



November 2008 Newsletter

The leaves are turning, the temperature dropping and the kilometers are rising! It's Fall Paddling! Time to stock up on your thermals and hit the water for some quality kilometers! Racing is over for 2008 but our sights are now firmly set on 2009. It's time to make some gains on and off the water!

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Coaches Corner

The 2008 Competitive season is officially over! Now it's time to set our sights on 2009. Next year is going to be a big year for many of our paddlers. The Fall is one of the best times to make a big jump in your training which will have one of the biggest effects on your racing the following season.

It's time to get focused! Focus on improvements both on and off the water. Make sure you come to practice ready to paddle. With the sun setting earlier we will have to get on the water quicker so that we can get the work done. Make sure you bring lots of warm clothes to paddle in and also to change into after practice. The fall is a great time to work on changing and improving your technique. Take advantage of the video sessions to listen and learn from not only your video but others as well. It takes 1000 repetitions to change a habit. Make every stroke count...and remember **"if it isn't uncomfortable, you're not working the change!"**

Make sure you're prepared for off water training as well. Be tough! Push yourself off the water and you will see the benefits on the water.

Dave and Devri are here for you. Make sure you talk to them about your goals for next year. Ask them questions about your technique and training.

We want to help you to make a plan for success!



Fall Recap

This years Fall Richardson Racing League was a little bit smaller then last year but there was a ton of great talent out on the water! We had 6 teams compete at the RRL Fall Fungatta on Saturday Oct. 4th. The weather was fantastic and the races went off without a hitch.

Congratulations to the Falcons who won the RRL Fall Fungatta Championship. We are currently working on getting the Burgee put together to display in the boathouse.

Congratulations as well to all the paddlers and coaches who showed us how great they truly are!

We were very pleased to have so many athletes participate in the RRL Fall Clinics this year. Over the week of October 6th we had over 30 athletes come out and participate. They got a taste of what the Bronze Developmental program is like. We had a handful of those athletes join the regular program and are hoping to get some more to join as well.

We would like to thank Richardson Technologies for their generous support of this program. Not only does Richardson Technologies Systems sponsors this program but they had many volunteers helping out for the Fall Fungatta! We truly appreciate everything that Richardson Technologies Systems has done for the

Lanier Canoe and Kayak Club and the local youth.

The dates have been set for the 2009 Richardson Racing League. Practices begin March 30, so be sure to mark your calendars!



Halloween Howl (LRS 6)

On Saturday Oct 25, the final event of the 2008 Lanier Racing Series was held. We had lots of paddlers participate in the Halloween Howl this year.

We raced 500m and 1000ms in the single events and 500m in the teamboats. It was a good morning of racing.

We had great participation in the costume race. Holly Shilling, Chelsea Smith, Rebeca Westmoreland and Macy Dwyer won the Costume race dressed as Super Heros. Congratulations ladies. Of notable entry was Ben Hefner, Chris Miller and Stanton Collins who continued with their blind act way past time in order to avoid putting their equipment away. We're onto you boys!

The 2008 Lanier Racing Series was fairly successful this year. We will be handing out just under \$2000 in prize monies.

The following is a list of the first place winners from the 2008 Lanier Racing Series:

Open Men K1: John DePalma - \$70.00
Open Women K1: Emily Vinson- \$25.00
Open Men C1: Rich Stewart- \$75.00
Junior Men K1: Chris Miller- \$50.00
Junior Women K1: Cannie Ash- \$20.00
Junior C1: Ben Hefner- \$55.00
Juvenile Men K1: Luke Potts- \$165.00
Juvenile Women K1: Katelyn Dill- \$100
Bantam Men K1: Duncan Hord- \$115.00
Bantam Women K1: Holly Shilling- \$135
Masters Men K1: Javier Comelli- \$110
Masters Women K1: CJ Haynes- \$40

Congratulations to all the winners! We'll see you next year on March 21 for the first event of the 2009 Lanier Racing Series.

Bronze Practices at Gainesville School of Gymnastics

This fall the Bronze Developmental group will again head to Gainesville School of Gymnastics on Thursday evenings from 7:30-8:30pm. Practices will begin at Gainesville School of Gymnastics on Thursday Nov. 13. This practice will replace the Thursday practice from 4:15-6:15pm.

Thank you to Susan Bragg for allowing us to use her gym!

If you have any questions please talk to Devri.



Ridiculous Read

Coach Dave Robertson has begun to rethink his career choice as a coach. He is considering switching professions to become a Hallmark card writer. He recently tested out some of his "material" down at the boathouse and was successful at turning Katelyn Dill's face bright red...that's no small feat! "Although we live apart, you've captured my heart" would melt anyone's heart, Katelyn....so don't worry about it!

The Ridiculous Read has learnt of a some shocking events! Apparently, members of the Gold/Silver team have been going to play "beach volleyball" at a park during the evenings. What the Ridiculous Read has learnt is that there is no volleyball actually happening!!! Dun-dun-da!! The teens are going to the park to dance outside their cars. They spend the night practicing such dances as the waltz and the tango. This is all led by resident ballroom dancers Zach Robertson and Jared McArther. Parents don't be fooled. I've seen your children play volleyball and they stink! But they are fine dancers.

Fundraising Update

By Marcy Lana

Most of us, parents and athletes alike, have long since realized that competitive sprint kayaking is not a cheap sport to get into. As a club, LCKC tries to keep dues down, so that more people can afford to participate in the sport. For the individual, in addition to club dues, there is also the cost of boats, paddles, paddling gear, as well as travel and entry fees. These costs add up fast, which is why LCKC held several fundraisers this year.

Two raffles were held to directly benefit the club. Nancy Canupp put the raffles together with 100% donated items. She also managed sales and was available to make suggestions to athletes and parents on how to best market the raffle tickets. The raffle for tickets to the UGA/GA Tech game was particularly successful, with many people buying multiple tickets.

This year we offered something new during the RRL season: photos. During the Spring and Fall sessions of RRL, LCKC was lucky enough to find skilled photographers who came and took photos of our younger kayakers and offered the photos for sale to their parents. Half of the profits from the sales went to LCKC. This fundraiser has a great deal of potential and we are working on developing it further.

Also new this year, LCKC offered a program for each of RRL seasons. Athletes sold ads in the program, and 10% of their sales went into the sellers' LCKC account. The programs served the dual purpose of being a revenue generator and an advertising medium.

Due to the increased sales in the Fall program, we were able to increase the amount of space dedicated to promoting the various programs available at LCKC.

Currently, LCKC is raising funds by "renting" parking spaces at the Watkins Chiropractic Clinic during home football games at the nearby stadium. Coffee and treats are also being offered for sale. Watkins Chiropractic Clinic graciously allows us to use their parking lot for free, thereby giving this fundraiser the potential to be very profitable.

While this year's efforts at fundraising were successful, we have a long way to go before our athletes can participate in this sport with little or no cost to the parents. LCKC always welcomes ideas and suggestions, but we really need people who can conceive and implement fundraising activities or get fully involved in already scheduled efforts. The more the club profits from the fundraisers, the fewer costs have to be passed on to the parents.

If you have ideas or would like to get involved please don't hesitate to contact me at marcylana@mac.com. We would love to have your ideas and help to make our fundraising efforts for 2009 successful!

Coach Search Update

LCKC is currently in the process of trying to find new coaches. We have formed a Coach Search Committee. The position has been posted on various US Networks and the LCKC website.

We have had good interest and have begun to receive applications. We will

begin to review applications and start the interview process in November.

The Coach Search Committee is committed to finding the right coach for the job! Please watch for more updates in the near future.

Polar Bear Swim!

The 12th Annual Polar Bear Swim will be held on January 1st at 2pm. This annual event is important to LCKC as well as the community. We have community leaders, as well as folks from all over the metro area who come to Gainesville every year on January 1st just to jump in Lake Lanier.

We have many talented people in our LCKC family so let's put our heads together to plan the best Polar Bear Jump ever. Last year attendance was down due to a very cold day and probably the low lake level. Those are two things we can't do anything about so we might as well make the best of it and plan a memorable event for all who attend.

Tim Watson has agreed to chair this event along with help from Jim O'Dell who has worked with the event for several years. If you would be interested in helping out on a committee for this event please contact Tim.

We will be asking for volunteers for the event, and help soliciting sponsors.

Make sure to mark your calendar so that you don't miss this great event!

Annual General Meeting and Awards Banquet

The 2008 Annual Meeting is Sunday, December 7 - time to be announced. We will have a Potluck dinner, election of 2009 Board, and 2008 awards. Watch mailboxes for official notice to be mailed in the next few weeks.



National Development Team Fall Camps

Many LCKC athletes were invited to attend USA Canoe/Kayaks National Development Team Fall Camps.

The Men's Kayak Discipline Camp was held from Oct 16-21 in Chula Vista, CA. LCKC athletes Luke Potts, Zachary Robertson, Jared McArthur, Chris Miller and Hezekiah Blackburn all attended the camp. William Roszel was also invited but did not attend.

The Women's Kayak Discipline Camp was held from Oct 23-28 in Chula Vista, CA. LCKC athletes Katelyn Dill, Morgan Smith and Cannie Ash all attended. Chelsea Smith was also invited but did not attend.

The Canoe Discipline Camp was held from Oct 30-Nov 4 in Mississauga,

Canada at the Mississauga Canoe Club. Canoe paddlers Rich Stewart, James Watson, Ben Hefner and Anna Crawford attended. Robert Finlayson was also invited but did not attend.

These camps are a great opportunity for our athletes to get out and do some hard training with some of the best in the USA. They get the chance to do teamboats with lots of different people. Congratulations to all who were invited.

ANNOUNCEMENTS

OFFICE HOURS FOR THE LCKC OFFICE ARE MONDAY THROUGH FRIDAY 4-6PM.

DAVE AND DEVRI WILL BE AWAY FROM OCT 31-NOV 9. DURING THAT TIME CLAUDIU CIUR WILL BE RUNNING THE GOLD/SILVER PRACTICES DURING THAT TIME AND SHEAFFER SORRELLS WILL BE HELPING OUT WITH THE BRONZE TEAM. DAVE AND DEVRI EXPECT EVERYONE TO BE ON THEIR BEST BEHAVIOUR AND TRAIN HARD!

DO YOU NEED A LCKC HOODY? WE WILL BE PUTTING AN ORDER IN FOR HOODY'S AGAIN THIS FALL. IF YOU ARE INTERESTED PLEASE CONTACT BRENDA IN THE OFFICE.

PLEASE WATCH FOR AN UPDATE IN TIMES FOR MASTERS PRACTICES. WITH THE TIME CHANGE AND FEWER DAYLIGHT HOURS WE WILL NEED TO ADJUST OUR PRACTICE TIMES. AS SOON AS WE CHANGE THE TIMES WE WILL SEND OUT A MESSAGE OVER LANIER CANOE GROUPS.

LCKC Schedule for Gold/Silver (November 2008)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6-7:30 (YMCA) Weights	6-7:15 (YMCA) Games/Spinning	OFF	6-7:30 (YMCA) Weights	6:15-7:15 (YMCA) Swimming	8:00-10:30 Weights/Paddle	OFF
PM	4:15-6:15 Paddle	4:15-6:15 Paddle	4:15-6:15 Paddle	4:15-6:15 Run/Paddle	4:15-6:15 Paddle	OFF	OFF

Schedule for Bronze Developmental (October 2008)

	Monday	Thursday	Friday	Saturday
AM				8:30-10:30 Paddle
PM	4:15-6:15 Paddle, Run, Weights	7:30-8:30pm Gainesville School of Gymnastics	4:15-6:15 Paddle, Run, Weights	OFF

Schedule for Master's (October 2008)

	Tuesday	Thursday	Saturday
AM			8:30-10:30 Paddle
PM	TBA	TBA	OFF

** We will release new times for Master's practices ASAP. Until that time we will continue to have the same schedule.