

*The winter training blahs seem to have attacked NRRA. Adult training is down and kids are calling in sick. Look at the calendar folks, SPRING IS ALMOST HERE! Clean up your act and get to practice so when you hit the water, it won't be a shock and you'll be ready to go fast!*

### **MASTERS ROWING SYMPOSIUM**

It's finally here. This weekend will be the 1<sup>st</sup> Annual Masters Rowing Symposium hosted here in Norwalk. Amazing guest speakers right here at home. NRRA members get a 25% discount. To attend the full weekend it's only \$175 or if you want to only come on Saturday, it's only \$130. Registration will be taken at the door on Saturday at 8am at the Norwalk Inn. Go to [www.norwalkriverrowing.org/Symposium2008.htm](http://www.norwalkriverrowing.org/Symposium2008.htm) for details.

### **ADULT PROGRAMS/WINTER TRAINING**

If you aren't training, you're getting slower. No excuses, come row and lift with us, you only have 4 more weeks until the docks go back in.

Once the docks are in, we will row on the water, weather permitting. The Senior Center will be our main base still but we'll try to escape to the water when we can.

I'm sorry to say that the program fees for 2008 have been changed. A 4% increase has been implemented across the board (Youth, Adults, LTR etc.). Adult programs are now \$415/\$265 each quarter. Our expenses are continuing to climb and our membership numbers are not growing. If you want your fees to stay the same, help me find more rowers. The Learn To Row schedule for 2008 has been posted. We need to fill every class to capacity! We can only do that if YOU talk it up.

CAPTAINS: We need to have a meeting soon to plan the seasons.

### **YOUTH TEAM**

The Youth team is growing! We had a record number of rowers come to Winter II (49) this year. This bodes well for the Spring! Continue telling your friends about NRRA as we get geared up for the Spring and Summer. All of the Spring and Summer programs are posted. Check them out and plan accordingly.

[www.norwalkriverrowing.org/youth\\_spring.htm](http://www.norwalkriverrowing.org/youth_spring.htm)

[www.norwalkriverrowing.org/youth\\_summer.htm](http://www.norwalkriverrowing.org/youth_summer.htm)

### **FLORIDA 2008 IS OVER FOR THE ADULTS (but not the kids)**

We had 6 adults travel to DeLand Florida for some winter water training. The weather was what I call "tweener" weather. It wasn't hot, it wasn't cold, it wasn't rain, it wasn't sun, it was all in between". Despite this there were a lot of miles and blisters done. We were fortunate to be able to row several demo boats while we were there. Lot's of smiles from people rowing Fluidesign, Hudson and Vespoli singles. Look towards next year for a repeat trip!

The kids are ready to fly down on the 17<sup>th</sup> and hit the water. We have 22 going this year along with some brave chaperones. We're ready to train and race at the Stetson Sprints regatta on the 23<sup>rd</sup>.

### **BOARD MEETING**

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

**Wed. Feb 13, 2008 7:30 pm, Norwalk City Hall, East Ave.**

## **WEBPAGE**

Our webpage has been a great source of information and advertising. I believe that we have outgrown its design and functionality. As a result, I've been rebuilding our site. Initial comments from a couple in-house editors are real excited. The launching of it is hopefully in March sometime.

I need comments from you, the rowers and parents, as to what you want from your website. What do you need? What was easy? What was missing? What was ugly? I can't promise we'll apply every critique but every effort will be made.

## **VOLUNTEER OPPORTUNITIES**

### **Outreach**

1) **Join our new ROAR visionary committee to support the youth and programs sponsored by ROAR.**

This group will meet once a month and work on special projects such as fundraising, recruitment, transportation and publicity. A great hands-on way to get involved on a regular basis!

2) **Work a one hour shift at a booth with ROAR info and ergs during one of the following events:**

- Healthy Hearts Program: Thursday, February 28, 6-8pm at NEON's Ely Site (11 Ingalls Ave)
- Norwalk After School Alliance Health Fair: Tuesday, March 25, 6-8pm at City Hall

These events are a great opportunity for NRRA to spread the word about rowing in our community. It would be much more effective to have rowers, who can tell their own stories, rather than just coaches.

3) **Start thinking about volunteering to coach and/or supervise ROAR's spring programs.** Volunteers are needed for 1-2 hours on Friday afternoons, April 4-June 13. Volunteers could come just once, or all 10 weeks. Whatever fits your schedule!

Anyone who could lend a hand can call me in the office or email [melanie@norwalkriverrowing.org](mailto:melanie@norwalkriverrowing.org). Thanks!

### **General**

1. **We still need a Men's Adult Team Captain.....**
2. **NRRA Committees are always looking for a fresh perspective.** Come to a Board meeting and find out where you can get involved. Parents and rowers are equally eligible and wanted!
3. **March re-launch of the docks. Stay tuned for dates/times.**

## **MEMBERSHIP DRIVE 2008**

Last month I challenged each of you to email 3 people about NRRA. Did you do it? Why not?

The **Tshirt Challenge** is on until I run out of gear. If you find us a member, you get a shirt. If you find us 3 members, you get a sweatshirt. **THIS IS TRUE FOR THE YOUTH AND THE ADULTS.** If a youth rower brings us Racing Team members, they get the same thing.

Rowing is the least visible sport I can imagine. Unless we spread the gospel, no one will convert over to us. Friends don't let friends do other sports!

## **TRAINING TIP OF THE MONTH- February**

I've been doing these columns now for a year. I'm going to make this one real simple.

Go row. See you at practice.....

*Charles*