

Greetings all,

This is the first of a monthly *state of the union/newsletter/bulletin/blog/whatever* for NRRA. One of the concerns I have heard several time is that communication is sporadic so here goes an attempt at fixing that. It will be formatted for everyone, not just Adults and not just the Youth. It will also be posted on the website in case your email reading is sporadic. I welcome comments/complaints but if you have a problem, make sure you try to give me a solution also. No complaints about the grammar or graphics because I am a rowing coach, not a Marketing expert ☺.

ANNUAL MEETING

Don't forget that the Annual NRRA meeting is at 7:30 on Monday night, Feb. 26th in the Community Room at the City Hall. It behooves everyone to attend as you are the organization, not me or the Board. We need your support and input as to what's going on.

NRRA MASTERS IN FLORIDA JAN. 10-23, 2008

Let me tell you how great our trip was. 2 weeks of sun and fun while rowing (and flipping ☺) 3 times a day and sampling DeLand's culinary night life. **Put it on your calendar for 2008.** You can see photos online at the NRRA website. My favorite is a toss up between the swimmers and the sunset photos ☺

<http://www.norwalkriverrowing.org/Gallery/2007%20Masters%20Florida/index.html>

SPRING SEASON IS ALMOST HERE!

The coaches are getting excited about rowing on the water again! The indoor training has been going well for those that are attending regularly (hint hint). The Youth and Adults will hopefully hit the water on Mar. 12. Of course, Mother Nature has a way of setting our schedule for us sometimes. I am speaking with the YMCA to maintain our space until the end of March in case of inclement weather.

- **Adult program-March 1-May 31: \$400**
- **Youth Racing-March 12-May 20: \$1275 (this increase is due to added regattas as requested)**
- **Youth Development- March 19-May 11: \$655**

Check the website for more details. www.norwalkriverrowing.org

CRASH-B'S

Any one wanting to row at CRASSH-B's this year needs to go to their webpage and register soon!

<http://www.crash-b.org/>

MARCH 10TH ADULT ERGATTA

There will be a cyberspace erg-race on Mar. 10th for the adults (youth are doing theirs on the 6/7th). This is being planned by Saratoga rowing and there are awards/t-shirts and team rankings done. There will be no charge to NRRA members that come, non-

members will have to pay the \$10 fee/person that we are covering. It's time to test yourself and see where you stand! I will provide the post-race refreshments (sorry, no beer at the Y ☺).

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. Talk to friends, neighbors, people at the grocery store etc. Last year NRRA spent \$15,000 in advertising! To my knowledge, it didn't work!!!

TRAINING TIP OF THE MONTH

Erg training can be fraught with boredom. Some technical and mental things you can do while rowing are:

- Pick 3 technical things to focus on and rotate your concentration on them for 10 strokes at a time. E.g. wrists at the finish for 10/posture at the catch for 10/steady slide speed for 10.... repeat
- Play number games.
 - How many strokes can you take with the stroke rating not changing? My record is 36 consecutive strokes at an 18 ☺
 - How many strokes can you take with the intensity not changing?
- Play the Fish Game but BE CAREFUL OF YOUR TECHNIQUE.
- Make sure your legs stay down while you swing out of bow. One of the most common errors on the erg is releasing the knees too early on the recovery. This translates to slower rowing on the water!

One common comment I hear about sloppy erging is "I don't do that in the boat". That's a myth! Any habit you have on the erg DEFINITELY happens in the boat, that's why it is important not to mentally check out during erging.

March Training Tip- Care of the hands, stay tuned.....

Charles