

MOUNT MARTHA SENIORS 2020-21



MOUNT MARTHA
Life Saving Club

MISSION STATEMENT

To provide an avenue for senior aged members (13-18+) 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 smaller training groups during Covid restrictions will enable a development group to train together to improve board paddling skills.

MEMBERSHIP

Annual MMLSC Registration opens in October and Seniors can register either as member of family group or as an individual.

Senior membership must be COMPLETED prior to participating in the Senior Program See [link](#)

MMLSC Seniors Strava team - join Strava as member of MMLSC Seniors team and try and beat the coaches in Challenge week(s) from 3rd October. (see Strava information sheet on Team App)

SENIORS PROGRAM

We are planning on running as many safe outdoor events as possible similar to past seasons but with more hand sanitizer and smaller groups of 10 per coach due to Covid-19 restrictions.

MMLSC Activity	Day/time
Gym - Circuit training (via zoom)	Monday (6am-7am)
(from November onwards pending Covid restrictions)	
Board training @ Mt Martha Beach	Tuesday (6pm-7pm)
Ocean Swim training @ Mt Martha Beach	Wednesday (7:00-7:30am)
Seniors Program @ Mt Martha beach Beach program, fitness, boards, ski and swimming (due to Covid-19 restrictions on equipment activities will occur as specified on team app & rotate weekly)	Thursday (6:00pm- 7:00pm) (6-7:30 from Dec onwards)
Fitness/Beach training @ Mt Martha Beach	Friday (6:30 -7am)
Ocean Swim training @ Mt Martha Beach	Friday (7:00 - 7:30am)
Ski training @ Mt Martha Beach (for Seniors U17s and older)	Friday (4:30 – 5:30pm)
Iron training @ Mt Martha Beach	Saturday (4pm-5pm)
Beach training for carnivals @ Mt Martha Beach	Saturdays (4pm-5pm) See Team app for dates
Ski training @ Mt Martha Beach (for Seniors U17s and older)	Sunday (8-9am)
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 (pending Covid19 restrictions)

SWIM ASSESSMENT:

Required for new seniors not holding current SRC or Bronze award
(will occur during Seniors Thursday sessions pending weather/water conditions)

Swim distance: 13 & 14 year olds – 200m swim and 15+ years 400m swim

LIFE SAVING AWARDS

All Senior members are required to obtain a lifesaving award and attend at least four beach patrols (pending Covid-19 restrictions).

Annual requalification is required for holders of existing SRC or Bronze awards

13 & 14 years old members obtain **Surf Rescue Certificate (SRC)**

15 years and above obtain **Bronze Medallion (Bronze)**

For SRC holders once aged 15 years must obtain **Bronze Medallion (Bronze)**

AVAILABLE COURSES and ASSESSMENT DATES (see)

https://docs.google.com/document/d/1B73-S70lxZRw_6bJBhYOFnbqiiqn0J7cx5ezjOel3rU/edit?usp=sharing

Surf Rescue Certificate Course (13 – 14yr olds) (compulsory)

Bronze Medallion Course (15+ years) (compulsory)

Additional courses for Seniors holding Bronze Medallion

First Aid Course

Advanced Resuscitation (ART)

IRB Crew

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

Surf Rescue Certificate & Bronze Medallion Skills REQUALIFICATION DATES

Log in to the SLS Members Area – <https://members.sls.com.au/>

Complete online assessment & book practical session

Seniors 18+ training

Open Training for those over 18 years will be held on Monday nights from 6-7.30pm during the daylight savings period. Catering for all abilities, the training will include board and ski paddling, swimming and beach running. Casual participation is welcome for those with time constraints. These sessions can also be used to train for Lifesaving competitions or for award training if desired. When the weather allows, takeaway dinner on the balcony will be arranged after training and the bar will be opened.

For more information contact Steve Wishart on 0439 935 599 or email clubcaptain@mmlsc.com.au



Covid-19 restrictions and Seniors training

- 1.5 metre Social Distancing rules apply during training.
- All participants MUST RSVP via team app prior to attending.
- All participants will be directed to allocated groups when arriving at training
- No access to clubrooms, showers, changerooms before, during or after training.
- Bring warm clothing and parents to pick up U18 participants as soon as finished.
- Recommend all participants have Covid-19 safe app downloaded on their phone.
- If you answer yes to any Covid-19 screening questions on Team app – please do not attend.

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: Angela Iliopoulos & Simon Perry

Please feel free to contact them at anytime if you need to talk to someone or need help with anything.



UNIFORM:

Club bathers and hi-vis rash singlet

Club cap required for competitive seniors competing at LSV carnivals

See Team app Store to purchase

TRAVEL CONSENT FORM:

Completed LSV/MMLSC travel consent form required for all seniors prior any social event (see website)

SENIOR SURF CAMP – 2020 camp postponed due to Covid-19 restrictions (may occur in March 2021)

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

During stage 3 Covid restrictions boards will be allocated to individual seniors for club sanctioned training sessions and individual seniors will be responsible for setting up, cleaning and storage of equipment during training session.

General boards: 10ft Soft & Fibreglass Racing Mal

Single or Double skis

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

COMMUNICATION: All communication Via Email and Team App



Download Team App. Join Mount Martha LSC & request access to Youth/Seniors 13+ Parents and seniors must join.

SWIMMING

Twice weekly Ocean Swim training for Seniors occurs November - February

LSV COMPETITIONS

AGE GROUPS:

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

13 years old on 30 Sep 20 – Youth	14 years old on 30 Sep 20 – Youth
15 years old on 30 Sep 20 – Under 17	16 years old on 30 Sep 20 – Under 17
17 years old on 30 Sep 20 – Under 19	18 years old on 30 Sep 20 – Under 19
19 years old on 30 Sep 20 – OPEN	20 years old on 30 Sep 20 – OPEN

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.

LSV competitions have been postponed until after 1st January 2021

Parental assistance is required with:

Officials (6 hours), Water safety (2 hours) for U14/U15 section &/or LSV Carnival Setup/pack-up (1-2 hours)

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

Seniors are welcome to attend carnivals that MMLSC coach and officials are NOT attending.

MMLSC will assist these competitors BUT parents must fulfill LSV Set up/pack up requirements

Senior 2021 Competition Dates (TBC)

Date	Type	Venue	Entries Close	Notes
30 th or 31 st Jan		Mordialloc		
6 th or 7 th Feb		Lorne		
Friday 12 th Feb	Twilight Carnival	South Melbourne		
20 th or 21 st Feb		Ocean Grove		
27 th or 28 th Feb		Jan Juc or South Melbourne		
20 th -21 st March	State Championships	Lorne		

Competitor Prerequisites for state championships (pending Covid 19 restrictions)

Age Group	Award – Completed/ Proficient before attending carnival	Patrol Hours @ 28 th February 2021
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

- Register and pay carnival payment via Team app Shop or Events.
- 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 MMLSC Coach/Team Manager on/or before the day of absence/non attendance (or no refund can be issued)
- Your carnival /state championship 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

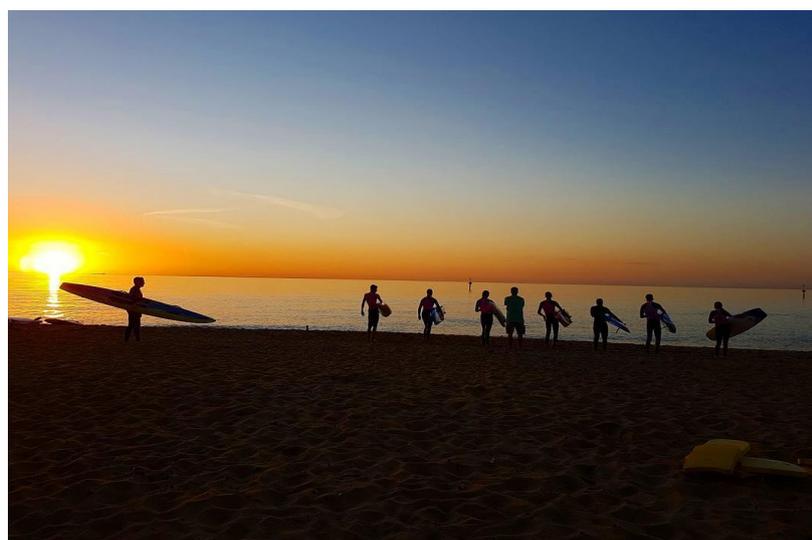


SENIOR SUB-COMMITTEE

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 240 058
tbc	Senior Coach Female	femaleseniorcoach@mmlsc.com.au	
Steve Wishart	Club Captain	clubcaptain@mmlsc.com.au	0439 935 599
Bec Gibbs	President	president@mmlsc.com.au	0432 204 147
Sue Flanagan	Member Protection Officer	memberprotectionofficer@mmlsc.com.au	0439 757 819
Angela Iliopoulos	Wellbeing Officer	wellbeing1@mmlsc.com.au	0409 821 836
Simon Perry	Wellbeing Officer	wellbeing2@mmlsc.com.au	0402 331 27



SENIOR CALENDAR 2020 – 21				
Date	Who	Activity	Location	NOTES
Thurs 22 nd Oct 7:30-8:30pm	Seniors & Parents	Zoom session Information night	ZOOM	
Seniors Group training Thursdays 6-7pm 5 th Nov - 18 th March *finish time of 7:30 from 2021 onwards	Seniors	General Training	MMLSC	Possible prelim swims for Seniors without SRC or Bronze (pending water/weather) will occur during initial training sessions
Beach Board Fitness Iron training Ski, Swimming	Seniors	See separate training schedule & Team app	MMLSC	
6 th – 8 th March	U14s	Vic Junior Champs (TBC)	Warrnambool	March Past team
20 th – 21 st March	Seniors	VIC championships (TBC)	Lorne	



MMLSC Seniors social activities

MMLSC Senior social activities provide opportunities for seniors to do fun things with lifesaving friends and discover new experiences



SENIOR Social CALENDAR 2020 – 21 (Social events TBC pending Covid restrictions)			
Date	Who	Activity	Location
Thurs 17 th Dec 6-7.30pm	Seniors	Christmas BBQ after training (outdoor only)	MMLSC
Thurs 14th Jan 6-7.30pm	Seniors	Bring a friend night to Seniors training	MMLSC
Thur 21 st Jan 6-7.30pm	Seniors	Barefoot Cinema at The Briars	The Briars TBC
Sunday 17 th Jan 3-6pm	Seniors Masters	Seniors vs Masters competition BBQ afterwards	MMSLC
Tues 26 th Jan	Seniors	Australia Day MMAD SWIM	MMLSC
Thur 25th Mar 6-8:30pm	Seniors Masters	Seniors vs Masters Seniors vs Masters competition BBQ afterwards	MMSLC
Friday 26 th Mar 5pm to Sunday 28 th March 5pm	Seniors & Nipper	Surf camp (see separate information sheet)	Anglesea



Coaching assistants and Water Safety for Nippers and JASS (Junior Aquatic Sport Squad)

Seniors are welcome to help out with Nipper sessions either through providing water safety or assisting with coaching.

After a year of helping out with Nipper coaching Seniors may be eligible to join Seniors coaching group and complete club subsidized and nationally recognized AIS and LSV coaching course and assist with coaching of nippers.

If you are interested in helping out with nippers either by providing water safety or coaching please contact Leah juniordirector@mmlsc.com.au or Tash jrcompetitionmanager@mmlsc.com.au

Life Saving Victoria (LSV) Opportunities

LSV offers many ways to be involved in lifesaving.

Under 15 and U18 Leadership Development Camp (pending Covid- 19 restrictions)

U18s LSV Leadership Development Camp is an opportunity for youth members to kick start the lifesaving season developing their leadership and lifesaving skills. (November)

U15 Leadership Development Camp is a fun filled weekend of activities designed to develop participants knowledge of self, team building, leadership, and lifesaving skills. (May)

Camps are held annually with 1-3 MMLSC seniors attending camp each year. Talk to your Senior coaching team if interested.

To participate, you must be nominated by the Club.

See <https://lsv.com.au/clubs-members/leadership/leadership-and-development-camps/> for additional information

LSVj Advisory Committee & Innovation Challenge

The LSVj Advisory Committee represents youth member views, values and ideas. Aiming to provide vehicle to engage youth members and provide another platform for youth development and leadership.

MMLSC Seniors are encouraged to engage with Life Saving Victoria either as entering LSVj innovation challenge or as member of LSVj.

For 2020 U19 Zoe Brown is a member of LSVj advisory committee.

Talk to seniors' coaches if interested in participating in LSVj innovation challenge.

To participate in LVJ Advisory Committee, you must be nominated by the Club.

See <https://lsv.com.au/lsvj/> for additional information

