

Youth Teams are training and the Open Rows are happening. It's time to hit the water!

ADULT PROGRAMS -All Adult coached Programs hit the water April 20. Be on time!

Spring Program fee adjustment- For those of you that want to start on the water with us April 20, we will split the program fees in half and prorate the water time for the Spring Quarter. Find your category in the chart below and cut it by 50% for April 20-May 31.

	Intermediate/Novice		Racing
	5-days a week	3-days a week	5-days a week
Practice Times	M-F 5:30-7:00am	M/W/F 5:30-7am or 7:00-8:30 am or 9:00-10:30 am	M-F 5:30-7:00am
Members	19-27 years old \$260/quarter	19-27 years old \$175/quarter	19-27 years old \$260/quarter
	28+ years old \$415/quarter	28+ years old \$265/quarter	28+ years old \$415/quarter
Non-Members	19-27 years old \$415/quarter	19-27 years old \$265/quarter	19-27 years old \$415/quarter
	28+ years old \$675/quarter	28+ years old \$425/quarter	28+ years old \$675/quarter

Triple Double Campaign

The equipment goal for 2009 includes the purchase of 3 doubles. The fundraising goal for these 3 boats is \$27,000. We've already over \$6,000 towards this! The doubles will be Vespoli doubles in 3 hull sizes that fit everyone; small, medium and a large. If each Adult member donated \$575, we'd be able to reach this goal. Of course, we're always willing to accept more ☺.

YOUTH TEAMS

Unfortunately the Racing Team regatta last weekend was cancelled last weekend due to high winds.

Spring Break Practice-

- The week of April 13-17, the Boy's Varsity Racing Team will be practicing from 9-10:45 am in addition to the normal afternoon practice time. Novices are encouraged to come too.
- The Varsity Girls team will be doing the same.

RENT-A-ROWER

Thank you to everyone that hired teams! We're looking forward to a fun weekend! We actually have more jobs than rowers. We're looking at another weekend for the athletes that are out of town so if your job is postponed, be patient. We'll take care of you!

NRRA MEMBER FINISHED CROSSING THE ATLANTIC!!!

Paul is safe at home here in Norwalk once again. He dropped by the office yesterday and shared his experiences a bit with us. He's quite the celebrity now! 3-4 interviews a day, with rumors of a Jay Leno Show appearance!

Come meet Paul and help us welcome him home!

WHAT: Welcome Home Paul Party

WHERE: Fat Cat Joes

WHEN: 6:30-9:30pm, Sunday, April 19, 2009

WHO: Anyone that wants to meet Paul and here a story or two (and donate too ☺)

HOW MUCH: \$15/person covers appetizer, salad and pizza, payable at the door. Cash bar available. The rental of the space is included in the price so everyone must participate in the cover charge. You can't get that deal at the restaurant anyway!

NRRA FUNDRAISER THAT IS FREE TO YOU!

How often you do an internet search each day.....

How often you shop online?

Each time you do this, NRRA can receive a donation without it costing you anything!

NRRA is now registered as a Cause with www.igive.com.

What can you do?

1. Register with www.igive.com and do all your online shopping through them (700 stores listed, including the likes of Amazon and eBay!). We receive a % of all of your purchases. (e.g. Amazon.com gives 2% to us).
2. Make isearchigive.com your search toolbar on your Internet page. We receive a donation for every search you do as long as we are your registered Cause. (e.g. 200 rowers/parents x 10 searches/day x \$0.02 = \$40/day or \$14,600/year!)

All the proceeds will go towards NRRA Equipment.....

Please share this with your friends/family!

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, April 14, 7:30pm at Source Marketing, 761 Main Ave # 2. It's in the same complex as the new LA Fitness, near Walmart.

Directions to Source Marketing:

Take the 7 Connector to the end, turn right and go down the hill, then turn left onto route 7 towards Wilton. At the first traffic light (across from Walmart shopping center) make a left and go over the little bridge into the iPark (old Perkin-Elmer building). Turn right and drive across the front of the building, past the columns and you will see the sign for Source Marketing. You can park right in front, or if there are no spots, around the side.

Come be heard and hear what's going on with the club.

VOLUNTEER OPPORTUNITIES

***Job Description-Data Entry:** Hours-Flexible

ROAR needs your help as we put together a donor database. The only requirements are having a computer and knowing how to type. This is a job that can be done on at your own house on your own time and will be a TREMENDOUS help in fundraising!

***Job Description- Coaching/Chaperoning:**

ROAR goes back on the water with a variety of program in late March and, as always, we need adult supervision to keep our kids safe. No coaching or rowing experience required

TRAINING TIP OF THE MONTH- Rowing Etiquette and Teamwork: a.k.a. Hurry up on the dock!

Rowing is the only Olympic sport that has its roots in slave labor, the ancient ships of Rome and the Phoenicians! Luckily, we've graduated away from the whips and shackles and rowing's modern roots now hail from the river taxis of old London and more recently (last 175 years) as a true gentlemen's sport.

The “ultimate team sport” part of our addiction extends out from the actual rowing. It includes the ability to work as a team in equipment usage and athlete/team interaction. Here are some routine observations that will help you and the team.

Pre-rowing Teamwork

- Moving boats must be done as a team. When a boat is being moved, the entire crew must be present. 2 people moving quads or 8's is not safe for the athletes or the equipment
- Please take your boats from the rack directly to the water. Stopping to adjust in slings does several negative things:
 - Slows down things
 - Provides more opportunities for rowers/boats to be damaged
 - You can't adjust footplates accurately without sitting in the boat, and NO, YOU DON'T have every boat/oar/seat setup memorized for optimal performance. Every boat is different, and half the oars are different.
 - How to adjust footplates: <http://www.norwalkriverrowing.org/MonthlyNewsletters/May2008.pdf>
 - It blocks other crews moving boats around
- 90 seconds on the dock is the rule. From the time you place the hull in the water until you shove off should be less than 90 seconds. You can tie in on the water. The Youth Racing team does this in under 60 seconds. I thought Masters were supposedly more efficient ☺.
- Be aware of where you put your boat in. If there are more crews, make space! We have a pretty big dock. Oh yeah.....don't complain. Do you remember what you used to deal with at Ischoda?????
- Team efficiency dictates that half of the crew is getting the oars while the other half is opening ALL the oarlocks. Of course, you could open the oarlocks while you are holding the boat while waiting for the crews taking longer than 90 seconds.....
- Get in **together** when the Person In Charge says so. It's hazardous to people and equipment when people act on their own, not to mention rude and anarchist behavior ☺.
- If you overlap on the dock, the second crew to place their boat in the water **MUST PLACE THEIR BOAT INSIDE THE OTHER BOAT** so that the first crew can shove away from the dock before you. Of course, that's because the first boat will take less than 90 seconds ☺.

Rowing Teamwork or How to Help the Team:

- Do what the coaches say. It's what we're trained to do.
- Yes, there are many ways to do things. The coach's way is the best one at that time. No, we won't discuss it during practice.
- Yes, your technique works for you. No, it doesn't match the rest of the boat. Make some changes to help the team (and you) row better/faster/stronger.
- No, the rowers in front of you/ behind you don't need you to tell them what they are doing wrong. Trust me, you have issues of your own to work on.....
- Pull hard.....all the time
- Repeat after me.....Any Boat/Any Seat/Any Time.
- Rarely are the lineups chosen for reasons that you understand. There is a big picture that the coaches are much more aware of. Yes, we'll tell you why.....after practice.
- Yes, we know everyone wants to row with the best rowers. No, we won't always put you there. Yes, you can become one of the best rowers by steady, hard work. They weren't born fast, they earned it the hard way.
- The coxswain or the bowman is the Person In Charge. Don't assume you know what's best when commands are being given. If you want to be the Person In Charge, sit in the coxswain seat or bow seat. I'm tired of repairing boats damaged by rowers assuming they know what to do. BTW, the Masters damaged more boats last year than the kids.....in half the amount of time.
- More on the Person In Charge: <http://www.norwalkriverrowing.org/archives-tips.htm#Sep08>

Post-rowing Teamwork

- Please get out of the boat together, when the person in charge says so. Haphazard boat exiting is just that, hazardous to others. It also is one of those things that makes you look good as a crew, not to mention following over a hundred years of tradition.
- Work together again on the oars/oarlock thing. You don't carry the oars from the dock to the tent before taking the boat out of the water. They go on the fancy oar rack that we built, not on the dock where they will get stepped/tripped on.
- No, you don't look cool taking oars out before you get out of the boat. Yes, you look hilarious crawling out of the water after flipping while sitting in the boat, taking the oars out too early. I've seen it done.....many times.
- Always rinse your boat after rowing. The salt water is a killer on the equipment. Once the boat is in slings, split the duties of getting oars and washing the boat.
- Boats go parallel to the river/sidewalk at a slight angle so other crews can move boats in/out of the boat bays while you wash your boat.
- When done, reel up the hoses and stack the slings.
- See rule above about moving boats as a team.
- This is not social time, there are people that have to go to work. Get it done and put your boat away. Then you can socialize on the slab or at New York Deli/Jimmy's.

These notes might seem like simple notes or humorous asides but they are part of a bigger picture concerning the attitude of the oarsman/oarswoman.

The ability to surrender the "me" for the "we" is very difficult, especially if the team-sport culture was not instilled at a young age. The procedures and protocols of our sport are not only there for a reason, they are an inherent part of the experience. For example, the simple act of all 8 oarsmen placing the boat in the water together gently is part of the dance of our sport. Being an oarsman/woman is more than an erg score or medal, it's an attitude. The sense of responsibility toward the team, respect towards others, gentility and enjoying the dance are just some of the things that make an oarsman/woman.

One of the great things that impress people about watching our sport is how well we row and work together. How we work together as a team is the essence of our sport. Go forth and be oarsmen/women.....

*Oarsman in training since 1988,
Charles*