	femaleseniorcoach@mmlsc.com.au	0410 247 106
Jon Myers	Club Captain	clubcaptain@mmlsc.com.au	0419 592 405
Bec Gibbs	President & Member Protection Officer	president@mmlsc.com.au	0432 204 147
Lisa Chambers	Wellbeing Officer	wellbeing1@mmlsc.com.au	0414 597 448
Leigh Brown	Wellbeing Officer	wellbeing2@mmlsc.com.au	0466 931 750

SENIOR CALENDAR 2019 – 20

Date	Who	Activity	Location	NOTES
Tues 8 th Oct 6-7pm	Seniors	Board Training	MMLSC	
Thurs 10 th Oct 6-7pm	Seniors	General Training	MMLSC	
Thurs 10th Oct 7-8pm	Seniors & Parents	Pizza and information night	MMLSC	ALL PARENTS INVITED TO ATTEND.
Thurs 10 th Oct 7-8 pm	Seniors	Prelim Swims	Peninsula School Jnr Pool	Seniors without SRC or Bronze
Tues 15 th Oct 7-8 pm	Seniors	Prelim Swims	Peninsula School Jnr Pool	Seniors without SRC or Bronze
Tues 15 th Oct 6-7pm	Seniors	Board Training	MMLSC	
Thurs 18 th Oct 6-7.30pm	Seniors	General Training	MMLSC	
Fri 18th - Sun 20th Oct	Seniors	Nipper & Senior Surf Camp	Anglesea	ARALUEN LUTHERAN CAMP
Tues 22 nd Oct 6-7pm	Seniors	Board Training	MMLSC	
Thurs 24th Oct 6-7.30pm	Seniors	General Training	MMLSC	Bring a friend night
Tues 29 th Oct 6-7pm	Seniors	Board Training	MMLSC	
Thurs 31 st Nov 6-7.30pm	Seniors	General Training	MMLSC	
Tues 5 th Nov	NO TRAINING MELBOURNE CUP DAY			
Thurs 7 th Nov 6-7.30pm	Seniors	General Training	MMLSC	
Tues 12 th Nov 6-7pm	Seniors	Board Training	MMLSC	
Thurs 14 th Nov 6-7.30pm	Seniors	General Training	MMLSC	
Tues 19 th Nov 6-7pm	Seniors	Board Training	MMLSC	
Thurs 21 st Nov 6-7.30pm	Seniors	General Training	MMLSC	
Tues 26 th Nov 6-7pm	Seniors	Board Training	MMLSC	
Thurs 28 th Nov 6-7.30pm	Seniors	General Training	MMLSC	
Tues 3 rd Dec 6-7pm	Seniors	Board Training	MMLSC	
Thurs 5 th Dec 6-7.30pm	Seniors	General Training	MMLSC	
Tues 10 th Dec 6-7pm	Seniors	Board Training	MMLSC	
Thurs 12th Dec 6-7.30pm	Seniors	Xmas Break Up	Bayside Rock Climbing	Cost \$20 approx
Tues 17 th Dec 6-7pm	Seniors	Board Training	MMLSC	
Thurs 19th Dec 6-7.30pm	Seniors	General Training	MMLSC	Christmas BBQ after training.
Tues 7 th Jan 6-7pm	Seniors	Board Training	MMLSC	
Thur 9 th Jan 6-7.30pm	Seniors	General Training	MMLSC	
Tues 14 th Jan 6-7pm	Seniors	Board Training	MMLSC	

Thur 16th Jan 6-7.30pm	Seniors	General Training	MMLSC	
Tues 21st Jan 6-7pm	Seniors	Board Training	MMLSC	
Thur 23rd Jan 6-7.30pm	Seniors	General Training	MMLSC	
Sun 26th Jan	Seniors	MMAD SWIM	MMLSC	Australia Day
Tues 28 th Jan 6-7pm	Seniors	Board Training	MMLSC	
Thur 30th Jan 6-7.30pm	Seniors	General Training	MMLSC	
Tues 4 th Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 6 th Feb 6-7.30pm	Seniors	General Training	MMLSC	
Tues 11 th Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 13 th Feb 6-7.30pm	Seniors	General Training	MMLSC	
Tues 18 th Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 20th Feb 6-7.30pm	Seniors	General Training	MMLSC	
Tues 25 th Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 27 th Feb 6-7.30pm	Seniors	General Training	MMLSC	
Tues 3rd Mar 6-7pm	Seniors	Board Training	MMLSC	
Thur 5 th Mar 6-7.30pm	Seniors	General Training	MMLSC	
20th – 21st March	U14s- OPEN	Vic Senior Champs	Lorne SLSC	
Tues 10th Mar 6-7pm	Seniors	Board Training	MMLSC	Competitive Seniors
Thur 12th Mar 6-7pm	Seniors	General Training	MMLSC	Competitive Seniors
Tues 17th Mar 6-7pm	Seniors	Board Training	MMLSC	Competitive Seniors
Tues 19th Mar 6-7pm	Seniors	General training	MMLSC	Competitive Seniors
Thur 26th Mar 6-8:30pm	Seniors Masters	Seniors vs Masters	MMSLC	BBQ meal provided



Mount Martha Seniors

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