

UPCOMING IMPORTANT DATES- www.norwalkriverrowing.org/calendar.html

1/4	Youth Winter 2 Begins
1/18	Offices closed: MLK Day-No Programs
1/30	USRowing Level 2 Coaching Clinic
1/31	USRowing Level 1 Coaching Clinic
2/15	Offices closed: Pres. Day-No Programs
2/17-2/23	Adult Singles and Doubles in Florida

ADULT ROWING

Florida is a'comin'!- Make your plans now to attend the **NRRA Singles and Doubles Camp** on the beautiful St. John's River in DeLand, FL. We'll be in attendance from Wed. Feb 17th to Tuesday Feb. 23. \$75/day gets you individual coaching, daily video review, transportation of boats (club and private) to and from FL and beautiful sunsets while you sip margaritas! We'll be staying at the [Hontoon Landing Resort & Marina](#). Make your travel/lodging reservations now!

See what your cohorts said about last year:

"My trip to Florida last year was instrumental in my medal count this year!"-Tim Hood

"I love being chased by alligators!"-Laura Case

"Can you say 'No ice or poop on the dock?'"-Juliet Brocki

"Charles' blueberry banana pancakes made my day! I could row for hours!"-Tom Helmkamp

Electronic Registrations- We're gradually going paperless here at the NRRA with our registration forms and waivers. Watch for new procedures for the Spring.

YOUTH TEAMS

Winter II holidays - No practice Monday January, 18 (MLK Jr. Day) and Monday February, 15 (President's Day)

Spring program registration will open on the NRRA website this week for Racing, Recreational, and Middle School teams. There are enrollment caps for all programs so get your registrations in early. For the Racing Team only, there will be tryouts by squad during the first week of practice in the event that enrollment exceeds the caps.

New Middle School Programs- Check out the new schedules and times for our [Middle School fun!](#)

Spring Squad Sizes- Please check the squad size requirements for the Spring. As in the Fall, if there is oversubscription for a Racing Team squad, tryouts will consist of the first week's training with a squad chosen on the first Friday. Refunds or the Recreational Team option will be given to those not chosen.

NRRA BOATHOUSE CAMPAIGN ON THE MOVE!

The board of directors and the capital campaign committee have set as their goal to have the boathouse open in time to celebrate NRRA's twenty-fifth anniversary in June 2011. The final pieces of a robust fundraising plan are being put into place and we have begun to identify internal and external campaign champions. We are very excited about being able to make the long-held dream a reality.

Look for more information and a public roll out of the campaign in the next few months.

2010 PROGRAM FEES

Many of you remember that 18 months ago I promised not to raise our fees for 2009 due to the recession. We promised to tighten our belts and try to help out as you tightened yours. We focused on program growth and a leaner and meaner staff. Scholarship demand skyrocketed during this time and we responded by giving out record gifts.

Reality has finally caught up to us with rising costs. The Board is working very hard on a budget (including program fees) that will insure that the NRRA continues to offer the best prices and the best programs while moving forward competitively and with a stable business structure.

Stay tuned and thank you for your patience as we build toward the NRRA's future.

NRRA ON FACEBOOK

In case you didn't know, NRRA has its own FB page. Search Norwalk River Rowing and become a Fan! We look to you guys to post pictures and what not! Share it with your friends.

NRRA ANNUAL MEETING

In February (final date being determined) the NRRA will be holding its Annual Meeting. This serves as the vehicle in which the 2010 Annual Budget and Board Members are voted on by members AND parents of returning Youth Racing Team members (must have rowed 2 consecutive seasons). Even if you can't attend, PLEASE return your votes when you receive your ballot as our legal status as a 501 (c)3 requires a quorum. We've simplified the system so you can vote electronically.

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, Feb. 9, 7:30pm at Source Marketing.

Directions to Source Marketing:

Take the 7 Connector to the end, turn right and go down the hill, then turn left onto route 7 towards Wilton. At the first traffic light (across from Walmart shopping center) make a left and go over the little bridge into the iPark (old Perkin-Elmer building). Turn right and drive across the front of the building, past the columns and you will see the sign for Source Marketing. You can park right in front, or if there are no spots, around the side.

The Board of Directors usually meets monthly on the 2nd Tuesday of each month. Come be heard and hear what's going on with the club.

TRAINING TIP OF THE MONTH- *The Erg: Why do I feel like a hamster?*

It's the time of year when the monotonous reality of winter training really sets in. It's dismally cold for weeks on end. Doing anything outside (except maybe skiing) is the furthest thing from your mind. OK...maybe Sondberg is out dodging ice floes but us normal folks are soundly landlocked.

As I sat on the bike at the gym this morning next to Bill, I had many observations and came to several conclusions during the 5' pieces and subsequent rests:

- Cable TV is a waste of time.....though it is entertaining when ESPN and Telemundo are playing side by side.
- Reading the closed captioning is impossible when your heart rate is over 80%
- If energy is neither lost or created, where did my energy go this morning?
- Breakfast was looking really good this morning, along with a nap.
- Despite the complete lack of desire to get up at 5am, I'm actually enjoying the work.
- Yes, activity does lesson acute muscle soreness that results from one-legged squats on Monday though you couldn't have convinced me of this as I hobbled out of my house.
- Being a coach makes for interesting mental conversations with yourself. I won't share those ☺.
- Having a goal to look towards is key to continue spinning the hamster wheel.

My goal this winter is a road race at the end of May. The focus of having an end goal helps keep me motivated. What is your goal this winter? How are you planning to reach that goal? Do you need some help?

By putting a plan in place and setting it into motion, you reduce the feeling of spinning your wheels and going nowhere like a hamster. But I tell you..... those little guys really look like they're having fun. Are you?

Cheers,
Charles "Road Runner" Huthmaker