



March 2008 LCKC **Newsletter**

Spring is here! LCKC's first home competition, the Lula Bridge Race is on March 22. This is the first competition in the 2008 Lanier Racing Series! The 2008 Richardson Racing League also begins this month. Please take a read through this Newsletter on information about these events, and other events happening down at the boathouse this month.

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COACHES CORNER

Spring is here! The weather is starting to warm up, and so is the training! There is only six weeks until Olympic/Sr. & Jr National Team Trials in Oklahoma City.

Our focus in our training will be turning back to the water. The Feb. Training Camp was a great start, but we've got lots of hard work ahead of us still. Let's stay focused on our goals. Dave and Devri will be having athlete meetings again, to discuss goals and race plans. Anyone planning on racing at the Trials in April needs to sign up for an Athlete Meeting.

Make sure that you are aware of the changes in the schedule. Also, as the weather warms up, athletes need to be prepared to do anything. The spring weather can be somewhat unpredictable, so athletes need to be prepared to do weights, run or paddle.

On March 20, LCKC will be participating in the YMCA's Corprate Challenge. It is a 5km run/walk. We'd love to have all the athletes and parents out participating. This is a great way to get LCKC out in the community and gain more awareness about what we are about!

March is an exciting month, as it marks the beginning of the 2008 Lanier Racing Series. The Lula Bridge Race is the first of the series, and a great race for everyone. There is a 20km and 10km race, and points earned accrue to the Lanier Racing Series Totals.

Remember: Focus, Hard Work and Intensity....6 Weeks until race day!

Weeki Wachee & Feb Training Camp Recap

The annual *Weeki Wachee Race* was a great success again this year. It was a great competition in a light atmosphere.

Congratulations to all the athletes who participated! Below is a recap from race organizer Karl Vogel;

WW Jensen Classic 2008

Cindy and I would like to thank everyone who participated in the 2008 WWJC. We had 91 boats on the starting line this year. The competition proved to be the best ever, with around 18 K1 boats on the starting line after Reids trophy (donated by Olympian Sperry Radamaker. We also had another first, 15 boats competing for the Unlimited Kayak Trophy that Cindy and I donated last year. I never dreamed this class would grow so quickly. There were other very competitive classes as well, including enough Olympic high kneelers to have their own class. This is the 1st time I can remember that we had a full competition Olympic C1 class on the starting line in Florida.

Another surprise was the number of 1st timers and rec(plastic) boats. We had a rec boat of every description and shape to the point that even I was confused where to arrange them. All seemed to enjoy, but boy I can't imagine pushing one of those things up the Weeki Wachee!!

The entire day seemed to have a very good vibe to it and our friends above made sure the weather was a perfect 80 degrees. We thanked Gene for starting this race and Sperry for donating the awesome trophies. I hope they were as pleased about the day as we were.

Also, thank you John Edwards for singing the National Anthem. John, Cindy and I and

others all felt it was the best we had ever heard you.

Hernando County was nice enough to reserve 2 shelters free of charge for us to use for lunch and awards. Everyone agreed that the atmosphere and space suited such a large group. Awards went off with hardly a hitch; however I have never given out so many ribbons. I am not complaining, just the opposite. Cindy and I are very proud that all of you have helped us grow this race to what many are calling "competitively, the largest race in the south". With the K1 and Unlimited classes the size of the USCA Nationals classes, I have to agree. The WW Jensen Classic has achieved the status of a big time race.

We intend to keep on working out the rough edges and promise to do even better next year. We had hoped to have the start on YouTube but will for sure next year. We look forward to seeing everyone on the starting line again next year.

Thank you all,
Cindy and Karl Vogel



After the race we all loaded up, and headed back to the Hotel, to clean up. We didn't end up making it to the park for the Cook out, till later than expected. The sun was setting as we started up the grill. We had to eat quickly as the Park Security officer, came to kick us out!



In conjunction with the Weeki Wachee Trip we had athletes participate in a Feb Training Camp. These athletes left for Tarpon Springs on Thursday Feb 14 and returned home on Tuesday Feb 19. This was a high volume training camp, where athletes were on the water 2 times a day plus other off water training as well. The camp was a great success. The athletes worked hard, and all came home tired...the truest test of a great camp!



A Big Thank you goes out to Brenda Miller, who was the Trip Leader for the trip. She cooked breakfasts and lunches for all those hungry athletes! Thanks Brenda! Also, thank you to Weeki Wachee Trip Leader Jeff Cannup!

This was another great LCKC trip! Thank you to the athletes for being such great examples of why LCKC is so awesome!

Resuming Time Controls

On Saturday Feb 23, LCKC resumed our weekly time controls. Time Controls are a great way to practice our race skills, fine tune race plans, and keep track of our progress.

Our first set of Time Controls of 2008 went well. The weather was not the best, with a fairly hefty head wind, none of the times were very fast. It's good to practice racing in all kinds of race conditions as, on race day the weather is almost never perfect!

Thank you to all the parent volunteers who came out to help. Time Controls are a great way to get involved in the Club and learn new skills. No previous experience is needed. We can help you learn all you need to know.

We will be doing time controls every Saturday morning from 8-10am (with the exception of Saturday's where we have race events).

If you have any questions please talk to your coach. If you'd like to get involved you can speak to Dave or Devri or Brenda in the office.

See you at the start line!

Ridiculous Read

Luke Potts is up to no good. The young paddler, recently got busted trying to frame a group of older athletes in a tv thieving scheme. Luke attained a room key for his victims, removed the tv and replaced it in the older athletes room. Unfortunately, he broke like a piece of thin pastry under the cross examination of Coach Devri.

There was another run in with the authorities at the Feb Training Camp. Dave and Baer Robertson had a brief run in with a Park Security Guard. The Security Guard threatened to arrest Baer for being too cute. Dave and Baer negotiated him down to being out of the park in 5 minutes. Good job boys!

Sheaffer Sorrells is teaching his dance lessons again. Along with the Tango, Salsa and figure skating moves, Sheaffer has added Hip Hop to his repertoire. Recently, Sheaffer gave a quick lesson to Dave and Devri in how to do the Solider Boy dance. Your talents never cease to amaze Sheaffer.

Lula Bridge Race

The 2008 Lula Bridge Race is scheduled for Saturday March 22. This is the first race of the 2008 Lanier Racing Series! The Lula Bridge Race is a long distance race. Participants can sign up for 5k, 10k or the 20k race.

The race fee is \$20 per person prior to March 18, and \$25 per person after March 18. Signed waiver and USACK membership or event only membership is required.

The registration deadline is 9:00am the day of the race (March 22). Pre-registration is recommended. For more information please check out our website at www.lckc.org.

The 2008 Lanier Racing Series consists of 6 races (including the Lula Bridge Race). Competitors will accumulate points during each race. At the conclusion of the series, a purse will be awarded to the top three finishers in each category. Winners in each race category will also receive free entry to the next race in the Lanier Racing Series.

The following are the dates of the 2008 Lanier Racing Series;

- | | |
|--------------------------|----------|
| 1) Lula Bridge Race | March 22 |
| 2) Southern Invitational | May 31 |
| 3) Summer Sprints I | June 21 |
| 4) Summer Sprints II | July 26 |
| 5) Splash and Dash | Sept 21 |
| 6) Halloween Howl | Oct 25 |



Spring 2008 RRL

The 2008 Spring Richardson Racing League is a mere 4 weeks away!! We are currently trying to get a Spring practice schedule put together and trying to get out in the schools to get the word out about this amazing program!

Thanks to Nancy Cannup, Beth Hefner and Schree Dill were instrumental in getting a RRL brochure to every Hall County youth in grade 5! Also, thank you to the parents who volunteered to fold brochures in order to get them out to the public! This year is bound to be one of the biggest seasons yet!

The following is a list of important RRL dates that are quickly approaching:

- o March 4-8- RRL brochures go out to all Grade 5 youths in Hall County.
- o March 4-17- School visits
- o March 15- RRL, Summer Coach training
- o March 18- RRL Parent Meeting at the boathouse at 7pm.
- o March 19-21- RRL registration at the boathouse from 4:15-6:15pm
- o March 31- Practices begin!!
- o April 26- RRL Fun Race
- o May 16-17- RRL Spring Fungatta!!

For more information about the 2008 Richardson Racing League, check out the lckc website at www.lckc.org. Or you can email laniercanoekayak@gmail.com.

Thank you again to Richardson Technologies Systems for making this program possible.

2008 Lanier Racing Series

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The following are the dates and descriptions of the 2008 Lanier Racing Series Events;

- 1) Lula Bridge Race March 22
-This is a long distance type race of 5k, 10k or 20k. There will be no portages. There will be single events.
- 2) Southern Invitational May 31
- This event has sprint events of 500m and 1000m. There will be singles and teamboat events.
- 3) Summer Sprints I June 21
-This event has sprint events of 500m and 1000m. There will be singles and teamboat events.
- 4) Summer Sprints II July 26
-This event has sprint events of 500m and 1000m. There will be singles and teamboat events.

5) Splash and Dash Sept 21

-This is a unique event with both sprint and long distance races. Participants race a sprint 200m event, followed by a long distance 10k race.

6) Halloween Howl Oct 25

-This is a fun event, with sprint distance events of 500m and 1000m. There is also a fun, costume teamboat race!

For more information about the 2008 Lanier Racing Series please check out the website (www.lckc.org) or email laniercanoekayak@gmail.com.

YMCA Corporate 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.

We will have registration forms available at the boathouse the week of March 3.

Website Update!!

If you haven't logged onto the lckc website lately, then you should log on and take a look. Chuck and Marcy Lana have spent a lot of time redoing the the website. There are lots of new features, including a calendar section and a members only section. In the near future we will be posting weekly training programs, time control results and video clips.

Thank you to Chuck and Marcy for all their hard work. The website looks great!

Spring Clean up!

Spring time has arrived, and as such it's time to scrub up our boathouse for the upcoming season. Over the winter months, we have accumulated lots of "stuff" that needs to be organized or tossed away.

We also would like to organize the boat apron for the summer months.

Although, Club Clean up is not everyone's favorite task (shocker!!), it is important for a smooth running boathouse. We'd like to see everyone out to pitch in and help. If you're interested, you can bring \$5 and we will order pizza as a Clean up Snack.

The Club belongs to all of us. Let's keep it clean and tidy!



Olympic, Jr/Sr National Team Trials

Olympic & Jr/Sr National Team Trials will be held in Oklahoma City, April 18-20. Athletes will be qualifying to the USA Olympic Team, USA Jr and Sr Pan American Championships Teams and the USA Developmental Team.

The Selection Criteria has been posted on USACK's website for a couple months now. All athletes who are planning on attending the Trials, needs to download a copy of the Criteria and read it. Any questions about the criteria can be directed at Dave or Devri.

Beth Hefner is the Trip Leader for this trip and has been working hard to put details together for everyone. There will be an athlete meeting for anyone planning on attending on Saturday March 1 at the boathouse, 10:30am.

Tentatively, we have booked rooms and are working on coordinating flights and pick ups. We need to know if you are planning on attending as soon as possible. If parents are interested in staying at the same hotel, they too need to let Beth know. The tentative trip cost is \$500, which includes; 4 nights accommodation (includes breakfast), entry fee, boat transportation, lunch and snacks for 3 days and transportation in Oklahoma City. All suppers will be on your own. It is important to note that there will be kitchens in the hotel rooms.

Please watch for more details coming soon about this exciting trip!

ANNOUNCEMENTS

CONGRATULATIONS TO TANNER EASTERDAY WHO WAS THE WINNER OF THE HOLIDAY SPIRIT CONTEST. TANNER IS THE PROUD RECIPIENT OF A GARMIN GPS. GOOD WORK TANNER!

ON SATURDAY MARCH 8, DAVE AND DEVRI WILL BE HAVING A FIRST BIRTHDAY PARTY FOR BAER!! AFTER TIME CONTROLS PLEASE COME UP AND JOIN US FOR CAKE TO CELEBRATE BAER'S FIRST BIRTHDAY!

NANCY CANNUP RECENTLY SHARED A POEM WITH ME THAT SHE HAD WRITTEN A COUPLE YEARS AGO. I THOUGHT IT WAS A GREAT POEM THAT CAPTURES WHAT IS HAPPENING DOWN AT THE LCKC BOATHOUSE. NANCY WAS GRACIOUS ENOUGH TO SHARE IT WITH US IN THIS MONTHS NEWSLETTER. ENJOY.

ASPIRATIONS

Because we are athletes
We aspire to be champions
No one's expectations for us are higher than
our own
What others see as sacrifice is part of our
commitment
while reaching for the stars
And in our smallest moments
we find the inner strength to persevere
though painful and unforgiving it may be
As we live the dream

Because we are coaches
We aspire to share our hours and our passion
with those at every level
We place our cherished charges on the water
like so many baby ducks
some more graceful than others
And in their smallest moments
we are there when they want to talk
or when they cannot
As they dare to dream

Because we are parents
We aspire to see them reach beyond us
Beyond themselves
Watching them grow as athletes and people
From boys to men seemingly overnight
So proud are we...loving, cheering,
providing
and loving some more
And in their finest moments
We realize it wasn't luck at all
But the love of so many people who care
and aspire to be there for the journey
as they achieve the dream

Here is a tentative look at the 2008 Summer Schedule.

2008 LCKC Summer Schedule											
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
7:00	Gold/Silver	Gold/Silver		Gold/Silver	Gold/Silver	Masters					
7:30	Gold/Silver	Gold/Silver		Gold/Silver	Gold/Silver	Masters					
8:00	Gold/Silver	Gold/Silver		Gold/Silver	Gold/Silver	Masters					
8:30											
9:00	Bronze	Bronze	Bronze	Bronze	Bronze	Gold/Silver	OFF				
9:30	Bronze	Bronze	Bronze	Bronze	Bronze	Gold/Silver	OFF				
10:00	Bronze	Bronze	Bronze	Bronze	Bronze	Gold/Silver	OFF				
10:30	Bronze	Bronze	Bronze	Bronze	Bronze	Gold/Silver	OFF				
11:00	Bronze	Bronze	Bronze	Bronze	Bronze	Gold/Silver	OFF				
11:30	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
12:00	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
12:30	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
1:00	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
1:30	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
2:00	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
2:30	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
3:00	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
3:30	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Gold/Silver	OFF				
4:00	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Come Try it & Rentals				
4:30	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Come Try it & Rentals				
5:00	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Come Try it & Rentals				
5:30	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Gold/Silver	Come Try it & Rentals				
6:00		Masters		Masters			Come Try it & Rentals				
6:30		Masters		Masters			Come Try it & Rentals				
7:00							Come Try it & Rentals				
7:30							Come Try it & Rentals				
8:00							Come Try it & Rentals				
8:30							Come Try it & Rentals				

March 2008 Schedule

GOLD/SILVER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6-7:15am Weights YMCA	6:15-7:30am Running/Paddling	Off	6-7:15am Weights YMCA	6:15-7:30am Running/Paddling	8-10am Time Controls 10-11:30am Curcuit Weights (Boathouse)	Off
PM	4:15-6pm Paddle & Run	4:15pm Paddle & Weights	4:15-6pm Paddle & Run	4:15-6pm Paddle & Run	4:15-6pm Paddle & Run	Off	Off

BRONZE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	4:15-6:15pm Paddle, Weights, Run			4:15-6:15pm Paddle, Run, Weights	4:15-6:15pm Paddle, Running, Soccer/Games	8:00-10:00am Time Controls	Off

MASTERS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	4:15-6pm Paddle		4:15-6pm Paddle		4:15-6pm Paddle	8-10:00am Time Controls	Off

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