

Happy New Year everyone! Winter Training has been going on in earnest so set your New Year's Resolutions and come train!

ANNUAL NEW YEAR'S ROW

The New Haven Rowing Club invited NRRA to their annual New Year's Row and Breakfast. Lot's of 8's and quads were out for a spirited 2000m race with a great breakfast to follow. What a great way to start the year!

ADULT PROGRAMS/WINTER TRAINING

Training is going well and the complaints of soreness and fatigue tell me that us coaches are doing our jobs ☺. If you aren't training, you're getting slower. No excuses, come row and lift with us this winter!

For those that need a reminder, all members have access to this facility at anytime. Please park in the lower parking lot and use the downstairs entrance. This is where our lockbox is located (1986). Make sure you replace the keys once you've opened the doors, otherwise no one else can get in while you're working out. THIS IS THE ONLY SET OF KEYS THE CITY HAS GIVEN US! Do NOT prop the door open. That is unsafe and unwise. As you go up the stairs, the weight room is on your right and the large room with the ergs is on your left. During the day or during Center Class times, there are ergs available in the wt. room.

Program members have organized practice at the usual times. Non-program members are welcome at these times but if there's a question of equipment usage, program members have priority. If you want to join a class for erging or weight lifting, it's \$15 session. There will be a 60 min. core training class each Tuesday morning starting after Thanksgiving and going until March.

Any abuse of this facility will result in us being homeless for the winter! Please keep the place clean and locked! Ergs remain on the stage when not in use. Weight room rules must be followed along with safe lifting practices.

Go to our webpage for directions or to their site www.norwalkseniorcenter.org.

YOUTH TEAM

Winter I training finished strong and it's time for Winter II. Good steady training will result in a fit and fast team come Spring time. Registration is open for Winter 2 on the website. Racing Team Parents are reminded that they are eligible for NRRA Adult programs at a 50% off. Come get in shape over the winter time. For information, check out the website at www.norwalkriverrowing.org/AdultWinterTraining.htm

FLORIDA IS HERE! Jan 10-23, 2008 Adults, Feb. 17-23 Youth

The final payment of Youth money is due this week for Florida. Adults, I need final commitments this week along with travel details so I can set up practice times. Lot's of fun and rowing to be had!

BOARD MEETING

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

Jan. 10, 2007 7:30 pm, Norwalk City Hall, East Ave.

VOLUNTEER OPPORTUNITIES

NRRA is an organization that is pretty much run by its members. Yes, we have full time staff, but their scope is pretty limited and their time is overflowing with work. Your membership opens the door of opportunity for you to help NRRA in its efforts to be the best club in the Northeast (i.e. USA) ☺.

- 1. We still need a Men's Adult Team Captain.....**
- 2. ROAR will be operating this Winter, call Melanie to volunteer 866-0080 x11**
- 3. 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!**

MEMBERSHIP DRIVE

Every month, I have something to say trying to encourage all of you to help boost membership. This month's challenge is for you to email 3 people you know that you think might like rowing. Remember that there is no prototypical rower. It doesn't matter how big/small/tall/short/wide/skinny a person is. There is a place for everyone in our wonderful activity.

For every member we get from your referral, I'll give you your choice of a t-shirt or a hat (your choice of color). If you sign up 3 people, I'll give a sweatshirt.

When's the last time you sold someone on rowing? When's the last time you were standing in line at the coffee shop or grocery store and you told someone about NRRA? One of our goals for 2008 is to have every Learn To Row class full to capacity. We're also going to implement an Open House every other Sat. during the on-the-water season, details coming in March.

People are our lifeblood and we need a transfusion.

TRAINING TIP OF THE MONTH- *Preparing for the 2008 Rowing Season: What should I do?*

For every rower, there's a different reason to row.

- Are you a competitive person?
- Do you enjoy the beauty of rowing during a gorgeous morning sunrise?
- Do you want the social experience?
- Exercise?
- Loose weight?
- Therapy (mental or physical)?

So, why do you row? The answer to this question will guide you in answering the question "What should I do for 2008?"

No matter what the answer, the sport of rowing demands certain things: strength, stamina and balance. You need to take an honest assessment of these components and set goals accordingly. Some good questions might include:

Strength

- How easy is it for me to pick up a boat and carry it to the water?
- How strong of a rower am I?
- How easy is it for me to pick up a boat and carry it **after rowing**?
- Do certain muscles/body parts hurt after a row?
- Do you feel an imbalance in your body?

Stamina

- How long can you row comfortably?
- How long does it take to recover from a row?

Once you've honestly said to yourself "OK, I'm not as fast/strong/tall/thin as I think I am", it's time to set some goals. No matter why you row, it's still good to set some goals and stick to them. The only way to benefit from any activity is to practice it regularly. For those of you that remember Jack LaLanne (www.jacklalanne.com), he's 93 and can still outdo most people ¼ of his age. His adage is very simple, work out **regularly** and eat well. All the fancy equipment/expensive boats/gym memberships/training plans don't do a thing unless you actually take the time and do the work.

Goals

Setting huge sweeping goals sound good and look good on paper but they rarely work. As a rule, yearly plans are vague, but realistic (race at the Head of the Charles vs. win the Head of the Charles) and weekly plans are specific. Write out your weekly schedule each week and make appointments for the gym/boathouse. Each week will be a bit different and it's OK to adjust the plan along the way due to the vagaries of life (family, job, illness etc). If you need help with the specifics, speak with one of our coaches or join the program (already built in for the year).

The basic message here is if you want results, you have to plan properly, manage your time and then do the work. There are plenty of resources to help you do this here at the club or online or at any bookstore.

Happy New Year and see you at practice!

February Tip of the Month- Getting ready for the water: Issues to prepare for

Charles