

Richardson Technology Systems

Richardson Technology Systems, www.richardsontsi.com sponsors the program providing funding for medals, t-shirts, coach training, and other program expenses.



Richardson Technology Systems has been involved in the communications industry for over 40 years as a low voltage systems integrator for the education and health care markets. Recently labeled as one of the *Top 50 Systems Integrators* in the country, they are a leader in providing design, installation and service of communications and life safety systems including intercom, telephone systems, video distribution networks, data systems, multimedia management, professional sound, and fire alarm and security for schools and hospitals across the State of Georgia.

Flatwater Canoeing & Kayaking

The sport of canoeing and kayaking is a fun way to enjoy the outdoors. Participants can choose to paddle in either Singles, Doubles, Four person boats, and Dragon boat which has 20 paddlers!! During competition, paddlers race in their own lanes, and race for SPEED! If you like to go fast, be outside and have fun, Canoeing and Kayaking is the sport for you!

Lanier Canoe and Kayak

LCKC is committed to providing quality coaching to our membership. We strive to provide the best possible training and education in the sport of flat water canoeing and kayaking and continue to develop better support for our membership at every level. Whether you are interested in recreational paddling or have Olympic Aspirations, LCKC is the place for you!

Over our short history, LCKC has won 7 National Championships and placed numerous athletes on the Junior and Senior National Teams. Our venue has been the site for the '96 Olympic Games, 2003 ICF Senior World Championships, multiple National Championships, and many other local competitions.



Contact Information

For more information about The Richardson Racing League or any other LCKC programs please contact us at:

3105 Clarks Bridge Road, Gainesville, GA, 30506
770-287-7888, email laniercanoekayak@gmail.com
or check out our website at www.lckc.org



March 29-May 15, 2010

Richardson Technology Systems is proud to present the 2010 Richardson Racing League! In each 6 week season, youth learn canoe and kayak skills, meet new friends and have **tons of FUN!**



Richardson Racing League

The Richardson Racing League is an introduction to the Olympic Discipline of Flat water Canoeing and Kayaking. Local youth between the ages of 10-15 practice twice a week on teams of 20. Teams are taught by energetic, trained coaches. Participants learn basic canoeing and kayaking skills, meet new people, and have lots of FUN!



No previous experience is needed. We will teach you all the skills you need.

This is a great chance to get out on beautiful Lake Lanier, be active, and have lots of fun with friends! Some teams are affiliated with local schools and some have a mixture of students from all over. You can either race for your school or join a different team and meet all new friends!



Practices



Teams meet at the Lanier Canoe & Kayak Club twice a week. Each training session is 1.5 hours. At the sessions, participants get the opportunity to try out different equipment, practice skills, play games, and have fun. The Practice Schedule is determined at the beginning of each season and is posted on the LCKC website.

Regattas

Throughout the 6 weeks there are 2 competitions where participants showcase their skills:



May 1, 2010– Richardson Racing League Fun Race. The Fun race is a laid back opportunity for participants to get out and race to learn what it is like and to mix with the other teams.

May 15, 2010– Richardson Racing League Fungatta. The Fungatta is the final competition. Awards are given out for individual events and Teams race for the Team Burgee title.

Dates:

Jan 11–March 26, 2010 —Registration at the Boathouse from 4-6pm Mon-Fri.

Monday March 22, 2010 – Parent’s Meeting at the Boathouse at 7pm. This is your chance to come down and check out the Club and register for this amazing program.

March 29, 2010 – Practices Begin!

May 1, 2010 - Fun Race!

May 15, 2010– Fungatta Time!

May 24-28, 2010– Richardson Racing League Clinics coached by LCKC Developmental Coach.



Philosophy

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 teamwork and leadership skills, a life-long habit of fitness, an appreciation for nature and our waterways, goal setting, and a strong work ethic. The Lanier Canoe and Kayak Club believes in the ASPIRE model of teaching skills to participants.

ASPIRE

Teach and demonstrate a positive healthy ATTITUDE.

Show and develop the qualities of good SPORTSMANSHIP.



Instil in the children the importance of

PERSERVERENCE when learning new skills and in achieving their goals.

We work with the needs of each **INDIVIDUAL** and help them develop a positive understanding towards other individuals and their needs and talents.

RESPECT for themselves, for equipment, for officials, coaches, parents and for their environment.

ENJOYMENT and **EMOTIONAL** development through teamwork, group activities and various social activities.

Registration:

Registration forms can be found online at www.lckc.org. You can download a copy at the website or contact the LCKC office. Registration is due before March 26. The fee for this program is \$95