

Summer is almost gone!! Get to the water before school starts again!

UPCOMING IMPORTANT DATES

[Adult Evening Learn To Row](#)

[Open House-](#)

[Boats, Beers and Burgers](#)-Last one! August 13

Wed/Thur- Aug. 26-7: Youth Racing Team Orientation

NRRA OFFICES CLOSED August 17-21

Every year, the NRRA closes shop for a week in August and the week between Christmas and New Years. This is to give our coaching staff, that gives up so many weekends, a break. The proverbial doors are always open for Members to row.

IT'S OFFICIAL!-Tony is not a landlubber anymore!



ADULT ROWING

- Bill, Brian and Stephanie all came back from Club Nationals with hardware! Congratulations!
- **Learn to Row** classes are going well. Tell your friends.....tell the guy next to you at Stew Leonards.....tell the lady on the train.....get the hint? Morning AND evening AND weekend classes available!
- **Adult Racing Team** is headed to the USRowing Masters National Championships this week!
- Fall program and Head Race prep begins August 24.
- September 1 begins the Fall Quarter. Get your registrations in soon.....
- **Intermediates**, it's time to start thinking about doing a couple Head Races this Fall!

YOUTH TEAMS

What a great Summer of Youth rowing! Despite a slow beginning, for the second year in a row, we broke attendance records! Thanks for spreading the word!

Fall season is upon us! Get your registrations in soon. We expect oversubscription! **Racing Team** has new policies if this happens. Go [HERE](#) for more details.

New **Middle School** program begins this Fall. Go [HERE](#) for details.

COMMUNITY CHALLENGE

What a great day! Lot's of fun racing on the Norwalk River and good food followed. Get your teams pumped up for next year's ComCha 2010!



ERGATHON AND TAG SALE

The countdown to the 11th Annual Matthew Zucker Memorial Ergathon is on! We have just over 6 weeks left until the big day on Saturday, September 26 and we expect this year to be bigger and better than ever! Last year this event raised over two thirds of the \$42,000 in scholarships Matthew Zucker Memorial Fund granted during the 2008-2009 school year and we'll need you to make the day a success. Here is how you can help:

- 1) Mark this day on your calendar (go ahead... write it down now...) and plan to attend
- 2) Start inviting your friends/neighbors/coworkers/etc to join you for the lunch and tag sale*
- 3) Begin to clean out your closets in search of donations towards the tag sale (we'll take donations between Aug 24 and Sept 23)
- 4) Look for emails during the last week of August about how you can help during the week leading up to the event and during the ergathon itself

*Great items to donate include: small appliances, sports gear, kitchenware, furniture, tools, gently-used toys, books, etc. We are not accepting exercise equipment, clothes, mattresses, large appliances, computer monitors, or open games.

SUMMER YOUTH VOLUNTEERS

Many thanks are in order to the youth of NRRA for their volunteer help throughout the summer. In fact, we had so many youth offer help over the summer, we weren't even able to keep everyone busy! These youth have helped around the office and slab, including cleaning the parking lot, organizing the changing trailer, filing, data entry, coxing and countless other tasks. If you happen to see any of these youth, please remember to say thanks!

2009 Summer Volunteers included:

Evan Boliakis
Kate Harold
Krishna Horrigan
Kyle LaVecchia

Adriana Marino
John Paul Morales
Luke Samuel
Claire Schonning

Sam Oster
Stacey Velasquez
Mary Willis
Stephen Zoller

ROAR RACING

This weekend Rowing Strong, Rowing Together (ROAR's team for teen moms) will travel to Holyoke, MA to participate in the 9th Annual Young Parents Regatta. NRRA's W4+ will race against teams from Holyoke, Chelsea and Pittsfield over 1500m. We still have a few seats available, if anyone would like to join us for the trip (We'll leave from NRRA by bus at 6:30am and return by 4:30pm); otherwise, we hope to hear you cheering from here!

ROAR ON TV

Tune in to Channel 12 over the weekend of August 22 and 23 to see Matthew Labine, NRRA Board President, and Elizabeth Jenkins, Varsity Girls Co Captain (and former ROAR rower) discuss ROAR programs on the Educational Notebook!

MATTHEW ZUCKER MEMORIAL SCHOLARSHIP APPLICATIONS DUE

Don't forget that scholarship applications for fall programs are due along with paperwork and payment BEFORE the start of Fall programs. Scholarship Interviews for new applicants will be held from 5:45-6:30pm on Wednesday, August 26th at the Senior Center (immediately following Racing Team Orientation). Please let Melanie know if you have any questions.

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, Sept. 8, 7:30pm at Source Marketing.

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.

The Board of Directors usually meets monthly on the 2nd Tuesday of each month. Come be heard and hear what's going on with the club.

NRRA Committees

The NRRA is an organization run by its members. Thus we're always looking for help in its administration. If you or someone you know would be a big help, we'd love to have you join any of our committees.

COMMITTEE	PURPOSE	MEETING TIME
Membership	<ul style="list-style-type: none"> - Encourage membership growth through events such as Open Houses, BBB's (Boats, Burgers, & Beers), corporate/university gatherings, coaching clinics, and local rowing events. - Liaise with the Communications Committee about the publication of a Members' Handbook and other promotional materials. - Devise creative strategies for building, and retaining, adult membership levels and encourage greater sense of community between masters rowers and parents. - Host the annual Bow Ball social/fundraising event. 	3 rd Mon. each month, 7:30pm NRRA offices
Finance	<ul style="list-style-type: none"> - Manage and oversee NRRA financials, including budget, income statements, balance statements, and cash flow. - Guide decision-making around equipment needs and payment of bills/debt. 	1 st Tues. each month, 7:30pm NRRA offices
Programs	<ul style="list-style-type: none"> - Oversee and advise on the direction and implementation of current/future program offerings at NRRA. - Develop new ideas to capitalize on the available equipment/staff during "down-times". - Organize and implement the first annual Community Challenge program as an addition to Learn-to-Row offerings. - Review staff reports and meet with staff prior to monthly Board meeting to discuss any issues/concerns/updates and report back to the Board. 	1 st Thur. each month. 12pm NRRA offices
Fundraising	<ul style="list-style-type: none"> - Assist in raising funds for outreach programs and Matthew Zucker Fund scholarships. - Liaise with the Capital Campaign Committee to raise funds for the boathouse project. - Identify opportunities for fundraising events throughout the year to feed the Equipment Fund. 	1 st Mon. each month, 7:00pm NRRA offices
Capital Campaign	<ul style="list-style-type: none"> - Identify potential donors and cultivate relationships with these individuals throughout the year. - Improve NRRA's brand recognition in the community so we are no longer "Norwalk's best kept secret". - Liaise with the Fundraising Committee to organize events that will both raise money and broaden awareness of NRRA's mission in the community. 	
Communications	<ul style="list-style-type: none"> - Publish articles about youth/masters rowing results, as well as other NRRA events. - Develop strategies for greater publicity in the greater Norwalk community. - Explore creative uses of new media beyond the NRRA website. - Create marketing materials for all NRRA programs and events. - Produce internal communications documentation, such as handbooks, policy documents, etc. 	
Safety	<ul style="list-style-type: none"> - Develop safety guidelines for rowers, coaches, and other NRRA constituencies. - Revise existing Safety Handbook and distribute among rowers/parents/staff. - Develop an Emergency Action Plan. 	
Governance	<ul style="list-style-type: none"> - Oversee the structure of the Board. - Review and revise the NRRA Business Plan. - Identify and cultivate relationships in the community for future Board of Directors members. - Identify possible candidates (present or future) for the role of President. 	

TRAINING TIP OF THE MONTH- *The secret of racing.....*

Step close to the newsletter and I will whisper it in your ear. Step closer..... a little closer.....

Are you ready?

PULL HARD!

Seriously, if you want to race, the attitude of *pulling* (I know you use your legs, this is the generic term for strong strokes) is necessary every day. I see rowers ever year that unless it's a race workout, they don't pull.

During drills, you have to pull. During steady state rowing, you have to pull. You can't row at easy pressure the majority of the time and expect to gain the physical training you need and race well.

You control the overall training effect or intensity by varying the rate.

e.g. Low intensity, steady state workouts keep your heart rate low by using ratings around 16-18 strokes per minute, allowing long recoveries. You CAN'T max your heart rate at those rates when you pull hard.

In return, not only do you get the cardio benefits, you gain more strength and power. Without those two, you will never be fast.

When you pull hard all the time you get:

- Stronger
- Faster
- Fitter
- Skinnier
- Balanced boats
- Medals

It's that simple folks.

***Cheers,
Charles "PULL!!" Huthmaker***