

Busy is still the word for the summer around here! The summer is winding down but we still have lots of programs and rowing going on around here.

REMINDER!!!

The offices will be officially closed the week of Aug. 20-24. This is an annual occurrence, similar to the week between Christmas and New Years. Though Coop and Brian will be around, Adult rowing will be Open rows and the phones will be saying "Call us in a week". If there are emergencies, our cell phones do work but please use only if necessary. Contact info is on the bulletin board in the tent.

ADULT SUMMER PROGRAMS

Well, the racing has been positive with lots of gold/silver/bronze medal finishes. Go to www.row2k.com and go to the Results section to see how we've done. The LTR classes have done well with lot's of new rowers coming out in the mornings! We have Fall classes already posted. Please tell your friends!

Next Adult Rower Meeting will be held Aug. 10 at 7:30pm at the boathouse. BYOB and BYOF.

BOATS, BREWS AND BBQ'S

Wednesday nights are finding a rebirth of an old tradition. Go for a row and then gather for a social on the slab. BYOB and BYOF until a grill gets donated or bought. Rowing usually starts around 6pm.

YOUTH TEAM

The racing team did well at Sweeps and sculls despite crashing a quad (everyone is fine). A Gold medal by the boy's 4 topped the day. Being new to sculling, the kids had fun but didn't finish in the medals, though the boys quad was in a close fight for 1st when a piling finished the race for them ☺.

The summer Racing Team will finish with a scrimmage between Blood Street Sculls, Pelham and NRRA next Wednesday.

SUMMER PROGRAMS

Summer programs are almost done with the last Sessions beginning next week. It's not too late to sign up so talk to your friends and neighbors.

BOARD MEETING

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

Aug 9, 2007 7:30 pm, Norwalk City Hall, East Ave.

VOLUNTEER OPPORTUNITIES

NRRA is an organization that is pretty much run by its members. Yes, we have full time staff, but their scope is pretty limited and their time is overflowing. Your membership fee opens the door of opportunity for you to help NRRA in its efforts to be the best club in the Northeast (i.e. USA) ☺. Each newsletter will have listed the chances you have to help your club be the best.

1. We need boat repairmen. Coop is swamped (no pun intended) and can't do everything.
2. We still need a Men's Adult Team Captain

FALL ROWING

Can you believe it's already August? The Fall Programs are almost here. A reminder to the Adults, Fall Program is Sept. 1- Nov. 30. Program fees are due by Sept. 1 so please get them in soon. Youth Programs are set and ready for registration. As usual, the webpage has the info you need.....

TRAINING TIP OF THE MONTH- *Head Racing is coming: What should I do?*

Head Racing, for those that are new to rowing, are the typical races that are held in the Fall. Ranging from 2.5 to 4 miles long, they are tests of endurance, power and rhythm. Though less painful than 1000m/2000m, they are no less competitive! You, as an athlete, should start focusing on long endurance work in your training. Whether or not you are rowing or doing any other disciplines, the primary goals are low heart rates (120-160) and long pieces (20-60 min.). Hitting the weight room starting in Sept. is a good idea, working on muscle endurance (reps of 20-30).

Once Carnegie is past, practices will be shifting to much more long steady work and head race pieces. Technique will once again become a much larger focus, similar to April and May.

Sept. Training tip- Weight Lifting: Should I or shouldn't I?

Charles