

The REAL April 2008

OK, so Spring is being a bit recalcitrant this year. The high tomorrow is 60 finally and the hardier members began rowing on the water a few weeks ago. Get to an open row and see if you remember how to do this great activity!

ADULT PROGRAMS

Several things to take note of:

1. **New Log Book-** If you go rowing outside of a coached class, make sure you sign out before you leave and sign in when you return. Log Book is in Coop's Shack (plastic shed), lock combo is 1986.
2. **Broken Equipment-** If something breaks while you are rowing, please do the following:
 - Log the problem in the Repair Log Book (also in Coop's Shack)
 - Take a piece of the orange flag tape (hanging in Coop's Shack) and tie a flag on the broken equipment.
 - Per the Membership handbook, damage not covered by insurance is the responsibility of the crew (not just the bow rower).
3. **Adult Captains:** Women's Captain Stephanie Hedges, Men's Captain Norman Weinberger
4. **Spring Quarter-** On the water training starts April 14. 10 min. erg warm-up when you arrive, then go on the water.

All of the Adult Learn To Row classes have been posted on the website so spread the word.

YOUTH TEAMS

The Spring Programs are well under way with the Racing Team already done with 4 weeks of training and the Development Team having finished their first week. The Intro week was a hit with 15 rowers, most of which went on to row with the Racing Team or the Development Team.

Unfortunately the NYRA Regatta was cancelled. Apparently an impromptu college race held at the same site upset the NY Parks/Rec people so they pulled the permits allowing the Jr. regatta for us. We've decided to have a fun day here at home with a mock race/practice for the kids at 9am and then a BBQ and Learn To Row session for the parents at 11am. Hope for good weather!

Development Team Parents/kids are invited to the BBQ/LTR this weekend at the boathouse. Arrive by 11 am to start learning how to row and getting some dogs!

First race of the season is 2 weeks away!

For more info on Summer Rowing programs check out the website:

www.norwalkriverrowing.org/youth_summer.htm

WEBPAGE

If you haven't checked out the new NRRA site, please do so. Comments and suggestions are always accepted. The page will be in constant flux and growth for months to come.

BOARD OF DIRECTORS MEETING

As usual, the Board Meeting is always open to anyone that would like to attend and be heard/seen.

Thursday April 10, 2008 7:30 pm, Norwalk City Hall, East Ave.

VOLUNTEER OPPORTUNITIES

Outreach

Start thinking about volunteering to coach and/or supervise ROAR's spring programs. Volunteers are needed for 1-2 hours on Friday afternoons, April 4-June 13. Volunteers could come just once, or all 10 weeks. Whatever fits your schedule!

Meeting Tonight-7pm Norwalk City Hall room 322

Anyone who could lend a hand email melanie@norwalkriverrowing.org.

General

Open Houses-We need 3-4 people for each of the NRRA Open House sessions. Job responsibilities include picking up the breakfast items, welcoming the guests, signing in waivers and taking them in the barge for an introductory row. Dates are below. Please let Charles know which day you would like to help.

April 26: 8:30-10:00am

May 17: 8:30-10:00am

June 7: 8:30-10:00am

June 28: 8:30-10:00am

MEMBERSHIP DRIVE 2008

We're already giving out gear to the kids! You too can earn free stuff from the NRRA!

The **Tshirt Challenge** is on all year. If you find us a member, you get a shirt. If you find us 3 members, you get a sweatshirt. **THIS IS TRUE FOR THE YOUTH AND THE ADULTS.** If a youth rower brings us Racing Team members, they get the same thing.

TRAINING TIP OF THE MONTH- What can I do about the aches and pains of the early season?

Once you pass the age of 30 it seems that your body speaks louder and louder to you each year. Questions/statements it may yell at you include:

- What were you thinking?
- You aren't 16 anymore!
- Did you mean to overreach at the catch??? That's why your back hurts!
- Go ahead, sleep in, your teammates won't mind.....

1. **The best way to prevent aches and pains are to stay in shape.** During a busy time of year, try to at least work out every 2-3 days.
2. **Do gentle stretching each day or attend a weekly yoga class.** Stretching helps promote blood flow and helps prevent muscle knots.
3. **Drink more water.** I know it's hard to do and going to the bathroom is annoying but your body requires water to function ([see water tips here](#)). Water helps transport nutrients/waste/healing properties in/out of the muscles
4. **Get enough sleep.** Let the body heal itself. Good sleep is still the best way to achieve this. Naps are always good for this too.
5. **Get a massage.** Sports massage has been proven for decades to increase recovery speed and promote training. Of course, it just plain feels good too. Tracy Bloom, our Pilates instructor, is a [fine massage therapist](#) and our own Marisel is almost done with her massage schooling.
6. **Face it, you're going to have aches.** No matter how many years you've been doing an activity, if you take time off, the first week or two will be achy. Learn the difference between normal aches and injury. Chronic pain (pain that doesn't go away) is a sure sign of damage so go see a sports doc and get it checked out!
7. **Tylenol and Advil.** Yes medicines can help ease the pain a bit. Make sure that you take Vitimin I (ibuprofen) with a meal. Please don't use these to mask pain, thus making possible injuries worse! Therapeutic use of medicines should be done by a doctor's orders. There have been studies lately that show anti-inflammatories (NSAIDS) may actually inhibit proper healing of injuries so go careful.
8. **Go back the next day!** When you wake up sore, the best thing to do (and hardest) is to get back up on that horse you fell off of. Being active the next day is a great way to fend off 2-3 days of soreness.

See you on the water!

Charles