

Lake Lanier Olympic Center
 3105 Clarks Bridge Road
 Gainesville, GA 30506
 Boathouse 770-287-7888
 Fax 770-287-3444
www.LCKC.org

Lanier Canoe & Kayak Club

Programs at the 1996 Olympic Boathouse at Clarks Bridge Park

The Lanier Canoe & Kayak Club was founded as part of the effort to bring the Olympics to Gainesville, Georgia. The Club is dedicated to provide a full range of paddling programs to the community. Come and enjoy this exciting opportunity for recreation, volunteer activities and competition.



Richardson Racing League Spring 2010

\$95 Fee paid

Name _____ Team _____ Adult T-shirt Size _____

School _____ Grade _____ Date of Birth _____

Printed Name of Parents / Guardian _____

Address _____ City _____ State _____ Zip _____

Phone (day) _____ Phone (night) _____ Fax _____ Email _____

Emergency Contact Information: Name _____ Phone _____

Relationship _____ Cell phone _____

Physician _____ Phone _____ Allergies _____

Daily medications _____ Date of last Tetanus shot _____

Insurance company _____ Group _____

APPLICATION & WAIVER, INDEMNIFICATION AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in Lanier Canoe and Kayak Club, Richardson Associates - Electronics, INC. Community Olympic Development Programs and USA Canoe Kayak athletics/sports programs, and related events and activities, the undersigned, for himself/herself, his/her personal representatives, heirs, next of kin:

1. If Minor: Agrees that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating he/she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he/she should immediately advise his/her coach or supervisor of such condition(s) and refuse to participate.
2. If Adult: Agree that prior to participating, he/she will inspect the facilities and equipment to be used, and if she/he believes anything is unsafe, he/she will immediately advise his/her coach or supervisor of such conditions(s) and refuse to participate.
3. Acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses to person or property which might result not only from his/her own actions, inactions or negligence, but also the actions, inactions or negligence of others, the rules off play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
4. Assumes all the foregoing risks and accepts personal responsibility for any and all loss, liability, damages or costs following such injury, permanent disability or death.
5. Releases, waives, discharges and covenants not to sue USA Canoe Kayak, Community Olympic Development Program, Richardson Associates - Electronics, INC, Lanier Canoe and Kayak Club, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees or agents of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all claims, liability, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or part by the negligence of the releases or otherwise.
6. Agrees to indemnify and save and hold harmless the releaseses from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in any way competing, officiating, observing, or working for, or for any purpose participating in the event.

THE UNDERSIGNED HAS READ THE ABOVE WAIVER, INDEMNIFICATION AND RELEASE, UNDERSTANDS THAT HE/SHE HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGNS IT VOLUNTARILY.

I give permission for full participation in the Richardson Racing League subject to limitations noted herein.

I give LCKC permission to utilize my child's photograph or likeness in LCKC program promotional materials.

In case of emergency, I understand every effort will be made to contact me. In the event I can not be reached, I hereby give my permission to the licensed health care practitioner selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child.

Signature of Parent/Guardian: _____ Date: _____

I certify that my child can swim 100 yards, and tread water for 10 minutes. _____ *please initial*

How did you hear about RRL? () School () Mail () Friend () Newspaper () Other _____

2010 Richardson Youth Racing League

The Richardson Racing League is an introduction to the Olympic Discipline of Flatwater Canoe / Kayak racing at the Lanier '96 Olympic Venue. The program is offered in the spring and in the fall. Teams of up to 20 youth, ages 10 to 15 practice twice a week for 6 weeks under the direction of coaches in all types of canoes, kayaks and dragon boats.

Athletes have the opportunity to compete in two weekend events during the program. The first is the Fun Regatta, where teams have a chance to practice boats skills and racing in a variety of boats. No lanes are assigned and no points are scored. It's just for FUN! At the end of the six-week program, teams will showcase their skills by competing in a variety of canoes and kayaks at the Richardson Youth Racing League Fungatta. Individual athletes and crews will be awarded medals for placing in the top 3, and teams will compete for the overall team burgee.

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, 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.

The \$95. fee includes all equipment, t-shirt and athlete lunch on regatta day.

Dates:

- **Monday, March 22nd @ 7:00pm**

Come to the Parent Meeting to hear all the details about the 2010 Spring Richardson Racing League. Coaches will be in attendance, and registrations will be taken.

- **Monday, March 29th, 2010**

Practices begin! The practice schedule will be posted soon or you can check out the LCKC website for specific practice and event times.

- **Saturday, May 1st, 2010**

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 to prepare for the Richardson Racing League Fungatta.

- **Saturday, May 15th, 2010**

The Richardson Racing League Fungatta is the final event of the 2010 Spring Richardson Racing League. Athletes will compete for the Fungatta Team Burgee in all events, including the Team Dragonboat event. Athletes will be named to the Richardson Racing League Team who will receive a free week of training with LCKC coach.

Please Contact us at info@lckc.org or by phone at 770-287-7888. You can also check out our website at www.lckc.org for more information.