



LCKC June 2008 Newsletter

SUMMER PROGRAM HAS BEGUN!

The new summer schedule is in effect. We've got lots going on at the boathouse plus trips coming up at the end of the month. Please read through for more details about what's going on around the boathouse.

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Coaches Corner

The summer season has officially begun! Along with the warmer temperatures comes longer and more frequent practices. Make sure that you are aware of the new practice times.

LCKC had quite a bit of success last month at the Pan Am Canoe Championships and Continental Qualifier. Congratulations to all the athletes who raced at that event! Make sure you all keep tabs on how Morgan House does in Europe. He's only one race away from the Olympics!!

This month we will be ramping into our summer training. Make sure that you bring your runners, hat, sunglasses, sunscreen to every practice. A sunburn takes a lot of energy out of you...energy that could be spent getting faster on the water. Also make sure you have a water bottle at every practice to replenish yourself and stave off dehydration.

The Summer Trip is quickly approaching. We have a number of athletes who will be participating in the National Development Camp and staying at the OTC. On the trip we will be heading back to Lake Placid, NY and Ottawa Canada for some competitions and good training. Make sure you read the Trip Update and your emails about the developing details about this trip.

With so much going on around the boathouse it's important that we stay focused on our goals! Nationals is only 9 weeks away...every practice, every piece counts! Take advantage of each opportunity to get faster.

Pan Am Canoe Championships and Continental Qualifier Recap

On Monday May 12, LCKC began traveling to Montreal Canada for the 2008 Pan American Canoe Championships and Continental Qualifier. LCKC had a large representation on the Jr and Sr USA Teams. In total there were 16 LCKC athletes who participated.

Congratulations to Morgan House, Tim Hornsby, Katie Hagler, Emily Mickle, Emily Vinson, Robert Finlayson, Alejandro Schwedhelm, John DePalma, Brady Bragg, Sheaffer Sorrells, Luke Potts, Zach Robertson, Hezikiah Blackburn, John Blackburn, Chelsea Smith, Morgan Smith and Katelyn Dill.

All in all it was a great experience. Athletes arrived on Tuesday and were able to train on Wednesday through Friday. Most of the races were direct finals.

The Senior events that are raced at the Olympics were part of the Continental Qualifier. The winner of these events qualified a spot to the Olympics! Morgan House raced an very exciting Sr Men's K1 500m race. He placed first but did not nail down his Olympic berth just yet. Morgan has to be the top USA Male at the next World Cup event. Good luck to Morgan with his racing and his journey to the Olympics! Our other LCKC athletes racing qualifier races, raced well but unfortunately did not qualify spots to the Olympics. We are

very proud of how Tim, Emily and Katie raced.

The Pan American Canoe Championship events were the Senior Non-Olympic races and the Junior races in all distances. LCKC had a number of athletes win medals. Congratulations to all our racers on a job well done.

All in all the trip was a great success and we are looking forward to another great trip at the end of June!



RRL Spring Fungatta

The Richardson Racing League Spring season came to a close with the final race of the 2008 RRL Fungatta. This spring we had 7 teams with around 100 participants.

We had lots of great racing at the Fungatta! North Hall won the RRL Spring Burgee. Congratulations to Coach Jeff Eden and all the North Hall athletes and parents on a job well done.

We are currently working on the burgee for the North Hall team. We are planning on having a picture of the North Hall athletes along with the Richardson logo added to the burgee. Once we get the pictures developed we will get the burgee out so that all the North Hall athletes can sign it.

Thank you to all the volunteers who helped out at the RRL Fungatta.

Without you, we could not run an event like this!

LCKC would like to Thank all the coaches that coached teams this year. Make sure to Thank your coach for all the hard work they put in. Coaches were Jeff Eden (North Hall), Jim O'Dell (Falcons), Melinda Easterday (Homeschool), Sam d'Entremont

(Lakeview/Westminister), Rich Stewart (Pirates), Ira Ferguson (Gainesville) and Devri Robertson (Boys and Girls Club). Thank you for all your hard work this season!

The biggest THANK YOU goes out to Richardson Technologies Systems. Richardson has been our greatest supporter, and without them this program would not be possible. Richardson provides funding to pay for the needs of the program (medals, t-shirts, coach training, ect). Richardson also provides volunteers who help make the Fungatta the best possible day for the racers.

**THANK YOU RICHARDSON
TECHNOLOGIES SYSTEMS FOR
EVERYTHING YOU DO TO MAKE THIS
PROGRAM POSSIBLE!**



Southern Invitational

On Saturday May 31, LCKC will be hosting the second event in the 2008 Lanier Racing Series, the Southern Invitational. This is our first sprint event of the Lanier Racing Series, and we will be racing 1000m and 500m events.

The Course will be marked on the outsides at the 1000m, 500m and finish line. Please be courteous to other racers and maintain the straightest possible line.

Please note that the races are tightly scheduled. Races will not be held so please choose races with enough time between.

The fee for racing is \$20, or \$25 if you are registering on May 30. The following athletes have received free entry based on their performances from the Lula Bridge Race;

Open Men K1: Morgan House
Open Women K1: Delyana Dacheva
Open Men C1: Alejandro Schwedhelm
Junior Men K1: Shaeffer Sorrells
Junior Women K1: Samantha Lopez

Junior/Women C1: Ben Hefner
Juvenile Men K1: Luke Potts
Juvenile Women K1: Chelsea Smith
Bantam Men K1: Stanton Collins
Bantam Women K1: Hannah Shilling
Masters Men K1: Javier Comelli
Masters Women K1: Cheryl Smith

The Lanier Racing Series:

This racing series consists of 6 races in the 2008 season. Racers will accumulate points throughout the racing series, and the top-3 point winners in each age category will share a CASH purse. The winner will take 50%, 2nd place 30%, and 3rd place 20%. The 2008 LRS awards will take place following the Halloween Howl on October 25th.

The K1/C1 1000m AND 500m in each age category will contribute to the overall points total for each racer.

Inspirational Movie Night

LCKC will be having an Inspirational Movie Night on Saturday May 31, at 6:30pm. We will be watching a movie, eating pizza and announcing the winner from the spring Bronze Challenge. This movie night is open to ALL LCKC paddlers.

Anyone who would like to have pizza needs to bring \$5 with them to the movie night. LCKC will provide the beverages. If you have special snacking needs during movies (perhaps you are a fanatic popcorn movie lover)

then you should bring those snacks along with you.

As of yet, we have not determined what the movie will be. As posted now, we will be having a "Dave's Choice" movie...that way if you don't like the movie you can blame Dave! Hahaha.

Ridiculous Read

An epic battle for supremacy of the dock occurred at Bronze practice on Tuesday May 27. Blake Foote challenged Coach Rich Stewart to a dock duel. Rich exhibited his mastery of the 5 d's; duck, dodge, dive, dip and dodge to elude the entire Bronze developmental group. In the last moments of the battle, when all the Bronze athletes were wet, Rich finally succumbed and was thrown into the water. All I can say, is I'd never want to be in a challenge with Rich Stewart one on one...that cat's got moves!

Congratulations to Tanner Easterday, who so far is the ONLY male to hand in a copy of the Spring break/Bronze Challenge Assignment. Tanner is in a league of his own, as there was only one other silver female athlete and 4 Bronze female athletes who handed in similar assignments. Good job Tanner...way to represent the Male gender. I'm poo pooing on all you who never handed in a thing! I know your names!

LCKC TUBES THE HOOCH!

On Saturday June 14, LCKC will be taking a break from our usual Time Controls to TUBE THE HOOCH! This will be a great activity for the entire family and Club!

We will be meeting at Cool River Tubing at 10am. We are planning on doing some tubing and watersliding and have a Grill out (BBQ for all those Canadians out there) in the park. The Tubing/Watersliding costs \$7/person and is good for the entire day. We are asking everyone to bring their own meat and beverages. Also, if families/athletes who have last names that start with A-M could bring a salad or side, and families/athletes with last names N-Z bring a desert, that would be great. You only need to bring enough for your family/person.

If you have any questions please don't hesitate to ask Dave or Devri. You can also check out the Cool River Tubing website at www.coolrivertubing.com.

We would love to have lots of people come out for this FUN day!

Lanier Racing Series #3 Summer Sprints I

The third event in the 2008 Lanier Racing Series, the Summer Sprints I will be on Saturday June 21. Please make sure to watch for more information on this event in the next few weeks.



LCKC Summer Trip Update

This year LCKC will be heading up to Lake Placid NY and Ottawa Canada for our annual Summer Trip. We have 11 athletes registered to travel with LCKC and 12 athletes who will be participating in the USA Assessment Camp.

The athletes who are participating in the USA Assessment Camp will be leaving a week earlier in order to train in Lake Placid, under USACK Development Coach, Mac Hiccox. They will be loading their single boats onto the small trailer which will be pulled up by Wanda Blackburn. These athletes will be staying at the OTC and will be racing for USA at the Lake Placid Invitational and Canada Day regattas.

The remaining LCKC athletes will be leaving the following week on Friday June 27. We will be driving up in small vehicles and plan to arrive on Saturday June 28, just in time for the first day of the USA Development Camp which begins on Sunday June 29.

LCKC will be staying at the National Sports Academy again this year. The NSA is the prime spot. All meals will be provided by the NSA. Athletes need to bring their own sheets, pillow, sleeping bag, and towels. The rooms are dorm style. The NSA is within walking

distance of the entire Lake Placid town. There will be a handout as we get closer to the trip about more of the details, ect.

On June 30, we will be heading up to Ottawa Canada. We will be racing on July 1, and after racing quickly pack up and head back to the NSA. We will continue our training, until the Lake Placid Invitational. After racing concludes on Sunday July 6 we will load the boats. We will be leaving for Gainesville on Monday July 7, arriving at the boathouse late on Tuesday July 8.

This competition tour is a great chance for our paddlers to gain race experience at a highly competitive level. They will have the chance to train with other athletes from around the US in a fun setting.

We are very excited about our 2008 Summer Trip and we know that it's going to be a rippin good time.

If you have any questions please contact Devri, Dave or Melinda Easterday who is the Trip Leader for this trip.



USACK National Championships

The USACK National Championships is only 9 weeks away!!! We are currently trying to get details together so that

we can get information out as soon as possible.

I would LOVE to take a busload of LCKC athletes and parents up to Oklahoma City, to show the country how LCKC "does it"! This is the biggest Club regatta of the year, and as such we want to bring our biggest, and best team to the regatta site. All Bronze, Silver, Gold, Master and parents are strongly encouraged to go.

If you have any questions please talk to Dave and Devri.

In 2006, we took the National Club Title. In 2007, we were second to Seattle Canoe Kayak Club. In 2008, LCKC wants to win it away from home!!

Recreational Paddling at LCKC

We recently launched one of our newest programs the Adult Learn to Kayak. So far, we have had a great response. We had 9 participants in Class 2, and have 6 registered for Class 3 already! We are really excited about this new program and hope that our LCKC members can spread the word about this program.

Moonlight Paddles are scheduled for the following dates this year;

Friday June 20
Friday July 18
Friday August 15
Friday September 19

The Moonlight Paddles are open to all paddlers. LCKC members can come for free, and the fee for non members is \$15. Moonlight Paddles are a fun, new way to experience Lake Lanier.

Sunday Come Try It's are also up and running this summer. This will be from 1-6pm on Sunday's throughout the summer.

FOR SALE

CANOE for Sale

We-no-nah Fisherman

Mint Condition, stored at Canoe and Kayak Club

Length: 14' - Rocker: 1 1/4"

Heights: Bow 19" - Center 14" - Stern 18"

Width: Gunwale 37" - Maximum 39" -

Waterline: 37 1/2"

Material: Royalex Weight: 57 lbs.

This is a flat water canoe for fishermen and/or the family.

Accessories included: 4 paddles, 3 life vests, outrigger, seat back, skid plate kit

Price: \$900

Call/e-mail John or Helen Outler at

770-534-1259 or by email at outlaker@bellsouth.net.

Micheal Young is selling his Westport K1. This is a new model style boat and would be good for an up and coming Bronze paddler. If you are interested please talk to Devri or Dave about trying it out.

If you have anything you'd like to sell, please email Devri to have it included in the LCKC Newsletter.

ANNOUNCEMENTS

Office hours during the summer months are Monday through Friday 4-6pm. Please try to conduct all your office business during those times. If you have questions please talk to your coach.

We've spent quite a bit of time and energy into cleaning up the boathouse. Please be courtesy to your fellow teammates and pick up after yourself. All empty bottles and garbage should be placed in the garbage. All clothing needs to be taken home every night.



2008 Summer Program Update

It's FINALLY here!!! LCKC's 2008 Summer Program will officially begin on Tuesday May 27. We will be splitting up the groups differently this summer to maximize our training and coaching. If you have any questions please talk to your coach.

The groups will practice as follows:

Men's Kayak:

Monday:

7-8:30am Paddling
8:30-9:30am Supplemental practice
4-6pm Paddling

Tuesday:

7-8:30am Paddling
8:30-9:30am Supplemental practice
4-6pm Paddling

Wednesday:

4-6pm Paddling

Thursday:

7-8:30am Paddling
8:30-9:30am Supplemental practice
4-6pm Paddling

Friday:

7-8:30am Paddling
8:30-9:30am Supplemental practice
4-6pm Paddling

Saturday:

8:30-11am Time Controls and Supplemental training

Sunday:

OFF!

Women's Canoe/Kayak and

Men's Canoe:

Monday:

8:30-10am Paddling
10-11am Supplemental Practice
4-6pm Paddling

Tuesday:

8:30-10am Paddling
10-11am Supplemental practice
4-6pm Paddling

Wednesday:

4-6pm Paddling

Thursday:

8:30-10am Paddling
10-11am Supplemental practice
4-6pm Paddling

Friday:

8:30-10am Paddling
10-11am Supplemental Practice
4-6pm Paddling

Saturday:

8:30-11am Time Controls and Supplemental training

Sunday:

OFF!

Bronze Developmental:

Monday:

10-1pm Paddling, running, weights and games

Tuesday:

10-1pm Paddling, running, weights and games

Wednesday:

10-1pm Paddling, running, weights and games

Thursday:

10-1pm Paddling, running, weights and games

Friday:

10-1pm Paddling, running, weights and games

Saturday:

8:30-10:30am Time Controls (Optional)

Sunday:

Off!

Masters:

Tuesday:

6-7:30pm Paddling

Thursday:

6-7:30pm Paddling

Saturday:

7-8:30am Group paddle

8:30-10:30am Time Controls