



February 2008 LCKC Newsletter

This month we begin the journey to our first major competition... National/Olympic Trials in April. We will be heading off for an intensive training camp in Florida. We also have our annual Weeki Wachee Trip planned around the same weekend. Please read about these and many other upcoming events at the boathouse.

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COACHES CORNER

February is not only the month of love but a month of hard core training. We will be ramping up training and beginning our trek to National/Olympic Trials in April. The first step is the Feb Training Camp.

We will be heading back to Tarpon Springs, Florida for 5 days of intensive training. Chaperones will be cooking breakfasts and lunches this year, and we will be eating out suppers. The one exception is on Saturday, when we have a cook out planned with the group coming up for the Weeki Wachee Trip.

In conjunction with the Feb Training Camp we have our annual Weeki Wachee Trip. This is the first competition of the 2008 year! This trip is always a great time and we look forward to another great LCKC trip.

We will be continuing to training at the YMCA through February. We have been really enjoying our training there. The facility and people have been great. We began a Friday morning spin class that has become a favorite training session for some of the kids. Be sure to get there early on Friday morning if you want a bike!

The weather continues to be cool. Make sure you bring lots of warm clothes to paddle in and to change into. Training depends on the weather. Typically, we will not be going out on the water if the temperature is below 40 degrees.

Make sure to stay focused and give your best effort at every practice. The competitive season is HERE!



Feb Training Camp & Weeki Wachee Trip

It is that time of year again! That's right...RACE TIME. We will be packing up and heading to Florida this month.

On Wednesday February 13 4:15pm we will be loading up the boats for both the Feb Training Camp and Weeki Wachee Trip. All athletes need to make sure that they are there to load their equipment. It is YOUR responsibility to make sure that you have everything you need race day and beyond.

Breakfasts and lunches will be prepared for the athletes, as well as Saturday supper, but the remaining suppers the athletes will be responsible for their own suppers. There are kitchenettes in the rooms, so if the athletes choose they can cook for themselves, or we will organize a restaurant meal.

The athletes who are participating in the Feb Training Camp will be leaving for Tarpon Springs on Thursday February 14, at 6am from the boathouse. We will be traveling down in a 15

passenger van. Once we arrive, we will begin our intensive training camp.

Athletes who are participating in the Weeki Wachee Trip will be departing from the boathouse at 1:30pm on Friday February 15. We will also be traveling down in a 15 passenger van. Make sure you pack a snack, and have some money to stop for supper.

On Saturday morning, we will everyone load up and head off to the Weeki Wachee Race. The race is a long distance race of 10km or 20km on the twisty, turny river. After the conclusion of the race, we will pack up and head on back to Tarpon Springs for a Club Cookout. There is a beautiful park nearby the Motel. We plan on playing games, swimming if the weather is nice and enjoying some good food.

Sunday the Weeki Wachee group will pack up and head back to Gainesville. The Feb Training Camp group will continue training hard through till Tuesday February 19th.

If you have any questions about the trip, please don't hesitate to contact Dave, Devri or Brenda at laniercanoekayak@gmail.com or stop in at the office between 4-6pm, Monday to Friday.

We look forward to another great LCKC trip!

Lulu Bridge Race

Long distance racing away!! The Lulu Bridge Race (LRS 1) will be held on March 22, 2008

The Lulu Bridge Race is a long distance race. There will be a 10km and 20 km race. This is a great race for everyone!

This is the first event in the 2008 Lanier Racing Series.

Please watch for information and registration information coming out soon. If you are interested in volunteering for this event, please contact Brenda in the office.



We are very excited to have Richardson Technology Systems back again as a sponsor for this very important program! Thank you to Richardson for all their support, this year, and also the years past! Your generosity makes a huge difference in the lives of many local youth!

The Richardson Racing League is often the first step in an athlete's journey to achieving their personal best in the sport of sprint canoe-kayak, whether their goal is fun, fitness, or representing the United States on a National Team. Participants will learn the FUNDamentals of the sport, building the

foundation for future success as Flatwater canoe-kayak racers at any level.

The Richardson Racing League program teaches youth a variety of life long skills both on and off the water. In addition to learning basic canoe-kayak skills and safety, participants will develop single mindedness, leadership skills, and a life long habit of fitness, an appreciation for nature and our waterways, team-work, a sense of citizenship, goal setting and a strong work ethic. The Lanier Canoe and Kayak Club believes in the ASPIRE model of teaching skills to participants.

Dates:

- **Tuesday March 18, 2008, 7:00pm at the Boathouse**

-Come to the Parent Meeting to hear all the details about the 2008 Spring Richardson Racing League. Coaches will be in attendance, and registrations will be taken.

- **March 19-21, 2008, 4-6pm at the Boathouse**

-Registration at the Boathouse. If you missed registering on Tues. March 18, come out on any of these days, to register.

- **Friday March 31, 2008**

-Registration closes for the 2008 Spring Richardson Racing League

- **Monday March 31, 2008**

-Practices begin! The practice schedule will be posted soon.

- **Saturday April 26, 2008**

-The Richardson Racing League Fun Race is a chance for our athletes to practice their new found skills in a relaxing, environment. Athletes get a chance to practice racing on the Olympic Course to prepare for the Richardson Racing League Fungatta.

- **Saturday May 17, 2008**

-The Richardson Racing League Fungatta is the final event of the 2008 Spring Richardson Racing League. Athletes will compete for the Fungatta Team Burgee in all

events, including the Team Dragon boat event. Athletes will be named to the Richardson Racing League Team who will receive a free week of training with LCKC coach Devri Robertson.

If you have questions please don't hesitate to contact us!

You can reach the LCKC office at 770-287-7888. You can get more information about this exciting program on our website at www.lckc.org OR by emailing us at laniercanoekayak@gmail.com

Ridiculous Read

February is the month of love, and we already have our first love triangle of the month. The Ridiculous Read has learnt that Chelsea Smith, Kaitlyn Dill and Luke Potts recently went on a date, where none of the participants were sure of who were the actual daters. Kaitlyn believed she was on a date with Luke, Luke thought he was on a date with Chelsea, and Chelsea thought she was looking for her own guy at the movies! Drama, drama, drama...we'll have to see how this all turns out when Luke goes to the Spring Break Camp and the girls stay home.

LCKC is planning on having their own version of the reality show, "So you think you can Dance." The Ridiculous Read has learned that resident dancer Sheaffer Sorrells is going to be up against some tough competition.

Rumor has it that Zach Robertson and Jared McAuthur have been taking Ballroom dancing in an attempt to overtake Sheaffer. This should be one spicy dance competition!

Watch out! There is a Ben Hefner double walking around, trying to trick people into believing that you are seeing Ben. Recently, Ben was accused by his coach of leaving practice early to play pool at the YMCA. Ben promptly told the group that it was an imposter, trying to frame Ben for laziness! If you aren't sure if it is Ben or not, ask him a specific question about his boat. The real Ben, will likely know the answer!



Why Recycle or What's Good about Recycling?

We have always stressed the environmental importance of recycling. It saves precious landfill space. It saves resources, such as valuable ore for metals and oil from which plastics are made. Also timely is that recycling can save water. Did you know that every ton of paper recycled saves 7,000 gallons of water? That's the water we need for drinking, bathing, industry depends on to

keep workers working, and the water you enjoy when kayaking and canoeing!

That's all well and good, but did you know there are other increasingly important reasons to recycle? Recycling has increasingly become a strong part of the national and global economy. Yes, recycling means business. For example, did you know that one-third of all the soda bottle type plastic (PETE, no.1) in the U.S. is imported into North Georgia? What do they do with it? It's used to make polyester carpet! Half of all the polyester carpet made uses soda bottles as the raw materials for carpet fiber. That equals lots of jobs and workers that have a job and draw a paycheck to feed and clothe their families due to our recycling efforts! That's the national picture, but recycling is global too. I get calls from businesses as far away as India and China wanting to buy our recyclables from little old Hall County. What used to be thought of as worthless trash is now in high demand. That's quite the turnaround, and there is no end in sight.

So what's the problem? Well the problem has been that, even though recycling is a natural process in nature, it seems that throwing stuff away is a hard habit for us humans to break. Since we are in the habit of throwing things away, it has often been made easier to continue this habit.

Recycling can also appear uneconomical, especially for some materials, like plastics that are so lightweight it takes lots to get much weight.

So demands are being felt for even greater recycling. We just all need to see how we can make it work. It will be worth it in the end.

By: Rick Foote, Hall Co. Natural Resources Coordinator

MAKE SURE TO PUT YOUR EMPYT BOTTLES IN THE RECYLING BINS!

Parents Meeting Recap

On Saturday Jan 26 there was a Parent Meeting at the Boathouse. At the meeting we discussed Trips in 2008, Hoodie & Jersey Orders, the Parents Guide and Parent Volunteerism.

All of the information discussed is available in paper format. Please check in at the office to pick up your copy of the Trip Overviews, Hoodie & Jersey Order forms and Parent Guide. You can also volunteer at the office.

5km Challenge

LCKC will be participating in the Get Fit Stay Fit Corporate Challenge 5K Run. This is not only a great chance for LCKC

to get out and get some visibility in the community but, a chance to show how fit we are. We'd love to have all the athletes participate, as well as Board Members and Parents. Read on for more details.

The Greater Hall Chamber of Commerce Healthcare Committee continues to promote VISION 2030's Community Health and Wellness Initiative. Following the successful Health Smart Interactive Health and Wellness Expo in October, the group is now challenging all local companies to participate in Get Fit Stay Fit, a Corporate Challenge 5K Run sponsored by Consumers Life on Thursday, March 20, 2008.

The event begins at 6:00 p.m. at Riverside Military Academy. With hopes of recruiting business teams and 300 runners, prizes will be awarded in all age groups and a special Runners Cup will be awarded to the Fastest Corporate Team, to the Fastest CEO and the Best Team Spirit. These cups will travel each year to the winning companies. There will also be an incentive for all employees to participate whether by running in the 5K or supporting their team.

Registration is \$15 per runner, and proceeds from Get Fit Stay Fit will benefit youth wellness programs at the Boys & Girls Club of Hall County and the Hall County YMCA.

Volunteering at the Boathouse

The best way to feel part of the Club is to get involved. All parents and children were

new to the club at one point. We try very hard to make sure no one person takes on too much. While it may seem to the newcomer that everyone else knows everyone, this is not true. There are new people each year, new kids and new parents. Having a diverse group of parents with varying skills and abilities is as important to the club as having a great crop of new paddlers each year. Many friends are made as we struggle to keep the boats floating!

By volunteering you are:

- Meeting people
- Taking an active role in your child's membership
- Sharing the load
- Ensuring club success
- Having Fun!
- Getting a better sense of what is going on
- Sharing in the team's success
- Earning undying gratitude

From time to time you may be called on to volunteer your services, whether it's making phone calls, helping out at the canteen during LCKC regattas, or cleaning up around the boathouse and grounds. Please make every effort to participate as it's only through the efforts of all involved that the club continues to be the success that is. Remember, it takes all of us!

PITCHING IN TO MAKE IT HAPPEN

Listed below are the volunteers required to run a successful regatta;

- 1) Volunteers are required one half hour prior to their time slot to run over the specific task they are required to fill.
- 2) Line Judges- Record finishes for each boat that crosses the line.

- 3) Timer- Passes time information to the Chief Official.
- 4) Safety boat drivers- operate safety boat in a prudent manner in accordance with LCKC safety policy.
- 5) Site area coordinator- assist paddlers and boats up from docks and keep paddles and equipment organized in safe fashion.
- 6) Canteen workers and BBQ “chefs”
- 7) Boat loaders- loading and un-loading club boats on the trailer for transportation)

You may be asked to take on one of these tasks from time to time. Some of these volunteer positions are “official” regatta positions and may require orientation by certified officials.

If you are interested in getting involved please contact Brenda in the office and ask, “How can I get involved!” We need everyone’s help to make our Club a success!

ANNOUNCEMENTS

LOCKERS ARE NOW AVAILABLE! IF YOU ARE INTERESTED PLEASE COME TO THE OFFICE AND FILL OUT A LOCKER APPLICATION FORM AND PAY \$25.

WITH THE SEASON FAST APPROACHING, IT’S TIME TO MAKE SURE YOU HAVE THE PROPER EQUIPMENT. TALK TO DAVE AND DEVRI ABOUT GETTING A NEW PADDLE!

YOU’VE GOT STYLE, YOU GOT GRACE...YOU HAVE LCKC WRITTEN ALL OVER THE PLACE. WE HAVE LOTS OF CLOTHES AND T-SHIRTS FOR SALE AT THE BOATHOUSE.

COME BY THE OFFICE AND TAKE A LOOK AT OUR INVENTORY.

IF YOU HAVE ANYTHING YOU’D LIKE TO PUT IN THE NEWSLETTER PLEASE CONTACT DEVRI AT devri_robertson@yahoo.com.

Custom Paint Jobs!

Do you have a boat that has a lack luster appearance, and doesn’t match your personality? Do you want to spice it up and update your look?

Jimmy Tumlin can help you out. Jimmy can give you a custom paint job that all your fellow paddlers will be jealous of. His work includes, custom painting and also prep work. Jimmy can take your boat from a green Destroyer, to something like this....



For more information please call Jimmy at 770-480-5193. You can also ask Ethan Jackson about it, and check out his boat close up. The detail work is amazing.

Tell Jimmy, you want him to,
“Pimp my kayak!”

February 2008 Schedule

GOLD/SILVER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6-7:15am Weights YMCA	6-7:15am Swim (YMCA)	Off	6-7:15am Swim (YMCA)	6-7:15am Spin Class (YMCA)	7-8:30am Weights (Boathouse) 8:30-10:30am Gold/Silver/Bronze (Paddle)	Off
PM	4:15-6pm Paddle & Run	4:15pm Paddle & Weights	4:15-6pm Paddle & Run	4:15-6pm Weights & Core (YMCA)	4:15-6pm Paddle & Run	Off	Off

BRONZE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	4:15-6pm Paddle, Weights, Run			7:30-8:30pm Functional Weight Training & Flexibility (Gainesville School of Gymnastics)	4:15-6pm Paddle, Running, Soccer/Games	8:30-10:30am Paddling, Weights, Running	Off

MASTERS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	4:15-6pm Paddle		4:15-6pm Paddle		4:15-6pm Paddle	8:30-10:30am Paddling	Off

*** Master paddlers discuss alternate days with Devri Robertson*