

NRRA Newsletter

February 2011

Winter seems to be easing its grip on the river ever so slightly. At last month's writing the river had been frozen solid for weeks. Today there are just a few "bergs" in an otherwise ice-free river. In just two weeks we'll be putting the docks in so get those pogies and gloves ready!

News & Events

Connecticut Indoor Erg Championships - On Saturday, February 5th, masters and youth athletes from NRRA matched their winter training prowess against rowers from Connecticut and New York at the Connecticut Indoor Erg Championships. Meghan Hurley, Stephanie Hedges, Catharine Labine, Don Loomis, and Stephen Sirico each won their age categories in the master's races. Caroline Demko placed 2nd in the Girls "Jr B" category (age 14-16). Congratulations to all of our athletes who competed!

Tent Collapse - This winter's ice and snow took a steep toll on us recently. The large white tent on our property collapsed under the weight of the snow and ice. Jim Cooper identified the fatal weakness as several non-galvanized steel fastenings that had rusted from years in a saltwater environment. Two NRRA pair/doubles, one private single, and two Fairfield University fours were heavily damaged. We are going through the claims process with our insurance providers. While the tent is mangled beyond repair, there were many other boats stored in the tent for the winter that were unharmed. They have been removed from the tent in case of further collapse. NRRA was not the only local club affected. Three other rowing clubs in Connecticut also suffered building collapses and damaged rowing equipment in the last few weeks.

Masters Rowers Meeting - The adult rowers met on February 10th with coaches Yuri Kolomiets and Jim Cooper to discuss plans and goals for the spring season and 2011. During the meeting, a number of our masters requested that we keep in mind a need for adult non-competitive programming. We hear you loud and clear. We will announce our plan shortly to create a distinct non-competitive program at the 5:30am and 6:30am times.

NRRA Clothing Coming Soon - In the next week or so, we will announce the opening of the NRRA Team Webstore for clothing and gear. This is where you will be able to order your NRRA team jacket and apparel. Many popular items from last year will be available again as well as some new products. And again this year, NRRA will receive a donation check for 25% of all the sales proceeds. Stay tuned!

Spring Programs

Youth - The Youth Racing Team begins the Spring season on March 7th. Youth Recreational and Middle School Programs will begin the week of March 21st. Please see our [website](#) for more information and enrollment.

Adults - The Masters spring pre-season will begin the first week in March. The pre-season is open to both competitive and recreational rowers. We aim to be on the water in early April at which point there will be distinct programs for Competitive and Recreational adults. Details will follow shortly.

Calendar

Upcoming Events and Dates

February 20	CRASH-B World Indoor Erg Championships, Boston (Youth and Masters)
February 24	NRRA Annual Meeting POSTPONED
March 5	Docks / Spring Opening Workparty
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 Coaches' Megaphone

We are in process of doing our preparatory work and are ready to have our first training session on the water. The rowers and teams go back on the water after a winter of erging and conditioning. Both the men's and women's squads are ready to jump into training for the spring sprint season.

Thanks to our Masters for signing up at the Masters Meeting. We were thrilled to have more than 20 members, who are available to give time and great efforts to run our Rowing Program successfully. We have asked and answered many questions and found our meeting condition productive and satisfying.

To stay ahead we need aggressive people willing to take chances. People who are confident, flexible, dedicated.

We are comfortable now. We have vision and a plan for action. Accomplishment and our Club's name most important factors.

With the increased activities at NRRA we need to ensure our activities run efficiently and safely. This can only be achieved with the cooperation of all members.

Best regards,
Yuri