



## **LCKC April 2008** **Newsletter**

**Spring is here and the Club is up in full swing! This month LCKC will be traveling to Oklahoma City for the USACK Olympic/National Team Trials. Richardson Racing League starts at the beginning of the month. We will be launching our newest program, the Adult Learn to Kayak towards the end of April. Please take a read through for all the details about what's happening down at the boathouse.**

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## **COACHES CORNER**

Spring is finally here and with it one of the biggest competitions for many of our athletes!

Over the past two weeks athletes planning on attending the USACK Olympic/National Team Trials have been working extremely hard. With April here, we are now beginning our taper to race day. Make sure that you are maintaining your focus during all the practices, and taking care of yourself off the water. We want you all to be healthy and well rested come race day.

At the Trials athletes will be competing for spots on the USA Olympic Team, and the USA Pan American Canoe Championship Team. All athletes need to be familiar with the Selection Criteria posted on the USACK website. Please talk to Dave or Devri if you have any questions.

We have other programs that are beginning this month as well. RRL begins at the beginning of the month, and we are also gearing up to begin our newest program the Adult Learn to Kayak program and the Sunday Come Try It program in May.

Since we are going to be having so many new visitors in the boathouse this month and next, we want to make sure that it's looking in tip top shape. Therefore we are going to be having a Club Clean up on Saturday April 5. We would like to see everybody there to help. We would like to dismantle the racks on the boat apron, clean out the boat bays, clean up the meeting room and clean out the office.

**Please come out and help us make our boathouse sparkle!**

## **Lula Bridge Race**

On Saturday March 22, we kicked off the 2008 Lanier Racing Series with our first race of the series, the Lula Bridge Race. This year we had 55 participants race (22 paddlers raced the 20k, 29 raced the 10k and 4 in the 5k race)!

This year we raced loops instead of the annual out and back race course. Due to the lower water conditions, the water tends to get quite shallow about 7km up, so we thought we'd keep racers close to the Tower in the deep water.

It was a beautiful day, and the race was great. Thank you to all the volunteers and parents who came out to help make this race possible.

Our next Lanier Racing Series event will be on Saturday May 31, the Southern Invitational. Please watch for registration information for that event coming out in May.

We look forward to another great day of racing on May 31!!



### **Richardson Racing League Update**

The 2008 Spring Richardson Racing League has begun!! Official practices began on Monday March 31. We are very excited to have 7 teams this spring.

The following is a run down of the teams in the 2008 RRL:

- North Hall coached by Jeff Eden
- Pirates coached by Rich Stewart
- Home school Team coached by Melinda Easterday
- Falcons coached by Jim O'Dell
- Westminster/Lakeview coached by Sam d'Entremont
- Gainesville coached by Ira Ferguson
- The Boys and Girls Club coached by Devri Robertson.

We will be taking a break from practices during the spring break week (April 7- April 12). Practices will begin again on Monday April 14.

We are very excited to see what all these athletes can achieve in only 6 weeks.

## **Ridiculous Read**

Recently Dave and Devri thought that a bunch of the kids in the Gold and Silver group were very excited to practice. They were always there very early for practice, and many stayed late after practices.

Unfortunately, it was for their second sport...ping pong. Apparently they were just trying to get extra practice time in playing ping pong.

LCKC has its own Male Models! Ben Hefner, Chris Miller and Stanton Collins have made it known that they

are men who take their personal appearance very seriously. The trio must leave morning practice early in order to primp together so that they can be at their best when they head off to school. The models take about 45 minutes to get ready...and if you could see their stylish hair you'd be amazed that they didn't need even longer!

Resident fix it men Brady Bragg and Robert Finlayson have been doing a great job fixing up boats down in the boathouse this past month. Now the twosome has announced that they want to have their own reality TV show. Apparently, Robert, Brady, Rich Stewart and Alejandro Schwedhelm have decided to rent a house together. The title of the show would be called the "Pig Pen".

## **Club Clean Up**

On Saturday April 5, we will be having a Club Clean up Day. We will commence the cleaning at 11:00am. We have a number of tasks that we want to get accomplished.

We would like to get the following done:

- Dismantle racks on boat apron and reorganize the boats
- Clean out the boat bays
- Reorganize boats inside the boat bays
- Clean out all the furniture in the office
- Move office equipment around
- Clean the Hall upstairs

To do this we will need plenty of volunteer support from not only athletes but also parents as well. We are also looking for boxes. If you have some boxes that you would be willing to donate please drop them by the office.

If you would like to have pizza, please bring \$5 and we will order pizza and have beverages available for sustenance during all this whirl wind cleaning.

**IT'S OUR CLUB, SO LET'S  
TAKE CARE TAKE CARE OF  
IT!!**

## **LCKC's Athlete Lounge Area**

Thank you to Steve Potts who recently brought down a ping pong and a foose ball table. The athletes have really enjoyed playing games before practice (and some after too!) and it has become a great central place for socialization.

Thanks again Potts family!

## **Spring Break Training**

Spring break is shortly upon us. Usually spring break would be a time that we would try to get in a lot of intensive training, but with the close proximity of Spring Break to USACK National/Olympic Trials we won't be able to do this.

As a result practices will be running mostly as usual. We will

be changing the morning practices to 8am for the Gold/Silver team. Also, we will be at the boathouse for all practices that week. Monday and Thursday morning which is usually at the YMCA will be at the boathouse during the Spring Break week. Please talk to your coach if you have any questions.

## Bronze Challenge

This Spring Devri is challenging the Bronze group. I have put together a Bronze Challenge. The Challenge is a contest where participants try to accumulate as many points as possible. Athletes get points for each kilometer, answering questions about their sport and writing a short essay.

I will be handing out the Bronze Challenge package during the Spring Break week.

The Challenge is to get 400 points. Athletes who achieve the 400 point goal will receive special recognition and free pizza and refreshments at the Motivational Movie Night on Saturday May 31. There will be a **GRAND PRIZE** for the athlete will accumulate the most points.

I will be putting a kilometer chart up in the Boathouse Weight room.

All athletes are responsible for filling in their own kilometers. Devri will check the chart periodically to make sure that kilometers are being counted accurately. All the answers to the questions can be found on the internet, but as an additional resource, I will be putting together a binder with lots of different information in it about flat-water paddling. The binder will be put outside the office. The binder can not be taken home, unless you have signed it out from Devri for the evening.

Athletes need to hand in their final "Challenge" project on May 25, 2008. That way Devri will be able to read through and get point totals in time for the May 31 Motivational Movie Night.

Good Luck Bronze athletes!! Work your muscles and minds to become better athletes of the sport!





## NATIONAL/OLYMPIC TRIALS

LCKC has finalized their travel arrangements for the USACK National/Olympic Trials. We will be loading boats on Monday April 14. Dave and Devri will be leaving with the boats on Tuesday April 15, and most athletes will be arriving on Wednesday April 16. Racing begins on Friday April 18 and ends Sunday April 19.

LCKC has 21 athletes planning on racing. Athletes are vying for spots on the USA Olympic Team and the Pan American Team.

### **Coach/Athlete Communication**

There is no communication that is more important than that of Athlete/Coach. Therefore it is important that all athletes come to their coach with any questions or concerns.

Parents who have concerns should also speak to their child's coach about those concerns. If you do not receive a satisfactory answer then you are free to take it up with the Executive Committee.

By following this line of communication you are helping to deal with problems and concerns in a quick manner, and you

are helping to build trust between athlete/coach and parent/coach.

Remember your coach has only your best interests at heart.



## Canadian Olympic Trials

The Canadians are coming back! On May 3 and May 4, LCKC will be hosting the 2008 Canadian Olympic Trials. Athletes will begin arriving on around April 28 and training through the week.

This is an opportunity to see some of the best in the world. 2004 Olympic Gold Medalist, Adam VanKoeverden will be in attendance.



We will be looking for lots of volunteer support to make this event possible. Make sure to mark your calendar for that weekend!

There will be more information about the Canadian Olympic Trials coming out shortly.

## **ANNOUNCEMENTS**

CONGRATULATIONS TO RICKI LOPEZ WHO QUALIFIED TO THE SILVER SQUAD THIS PAST MONTH! KEEP UP THE HARD WORK!

WE WILL BE HAVING OUR USUAL SATURDAY MORNING TIME CONTROLS ON APRIL 5, 12 AND 26. RACES BEGIN AT 8:30AM AND SHOULD CONCLUDE AT 10:00AM. WE ARE ALWAYS LOOKING FOR VOLUNTEERS TO HELP OUT WITH TIMING, ORDER OF FINISH, STARTING AND BOAT DRIVING. THIS IS A GREAT CHANCE FOR PARENTS TO LEARN A NEW SKILL AT A NON STRESSFUL EVENT. PLEASE CONTACT DAVE, DEVRI OR BRENDA IF YOU ARE AVAILABLE TO HELP OUT.

## **GOLD/SILVER SCHEDULE**

**April 2008**

	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 Circuit 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*

**Note: Gold/Silver practices will be at the boathouse at 8:00 AM (Mon,Tues,Thurs,Fri) during spring break week!**