

Mentone LSC Weekly Update 28 April

General Club News

Mentone LSC Patrollers to be Honoured by Lifesaving Victoria

Congratulations to **Lucas Waters** and **Jason Farrow** for being honored by Lifesaving Victoria. In addition to being invaluable members to the club they both have achieved over 100 hours of patrolling this season. They both will be honoured at the Valuing Volunteer Evening 13 May to celebrate their commitment to lifesaving.

Recognising the Passing of Hazel Pierce

Hazel Pierce OAM is a local icon who dedicated her life to community service. She was President of the Mordialloc Life Saving Club for 32 years and a Councillor and twice Mayor of the City of Mordialloc prior to the formation of the City of Kingston. Hazel was strong and positive influence in our neighborhood and for Lifesaving as well. She will be missed.

To read more about Hazel Pierce

<http://baysidenews.com.au/2016/04/27/mordialloc-icon-hazel-pierce-dies-aged-93/>

Mentone LSC Venue Hire

If your looking for a venue for a function the club offers discount rates to members. There are plenty of nights available over winter. Please just email clarkemartin@bigpond.com

Juniors (Nippers)

Winter Nippers Starting Saturday May 14 3pm - 5pm

For each session we will have a run on the hard trails (bring runners), boarding session (bring a steamer wetsuit), swim (ditto on wetsuit) and finish with a hot milo and donut (bring \$3).

Parents are encouraged to join in for run, board and swim to share the activity with their Nipper as well as provided guidance and water safety.

Parent information session for Winter Nippers on May 14 will be Damian Farrow presenting "*Junior Sport and Key Tips for Parents*".

About Damian Farrow

Damian Farrow is a professor of Sports Science at Victoria University and Australian Institute of Sport. He has worked with a range of AIS and National sports programs including the AFL, Cricket Australia, Tennis Australia, Netball Australia, Surfing Australia, the Australian Rugby Union and is currently National Lead of Skill Acquisition for Swimming Australia.

Damian publishes and presents extensively on his research interests, centered on understanding the factors critical to the development of talent and sport expertise, with a specific focus on perceptual and decision-making skill and practice methodology.

Damian also is very involved in Mentone LSC with two Nippers U9 and U11 and is also an U9 Coach.

Be sure to come down for this information session for parents.

For the full schedule and information for entire Winter season go to <http://www.mentonelsc.com/mentone-lsc-winter-nippers.html>

Any questions about Winter Training contact Greg Schmidt gregoryschmidt@yahoo.com

Seniors

Mentone LSC Senior Presentation Night 7 May

Mentone LSC Senior Presentation Night is Saturday 7 May. The theme this year is "You're not what you used to be".

For more and to sign up to attend go to

https://www.facebook.com/events/100388113699796/?ref=4&feed_story_type=370&action_history=null