

NRRA Newsletter

January 2011

Happy New Year from the NRRA Staff! We want to give you all a brief summary of the last few weeks and what to look forward to in the next few months.

Events

NRRA Docks

On a chilly December 4th, NRRA members gathered to take the docks out of water and store our equipment safely for the winter. A few days later the river was frozen over with nearly two inches of ice. Tony and Brian watched a tug boat and barge come upriver with a load of gravel. As the ice was pushed out of the way ahead of the tug, the docks at the marina across the river were nearly crushed and destroyed. We were very grateful that our docks were safely on shore! Thanks to the many hands who helped. Mark your calendars: we will have a work party to place the docks back in the water on March 5th.

2nd Annual Wine Tasting Fundraiser

On December 9th, NRRA held our second wine tasting at the Lillian August showroom. Guests were treated to samples of a dozen wines provided by Merritt Wines of Norwalk. The event raised just over \$2,000 to support the Matthew Zucker Memorial Scholarship Fund. We will be receiving an additional donation from Merritt Wines amounting to 15% of the wine sales from the night. A very deep thank you to all who donated and volunteered!

Programs

Winter Training

The winter programs are running at the Norwalk Senior Center. We have 24 athletes participating with the Youth Recreational Team, 40 with the Youth Racing Team, and 19 with the Masters Team practices at 5:30am and 6:30am.

The Youth Recreational Team is focusing on general fitness and fun. Each week we do a variety of erg and strength exercises. Individual and team "challenges" engage the athletes and keep the environment exciting. The program's goal is to foster an active lifestyle and prepare athletes for the spring season on the water!

The Youth and Masters racing teams are training with purpose. The goals are increases in strength and physical output and well as honing competitive attitudes. The ergs and weights are the primary training tools. Winter is the time to lay a proper foundation for successes on the race course in the spring and summer.

All of our winter programs still have space available so come and join us!

Spring Programs

The Youth Racing Team begins the Spring season on March 8. Recreational and Middle School Programs will begin the week of March 21st. Please see our [website](#) for more information and enrollment. The Masters spring season will begin the first week in March, details to follow.

Calendar

Upcoming Events and Dates

February 5	Connecticut Indoor Erg Championships (Youth and Masters)
February 8	Monthly NRRA Board Meeting, 7:30pm, location TBA
February 20	CRASH-B World Indoor Erg Championships, Boston (Youth and Masters)
February 24	NRRA Annual Meeting, 7pm, Norwalk City Hall
March 5	Docks
March 8	Monthly NRRA Board Meeting, 7:30pm, location TBA
March 7	Youth Racing Team Spring Season Begins
March 21	Youth Recreational and Middle School Programs Begin

The Megaphone

From Yuri:

Dear friends,

Winter is almost over and there is a hint of spring in the air. That means NRRA time! The past season has been very busy and difficult but in the end we are thankful that we are together and growing. We are more comfortable now.

Our physical and operational strength combine with technical perfection and focus strategies, a great position for growth. Our culture of continuous improvement is created, driven by our coaching staff and the Board. The great execution we produce will help us to derive pleasure and MAX value. A good reputation is essential to a prospering business.

Our philosophy – performance and success are based on developmentally appropriate standards for all members at any level.

Along the way you will enjoy your peek into the world of NRRA rowing. The best is yet to come.

Yuri

From Jim Cooper:

I'm spending some time in a warehouse over in South Norwalk doing repairs and maintenance. I have our fiberglass guy, Freddie, working to seal up the leaking pontoon on one of the launches. I am expecting to paint and provide logos on the oars--as soon as I can dig the trailer out of the snowbank. :)

The Novice coach in me is asking ALL athletes to enlist their school friends to come join us in the Spring--at any level.

Coach Jim Cooper