Study notes on First MileStone project

28 Aug 2020

I use kettlebell for training at home for several years now, but was always missing the community aspect of it. I was looking for a place locally, where I could do kettlebell training in group sessions. I conducted a several hours google search to finally find the Limerick Kettlebell Lifting Club's facebook page with email and phone number. As I am not a phone type person, I wanted to learn about the club, before making contact. As their page was outdated, last comment was over 1 years old, I was not sure about the relevancy of the found information. So I sent the an email with questions.

9 Sep 2020

received email from club, joined training from the following week

17 Dec 2020 Questions

Made the decision to produce a static website for the kettlebell club for the CI first milestone project.
the idea of the chosen project topic gets recorded in an email, sent to Nancy Flexman (coach) with some questions.

> On Thu, 17 Dec 2020 at 11:47, István Orosz <oi5672@gmail.com> wrote:
> Hi Nancy,
>
> If you can recall, I mentioned, that I am doing a web development course at the moment. I have to deliver 4 milestone projects. For first, I choose to build a simple web site about the kettlebell club. I wonder if you could send some text and pictures, what you would like to see on a webpage about your club. You do not need to design it or provide any specification, because I am expected to do that along with the build as well. The web page is not going to be published on the net, I am doing it for grading only.
>
> I put some thinking into it and come up with these ideas:
> - why get stronger: benefits the strong persons enjoy
> - who is coming: sign up for the next 4 weeks training sessions
> - club history: founded, associations, major competitions, medals
> - meet the kettlebells: color coding
> - history of kettlebells: from russia with love
> - how do we train: basic guiding principles for a training session
> - movement patterns
> - rules in the gym
> - about: place, training times, fees, notable persons (trainer, club secretary, etc.)
>
> I am not going to build out all these ideas, it would be too much for the first project.
> So, if you can give me some materials, I would appreciate it very much. No issue if you can't, because I will just google for some pictures and collect some text from the internet and the club will be a hypothetical one, not this club.
>
> Thank you,
> István

18 Dec 2020 Answers

> On Fri, 18 Dec 2020 at 10:51, Nancy Flexman <........@gmail.com> wrote:
> Hi István,
> Here are some thoughts and documents about the club. Have fun!
>
> Every good wish
> Nancy

Why get stronger: benefits the strong persons enjoy
Kettlebells are popular in gyms and fitness activities because of their versatility--perfect for helping people to get stronger and fitter and all the resulting mental and physical benefits such as

- Reduction of stress and lifting mood
- building lean body mass and promote strong healthy bones
- improving coordination
- improving metabolism and other measures of well-being.

- who is coming: sign up for the next 4 weeks training sessions Some members lift just to get fitter, feel better and enjoy the camaraderie of fellow lifters. Kettlebell lifting is also a competitive sport with regular competitions around Ireland in which members can participate.
 club history: founded, associations, major competitions, medals
The Limerick Kettlebell Club was founded in 2011 and is a member of the All-Ireland Kettlebell Lifting Federation which is affiliated with the International Union of Kettlebell Lifting. Members can participate in competitions around Ireland and try to qualify for the Irish Team in European and World competitions. Over the years members have won a number of medals in Irish competitions and one of our members is a European Champion and two time World Champion.
- meet the kettlebells: color codng Competition kettlebells are all the same size regardless of their weight. A colour-coding system makes the weights easy to distinguish:
8 kg pink
10kg white
12 kg blue
16 kg yellow
20kg purple
24kg green
28kg orange
32kg red
- history of kettlebells: from russia with love
- how do we train: basic guiding principles for a training session
A kettlebell training session consists of a warm-up (10-15 min), main training session (30-35 min) and cool-down and stretching. The main training session includes

- bodyweight and weighted exercises to strengthen and activate the muscles used in the competition-style lifts, particularly focusing on the legs, core and shoulders.
- competition-style lifts, including one-arm snatch, one- and two-arm jerk and long cycle, with emphasis on improving technique and efficiency
- All exercises can be adapted according to individual strength and fitness
- Members wishing to lift in competitions can also avail of programmes to do at home designed to increase stamina.

- movement patterns
- rules in the gym
- about: place, training times, fees, notable persons (trainer, club secretary, etc.)
Venue: Delta Sports Dome https://www.deltasportsdome.com/
Address: Delta Retail Park, Unit 5b, Ballysimon Rd, Limerick, V94 RR2C, Phone: (061) 444 455
Time: 7 pm Tuesdays and Thursdays. The Tuesday session is supervised by a coach, qualified by the AIKLF. The Thursday session is decided upon by members
Fee: € 8 per session
New members welcome, with or without previous kettlebell experience!
Enquiries to limerickkettlebellclub@live.ie

Email Attachment: **Club description for Delta.docx**

Limerick Kettlebell Lifting Club

Limerick Kettlebell Lifting Club is non-profit organisation aimed at fitness and kettlebell sport. Our members use kettlebells and other exercises to improve strength, fitness and coordination as well as preparing for competitions around the country—and the world! Our Tuesday session concentrates on the sport aspect while our Thursday session focuses more on general strength and conditioning. Our instructors are trained and certified by the All-Ireland Kettlebell Lifting Federation. Suitable for all ages including youth, our oldest member is over 70. Everyone is welcome to try a free session. Members of the public can participate in either or both weekly sessions.

Times: Tuesday, 7-8 pm; Thursday, 7-8 pm
Price: €8 per session
Contact: (083) 889 1046
limerickkettlebellclub@live.ie

Email Attachment: **Mission Statement.doc**

Discussion document
Limerick Kettlebell Club Mission Statement
August 2017

Mission: To promote Kettlebell sport by creating a community of Girevoy athletes whose common goal is to learn, improve, compete and inspire.

Goals
1. To assist individual members to reach their full potential safely through supervised training by qualified coaches.
2. To participate in the greater girevoy community by taking part in AIKLF competitions, workshops, training and other relevant activities.
3. To organise and host events within the club and with other clubs.
4. To encourage people of all ages to participate in girevoy sport.
5. To cooperate and exchange information with other lifters in order to improve performance and foster friendship.
6. To promote camaraderie and friendship among club members and members of other clubs.
7. To evaluate our progress as a club regularly in order to ensure that
    a. The interests of members are served effectively
    b. We identify and implement improvements that will make our club better.
8. To adhere to a high level of integrity and transparency in all our dealings with members, other people and organizations.

Values
We value the aspirations of each lifter along with the benefits of a vibrant nation- and world-wide girevoy community.

Vision
We anticipate increased popularity of girevoy sport in the Limerick area as well as in the world. We also envision greater enthusiasm for girevoy sport and its benefits.

Objectives
In order to achieve these goals we propose the following objectives
1. We will hold regular training sessions supervised by qualified coaches
2. We will provide feedback on individual progress by holding events such as a series of pentathlons.
3. We will encourage each individual member to participate in at least one competition per year.
4. We will ensure that members are aware of upcoming events.
5. We will host regular sessions free to the public.
6. We will organise training sessions and/or other events in cooperation with other clubs.
7. We will provide opportunities for social contact among members through activities outside of training sessions.
8. We will measure yearly progress toward our objectives.
9. We will produce yearly accounts to summarise all income and expenditures.
10. We will measure and record income and expenditures for any events the club has hosted.

Email Attachment: **LKC Constitution.pdf**

Limerick Kettlebell Lifting Club Constitution

1. Name and Affiliation of Club

The name of the Club shall be "LIMERICK KETTLEBELL LIFTING CLUB" and is hereinafter referred to as "LKC" or "The Club" and is affiliated with the All-Ireland Kettlebell Lifting Federation (AIKLF).

2. Club Mission

To promote Kettlebell sport by creating a community of Girevoy athletes whose common goal is to learn, improve, compete and inspire.

3. Aim

The aim of the LKC is to educate effectively the general public how to safely lift and train with kettlebells.

4. Goals

1. To assist individual members to reach their full potential safely through supervised training by qualified coaches.
2. To participate in the greater girevoy community by taking part in AIKLF competitions, workshops, training and other relevant activities.
3. To organise and host events within the club and with other clubs.
4. To encourage people of all ages to participate in girevoy sport.
5. To cooperate and exchange information with other lifters in order to improve performance and foster friendship.
6. To promote camaraderie and friendship among club members and members of other clubs.
7. To evaluate our progress as a club regularly in order to ensure that
   a. The interests of members are served effectively
   b. We identify and implement improvements that will make our club better.
8. To adhere to a high level of integrity and transparency in all our dealings with members, other people and organizations.

5. Objectives

In order to achieve these goals we propose the following objectives
1. We will hold regular training sessions supervised by qualified coaches
2. We will provide feedback on individual progress by holding events such as a series of pentathlons.
3. We will encourage each individual member to participate in at least one AIKLF competition per year.
4. We will ensure that members are aware of upcoming AIKLF events.
5. We will host regular sessions free to the public.
6. We will organise training sessions and/or other events in cooperation with other clubs.
7. We will provide opportunities for social contact among members through activities outside of training sessions.
8. We will measure yearly progress toward our objectives.
9. We will produce yearly accounts to summarise all income and expenditures.
10. We will measure and record income and expenditures for any events the club has hosted.

6. LKC Club Colours

The Official Club colours are black and green. When competing lifters should be – Black Top with green club logo worn with black shorts / cycling shorts

7. MEMBERSHIP

Membership consists of officers and members of the Club.
The Club year shall commence on the first day of January each year and shall cease on the thirty first day of the following December.
All members are subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations, as well as the code of conduct available in the AIKLF handbook for Clubs.
Members will be enrolled in one of the following categories:
- Adult Member
- Junior Member (Under 18)

8. Membership fees

Annual Membership fees will be set and determined at the Annual General Meeting. This fee will be paid annually by the end of February for renewing members.
A weekly / session fee will also be required to be paid by those who attend training in order to cover ongoing weekly costs. This too will be determined at the Annual General Meeting.

9. Committee

The assets and other affairs of the Club shall be managed by the Committee of the Club.

The Committee shall also be responsible for the election of members, for the organisation and running of social events and for disciplinary matters arising in relation to members.

The Committee of the Club shall consist of the Officers of the Club referred to in list below

Officers of the Club
- Chairperson
- Secretary
- Treasurer
- PRO/Publicity Officer
- Club Welfare Officer/Child liaison officer
- Club Registrar
- Club Coaching co-ordinator

Officers will be elected annually at the Annual General Meeting.

The Committee will be convened by the Secretary of the club and held no less than 6 meetings per year.

The quorum required for business to be agreed at Committee meetings will be 4.

The committee will be responsible for adopting new policy, codes of conduct and rules that affect the organisation of the club.

The Committee will have powers to appoint sub-committees as necessary and appoint advisers to the Committee as necessary to fulfil its business.

The Committee will be responsible for disciplinary hearings of members who infringe the club rules/constitution. The Committee will be responsible for taking any action of suspension or discipline following such hearings.

Any member of the Committee who is absent for four consecutive meetings of the Committee without an acceptable reason shall be deemed to have resigned from the Committee and the vacancy shall be filled in accordance with the following paragraph.

In the event of the resignation or removal of a member of the Committee, the Committee shall have the power to fill the vacancy by co-option: persons so co-opted shall hold office until the next Annual General Meeting.

The Committee shall keep a record of the minutes of all meetings and keep correct accounts and books showing the financial affairs, receipts and disbursements of the Club. Such accounts shall be audited by a person or persons elected annually at the Annual General Meeting (hereinafter referred to as "the Auditor").

10. Finance

All club monies will be banked in an account held in the name of the club. The Club Treasurer will be responsible for the finances of the club.

The financial year of the club will end on 31st December.

An audited statement of annual accounts will be presented by the Treasurer at the Annual General Meeting.

Any cheques drawn against club funds should hold the signatures of the Treasurer plus one signature of two other officers (Chairperson and Secretary).

11. Annual General Meeting

The Annual General Meeting (hereinafter referred to as the "AGM") of the Club shall, save in exceptional circumstances, be held annually during the calendar month of March, on a day to be fixed by the Committee.

The business of the meeting shall be to receive the Annual Report of the Committee and to conduct any other business of the Club.

Notice of the AGM should be given by the Club Secretary with no less than 21 clear days' notice to all members.

Nominations for officers of the Committee should be sent to the Secretary prior to the AGM.

All paid-up adult members have the right to vote at the AGM. The quorum for AGM's will be 50% of club members.

The election of officers to the Committee shall be from nominees duly proposed and seconded in writing by any member of the Club. If there is no nominee for an Office, the Members present at the meeting and entitled to vote may nominate, by verbal proposal duly seconded, a Member or more than one member for such office or such membership of the Committee in question.

Where there is only one nominee for a specific Office, the nominees duly proposed shall be deemed to be elected; if the number of nominations put forward is greater than the number of places remaining to be filled on any such Committee, the places in question shall be filled by ballot.

The Committee has the right to call Extraordinary General Meetings (EGM's) outside of the AGM. Procedures for EGMs will be the same as for the AGM.

12. DISCIPLINE AND APPEALS

All complaints regarding the behaviour of members should be submitted in writing to the Club Secretary.
The Committee will meet to hear complaints within 14 days of a complaint being lodged. The committee has the power to take appropriate disciplinary action including the termination of membership.
The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 14 days of the hearing.
There will be the right of appeal to the Committees decision following disciplinary action being announced. The appeal must be lodged in writing within 7 days. The committee shall then consider this appeal within another 7 days of the Secretary receiving the appeal.

13. MISCELLANEOUS

The Club shall be subject to the Rules of the AIKLF.

14. DISSOLUTION OF THE CLUB

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.
In the event of dissolution, any assets of the club shall be returned to the original owners. The disposal of any remaining assets shall be decided by the Committee.
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06 Jan 2021 Materials gathering

set up the **GitHub repository** at https://github.com/ruszkipista/cims01-lkc
description: Limerick Kettlebell Lifting Club website - Milestone1 Static front end project - Full Stack Web Development Diploma - Code Institute
git link: https://github.com/ruszkipista/cims01-lkc.git
deployed the empty repository to **GitHub Pages**: https://ruszkipista.github.io/cims01-lkc/

Google map widget for place of Delta Sports Dome copied from https://www.deltasportsdome.com/
```
<iframe
src="https://www.google.com/maps/embed?pb=!1m14!1m8!1m3!1d9682.897964425805!2d-8.5848071!3d52
.6468904!3m2!1i1024!2i768!4f13.1!3m3!1m2!1s0x0%3A0x15a56d2aa8bc23d0!2sDelta%20Sports%20Dome!5
e0!3m2!1sen!2sch!4v1576249477857!5m2!1sen!2sch" width="100%" height="280" frameborder="0"
style="border:0;" allowfullscreen=""></iframe>
```

Image - Delta Sports Dome entrance
https://www.deltasportsdome.com/wp-content/uploads/2019/12/Delta-Sidebar-Portrait.jpg

Text: Note, LKC is not affiliated with Delta Sports Dome, only rents a court for the duration of the classes.

What is Girevoy or Kettlebell Sport

from http://www.aiklf.com/what-is-kettlebell-sport-girevoy-sport-or-gs/

Kettlebell sport or Girevoy Sport is the traditional Russian sport of kettlebell lifting. Kettlebell sport evolved from athletic and military circles and slowly spread to the wider population.

AIKLF - All Ireland Kettlebell Lifting Federation

In Ireland the "All Ireland Kettlebell Lifting Federation" is recognised as the single national governing body by the International Union of Kettlebell Lifting (World Governing Body) of sport in Ireland, including its disciplines and

events. The core and primary objective of the AIKLF is the promotion of Kettlebell Sport, development and foster of athletes in the 32 counties of Ireland at national and international level.

AIKLF facebook page: https://www.facebook.com/All-Ireland-Kettlebell-Lifting-Federation-186086824815419
AIKLF webpage: http://www.aiklf.com/

IUKL – International Union of Kettlebell Lifting
from http://www.aiklf.com/iukl-international-union-of-kettlebell-lifting/

IUKL website : http://www.giri-iukl.com/en/

The World Governing body for Kettlebell Sport is the International Union of Kettlebell Lifting (IUKL). The IUKL primary objective is the development and popularization of kettlebell lifting internationally, with the long term goal of kettlebell sport gaining entry into the Olympics.

About from LKC facebook page https://www.facebook.com/Limerick-Kettlebell-Club-201978196542853
The Limerick Kettlebell Club are specialists in all areas of kettlebell lifting.

Additional information from LKC facebook page
Limerick Kettlebell Club run regular training sessions at their base in the Delta Sports Dome. We have members from all walks of life from those wishing to improve their fitness to competitive lifters who compete in Girevoy Sport. If you're looking to improve your overall quality of life by improving your strength throughout the entire body then why not contact us about dropping by for a session. The club runs regular workshops aimed at the complete beginner and we also cater to those with experience be it Personal Trainers who are looking to up skill their understanding of the most practical and efficient way to implement kettlebell training into their arsenal of tools for training clients. The clubs head coach is one of only 6 Course Instructors for the International Union of Kettlebell Lifting(IUKL) the world sporting governing body. As distinct from business certifications these courses are not once you pay you pass. The aim of the LKC is to educate safely and effectively the general public how to safely lift and train with bells. Even picking up a kettlebell and placing it in the hand is a very specific movement that needs to be taught effectively.The LKC is registered with the Limerick Sports Partnership. The Head Coach of the LKC is Vice-President of the All Ireland Kettlebell Lifting Federation (AIKLF).The club and its trainers have undertaken Irish Sports Council seminars regarding ethics in sport and children in sport. Do not let let your current fitness levels,or lack of, stop you from giving us a shout. Incorrect use of bells, will, in the long term lead to imbalances and in turn injuries, unfortunately the majority of personal trainers do not understand how to correctly use kettlebells.This is something we as an organisation try to address through our training and Workshops.

Impressum from LKC facebook page
"Integrity of Effort"

History of origin and development of kettlebell sport
http://www.giri-iukl.com/en/history/history-of-origin-and-development-of-kettlebell-sport/

Project Example Idea 2

● Build a website for a gym
External user's goal:
● The site's users are gym members and potential members, who want to know more about the gym and its procedures.
Site owner's goal:
● The gym is interested in attracting and retaining members.
Potential features to include:
● Showcase photos of people having fun exercising in the gym and any other media to motivate people to come.
● Provide detail on the organised classes in the gym and their schedule.
● Provide information on the gym's location, opening hours, contact details and any external resources.

Searched through the **club's facebook page** for usable pictures, downloaded some.

merged 2 pictures about kettlebells lined up in an arc, they are sorted by weight, intend to use it to show the color coding - weight association. Removed the background from the picture with Paint.NET

  =>
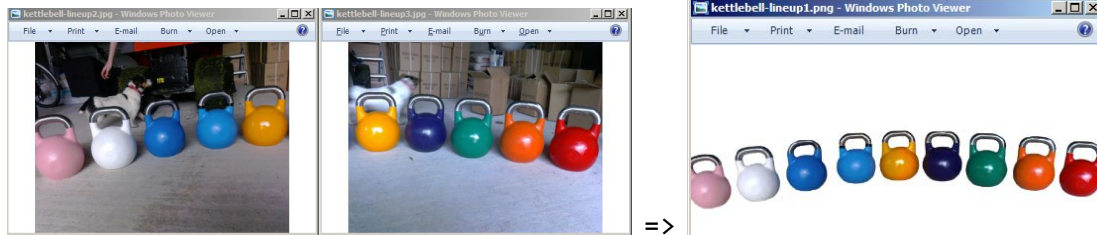
found own picture about a normal and a competition kettlebell side by side. Removed the background..

 =>

created the `favicon.ico` image for the site from the club's logo figure, also removed the background, added the favicon to the starter index.html, as below:

 => =>

Saw on one of the obtained pictures a url to the former club website: limerickkettlebellclub.com, but the website is not reachable and haven't received any materials about what content was featured on it earlier.

Mottos:
- Come for the training, stay for the community
- Fitter Faster Stronger
- Integrity of effort
- Move better and feel better
- Strength & Condition
- "Kettlebell Training...The Closest Thing You Can Get to Fighting, Without Throwing A Punch" —Federal Counterterrorist Operator

Reasons for training
- get stronger
- get healthier
- gain endurance
- lose weight
- gain muscles
- Number one unadmitted reason: look better without clothes

07 Jan 2021 Started the 5 Planes of UX Design process

Strategy Plane

Stakeholders of the website:
- visitor - a person visiting the website, not a member
- member - club member, who actively trains or trained with the club
- officer - affiliated with the club who executes or organises club matters though official capacity
- AIKLF - sport organization which the LKC is associated with

| N#	User	Goals, Needs, Objectives
G1	AIKLF	member organizations feature their affiliation with national (AIKLF) and world organization (IUKL) in info materials
G2	officer	provide adequate, easy access training facilities with certified instructors at fair price in popular day/week times
G3	officer	increase number of active members by attracting new members and retaining current members
G4	officer	organise workshops for the public and other gym trainers
~~G5~~	~~officer~~	~~promote the club via members' social networks~~
G6	officer	make available club documents, rules, photos and forms
G7	officer	present an attractive image of the club to the public
G8	officer	inform about out of ordinary events (e.g. competition results, upcoming events, closure, etc.)
G9	officer	send out low cost instant delivery periodicals and notifications to individuals who signed up for it
~~G10~~	~~officer~~	~~facilitate calendar where members can sign up to events or cancel the same~~
G11	officer	inform about the history of Kettlebell and Kettlebell Sport
G12	visitor	find training community which caters for my particulars and interests (gender, age, experience level, dedication to training)
G13	visitor	learn about training related questions of what, why, how, who, when, where
G14	visitor	learn about venue facilities: reception, change room, locker, parking, price, discount
G15	visitor	learn about tools used for training
G16	visitor	learn what to expect on the first training
~~G17~~	~~officer~~	~~make available template training plans~~
G18	member	our heroes: get information about club related competition results
G19	officer	increase our authority on the subject in the eyes of the visitors

08 Jan 2021

Scope Plane

F#	Goal	Feature
F1	G3	build a custom static website with responsive pages for mobile, tablet and desktop
F2		have navigation bar on each pages
F3	G1, G19	display LKC's logo and name, display club's affiliation with AIKLF and IUKL with logo, name and link provide description about each
F4	G16	provide description about how to prepare, what to bring, what to expect on the first training
F5	G7, G12	display attractive photos and texts, member testimonials
F6	G13, G19	describe what we do
F7	G13	describe why we train
F8	G13, G19	describe how: training methods
F9	G13, G19	describe who we are, how to contact us
F10	G13	inform about training times

F11	G13	describe where we train including venue facilities
F12	G8	present news articles
F13	G8, G9, G18	sign up to newsletter (email)
F14	G6, G16	ask Medical Form to be filled
F15	G3	allow first time applicant to announce self for training, so coach is notified, can learn more beforehand, this way improving first time experience
F16	G3, G6, G14	explain membership
F20	G10	display an event/training calendar, allow members to sign up/off

Structure

The structure of the site consist of
- a Home page with short leads - all pointing to longer descriptions on the About page,
- a long About page receiving traffic from the landing page with many sections with bookmark navigation, end of all sections refer back to Home with link
- a Sign Up to receive emails page
- a picture Gallery page about training, meetups, competitions
- a News page related to club events
- a Try Out page with every important things to know for the first training
- a Mission (statement) page
- a Constitution page
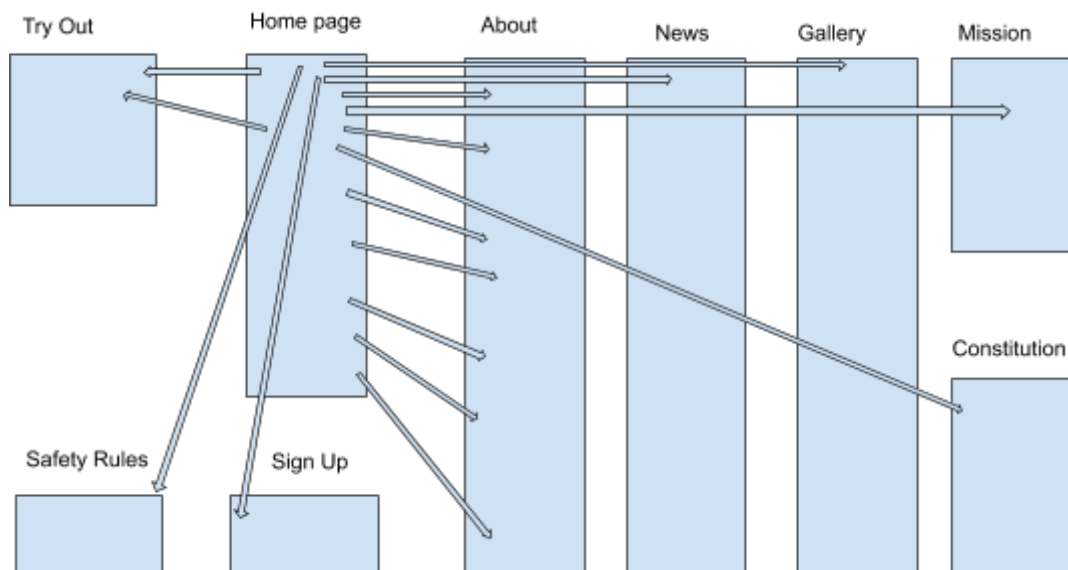
Skeleton Plane

Feature list in page/section structure with content hinting and navigation links

Page section	Feature	Feature / Content description	Link or Action
Home	F1	landing page	
navbar	F2	Navigation bar:	
	F3	- LKC logo	Home

	F3	- Club name	Home
	F1	- Home	Home
	F9	- Contact	About#contact
	~~F5~~	~~- Gallery~~	~~Gallery~~
	~~F12~~	~~- News~~	~~News~~
	F1	- About	About

	F8, F9, F16, F14	- Documents:
		   - Safety,
		   - Mission Statement,
		   - Constitution,
		   - Self Assessment
			Safety
			Mission
			Constitution
			file MedicalSelfAssessment

	F4	- Try out button	TryOut
	F3	- AIKLF logo	About#aiklf
	F3	- IUKL logo	About#iukl
header			
	F5	hero image	
	F5	slogan or motto	
	F4	Call to Action: join us button	TryOut
body			
	F6	what we do (short) ... more	About#what
	F7	why we do it (short) ... more	About#why
	F8	how we do it (short) ... more	About#how
	F9	who we are (short) ... more	About#who
	F5	Testimonials x3 reflect on some gains out of membership, reflect on attending competition, although it started out as ("I need to do something"), Inclusive atmosphere, started as that - become this	
	F4	Call to Action: join us button	TryOut
	F12	news highlights 3x(summary only) ... ~~more~~	~~News~~
	F10	when we train (short) ... ~~more~~	~~Calendar~~
	F9	fee ... more	About#fee
	F11	where (venue) : google map, address, pictures: entrance, tennis court … more	About#where
footer			
	F9	Telephone	+353 83 889 1046
	F9	email	limerickkettlebellclub@live.ie
	F9	facebook	https://www.facebook.com/Limerick-Kettlebell-Club-201978196542853

	~~F13~~	~~Call to Action: keep in touch button~~	~~SignUp~~
TryOut	F4	come to your first free training	
navbar	F2	*same as on Home*	
	F4	all you need to know for the first occasion: clothes, footwear, water, eating, attention from coach (first line - last line)	https://www.youtube.com/watch?v=cKx8xE8jJZs
	F4	-coach led, instructed exercises with kettlebell or bodyweight -everybody is doing the same, but varied to strength level and experience -length, composition of training -new joiners get more attention to ramp up their skills -coach gives out correction instructions to individuals to improve form -number of attendees are not limited, enabled by the size of the court	
	F14	If you can, download, print, fill, sign Medical Self Assessment	file MedicalSelfAssessment
	F15	Give us a heads up: Form: name /email / telephone / about yourself + Submit button	Send email to coach
About		Home page content in full length	
navbar	F2	*same as on Home*	
what	F6	*What we do:*	
	F6	kettlebell lifts library (GIFs or embedded videos or link to IUKL videos?)	UIKL videos
	F6	training, meet up, competition	
why	F7	*Why we do it:*	
	F7	strength, health, fat and muscle, endurance, resilience	
how	F8	*How we do it:*	
	F8	training method we follow, composition of a training session	
	F8	practice vs. workout	
	F8	rules for training	
fee	F16	*Fee and Membership:*	
	F16	what you get	
	F16	price, ~~payment cash or bank transfer~~	
who	F3	*Who we are:*	
	F3	club description	Mission, Constitution
	F16	members, coaches, officers (nobody receives salary)	
aiklf	F3	affiliation with AIKLF	http://www.aiklf.com/
iukl	F3	affiliation with IUKL	http://www.giri-iukl.com/en/
~~history~~	~~F8~~	*~~From Russia with Love~~*	

	~~F8~~	~~History of Kettlebell training~~	
`tools`	F8	*Meet the Kettlebells*	
	F8	color coding and weights	
	F8	comparison of normal and competition kettlebells	
	F8	KB buying guide for home use	
`where`	F11	*Venue:*	
	F11	Delta Sports Dome address, google map, web address	
	F11	free parking space, reception, changing room, lockers, showers photos of building entrance, training ground number of attendees are not limited, enabled by the size of the court clarify relationship with Delta Sports Dome	
Safety	F8	Safety rules	
`navbar`	F2	*same as on Home*	
	F8	List of safety rules to adhere during training, take list from video [Enter the Kettlebell](#)	
Mission	F9, F16	Mission Statement of LKC	
`navbar`	F2	*same as on Home*	
	F9, F16	type out the document received from the coach	
Constituti on	F9, F16	Constitution of LKC	
`navbar`	F2	*same as on Home*	
	F9, F16	type out the document received from the coach	
~~**SignUp**~~	~~F13~~	~~sign up to receive emails from us~~	
~~navbar~~	~~F2~~	*~~same as on Home~~*	
	~~F13~~	~~Form with name, email,~~ ~~affiliation type radio buttons:~~ ~~I am: active member, former member, visitor~~ ~~interests check boxes: news, upcoming events, workshops~~ ~~(with short description of each category)~~ ~~+ Submit button~~	~~Store details to database~~
~~**Gallery**~~	~~F2~~	~~photo collection~~	
~~navbar~~	~~F2~~	*~~same as on Home~~*	
	~~F5~~	~~pictures: events, club life, competitions,~~	~~modal window for cover size~~

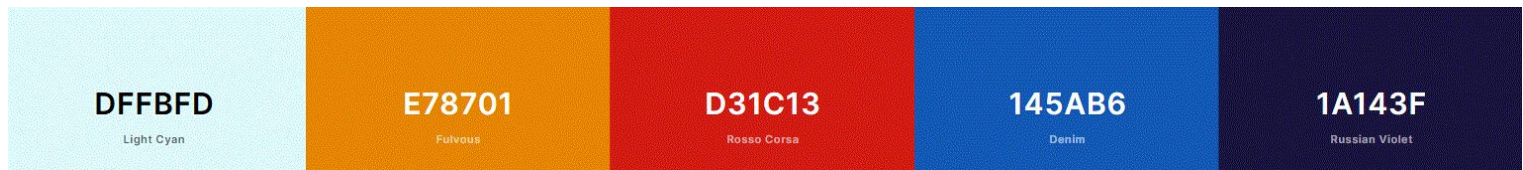|		persons of both sexes, variety of ages, wearing common training clothing, competition clothing show smiling, fun, serious effort each photo has a short description and occasional link to the related news article	News#sequence-number
News	F12	News about club life	
navbar	F2	*same as on Home*	
featured	F12	featured (pinned) news articles (lifted from section flow)	
flow	F12	news articles with time stamp/title/text/picture chronologically descending order (likely the same content as periodic news emails)	
Calendar	F20	Training and Event Calendar	
	F20	Display 5 weeks in calendar format with marks for training and events events occasionally link to news articles	News#sequential-number

Had MS1 project planning call with mentor about
- project topic
- progress on design
- agreed in next call within a week to discuss wireframes (yet to be drawn)

09 Jan 2021

Surface Plane

Used the website coolors.co to come up with base colors for styling:

DFFBFD	E78701	D31C13	145AB6	1A143F
Light Cyan	Fulvous	Rosso Corsa	Denim	Russian Violet

Also decided that for secondary colors will use kettlebell weight color codes:

Choose font Roboto for the headers.

collected a set of color coded kettlebell images from https://www.d8fitness.com/store/, removed background, normalized sizes to 1000x1000

renamed images to conform to a naming convention

reworked the scope plane's feature list

created `mission.html` and `constitution.html` pages with basic Bootstrap styling (low hanging fruit) although I was caught out with styling the numbered list's number to the same as the first paragraph in the list. Then I figured, that to style the numbers, I need to style the whole `<ol>` and then restore the normal style (font-height) for every child element, except the first one:

```
20    /* style the numbers of the <ol> */
21 ∨ .list-with-header > li {
22        font-size: 1.5rem;
23    }
24    /* then dial back for the child elements (except for the first one) */
25 ∨ .list-with-header > li > *:not(:first-child) {
26        font-size: 1rem;
27    }
```

```html
<ol class="list-number list-with-header">
    <li>
        <p>Name and Affiliation of Club</p>
        <p>The name of the Club shall be "LIMER
    </li>
    <li>
        <p>Club Mission</p>
        <p>To promote Kettlebell sport by creat
    </li>
```

Output:

1. **Name and Affiliation of Club**

   The name of the Club shall be "LIMERICK KE and is affiliated with the All-Ireland Kettlebel

2. **Club Mission**

   To promote Kettlebell sport by creating a co and inspire.

10 Jan 2021

completed the content/navigation plan

Training rules

from video Enter the Kettlebell https://www.youtube.com/watch?v=cKx8xE8jJZs

Kettlebell Safety 101: "It's Your Fault"
1. Before starting training check with the doctor first, an orthopedist and a cardiologist. Kettlebell training can be exceptionally intense.
2. Always be aware of your surroundings. Train on a flat surface on which you can drop the kettlebell without worrying about it. Make sure, your line of fire is clear. If your kettlebell slips out of your hand, in the worst case scenario, it does not hit anybody or breaks something. Always be aware where the sun is. Be aware!
3. Wear flat sole shoes (no sneakers with cushion) or go barefoot. Recommended shoes: converse, chuck taylors, wrestling shoes, etc.
4. Never contest for space with the kettlebell. If the kettlebell wants to fall, get out of the way, do not fight it, let it go. Always remember: quick feet are happy feet!
5. Practice all safety measures at all times, even with very light kettlebell. Always pose the question for yourself: would I be willing to do this with a 48kg kettlebell? If the answer is no, then don't do that. Mentally stay with the set until you release the kettlebell. At the last rep lower the kettlebell as you plan to do another rep, then set the kettlebell down. Only then you may relax.
6. Keep moving once your heart rate is high. When you don a really hard set of swings or snaches do not just collapse to the ground, but keep moving! Walk, jug, shadowbox, it is going to make it easier on your heart.
7. Build up the training load gradually using common sense and listen to your body. Do not follow a workout blindly if you are just learning the movement or you are not strong enough yet. While you are at it, practice other exercises to gain strength and endurance. You MUST listen to your body!
8. Instruction can't cover all contingencies. There is no substitute for good judgement. If you do not have good judgement, you should stay with the fitness machines.

Kettlebell has been weeding out weakness from the Russian gene pool for 300 years. Now it is your chance to get de-sissified.

11 Jan 2021 TryOut

searched fitness self assessment form, because I could not get it from LKC, downloaded one from here:
https://www.sampleforms.com/fitness-assessment-form.html

created page `tryout.html`

12 Jan 2021 Wireframes

went through tutorial material: https://balsamiq.com/learn/articles/what-are-wireframes/

created Home, About, Gallery, TryOut pages out of wireframe in Balsamiq

Had MS1 pre-coding call with mentor about:
- created wireframes
- deliverables for the next call, around 60% completion
    - 3 wireframe width
    - need to test project
    - working on different devices
        - web browser
        - mobile device Ip5
        - tablet
    - readme 60%

13 Jan 2021 Home

created new page `safety.html` for Kettlebell Safety 101
started developing Home page `index.html`

took picture of special forces operator swinging a bell from:
https://www.muscleandfitness.hu/edzes/funkcionalis-edzesek/483-a-tek-es-a-kettlebell

took movement phase pictures from
https://kettlebellsport.eu/2015/07/05/sto-su-girja-kettlebell-i-girevoy-sport-kettlebell-sportkettlebell-lifting/

took quotes from https://www.dragondoor.com/assets/1/15/hard-style_fall_2006.pdf

14 Jan 2021 Home

styling Navbar and Hero image until it is right
created footer

15 Jan 2021 Home and About

bugfix: Hero image - Call To Action button did not work (never tested before?)
The analysis concluded that there is a problem with the opacity layer. If I remove the opacity layer entirely, the button works. Fund solution here (Method 2). Basically threw out the `<div> <div>` from HTML and put the functionality to `.hero:before` in CSS.

created About page and links from Home page to each corresponding article

16 Jan 2021 Home and About

added more content to Home and About
started coloring

17 Jan 2021 Home and About

more coloring of content in Home and About

18 Jan 2021 About

Add content to What, Why, Who in page About

19 Jan 2021 Home

complete Home page
- replace section separator image with 11 kbell images, add animation on `:hover` event
- adding small content to Why and Who sections
- fix mobile device view for content hinting
- fix navbar icon sizes

Problem: set height of hero image to 92vh so that the next section under the image is revealed (content hinting). When I checked the page on a mobile phone, no content hinting was seen, the hero image reached under the lower limit of the screen. Although it should be smaller.

I found the solution here: https://css-tricks.com/the-trick-to-viewport-units-on-mobile/
basically the root cause is a whacky implementation of the VH unit calculation on mobile browsers

My solution consists of :

```
<script>
  let vh = window.innerHeight * 0.01;
  // Then we set the value in the --vh custom property to the root of the document
  document.documentElement.style.setProperty('--vh', `${vh}px`);
</script>
</head>
```

and

```
<!-- HEADER - HERO section -->
<header class="hero">
  <!-- <div class="layer-opaque"> </div> -->
```

and in style.css

```
.hero {
  height: 89vh;
  height: calc(var(--vh) * 89);
```

Had a MS1 mid-project call with mentor. He suggested following changes:
- add more padding on Home
- animation slow down
- quotes more margin top/bottom
- title max-width 400px
- navbar: form remove
- 2 logos flex-end
- icons smaller

20 Jan 2021 Polishing, Readme

added navbar to all pages
- as the Navbar is fixed to the top of the pages, it obscures the first paragraphs, therefore added the element right below the Navbar fixed top margins.
- an other issue is that arriving to a target page to a specific anchor, the start of the content is obscured by the Navbar, found solution here
  https://stackoverflow.com/questions/19532678/anchored-bookmarks-conflicting-with-fixed-top-of-page-nav
run HTML and CSS validations for all pages, corrected the findings
started the Readme writing

21 Jan 2021 Polishing, Readme

continue working on Readme,
preparing documentation pieces

22 Jan 2021 Readme - Specification

continue working on Readme

23 Jan 2021 Readme - bugs, credits

continue working on Readme

24 Jan 2021 Readme - Testing

start Testing write up

Example test report

Test No.	Screen	Event	Expected Action	Final Test	Comments
1	Registration	Enter First Name	Free text appears in box	Pass	As expected
2	Registration	Enter Last Name	Free text appears in box	Pass	As expected
3	Registration	Enter User Name	Free text appears in box	Pass	As expected

Testing requirements from sample Readme

In this section, you need to convince the assessor that you have conducted enough testing to legitimately believe that the site works well. Essentially, in this part you will want to go over all of your user stories from the UX section and ensure that they all work as intended, with the project providing an easy and straightforward way for the users to achieve their goals.

Whenever it is feasible, prefer to automate your tests, and if you've done so, provide a brief explanation of your approach, link to the test file(s) and explain how to run them.

For any scenarios that have not been automated, test the user stories manually and provide as much detail as is relevant. A particularly useful form for describing your testing process is via scenarios, such as:

1. Contact form:
   i. Go to the "Contact Us" page
   ii. Try to submit the empty form and verify that an error message about the required fields appears
   iii. Try to submit the form with an invalid email address and verify that a relevant error message appears
   iv. Try to submit the form with all inputs valid and verify that a success message appears.

In addition, you should mention in this section how your project looks and works on different browsers and screen sizes.

You should also mention in this section any interesting bugs or problems you discovered during your testing, even if you haven't addressed them yet.

Cucumber

I had 1 hour chat with a developer about how they write test scripts. He suggested to use something similar to Cucumber scripts https://cucumber.io/docs/gherkin/reference/#given

Navigation Scenarios

Scenario: a visitor arrives to the website
Given a visitor
When lands on the page
Then sees a blurry background picture depicting a training session
And sees some text promising exceptional training and community experience
And sees a navigation bar or a collapsed navigation bar

And sees a JoinUs button at the middle of the screen
And sees an indication that there is more content on the landing page

Scenario: a visitor discovers the the full length of the landing page by scrolling
Given a visitor
And landed on the website
When scrolls downwards
Then visitor sees a section with content answering the questions of what, how, why, who
And sees a section with content what others say about kettlebell training
And sees a section with content answering the questions of when, fee, where, contact
And sees a footer offering ways to contact the club

Scenario: visitor uses navbar on any page to reach Home page
Given visitor is on any of the Home / About / Safety / Mission / Constitution / TryOut page
When clicks on the LKC logo or on text "Limerick Kettlebell Club" or on "Home" in the navbar
Then the top of the Home page loads into the screen

Scenario: visitor uses navbar on any page to reach About page
Given visitor is on any of the Home / About / Safety / Mission / Constitution / TryOut page
When clicks on the About text inside the navbar
Then the top of the About page loads into the screen

Scenario: visitor uses navbar on any page to reach Contact details
Given visitor is on any of the Home / About / Safety / Mission / Constitution / TryOut page
When clicks on the Contact text inside the navbar
Then the About page loads into the screen positioned to the Contact section

Scenario: visitor uses navbar on any page to reach Safety/Mission/Constitution page
Given visitor is on any of the Home / About / Safety / Mission / Constitution / TryOut page
When clicks on the Documents text inside the navbar
And further clicks on Safety/Mission/Constitution text on the revealed list under Documents
Then the top of the Safety/Mission/Constitution page loads into the screen

Scenario: visitor uses navbar on any page to reach TryOut page
Given visitor is on any of the Home / About / Safety / Mission / Constitution page
When clicks on the Try Out button inside the navbar
Then the top of the TryOut page loads into the screen

Scenario: visitor uses navbar to check out the meaning of any of 2 logos on the navbar
Given visitor is on any of the Home / About / Safety / Mission / Constitution / TryOut page
When clicks on any of the greenish or white logos on the navbar
Then the About page loads into the screen positioned to either the AIKLF or UIKL section

Scenario: visitor clicks on the JoinUs button
Given visitor is on any of the Home page
And the JoinUs button is visible on the screen
When clicks on the JoinUs button
Then the top of the TryOut page loads into the screen

Scenario: visitor wants to learn more about offered topics
Given visitor is on the Home page
When clicks on any of the "...read more" links at (What, How, Why, Who, When, Fee, Where) sections
Then the About page loads into the screen positioned to the corresponding (What, How, Why, Who, When, Fee, Where) section

25 Jan 2021 Testing, Project submission checklist

Scenario: visitor calls the club
Given visitor is on the Home page
When scrolls to the bottom of the page
And clicks on the Phone icon inside of the footer
Then the browser's "callto" protocol is triggered with given contact number

Scenario: visitor emails the club
Given visitor is on the Home page
When scrolls to the bottom of the page
And clicks on the Mail icon inside of the footer
Then the browser's "mailto" protocol is triggered

Scenario: visitor visits the club's facebook page
Given visitor is on the Home page
When scrolls to the bottom of the page
And clicks on the "f" letter icon inside of the footer
Then the club's facebook page opens in a new browser tab

Scenario: visitor is interested in joining a training session
Given visitor is on the TryOut page
When scrolls to the HeadsUp section
And clicks on the Send button
Then the form is not sent
And an error message is presented about "Your name" field is a mandatory

Scenario: visitor is interested in joining a training session,
And provides a name,
And does not provide a personal message
Given visitor is on the TryOut page
When scrolls to the HeadsUp section
And enters something into "Your name" field
And clicks on the Send button
Then the form is not sent
And an error message is presented about "Tell us about yourself" field is a mandatory

Scenario: visitor is interested in joining a training session
And provides a name,
And provides invalid email address
Given visitor is on the TryOut page
When scrolls to the HeadsUp section
And enters something into "Your name" field
And enters an invalid email address into "Your email" field
And clicks on the Send button
Then the form is not sent
And an error message is presented about "Your email" field contains an invalid value

Scenario: visitor is interested in joining a training session
And may provides a valid email address OR may not
And provides a personal message
Given visitor is on the TryOut page
When scrolls to the HeadsUp section to the form with 3 fields and Send button
And enters something into "Your name" field

And enters a valid email address into "Your email" field OR leaves it empty
And enters something into "Tell us about yourself" field
And clicks on the Send button
Then the form is sent
And new page opens in a separate browser tab with a table of two columns of sent data: ("Input Name", "Value")
And there is a table row with values (`applicantname`, <entered value of "Your name" field>)
And there is a table row with values (`applicantemail`, <entered value of "Your email" field> OR empty)
And there is a table row with values (`applicantstory`, <entered value of "Tell us about yourself" field>)

Comments from mentor
- remove favicon.ico
- remove page title comment
- remove local css comment
- VS code Beautify plugin
- deployment screen shots
-
- mention user-story 6-7
- user-story testing

25 Jan 2021 User Stories and Testing, Submission