



Hi 2019/2020 U13 Nippers,

## ***Welcome to MMLSC Seniors as U14 Youth Members***

To join Seniors you will need to:

1. Complete annual MMLSC Registration for 2020/21 season and join as active individual (cost \$80 +/- donation of \$50) or as member of family group (cost \$170 +/- donation of \$100)
2. Enrol/complete Surf Rescue Certificate course in January (delayed start due to Covid-19). U14s can commence Seniors training whilst awaiting SRC.
3. Sign up to Team App under your name and join Youth/Seniors group. Team App RSVP will be required before any Seniors can join any training sessions.
4. Complete prelim swims 200m on Thursday 5<sup>th</sup> November (Seniors Training) or Tuesday 10<sup>th</sup> November (Seniors Board Training) between 6-7pm
5. Join a patrol group and be prepared to volunteer as a junior lifesaver (pending Covid19 restrictions) on the weekend days that your patrol group is rostered on.

### **Information session**

Zoom Seniors and Parent information session will be held on Thursday 22<sup>nd</sup> October 7:00-8:00pm. Meeting link will be sent via Team App closer to date.

### **Seniors and Covid-19**

Unfortunately, due to Covid-19 the 2020/21 Seniors season will be delayed until 1st week of November (pending Vic Gov restrictions).

But we are planning on running as many safe training and outdoor events as possible from November similar to last season but with more hand sanitizer and smaller groups.

Smaller groups will enable U14 training group to develop skills amongst other U14/U15 youth members during Seniors training sessions in 2020.

Until November, the following activities are available for 2020/2021 MMLSC seniors:

### **Seniors – October activities**

#### ***MMLSC SENIORS COVID-ISO PHOTOS***

We know some seniors have joined Icebergers or been board paddling at beach or pool or farm dam.

Send a photo or video by email or team-app showing Troy how you choose to stay fit during Covid-19 lockdowns.

#### ***MMLSC SENIORS STRAVA RUNNING TEAM***

Get fit for the life saving season and join Strava as a member of MMLSC Seniors team and try to beat the coaches in the 1st running challenge from 3rd October.

See Strava. [www.strava.com](http://www.strava.com) or download the app to find out more.

- Strava is a social networking app for athletes
- Athletes must be at least 13 years old to sign up
- Join for free or subscribe

*MMLSC Conditions to join MMLSC Seniors group on Strava.*

1. All seniors must renew their membership promptly when membership renewals open on October 1st 2020.
2. For Seniors < 18 yrs, parent consent is required before joining Strava. All seniors will be individually approved by MMLSC before joining MMLSC Seniors (Strava)
4. When joining the club - MMLSC Seniors, the following privacy settings **MUST** be set:
  - Profile page – followers
  - Group activities – followers
  - Activities – followers

*And the following privacy settings are RECOMMENDED:*

- Privacy zone
- Beacon set up (only for subscription accounts, \$6.83 per month)

Search 'MMLSC Seniors' and request to join.

Any questions, please email MMLSC Seniors Strava administrators;

Deanne Johnstone: [seniormanager@mmlsc.com.au](mailto:seniormanager@mmlsc.com.au)

Leah Andrews: [juniordirector@mmlsc.com.au](mailto:juniordirector@mmlsc.com.au)

*Regards,*

Deanne Johnstone, Senior Manager