

**UPCOMING IMPORTANT DATES-** [www.norwalkriverrowing.org/calendar.html](http://www.norwalkriverrowing.org/calendar.html)

12/12 Last Open Row 2009-7am  
12/12 Dock removal-9am  
12/15 Leanne Farewell- Fat Cat Joe, 7pm  
12/23-1/1 NRRA Offices Closed  
1/4 Youth Winter 2 Begins

**ADULT ROWING**

**Leanne is outta here!** Sad to hear but Leanne is moving to Washington DC. We wish her the best! Come say goodbye on Tuesday, Dec. 15 at 7pm at Fat Cat Joe.

**Florida is a'comin'!**- Make your plans now to attend the **NRRA Singles and Doubles Camp** on the beautiful St. John's River in DeLand, FL. We'll be in attendance from Wed. Feb 17<sup>th</sup> to Tuesday Feb. 23. \$75/day gets you individual coaching, daily video review, transportation of boats (club and private) to and from FL and beautiful sunsets while you sip margaritas! We'll be staying at the [Hontoon Landing Resort & Marina](#). Make your travel/lodging reservations now!

See what your cohorts said about last year:

"My trip to Florida last year was instrumental in my medal count this year!"-Tim Hood

"I love being chased by alligators!"-Laura Case

"Can you say 'No ice or poop on the dock?'"-Juliet Brocki

"Charles' blueberry banana pancakes made my day! I could row for hours!"-Tom Helmkamp

**Adult Program Director-** Yes, the plans are underway for a new staff member along with some adjustments to program/staffing structures. You've talked and we're listening. 2010 will be better than ever!

**Electronic Registrations-** We're gradually going paperless here at the NRRA with our registration forms and waivers. Watch for new procedures for the Spring.

**YOUTH TEAMS**

**Winter 2 Training-** Registrations are underway, get yours in now! It's time to get ready for the Spring and the USRowing National Championships! Don't get caught on the short end!

**New Middle School Programs-** Check out the new schedules and times for our [Middle School fun!](#)

**Spring Squad Sizes-** Please check the squad size requirements for the Spring. As in the Fall, if there is oversubscription for a Racing Team squad, tryouts will consist of the first week's training with a squad chosen on the first Friday. Refunds or the Recreational Team option will be given to those not chosen.

**ROAR**

**WineTasting-** The 1<sup>st</sup> Annual Wine Tasting, held November 19<sup>th</sup>, was such a resounding success that we will certainly repeating it next year. If you missed the great wine, delicious food, enjoyable company, and adorable kids this year, you'll want to make sure you plan to attend in 2010! This year we made a profit of almost \$3,000, which will go to supporting our outreach programs, "ROAR." Thanks to all who attended and helped to make this event a hit.

**Fall Fundraising Report-** Thanks to everyone who helped to make our fall fundraising season a huge success. Donations for the 2009 Matthew Zucker Ergathon have topped \$20,000. While this is far below the total we will need for scholarships in 2009-2010, it was a strong start to raising money to support our athletes. November's Rent-A-Rower fundraiser will add an estimated \$3,000 to the scholarship fund. Additionally, the First Annual Wine Tasting to benefit ROAR netted \$2,900. Mark your calendars for a repeat event next fall.

**DOCK REMOVAL/RETURN**

Every year this sad day comes! The crane arrives at 9am! We need all hands on deck to rearrange boats/racks along with dock removal. Come row at 7am and work at 9am!

**NRRA ON FACEBOOK**

In case you didn't know, NRRA has its own FB page. Search Norwalk River Rowing and become a Fan! We look to you guys to post pictures and what not! Share it with your friends.

**HOLIDAYS ARE HERE! If you're buying online, help NRRA at the same time!**

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FREE \$5 DONATIONS  
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**Each new member who joins iGive.com and makes a purchase within 45 days will earn an additional \$5 donation for your cause! That's on top of the standard donations from shopping!**

**The best way to invite new supporters is with a customized, easy-to-remember link (we call them "joinLinks"). To learn more, visit:**  
<http://www.iGive.com/causetoolbox/html/joinlink.cfm>

**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](http://www.igive.com).

**What can you do?**

1. Register with [www.igive.com](http://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 [www.igive.com](http://www.igive.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, Jan. 12, 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 2<sup>nd</sup> Tuesday of each month. Come be heard and hear what's going on with the club.

## **TRAINING TIP OF THE MONTH- Holidays and temptations.....**

With the holidays comes less training and more entertaining which ends up with you on Jan. 2<sup>nd</sup> wondering why those pants got a little more snug!

- Office cookies/parties/happy hours/etc.
- Family gatherings with big meals
- Evening parties with endless wine, cheese, banana breads etc. (wow, I'm getting hungry!)
- Staying out late usually ends with sleeping in instead of the gym
- Football games with chips/dip/wings/beer (ok, now the mouth is watering!)
- Christmas shopping with the corresponding eating out

Wow, I'm feeling fatter already ☺ If all of this sounds familiar you have a few choices:

- "Screw it, I'll work out hard in January" (sound familiar?)
- Keep a steady workout routine and stem the tide of calories a bit
- Make smart nutritional choices (fat chance, right?)
- Any combination of these.....

A few small tips can help a bit:

- Drink more water every day. This will promote a feeling of fullness and will help keep the pipes clean (reduce colon transit time).
- Increase fiber intake at each meal. e.g. more green beans, less mashed potatoes (same result as the water intake)
- Use smaller plates/glasses. This actually works and will reduce the tempting calories.
- Do more short, high intensity intervals along with weight training during your work outs. This will promote a higher metabolism for longer and building muscle takes energy!
- Find a sucker... er.... training partner.
- Set some goals and stick to them (2 glasses a wine or no sugar except on Christmas etc.)

Yes, we all indulge a bit over the holidays but try not to dig a hole for yourself! See you at the gym in January.....

*Cheers,  
Charles "Calorie Counter" Huthmaker*