

*Happy New Year everyone! 2009 is looking great here at the NRRA!*

**ADULT PROGRAMS**

Things are going well with rowers cross-training hard. We now have ergs at the World Gym to augment the facilities.

“My clothes are fitting better even after the holidays!”-anonymous masters rower

If you've missed Tuesday Pilates, you need to get there. Tracy is doing great stuff with us! Come get your core strong for the Spring!

**NEWS!!-** Ads are being placed to begin the search for an Adult Program Director! The growth and fiscal health of the NRRA has enabled us to finally reintroduce this position. This person will coordinate all the Adult Programs and coach the Racing Team and assist with the Youth in the afternoons. Stay tuned for updates.

**YOUTH TEAMS**

Winter 2 training has begun with the Racing Team at the World Gym and the Recreational Team at the Senior Center. Another year of progress as our numbers continue to grow in both programs. An increase in the numbers of coaches has kept the quality high!

Please spread the word to your friends and neighbors about our programs! The Spring is almost here for the kids! We start the first week in March!

**NRRA MEMBER CROSSING THE ATLANTIC!!!**

Paul Ridley departed on Jan. 1 on his quest. Go to our home page for daily updates.

[www.norwalkriverrowing.org](http://www.norwalkriverrowing.org)

**NEW FUNDRAISER THAT IS FREE TO YOU!**

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](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 [isearchigive.com](http://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!

**BOARD OF DIRECTORS MEETING**

The next Board Meeting will be held on Tuesday, January 13th, 7:30pm at the NRRA Offices. Come be heard and hear what's going on with the club.

**VOLUNTEER OPPORTUNITIES**

ROAR Committee Tuesday, January 20 from 7-8pm in City Hall Room 322

## **TRAINING TIP OF THE MONTH- What is “cross-training” and why should I do it?**

There are so many buzz words in training: cross-training, gym rat, aerobics, cardio training, reps, plates, spinning etc. It kind of reminds me of the weather weenies (meteorologists). They would be lost without “heat index”, “wind chill”, and “wintry mix”. Anyway, cross-training is just the act of using other physical activities to develop cardiovascular training, improve flexibility, keep from getting bored and to keep the body improving when you reach a training plateau.

The beauty of our sport is that, physically, it encompasses the entire spectrum in the demands on the body. Rowing requires speed (racing start), agility (carrying boats on slippery docks), endurance (anything longer than 2’ in duration demands this) and strength (have you pulled on an oar lately?). It also requires every major muscle group in one way or another.

Despite all this, your body can get in a physical and mental rut and cross-training can get you out of it. The flexibility, strength and endurance demanded by rowing is different than that demanded by running, swimming etc.

The best athletes are able to do several disciplines well in addition to their primary sport. Sports that coincide well with rowing include, running, biking, swimming, x-country skiing and yoga. In fact, many ergometer competitors are triathletes that use rowing as a cross-trainer. Within the realm of common sense, there are few activities that don’t help rowing (football, curling, foosball come to mind).

Cross training can also help prevent injury by strengthening the muscles and tendons that don’t get used much in rowing. Overuse injuries are the most common injuries that rowers have. So, not only will the cross-training stimulate new muscle/tendon growth, it will also give the rowing muscles/joints a rest.

Finally, you should cross-train for the mental vacation. Learning a new activity or doing something different will stimulate new neural pathways in the brain/body not to mention, it’s just plain fun.

It’s not uncommon for the first few episodes of training to be a bit uncomfortable and to create some muscle/joint soreness. See last month’s Tip for that ☺. Ease into the training, tough it out and you’ll find yourself fresh and fit for going on the water in the Spring.

***See you at the gym, cross-training,  
Charles***