



## **LCKC November 2007 Newsletter**

**Thanksgiving is soon here and the weather is cooling off. Cold water paddling has arrived, even if there is not very much water to paddle on! Make sure to read about the happenings down at the boathouse this month!**

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## **COACHES CORNER**

It's time to catch our breathe! The Halloween Howl was the last competition of the season, so you and your parents may just get a normal weekend!

Fall training has been going well so far. We are getting lots of kilometers in and making great progress. Remember the Fall/Winter is where athletes make the biggest jumps for the upcoming season.

Our Bantams have been clocking lots of kilometers. Remember November 10<sup>th</sup> is the last day to count kilometers for the Barton Bantams. Any Bantam who reaches 200kms from September 10- November 10, will receive an award from USACK, as well as get to sign the LCKC Barton Bantam Trophy and enjoy the fruits of their labor in the form of candy. Please watch for a complete list of Bantams who make the 200km's!

Now that the weather is cooling off you need to make sure that you are dressing appropriately for practice. Make sure to bring appropriate clothing and runners. Always bring a change of clothes to change into after practice.

November will be our heaviest month. It is one of our largest volume months both on water and off. Make sure to be at practice on time, so that you don't miss out on anything. The days are getting shorter, and we need to take advantage of all the available light.

The Club will be closed during Thanksgiving weekend from November 22-25. Make sure you thank all those who helped you out throughout the season.

## Cold Weather Paddling

Now that the temperature is dropping you need to make sure that you are dressed appropriately for practice. You need to always bring a pair of runners (sneakers, tennis shoes, ect). Practice might change depending on the weather so, you need to be prepared to run, do weights, or play soccer/Frisbee.

Make sure you bring the right clothes to paddle in. Long sleeve shirts, long pants, wind jackets, ect. On the water, we recommend that you do not wear cotton clothing. Cotton tends to soak up the water and sweat and then leave you cold. Dri-fit is the best material, as it wicks away moisture and leaves you feeling dry and warm.

There are many places where you can purchase this type of clothing if you haven't got any. Any sports store or department store will have a selection. Check out OverFlow on Thompson Bridge Rd. as well. Many paddlers have mentioned that they have purchased clothing there.

We are currently putting together an order for spray skirts and more poggies. These can be purchased

out of the office. Please let you coach know if you are interested.

It is important that you come to practice ready to go. Your Canadian coaches will NOT have sympathy for you if you are not dressed appropriately for the weather. We want everyone to be safe.

Let's get out there and go paddling!



## Oklahoma City Knockout

On Oct 13 & 14 The Chesapeake Boathouse hosted a canoe/kayak event in conjunction with a large rowing event. Some of our Senior athletes were in attendance.

On Saturday morning they raced a 4km head race. The top 6 paddlers qualified to race a 500m that night. The night racing was pretty cool. There were large lights that lit up the course. On Sunday morning they raced the 200m knockouts.

The reviews from the event said that it was a pretty well run event. There was big screen tv's showing the races and interviews with the athletes right after races. There was lots of activities surrounding the races for children and families as well. There was some concerns as to the fairness of the race course because of the wind, but we were assured that "it's never windy here." At any rate LCKC will be ready to go at Trials and then again at Nationals next year!

## **Veterans Initiative**

On Saturday Oct. 20 and Sunday Oct. 21 volunteers from LCKC helped out with a Veterans Initiative. LCKC was contacted by members of the Tuglewood Group and asked to help out with this worthy cause.

The event was for veterans and their spouses from the Iraqi and Afgan wars. The veterans we met had lost limbs, or were paralyzed, or suffered from other serious injuries. It was amazing to hear their stories and learn from their amazing take on life.

LCKC brought over dagger boats to play canoe polo with, as well as some scuppers and dagger K2s. Robert Finlayson also brought over his boat for a little tubing. Other activities included movies, dinners, and waterskiing. There was a group there who helped out with the water skiing that had copious amounts of adaptive equipment. All the veterans got out on the water and were able to have fun.

Thank you to Robert Finlayson, Emily Vinson, Ben Hefner, Katelyn Dill, Chelsea Smith, James Watson, Steven Leech, Elizabeth Cannup, Jeff Cannup, John dePalma who gave up their time to help Dave and Devri with this event.

Watch for an article about the event in the Magazine Exceptional Parent!

It was a very great event, and we look forward to helping out with similar events in the future.

## **RIDICULOUS READ**

The Ridiculous Read has learnt that Coach Dave Robertson has been living in turmoil. In a recent confrontation, the kids told Dave that he is stinky. Dave has told the Ridiculous Read that he hasn't showered since the docks were detached, in an attempt to help save water. If we were all as stinky as him, we'd still have water to paddle on!

LCKC has their own Rock Star. Chris Miller would like to be referred to as Cory Heart from now on. The Rocker was seen dressed suavely in a white dress shirt and sunglasses to do weights at the Functional Training session with Dr. Phil Classen on the weekend. Keep it real, Chris...and remember..."Chris wears his

sunglasses at night, so he can, so he can, watch you and then beat you paddling!"

A debate about a certain person's weight has finally been solved. It had been predicted that said person's weight was approximately 3100 pounds, and on the weekend, The Ridiculous Read has confirmed that the person does indeed weigh 3100 pounds and has recently joined a SUMO group. Check out the photos from the Halloween Howl for the proof!



## Halloween Hoowwll!!! (LRS #6)

On Oct. 27<sup>th</sup> LCKC hosted the second annual Halloween Howl! This year we raced 500m distances for singles and teamboats, and then raced a 1000m single event. Of course we also had the infamous costume race! This year we had two races of 7. There were some really original costumes this year. We had the "No Wake, No Lake" boat of Jayne Barry and Inez Grant, the Lucadoras (Robert Finlayson, Rich Stewart) and the Daddy (Stanton Collins) and many many more.



This year the crew of Katelyn Dill, Samantha Lopez, Chelsea Smith and Skyler Bragg won the Costume event as "SUMO". These giant ladies almost sunk the boat!



The Halloween Howl was also the final Lanier Racing Series. Please watch for the official list of winners and cash prizes coming out this week. Checks will be mailed out or can be picked up at the office after the announcement has been made.



Thank you to everyone who helped out on the weekend! Our parents are great. We appreciate all your

sacrifices to make events like this possible for the kids!

We look forward to a bigger year of racing with the Lanier Racing Series next year! Thank you to everyone who participated this year, Congratulations to the winners, and we will see you all again next year!



## **National Development** **Discipline Camps**

This year USACK is putting on National Development Team Discipline Camps. Athletes have been invited to attend these camps based on their results from Junior World Trials and USACK National Championships.

The Canoe Discipline Camp is from Oct. 25-30 in Mississauga, Ontario. The Men's Kayak Camp is from Nov. 29-Dec. 4 and the Women's Kayak Camp is from Dec. 6-11. Both Men's and Women's kayak camps will be held in Chula Vista, California.

Congratulations to Sheaffer Sorrells, Mary Taylor, Ben Hefner, Anna Crawford, Will Roszel, Luke Potts, Katelyn Dill, Morgan Smith and Chelsea Smith who were all invited to attend these camps.



## **USA Dragonboat** **World Champions!**

The United States Dragon Boat team based in Philadelphia captured the Nations Cup at the International Dragon Boat Federation's World Championship held in Sydney, Australia from September 20-23, 2007. The Nations Cup is the overall point trophy awarded to the top country.

Team USA won Gold in 4 individual events, the Men's 2000 meter, 1000 meter and 500 meter and the Mixed (12 men, 8 women) 500 meter on the way to the team title. The USA victory in the 500 meter Men's race set a new World Record at 1 minute and 48.7 seconds. A Silver medal in the Mixed 200 meter event and a pair of fourth place finishes by the USA women's team helped secure the point trophy over Team China, the traditional powerhouse of Dragon Boat racing.

The training center for the USA team is the Schuylkill River in Philadelphia with the majority of team members coming from the Philadelphia region and the

Philadelphia Dragon Boat Association. Philadelphia has been a center of dragon boat racing since 1983 with the first team started by former City Council member and rowing legend Jack Kelly. Although the team has won individual events at the World Championships in prior years, the Nations Cup represents the first ever team trophy for the USA.

LCKC's own Katie Hagler was one of the paddlers involved in this Championship team! Congratulations to Katie!!

Further information on the World Championships and the sport of Dragon Boat racing can be obtained at: [www.idbf.org](http://www.idbf.org). A video of the World Record setting 500 meter race is available at <http://www.youtube.com/watch?v=d8MJUmT6jFQ>

## Thanksgiving Break

LCKC will be closed during Thanksgiving. The boathouse will be closed Thursday November 22 through Sunday November 25 for Thanksgiving. Make sure to Thank someone who has helped you out this summer, and year. Also make sure to Thank your parents, who support you always!

## USACK National Development Canoe Discipline Camp

On Thursday Oct. 25 Coach Dave Robertson with athletes, Ben Hefner and Anna Crawford headed north to Toronto, Canada for the USACK National Development Canoe Discipline Camp.

The group was training at the Mississauga Canoe Club, home of the some of Canada's top paddlers, including Tomas and Attila Budday (3 time Olympians and World Silver Medalists). The group was training up to 5 times a day doing weights, running and paddling both on water and in the paddling pool in Mississauga Canoe Club.

The paddling pool is pretty cool. There are boards that run across the pool, which the athletes kneel on or sit on to paddle. They use skinny blades on the paddles to lessen the strain on their shoulders. This type of training is great for technical sessions as it allows the coach to get in and manipulate the paddler.

All in all it was a great experience for our young athletes. They had fun, met new friends and most importantly trained hard!

## ANNOUNCEMENTS

PADDLES, PADDLES, PADDLES! A PADDLE IS THE MOST IMPORTANT PIECE OF EQUIPMENT THAT ANY PADDLER CAN HAVE. LCKC HAS BRASCA PADDLES FOR SALE IN THE OFFICE. PLEASE TALK TO DAVE OR DEVRI ABOUT PURCHASING A PADDLE!

DEVRI HAS BEEN PRINTING OFF ATHLETE JOURNALS FOR THE ATHLETES WHO HAVE BROUGHT HER A BINDER AND DIVIDERS. IF YOU HAVEN'T GOTTEN YOUR ATHLETE JOURNAL PRINTED OFF PLEASE TALK TO DEVRI OR BRING HER A BINDER WITH (PREFERABLY) 10 DIVIDERS. THE ATHLETE JOURNAL HAS TONS OF INFORMATION AND YOUR COACH WILL WANT TO SEE YOUR JOURNAL DURING ATHLETE/COACH MEETINGS.

THERE ARE SIGN UPS POSTED DOWNSTAIRS IN THE WEIGHT ROOM FOR ATHLETE MEETINGS WITH DAVE AND DEVRI. WE WOULD LIKE TO SEE ALL GOLD AND SILVER ATHLETES SIGN UP FOR A SPOT. WHEN YOU COME TO THE ATHLETE MEETING YOUR COACH WILL WANT TO SEE YOUR TRAINING JOURNAL

AND DISCUSS YOUR GOALS FOR THE UPCOMING SEASON. MAKE SURE THAT YOU ARE PREPARED. THINK HONESTLY ABOUT YOUR PADDLING AND COME READY TO DISCUSS YOUR GOALS.

WE ARE LOOKING INTO ORDERING SPRAY SKIRTS AND POGIES FOR COLD WEATHER PADDLING. IF YOU ARE INTERESTED PLEASE LET BRENDA KNOW IN THE OFFICE.

PLEASE CHECK OUT THE SCHEDULE AND CALENDAR FOR A COMPLETE LIST OF PRACTICE TIMES AND EVENTS.

## Recipe of the Month

### Sweet-and-Spicy Chicken Stir-Fry

1 lb. boneless skinless chicken breasts, cut into 1-inch pieces

1 Tbsp. oil

3 cups chopped mixed fresh vegetables (red and green bell peppers, baby carrots, mushrooms and snow peas)

1 clove garlic, minced

1/4 cup CATALINA Dressing

2 Tbsp. hoisin or soy sauce

1/4 tsp. crushed red pepper

**COOK** and stir chicken in hot oil in large skillet on high heat 3 min.

**ADD** vegetables and garlic; cook and stir 5 to 6 min. or until chicken is lightly browned.

**STIR** in remaining ingredients; cook an additional 2 min. or until chicken is cooked through and vegetables are crisp-tender, stirring occasionally.

<b>BRONZE DEVELOPMENTAL</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AM</b>						Paddle 8:30-10:30am	
<b>PM</b>	Paddle/Run 4:15-6:15			Paddle/Run 4:15-6:15	Paddle/Run 4:15-6:15		

<b>SILVER COMPETITIVE</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AM</b>	Run/Core 6-7:15	Weights 6-7:15		Weights 6-7:15	Run/Yoga 6-7:15	Weights 7-8:15 Paddle 8:30-10:30am	
<b>PM</b>	Paddle/Run 4:15-6:15	Paddle/Run 4:15-6:15	Paddle/Run 4:15-6:15	Paddle/Run 4:15-6:15	Paddle/Run 4:15-6:15		

<b>GOLD HIGH PERFORMANCE</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AM</b>	Run/Core 6-7:15	Weights 6-7:15		Weights 6-7:15	Run/Yoga 6-7:15	Weights 7-8:15 Paddle 8:30-10:30am	
<b>PM</b>	Paddle 4:15-6:15	Paddle/Run 4:15-6:15	Paddle 4:15-6:15	Paddle 4:15-6:15	Paddle 4:15-6:15		

<b>MASTERS</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AM</b>						Paddle 8:30-10:30am	
<b>PM</b>		Paddle 4:15-6:15pm		Paddle 4:15-6:15pm			