

NRRA HAD A GREAT PARTY ON JULY 24th!

If you didn't make it, shame on you. 6 boats had champagne poured on them. Watch for pictures soon on the website. One of the best is the look on Coop's face when he saw the boat named after him! The second best is the double that was christened a second time when Mike and Sam flipped it after launching ☺.

Over 60 people brought fabulous food and had a great time. Though the weather looked sketchy, it turned out to be a stunning evening. Look for another party this fall as we hope to have a couple more ships to add to the fleet.....

ADULT PROGRAMS

- The Summer Sprint Season ended with some great racing in Philly at the Quaker City Regatta. Lot's of Gold and Silver finishes on a day unmarred by thunderstorms.
- Unlike Philly, Diamond States was once again shortened by numerous thunderstorms though some good racing was had by those that hit the water. Arguably the fastest regatta of the summer for the NRRA, several top 3 finishes were had before Mother Nature flexed her muscles.
- [Boats, Beers and Burgers](#) has been going strong. The last one is Aug. 14th! Come have a great time!
- The Fall Adult Learn To Row classes have been posted on the website so spread the word.

YOUTH TEAMS

The summer has been a huge success with 96 new faces in the Learn to Row, Fast Track and Crew Camp! Over 30 kids attended the Summer Racing Team with many of them new to the NRRA as well. This bodes extremely well for the Fall! Special thanks go to our Summer Staff for a job well done!!!!

The Fall is almost here! With the big summer and a large returning group from the Spring, we've had to implement limits to our team sizes. Check out the website for details http://www.norwalkriverrowing.org/youth_fall.htm

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, Sept. 9th at 7:30pm at the Norwalk City Hall. Come be heard and hear what's going on with the club. Note the change from Thursday to Tuesday nights for the monthly meeting.

SUMMER ROAR PROGRAMS

THANK YOU to all of the summer staff and volunteers who make summer ROAR programs a success, teaching 63 new middle schoolers how to row! Katy Sikes led crew camp, along with help from Youth Racing Team members Elizabeth Jenkins, Claire Schonning, Nick Scutari, Rick Trisman, and Gus Vergara and masters rowers Stephanie Hedges, Dean Rohrer, Lou Santos, Bob Walker and Jamie Snedaker (Saugatuck). Your help is greatly appreciated!

MATTHEW ZUCKER ERGATHON

The 10th Annual Matthew Zucker Ergathon will be held on Saturday, September 20 from 8am-3pm. Last year generous donors helped to raise over \$28,000 and this year we look to raise over \$35,000, which will go directly to youth scholarships through the Matthew Zucker Memorial Fund. This event separates NRRA as a true community rowing program, helping to fulfill our mission to bring quality rowing programs to all.

To prepare for this event, we need help getting the word out THIS WEEK (deadline: Friday, August 15)! All you need is a phone and a few extra minutes to make a big impact in our community. Please let Melanie know if you can:

- Contact Newspapers (community calendars, tag sale)
- Contact Channel12 (community calendar, news desk- contact information will be provided)
- Contact Radio stations (the Fox, WEBE, NPR- contact information will be provided)

VOLUNTEER OPPORTUNITIES

General

Open Houses-We need 3-4 people for each of the NRRRA Open House sessions. Job responsibilities include picking up the breakfast items, welcoming the guests, signing in of waivers and taking them in the barge for an introductory row. Dates are below. Contact Barbara Zucker and Jessie Caird for details.

Saturday, August 23

ROAR

Melanie needs 4-5 people that could help out with the planning of the 2008 Matthew Zucker Ergathon and Equipment Tag Sale. Tasks include:

- Food organizing
- Publicity
- Tag sale planning

Melanie also needs volunteers organizing a Wine Tasting Fundraiser to be held in November. As usual, on the water volunteers are always welcome.

TRAINING TIP OF THE MONTH- *Flipping, diseases and the social stigma.....*

Let's face it, no one really wants to swim in our river. Despite the "cleanest it's ever been" reports, one look says, "Don't go in there!" I'm sorry to say that sooner or later, if you row singles, you will go for a swim. Will you catch beri beri or typhus if you dunk in the Norwalk? Who knows, but it is advisable to keep your mouth closed as you feel the inevitable pull of gravity as you regret not rolling up all the way at the catch ☺.

Why did you flip over? There are countless ways to go for a swim in a single or double (yes, I've seen quads/fours go over too). Some common methods include: not closing an oarlock correctly, catching a crab, losing your grip when clipping a bouy/object with your blade or hitting a wake.

What do you do if you flip?

- First thing is to get your feet out of the shoes once you know you are going in.
- Stay with the boat!!!!!! This is your life saver!!!!
- Assess where you are in the river. Are you about to get run over? Is there shallow water nearby?
- If you can paddle easily to some shallow water, that's your easiest way to re-enter the boat. Be prepared for thick mud!
- If you have to re-enter from the water, here's the steps:
 - Get the boat upright by reaching over the hull and pulling the far gunwale to you. Watch your head for flying oars/riggers
 - Get the oars situated and the handles together with the blades in the feathered position.
 - Place one hand on the deck and the other with the oar handles pressing down in the foot well. The blade on your side is on the water, the far blade is way in the air. Resist the urge to hang your weight on the side of the boat as this will slowly flip it over again. Keep your body down in the water to achieve this.
 - Count in your head to 3 and press yourself WAY up and over the boat (imagine you are getting out of a pool at the side).
 - Immediately swing your leg over the boat like you are straddling a horse and sit up.
 - As you sit up, LIFT THE HANDLES TO STABILIZE THE BOAT. This is why the blades must be feathered.
 - Splash out the water, get your feet in and row home.
- In the event that you can't get back in, use the boat as a paddle board by climbing up on the stern and paddle to safety.
- No matter what, don't leave the boat!!!! (I think I said that once didn't I?)
- Any rowing coach from either club will render assistance if you need it.

There is no stigma to this. It's as normal as can be in sculling. Yes, you will get laughed at. Needless to say, you will get your payback when you see another person wet after a row and you can share the camaraderie (and the medical horrors ☺) of the experience.

If you'd like a flip-test lesson with one of our coaches, let us know. We have some great videos demonstrating this technique.

See you on (or in) the water.....

Charles