

Greetings all,

Spring has sprung and Adult practices have started and the Youth are already racing. Get to the water and start rowing!

NEW ADULT ROWERS

I received an email from some rowers on Friday that want to join the club. Apparently there are 4-5 former Olympic rowers that want to join our Master's program. They had heard how great our place is and how fun and fast our team is. Their erg scores sound phenomenal. Looks like our team just got faster.....

ADULT SPRING PROGRAM

The vast majority will rule. We will go on M/T/W/F/Sat with coaches. Thursday and Sunday will be self-organized, open rows.

Weekdays:

April 2-April 13 **6am**

April 16- April 28 **5:45 am**

April 30→ **5:30 am**

Weekends: Sat. and Sun 7am

YOUTH TEAM

The Youth Racing team traveled to Camden, NJ and raced at the Cooper River Sprints and had a good day.

Senior Men's 4- **1st place**

Senior Women's 4- **2nd place**

Junior Men's 4- **2nd place**

Lt. Wt. Men's 8- **2nd place**

Senior Men's 8- **3rd place**

Lt. Wt. Men's 4- **3rd place**

2nd Men's 8- **3rd place**

Junior Women's 4- **6th place**

UPCOMING RACES:

April 7- Cooper Sprints 2-Cooper River

April 21- Mercer Sprints- Mercer, NJ

April 29- Boston Match-Charles River

YMCA

We have moved out of the YMCA so there will be no more practices held there. We have no more access to their facilities, unless you are a Y member of course. Thanks to all the volunteers that showed up Sunday morning to help!!!

GOOSE FENCE

For those of you that haven't been to the dock yet, there is a new goose fence. It's pretty simple. Pick up the posts and lay them down about 3-4 feet from the edge of the dock for launching. They stay down while you row. If you are the last person to come in, please replace it to help keep our docks clean. Please make sure that you don't put it up while someone is out rowing!

RECRUITING- Spreading the gospel of rowing and NRRA

NRRA needs everyone's help, Youth and Adults. Our organization lives and breathes by its members. Every year we lose adults and youth. Our most productive means of recruiting is YOU. We want a real busy Summer!! Adult LTR programs start in April and the Youth LTR's start in June. If there is a group of people looking for a special time, we are willing to create programs for them (8 people min).

Adult http://www.norwalkriverrowing.org/adult_ltr.htm

Youth http://www.norwalkriverrowing.org/youth_summer.htm

NEW ADULT ROWERS Part II

Oh yeah, about those Olympic rowers? April Fools ☺ It looks like we have to get faster the old fashioned way. Lot's of miles of rowing!

TRAINING TIP OF THE MONTH

Track Bites

Track bites are those raw spots that occur on the backs of your calves when you row. They are caused by the ends of the tracks repeatedly scraping your legs.

It is important that:

1. You avoid getting them
2. If you get them, to keep them clean and bandaged
3. If they bleed, you **MUST** clean the boat afterwards!!!! We can't afford to have any Hepatitis cases or infections.

Prevention is easy. Take a pair of old socks and cut the toes out of them. Pull them on over your calves to act as a bandage/buffer between your leg and the track.

Track bites are inevitable. Proper care and planning can prevent them.

May Training tip- Docking: What's all the fuss???

Charles