

MOUNT MARTHA SENIORS 2020-21



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 @ Mt Martha Beach	Saturday (4pm-5pm)
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)

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)**

SWIM ASSESSMENT:

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

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

COURSE DATES - Surf Rescue Certificate Course (13 – 14yr olds)
Theory (completed on line via zoom)

Water/Beach Skills Training: (TBC)

Assessment day (TBC)

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



COURSE DATES - Bronze Medallion Course (15+ years)
Theory (completed on line via zoom)

Water/beach skills: (TBC)

Assessment day (TBC)

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

Surf Rescue Certificate & Bronze Medallion Skills REQUALIFICATION DATES

See [website](#) for additional information

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 (purchase from merchandise shop)

Club cap required for competitive seniors

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				
6 th or 7 th Feb				
Friday 12 th Feb	Twilight Carnival	Port Melbourne		
20 th or 21 st Feb				
20 th -21 st March	State Championships			

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 (Social events TBC pending Covid restrictions)

Date	Who	Activity	Location	NOTES
Thurs 22nd Oct 7:30-8:30pm	Seniors & Parents	Zoom session Information night	ZOOM	
Thurs 5th Nov 6-7pm	Seniors	General Training	MMLSC	Possible prelim swims for Seniors without SRC or Bronze (pending water/weather)
Tues 10th Nov 7-8 pm	Seniors	Board training	MMLSC	
Thurs 12 th Nov 6-7pm	Seniors	General Training	MMLSC	
Tues 17 th Nov 6-7pm	Seniors	Board Training	MMLSC	Possible prelim swims for Seniors without SRC or Bronze (pending water/weather)
Thurs 19 th Nov 6-7pm	Seniors	General Training	MMLSC	
Tues 24 th Nov 6-7pm	Seniors	Board Training	MMLSC	
Thurs 26 th Nov 6-7pm	Seniors	General Training	MMLSC	
Tues 1 st Dec 6-7pm	Seniors	Board Training	MMLSC	
Thurs 3rd Dec 6-7.30pm	Seniors	General Training	MMLSC	Bring a friend night
Tues 8 th Dec 6-7pm	Seniors	Board Training	MMLSC	
Thurs 10 th Dec 6-7:30pm	Seniors	General Training	MMLSC	
Tues 15 th Dec 6-7pm	Seniors	Board Training	MMLSC	
Thurs 17th Dec 6-7.30pm	Seniors	General Training	MMLSC	Christmas BBQ after training (outdoor only)
Tues 5 th Jan 6-7pm	Seniors	Board Training	MMLSC	
Thur 7 th Jan 6-7.30pm	Seniors	General Training	MMLSC	
Tues 12 th Jan 6-7pm	Seniors	Board Training	MMLSC	
Thur 14 th Jan 6-7.30pm	Seniors	General Training	MMLSC	
Tues 19 th Jan 6-7pm	Seniors	Board Training	MMLSC	
Thur 21st Jan 6-7.30pm	Seniors	General Training	MMLSC	Moonlight Cinema at The Briars (TBC) after training
Sunday 17th Jan 3-6pm	Seniors Masters	Seniors vs Masters	MMSLC	BBQ afterwards (outdoor only)
Tues 26th Jan	Seniors	MMAD SWIM TBC	MMLSC	Australia Day
Thur 28 th Jan 6-7.30pm	Seniors	General Training	MMLSC	
Tues 2 nd Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 4 th Feb 6-7.30pm	Seniors	General Training	MMLSC	

SENIOR CALENDAR 2020 – 21 (continued)				
Date	Who	Activity	Location	NOTES
Tues 9 th Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 11 th Feb 6-7.30pm	Seniors	General Training	MMLSC	
Tues 16 th Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 18 th Feb 6-7.30pm	Seniors	General Training	MMLSC	
Tues 23 rd Feb 6-7pm	Seniors	Board Training	MMLSC	
Thur 25 th Feb 6-7.30pm	Seniors	General Training	MMLSC	
Tues 2 nd Mar 6-7pm	Seniors	Board training	MMLSC	
Thur 4 th Mar 6-7.30pm	Seniors	General Training	MMLSC	
6th – 8th March	U14s	Vic Junior Champs (TBC)	Warrnambool	March Past team
Tues 9 th Mar 6-7pm	Seniors	Board Training	MMLSC	Competitive Seniors
Thur 11 th Mar 6-7pm	Seniors	General Training	MMLSC	Competitive Seniors
Tues 16 th Mar 6-7pm	Seniors	Board Training	MMLSC	Competitive Seniors
Tues 18 th Mar 6-7pm	Seniors	General training	MMLSC	Competitive Seniors
20th – 21st March	Seniors	VIC championships (TBC)	Lorne	TBC
Tues 23 rd Mar 6-7pm	Seniors	Board Training	MMLSC	
Thur 25 th Mar 6-8:30pm	Seniors Masters	Seniors vs Masters	MMLSC	BBQ meal provided
Friday 26 th Mar 5pm	Seniors & Nipper	Surf camp	Anglesea	See separate information sheet
Sunday 28 th March 5pm				

