

We're counting down the days to our Florida trip! Don't you wish you were going? Adults, it's not too late to get some sunny miles in!

ADULT PROGRAMS

All is going well with our eyes on Spring!

“My legs are getting bigger! Is that right?”-anonymous masters rower

“Only if your waist is getting smaller too!”-answer from coach

Interviews for our Adult Director are being scheduled for next week. Things are looking good!

Learn To Row classes and Open Houses are set for 2009. Tell your friends or a stranger at the grocery store! Let's grow these adult teams!!!!

YOUTH TEAMS

Initial counts are showing another record breaking Spring season. Our registrations have outstripped any season in the history of the NRRA! What a great year to be involved with Youth Rowing. Tell your friends to sign up soon, our limits will likely be met before the season starts!

Summer registrations are already coming in. Spread the word about our fun 2-week sessions. Short, fun and exciting!

ANNUAL MEETING

The NRRA Annual Meeting is scheduled for 7:30pm: Feb. 26, 2009. The meeting will be held at the American Legion across from the Norwalk High School. Come see the Annual Report be unveiled along with a 2008 slide show celebrating our fantastic year! If you can't attend, make sure you get your votes in! They'll be in the mail shortly.

NRRA MEMBER CROSSING THE ATLANTIC!!!

Despite a close call with a ship, Paul is doing well! Check him out on our home page....

www.norwalkriverrowing.org

RANDOM OBSERVATIONS AROUND THE OFFICE THIS MONTH

- Why don't the seagulls on the ice get frostbite on their feet?
- Porta-potties freeze solid under 20 degrees
- Florida is a wonderful goal this winter!
- Our parking lot makes for great ice-skating!
- There is some critter living behind the office that makes tracks in the snow. I think it's a rabbit.
- When we have a north wind, I get a nice draft through the power outlet on my desk wall!
- Training hard is great for the appetite!

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, March 10, 7:30pm at the NRRA Offices. Come be heard and hear what's going on with the club. Oh yeah, meet the new Board Members!

20TH ANNUAL BOW BALL- March 7th

The Bow Ball is an evening of socializing and celebrating the NRRA. “Bow Ball” is a play on words. The little rubber ball on the end of the boat is called the bowball. A Ball is a night of music and socializing. Come enjoy a wonderful evening sharing a common love.

You should have received a save the date card. Invitations and details are on the way too. Come celebrate our past year and have some fun. The purpose is fun and community (oh yeah, there's a silent auction too ☺).

NEW FUNDRAISER THAT IS FREE TO YOU!

Our first donation checks have arrived! Over \$300 towards equipment! Please tell your friends about this and help us out!

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.....

Share this with your friends/family!

TRAINING TIP OF THE MONTH- Training, overtraining and your immune system or A.K.A. "Coach I have to miss practice, I'm sick".

We have all heard at one time or another, "Put a coat on, you don't want to catch a cold!" or "Wash your hands more often" or "Take Vitamin C" etc. Do these things really have anything to do with getting sick? Well, yes and no.

At the core of all of this is your immune system. For the most part, if your immune system is firing on all its cylinders, you will pretty much stay healthy. The kicker in all this is keeping that system running strong!

There hasn't been a great deal of definitive results in studies as far as exercise and your immune system goes. The basic results show that no exercise is bad, moderate exercise boosts your immune system and exercising at very high levels of intensity/volume can suppress the immune system.

But Coach, I have to train 5-6 days/week to be a competitive athlete?!?!?! Ok, then you must manage your recovery so that you don't "overtrain" or better known as "under-recover".

Stress is actually a wonderful thing. Stress is the catalyst that makes our bodies, and its systems, stronger. Stress is the bread and butter of coaches and training. Each workout is designed to stress a certain system in our body (strength, endurance, flexibility, mental etc.). When you recover from that workout (stress), you have strengthened that system.

Stress only becomes a negative thing when it isn't managed well. We've all seen/read/heard about the negativity of stress. At the kernal of this negativity is an inability to cope with stress. This is primarily a physical thing. Yes, there is mental stress, but the brain is physical and it controls our bodies and the hormonal responses to stress (cortisol, epinephrine, norepinephrine, adrenaline etc.). Again, these are not bad things until they are at high levels or constant levels that the body doesn't respond well to.

In general, life's answer to managing stress is the weekend or vacations where you can "recharge your batteries" (boost your immune system). As an athlete though, you need to be a bit more aware than your average banker/employee/student about sleeping in on Saturday or going away for a week. You need to monitor your sleep (the number one way to recover!), manage your time, improve your nutrition and make sure your training plan has proper periodization (patterning of stress and relaxation). If you are making your own plans or adding to the current team plan, discuss with your coach what is smart and what isn't.

Many athletes wonder if you can/should train when you are sick. The basic rule is the "neck check". If the illness is above the neck (stuffy nose, sore throat etc.) you can do moderate exercise. If the symptoms are below the neck (fever, cough, chills etc.) stay home and recover. As usual, if you aren't sure what you have, see your doctor.

SYMPTOMS OF HIGH STRESS/OVERTRAINING

- Decrease in performance over time
- Unnatural loss of body weight
- Chronic Fatigue
- Increased number of infections
- Injuries that don't go away
- Psychological staleness or depression
- Elevated resting heart rate

TIPS TO BOOST YOUR IMMUNE SYSTEM

- Sleep!!!
- Good nutrition
- Reduce/eliminate simple sugars in your diet
- Yogurt with active cultures
- Did I mention sleep?
- Multi-vitamin
- Check negativity at the door! Attitude is everything!
- Washing your hands is debatable but probably doesn't hurt.
- Take power naps (10-20 min.)
- Take a weekend/vacation that actually is restful!
- Oh yeah, I forgot to mention sleep! ☺

As athletes I also believe that our weekends/vacations are actually rarely restful. What did you do last weekend? Ski? Go running? Biking? I think you get my point. Though these activities are fun, they require energy, sometimes quite a bit. When Monday morning comes around, how rested are you? Here at the office, we tend to consider a good weekend one you need to recover from ☺.

I'm sure there are plenty more things you can do to help yourself. Are you happy at work? Are you happy at home? Attitude has as much to do with this as the sleep and nutrition.

Go embrace your stress and stay healthy!

*See you at the gym, stressing your bodies,
Charles*