



Lanier Canoe and Kayak Club
Legacy Program of the 1996 Centennial Olympic Games

Lanier Canoe and Kayak Club Handbook

Table of Contents

Welcome	Page 4
Our Vision	Page 4
Mission Statement	Page 4
Venue	Page 5
Memberships	Page 6
Development 1	Page 6
Development 2	Page 6
High Performance	Page 6
Masters	Page 6
Dragon Boat	Page 7
Non-Resident	Page 7
Recreational	Page 7
Guest	Page 7
New Member Registration	Page 7
Membership Payment Policy	Page 7
Membership Withdrawal Policy	Page 7
Suspension or Termination of Membership	Page 8
Membership Communication	Page 8
Lanier Canoe and Kayak Programs	Page 9
BBI Jr. Olympic Program	Page 9
Summer Day Camp	Page 9
Dragon Boat Racing League	Page 9
Adult Learn to Kayak Program	Page 10
Moonlight Paddle	Page 10
Come Try It Program	Page 10
Other Services Provided by LCKC	Page 11
Canoe and Kayak Rentals	Page 11
Dragon Boat Rentals	Page 11
Boat Storage	Page 11
Locker Rentals	Page 11
LCKC Events and Trips	Page 12
Events	Page 12
USA Canoe/Kayak Membership	Page 12
Trips	Page 12
US Canoe and Kayak National Championships	Page 12
Facility Guidelines	Page 13
Safety and Security	Page 13
Lost and Found	Page 13
Restrooms and Shower Area	Page 13
<i>Appendix 1: ASPIRE</i>	<i>Page 15</i>
<i>Appendix 2: Code of Conduct</i>	<i>Page 16</i>
<i>Appendix 3: LCKC Travel Code of Conduct</i>	<i>Page 17</i>

Appendix 4: Personal Appearance and Clothing Policy
Appendix 5: Discipline Policy

Page 19
Page 21

Welcome

We welcome all members, guests, and future members to the Lanier Canoe and Kayak Club (LCKC). We are glad that you have chosen to be a part of the Legacy Program of the 1996 Olympics. We offer many opportunities here at LCKC for people of all ages. Whether you are a young athlete with your eyes on the Olympics, a competitive adult paddler looking to improve your health by being more active, or a recreation member just looking for a way to relax and enjoy the water, LCKC is the place for you. For sprint athletes we offer many opportunities throughout each year for local, national, and international competitions. Recreation programs are offered monthly, spring through fall.

VOLUNTEERS

Volunteers are the backbone of our organization and the events, trips, and programs provided by LCKC cannot happen without the hard work and dedication of our many volunteers. All members and their families are encouraged to become involved in the club through volunteerism.

Our Vision

- ❖ To establish an environment where all participants and staff feel welcomed, respected and affirmed
- ❖ To do our part to protect Lake Lanier by participating in environmental and recycling programs
- ❖ To give back to our community by providing programs for all individuals regardless of gender, national origin, religion or ability levels
- ❖ To provide the community with a lifelong, low impact sport
- ❖ Develop and nurture individuals through our programs that reach them on an emotional, physical and mental level

Our Mission

The mission of the LANIER CANOE AND KAYAK CLUB, INC. is to serve as a catalyst and as a legacy program of the 1996 Summer Centennial Olympic Games and to promote health, education and fitness for all ages and abilities through quality sprint canoe and kayak programs while continuing the Olympic spirit by promoting excellence in our competitive teams. The Lanier Canoe and Kayak Club will seek opportunities to host events that will have an economic and social impact on the community.

Venue

The Lake Lanier Olympic Venue was built for the 1996 Atlanta Olympic Games for Rowing and Canoe/Kayak. The facility was paid for by the Atlanta Committee for the Olympic Games and given to the City of Gainesville and Hall County. The local governments lease the facility to the Lanier Canoe and Kayak Club and the Lake Lanier Rowing Club. The clubs share the responsibility for cleaning and utility bills. The boathouse, tower or plaza is available for rent.

Memberships

Developmental 1 Program

The Development team practices twice a week and serves as a stepping stone from the BBI Jr. Olympic Program to the Developmental 2 Program. To be eligible for this program, an athlete must have participated in and completed at least one season of BBI in the past year, be between the ages of 10 and 15, and be approved by the Developmental Coach. This team is a great choice for people who want to keep paddling after participating in BBI, but are not ready for the full-time commitment of the Developmental 2 Program. During practices athletes will be encouraged to try more challenging boats, improve their paddling technique, and have fun on the water. Athletes may stay in the Developmental 1 Program for a maximum of four months before moving to Developmental 2. All equipment is provided by LCKC.

Developmental 2 Program

Members of this team are more serious about and committed to their training and fitness. This team practices 4 times each week during the school year and 5-6 times each week during the summer. To be eligible for this program, athletes must have participated in and completed at least one season of BBI within the past year, be between the ages of 10 and 15, and be approved by the Developmental Coach. In addition to paddling, athletes participate in age-appropriate weight training, interval training, running, and other cross-training activities. All equipment is provided by LCKC. While having fun is still on the agenda during a week of training with the Developmental 2 Program, athletes focus more on improving their technique, balance, and speed during workouts on the water. The goal of Developmental 2 athletes should be to progress to the High Performance group before turning 16. Eligibility for the High Performance group will be determined on a case-by-case basis by the Developmental and High Performance coaches. Many of the athletes on the Developmental team have gone on to compete on the national level.

High Performance

The High Performance Program continues to refine paddling technique, focusing on the continued development of sport specific endurance, strength, and speed. Athletes in this program compete locally, nationally and internationally. Athletes strive to represent the USA internationally at the Junior and Senior World Championships, Pan American Canoe Championships, and the Olympic Games. High Performance Program trains 10 times per week in the fall and winter, and 14 times per week in the spring and summer.

Masters

The Masters Competitive program begins at age 25. The focus of this program is on developing and improving balance, paddling technique, and specific racing skills. The

program encourages a healthy lifestyle through physical activity; aerobic, weights and body weight exercises as well as paddling. The coaches work with individual master athletes to help them achieve personal goals. Whether your goal is to race on a local, national, or international level or not race at all, the Masters Program accommodates everyone. This group practices 3 times a week.

Dragon Boat Membership

Under Development

Non Resident Membership

This option is for sprint athletes who live in another area of Georgia or are out-of-state but wish to receive LCKC Training Plans, attend LCKC Training Camps, and race for LCKC. Membership includes three weeks of training. Additional weeks of training are available for an additional charge.

Recreational Membership

Recreational members must be 21 years of age and may only use the LCKC recreation (plastic) boats. This membership allows you access to boathouse during open hours and LCKC activities. Paddles, recreational boats, and life jackets are provided. While Recreational equipment is more durable and the boats more stable, this equipment still requires care and respect. No boat storage is provided but is available for an additional fee. Individual and family memberships are available but must be 21 or accompanied by parent.

GUEST

LCKC wishes to promote membership and introduction to the sport through guest privileges. An individual may visit the club and use the club boats up to three (3) times without signing a membership agreement and paying dues. However, all guests must sign a waiver before they are permitted to engage in any activity at LCKC.

New Member Registration

All new members must complete a registration form and membership agreement. New members must visit with the Office Administrator to go over membership agreement and payment plan.

Membership Payment Policy

New Members as of April, 2011 are required to pay by recurring credit card transaction on the first day of the month. Members prior to this time may continue to pay monthly,

quarterly or annually by cash or check but payments are considered late and subject to a \$15.00 late fee on the 15th of the month. Return check fees are \$25.00. All club trip fees must be paid in full before the date of departure. Member dues must be current in order to train or travel with and race with the LCKC team.

Membership Withdrawal and Change Policy

Withdrawal from or change in membership status requires a one month written notice submitted to your coach and to the Office Administrator. No refunds will be given for unused portion of memberships.

Suspension or Termination of Membership

An athlete or member may be suspended or terminated from LCKC for disciplinary or financial issues (See Appendix 2, 3 and 4). Member of the LCKC are encouraged to follow the principles found the “ASPIRE” document (See Appendix 1). Failure to uphold these principles can be harmful to the individual, club and sport.

Membership Communication

The LCKC e-mail group is a list for members only. This e-mail group is the communication tool most widely used by the club staff and Board to communicate with the members. E-mails concerning practice, events, trips and general club and sport information are sent through this e-mail group. New members are sent an invitation to join and must follow directions to join the group.

Lanier Canoe and Kayak Programs

LCKC offers many opportunities throughout each year for local, national, and international competitions as well as recreational programs. We have the one of the best facilities, programs, events, equipment and coaching staff in the United States. This document includes the code of conduct for membership at the Lanier Canoe & Kayak Club. Your membership in the club can be revoked at any time for serious disciplinary infractions or for nonpayment of your financial obligations.

Paddles and boats are provided for each of the programs. LCKC will also provide Personal Flotation Devices for all participants. All Developmental athletes are required to pass a swim test. A life jacket waiver must be signed by the parent and on file in the LCKC office if your child is permitted go on the water without a Personal Flotation Device.

BBI Jr. Olympic Program

The **BBI Jr. Olympic Program** is an introduction to the Olympic discipline of sprint canoe and kayak racing. The program is offered in the spring and in the fall each year. The **BBI Jr. Olympic Program** introduces the participants to the sprint canoes, kayaks and dragon boats. Each participant will be part of a team of up to 20 children, ages 10 to 15. Participants will learn the fundamentals of the sport, building the foundation for future success as a sprint canoe and kayak racers.

The **BBI Jr. Olympic Program** includes two practices a week for six weeks under the direction of a **BBI Jr. Olympic Program** coach. There is also the opportunity to compete in two racing events during the program. The **BBI Jr. Olympic Program** is often the first step in an athlete's journey to achieving their personal best in the sport of sprint canoe and kayak. Whether their goal is to have fun, fitness, or representing the United States on a National Team, this is a great place to start. The **BBI Jr. Olympic Program** is sponsored by BBI Spreaders.

Summer Day Camp

The LCKC Summer Day Camp is a great way to introduce the sport of canoe and kayak to kids aged 7 to 14. Our knowledgeable staff will teach the skills necessary to paddle both canoes and kayaks. All activities focus on the three F's: FUN, FITNESS and FRIENDSHIP. Campers will learn to paddle canoes and kayaks, as well as take part in other activities such as swimming, crafts, and "Barge Day."

Dragon Boat Racing League

The Lanier Dragon Boat Racing League offers an opportunity for people of all age and ability to participate in the sport of dragon boat racing. Teams from churches, businesses, and communities are formed each spring and compete in this league.

Adult Learn to Kayak Program

The program includes four sessions, during which participants will learn basic paddling skills, water safety, and gain exposure to many different types of boats. The sessions will be taught in a relaxed, fun atmosphere that stresses the enjoyment of the lake in a healthy, environmentally friendly way. The Adult Learn to Kayak Program is offered from spring through early fall.

Moonlight Paddle

What better way to enjoy the lake than in the Moonlight? The Friday evening of every full moon from May through September, the Lanier Canoe and Kayak Club will host a Moonlight Paddle. A qualified instructor will lead the group paddles. This is an excellent opportunity to get a different look at the Lake Lanier Olympic Venue. Come out and enjoy the camaraderie and tranquil scenery. Equipment is available on first come, first serve basis and reservations are not accepted. All participants are required to wear a personal flotation device.

Come Try It Program

The “Come Try It” Program is a great way to get out on the water and experience the sport of canoe and kayak. Participants receive a basic introductory lesson and our trained staff will help you chose a boat and get started. The “Come Try It” Program runs on Saturdays, and Sundays, during the summer months.

Other Services Provided by LCKC

Canoe and Kayak Rentals

Canoe or kayak rentals are available on Saturday and Sunday afternoons during the summer months.. Group rates are available and if desired an instructor will lead tours. For price and availability - contact the Lanier Canoe and Kayak Club Office.

Dragon Boat Rentals

The dragon boats can also be rented for special events for team building and recreational activities. For more information please contact the Lanier Canoe and Kayak Club Office.

Boat Storage

Boat storage is available to LCKC sprint and recreational members only. Boat storage for one boat is included in sprint membership. No boat storage is provided with a recreational membership. Boat storage rental for members with recreational boats or additional sprint boats are available for a fee if space is available. LCKC does not have insurance for personal boats stored in the boat house. You will be responsible to provide your own insurance.

Lockers Rentals

Lockers are available to rent from the Lake Lanier Olympic Venue for \$25.00 a year

LCKC Events and Trips

Events sponsored by LCKC

Lanier Canoe and Kayak Club host several events throughout the year. Some of these events such as the Hong Kong Dragon Boat Festival and the Polar Bear Swim are fund raisers for the club. LCKC has been host to numerous National Championships, the 2003 World Championships and World Cup events. The Lake Lanier Olympic Venue continues to be one of the best venues in North America for canoe and kayak events due to our natural course and the dedication of the club members and local citizens.

USA Canoe/Kayak Membership

The USA Canoe/Kayak is the national governing body for sprint canoe and kayak events. All sprint athletes are required to be a member of USA Canoe and Kayak in order to participate in events at the Lake Lanier Olympic Venue and in other venues around the country. Memberships are available on an annual basis at www.usack.org.

Trips

There are various trips held throughout the year including training camps and competitions. Traveling with the club is a privilege not a right. All athletes must be in good standing with the club in order to travel with the team. Coaches will determine which athletes are appropriate for each trip. There is no club funding for these trips. All trip cost must be paid by the members. Medical insurance is required to travel with the club. A copy of member's current insurance card must be provided with trip forms for each trip. All members are required to sign the LCKC Travel Code of Conduct. The Travel Code of Conduct is included in this document (See Appendix 2). Any serious violation of LCKC Travel Code of Conduct will result in disciplinary action including immediate suspension leading to expulsion. If the athlete is suspended, the athlete will be sent home immediately and will be responsible for all travel cost.

USA Canoe/Kayak National Championships

The National Championships is the premier event held each summer, usually in late July or August. This is the competition that athletes train for all year and everyone is encouraged to participate.

Facility Guidelines

The Lake Lanier Olympic Venue was built for the 1996 Atlanta Olympic Games for Rowing and Canoe and Kayak events. The facility was built and paid for by the Atlanta Committee for the Olympic Games and given to the City of Gainesville and Hall County. The local governments lease the facility to the Lanier Canoe and Kayak Club and the Lake Lanier Rowing Club. The clubs share the responsibility for cleaning and utility bills. The City and County Park & Recreations Departments share responsibility for the grounds and building repairs. In order to keep the facility safe and in the best possible condition, we ask each member and guests to follow the recommendations below: If you are the last one in the facility please turn off the lights and lock the doors and gates.

- Pick up after yourself.
- Do not share the boathouse lock combination with anyone under the age of 21.
- Athletes under the age of 21 can only be at the facility during scheduled training sessions and supervised events. The only exceptions to this rule are when working for a club function or training with a parent or older sibling.
- If paddling during non-practice hours, Please sign the log before you go out, and after you return from your paddle.
- Do not drive or park on the boat apron unless you are delivering equipment.
- Do not park on the grass.
- Athletes are **not** allowed to park their vehicles inside the fenced area.

Safety and Security

For athletes under the age of 21 if you are late for practice and the group has left the boathouse, do not try to catch up on the lake alone. You should either leave the facility if you are driving, or go to the office and wait for your parents. The combination to the downstairs door is only to be given to members over the age of 21. It is the responsibility of any person using the combination door to make sure it is secured upon leaving the boathouse. Coaches should make sure that all bay doors and side door are secured before leaving. The front doors should be locked by the last person in the boathouse. If in doubt, lock anyway. The safety of all athletes while at practice is the responsibility of their coach. Athletes waiting to be picked up by parents should stay inside the fenced area and not venture into the public park.

Lost and Found

There is a lost and found box for items left at the boathouse. The box will periodically be cleaned out and items donated to Goodwill.

Restroom and Shower Area

No personal items are to be left in the restroom or shower area. This is a shared facility which also is rented out to groups from time to time and is accessible by the public

during open hours. The Lake Lanier Olympic Venue, Lanier Canoe & Kayak Club, and Lake Lanier Rowing Club are not responsible for any lost or stolen items left in the restrooms.

Appendix 1: ASPIRE

ATTITUDE:

- I will always be on time to all team scheduled events and practices.
- I will respect my coaches and team helpers by doing what I'm asked, when I'm asked (or discuss an appropriate alternative in a positive fashion).
- I will find the positive in all situations, be positive towards all teammates and anyone I meet. I will not participate in undermining backchat or develop any negative feelings or responses.
- I will enjoy being a representative of myself, my family, my community and a great club.

SPORTSMANSHIP:

- I will behave on and off the water like the champion I am by encouraging others, always doing my best in every race, controlling my emotions if things don't go my way, being very understanding of all volunteers and officials, knowing where and when I must be at all times.
- Cheering and enjoying the achievements of myself and others.

PERSEVERENCE:

- I will keep my attitude and my relationships with others positive. If I'm unhappy or struggling in any way I will ask for help to ensure my personal enjoyment and that of those around me.

INDIVIDUALS:

- I will be understanding of the individual needs and ways of others around me.
- I will try to enhance the enjoyment of the sport for all by being aware of other individuals.

RESPECT:

- I will respect the guidelines set down for the club to ensure everyone's safety and enjoyment.
- I will respect all decisions made by the race officials (with a smile).
- I will respect others' preparation needs.
- I will respect the coach's requests.

ENJOYMENT AND EMOTIONAL DEVELOPMENT:

- I will find ways to make this a great club for all concerned and be understanding of the different levels of emotional development amongst our group.
- I will do my best and make the most of the experience offered to me!

Appendix 2: Code of Conduct

The Lanier Canoe & Kayak Club offers excellent opportunity to our membership. We have one of the best facilities, in the United States as well as programs, events, equipment and coaching staff. This document describes the code of conduct for membership at the Lanier Canoe and Kayak Club. Your participation in the club can be revoked at any time for serious disciplinary infractions or for non payment of your financial obligations. Coaches, staff, trip leaders and board members can make on site disciplinary decisions including up to one week suspension. Further disciplinary measures will be determined by the Judiciary Committee (See Appendix 5 and the LCKC bylaws).

LCKC members are expected to exhibit the highest-level of sportsmanship and conduct themselves as an ambassador for our community and our country.

ALL LCKC Athletes and those guest training with the team shall be required to wear a Personal Flotation Device November 15 - March 1 and at all other times at the coach's discretion. Failure to abide by this rule will result in disciplinary action as referred to in Appendix 5.

LCKC members can only use personal equipment, equipment they have been given written permission by the owner to use or club equipment by permission of the head coach. Parts should never be removed from a personal boat without permission.

The Coaches will make all competition related decisions as well as decisions as to the appropriate training group for each athlete.

Parents and athletes are expected to support LCKC at home and in the community. Any issues should be addressed through proper channels: staff, then to the board without demeaning any individual or the club as a whole.

LCKC Racing equipment is expensive and fragile. Club racing boats are only used with permission of the coaches. Boats should never be placed hull side down on a surface. This scratches the racing surface and slows the boat. Boats should NEVER be dropped, bumped or scraped against anything. Flipping, standing on the bottom or seats, and getting into a boat other than from a dock will damage the boats. Boat numbers must be returned to the club boat number box when finished with races or time trials. Boat numbers cost \$3 to \$5 each. We would rather use funds for things other than replacing missing numbers.

Inexperienced paddlers must learn in our older boats. Athletes cannot progress to the advanced, faster boats until they are stable and are competent in their current boat.

Appendix 3: LCKC Travel Code of Conduct

This document describes the code of conduct for LCKC trips. The LCKC Coaches will make all competition related decisions. Final decisions on any disciplinary action will be made by the Trip Leader on the tour. This agreement must be signed by parents and athletes and returned to LCKC before departure.

You are taking this tour at your own risk. You are expected to attend parent meetings and speak up if you have concerns. As you sign this, you are agreeing to the terms and supervision set up for this trip. We encourage parents to assist with the organization and chaperoning of all LCKC activities. Background checks are required of all adults who assist. Medical insurance is required to travel with the team. If you are taking a personal boat on the trip please make sure you have it insured as a rider on your homeowners or auto insurance. LCKC does not provide insurance for personal boats on the road or in the boathouse. All trip and membership fees must be paid in full prior to departure. Please contact your coach or the office if you have questions.

Behavior

- LCKC team members are expected to exhibit the highest level of sportsmanship and conduct themselves as an ambassador for our community, club and country.
- The use of alcohol, cigarettes, chew or any other illegal drugs will not be tolerated
- All participants will observe curfew – be in your room with lights out.
- Participants will respect chaperones, coaches, and athletes regarding:
 - ❖ Choice of language
 - ❖ Privacy
 - ❖ Punctuality
 - ❖ Property

Traveling

No one may leave the tour group with local families or friends without permission. We encourage new friendships; however no individual invitations to go out may be accepted without written approval from the trip leader.

- Visits between friends will be enjoyed in visiting areas – not individual rooms.
- There will be no tolerance of opposite sex visiting in rooms.
- All athletes are required to stay together as a team.

Meals

- Athletes must eat regular meals (breakfast, lunch and dinner).
- The coach or trip leader will arrange group meals

PDA

Public Display of Affection is inappropriate. You are expected to conduct yourself as if you are in a professional environment. Co-ed teams and travel require that no one should

be able to tell that you have romantic interests in another individual while you are participating in any club activity.

Gross Misbehavior

Any severe violation of these tour rules will result in disciplinary action. The athlete may be sent home immediately at their expense.

Participation

Everyone is expected to participate as a team regarding all team activities including the following:

- Competitions
- Boat loading and preparation
- Clean up

I have read the LCKC Code of Conduct and agree to comply with the rules. My child has permission to travel with LCKC as communicated to me by the Lanier Canoe & Kayak Club, Inc.

Athlete Signature	Date	Parent of Athlete Signature	Date
-------------------	------	-----------------------------	------

Appendix 4: Personal Appearance and Clothing Policy

As Lanier Canoe and Kayak Club (LCKC) strives to provide a healthy, clean and wholesome environment for youth and adults, part of that commitment to excellence is to ensure athletes, staff, parents, officials, family members and volunteers are properly displaying their professionalism in attire. Therefore, the following clothing guidelines have been adopted by the Board of Directors:

Athletes (training)

- All athletes training on the water, on the land, and indoors shall have the upper torso covered completely, except for arms and shoulders. Examples of appropriate attire include tank tops and shirts, including sleeveless shirts. Sports bras worn by female athletes need to also cover their torso with the above attire. There will be no bare mid-sections allowed at the facility when training or lounging at the Club.
- Shorts for other than on water training shall be modest in nature. No male anatomy shall be visible through shorts, and males and females must wear shorts which are not baggy to the point it bares undershorts, and must be able to cover at least one quarter of the thigh at a minimum.
- Reasonable accommodations may be made at the coaches discretion for on-water sessions due to weather conditions.
- All athletes must have shorts/pants on over their spandex and a shirt before entering the upstairs section of the boathouse.

Athletes (Traveling and Competing)

Appropriate attire shall place a sense of professionalism to others that the athlete comes into contact with. Therefore, the above training attire shall be a minimum requirement. No athlete shall be shirtless in any interview or allowed to leave club tent, hotel, or other areas unless properly dressed.

All other groups are expected to follow these minimum requirements. Parents need to ensure they and their family members are exercising good judgment when visiting the Club by not wearing bikini tops or bottoms, and are wearing appropriate tops and shorts.

In the same manner, all volunteers must be properly attired throughout the year and at every event. This also includes when acting as boat holders for major events.

Athletes' failure to abide with this policy shall be dealt with using progressive disciplinary action.

1. First offense requires a documented conversation with the athletes' coach,
2. Second offense shall be a written warning and the parent will be contacted.

3. Third offense will require the athlete to not attend practice for one week, or miss a set of races if the offense occurs during a regatta.
4. Fourth and final offense shall require the Club to suspend the athlete from training and competition for a minimum of three months, with no refund of dues or travel fees since it is a violation of policy.

All other groups, when made aware of and agreeing to the policy shall be subjected to immediate correction. Any family member of an athlete who violates this policy more than twice shall not be allowed to enter the facility again until they can be properly attired. For those 'forgetting' their shirts, clothes are available for use in the 'Lost and Found' box. This shall be allowed once in a calendar month.

Appendix 5: Discipline Policy

An athlete or member may be suspended or terminated from LCKC for disciplinary or financial issues.

Special Offenses

Lanier Canoe and Kayak Club members are expected to maintain the highest levels of behavior for sportsmanship and representation of our community. Unsportsmanlike, disrespectful or unlawful behavior, fighting, sexual harassment or public-display-of-affection at LCKC will not be tolerated and are grounds for immediate suspension and expulsion. Athletes who are involved with alcohol, weapons, drugs, illegal activities or influence are subject to possible immediate expulsion based on the severity of the activity.

Athletes are responsible for observing safe practices. Any athlete who endangers him or her self or the safety of the team is subject to discipline. This includes coming to practice on time and being prepared to handle rain, wind, heat or cold, bringing appropriate clothing, food and water, care for equipment, and choices of activities after practice.

Penalties

Suspension

Suspension will be based on the assessment of the staff. It may take place as soon as deemed necessary by the supervising staff. If the infraction occurs on a LCKC trip, the athlete may be sent home at their own expense. The athletes and parents are required to sign the LCKC Travel Code of Conduct prior to travel with the club.

Suspension of greater than 1 week will need approval of five board members, and written notification of the board. A meeting will be arranged with the athlete by their coach, a letter will be issued to communicate the athlete's suspension. Program fees during periods of suspension must be maintained if the athlete returns to LCKC.

Expulsion/Termination

Serious conduct violations can result in termination of an athlete's membership privileges to LCKC. Termination can also be precipitated by non-payment of fees. Expulsion requires action of the LCKC Board of Directors. Request for expulsion must be made to the Board of Directors. Once the request for expulsion has been made, the penalized person (or parent/guardian) LCKC will be sent written notification. A decision of a simple majority of the Board must approve each expulsion or propose a resolution of issues.

Appeal of Penalty

Suspension and/or expulsion can be appealed. The penalized person (or parent/guardian) must make written appeal to the Board of Directors for a hearing. The LCKC Board of Directors will schedule a meeting with the penalized person (or parent/guardian) and other appropriate people. The involved parties will meet as scheduled by the board in an attempt to resolve the areas of concern.