

July is coming in with a storm of rowing. 5 LTR classes start this week with Youth and Adults along with the Racing Teams and Fast Tracks. Busy is the word for the summer around here!

WELCOME!!

Welcome to our new ROAR Director, Melanie Jacobi. Melanie, a noative of Pensacola, FL, comes from Houston, TX where she was an elementary school teacher. Previously she rowed (and studied sometimes) at Stetson University where she was quite fast, so recruit her for your boat to row (yes, Charles taught her to scull while at Stetson)☺. Highlights include FIRA medals and a 5th place finish at the Dad Vail Championships. I'm still not sure how I convinced her to leave the sunny South, but she belongs to us for a while. You'll see her periodically at 5:30am, make sure you introduce yourself.

If you know of affordable housing in the area, she'd love to hear from you here at the offices!

ADULT SUMMER PROGRAMS

The adult programs are booming with over 25 people showing up regularly. The summer doldrums are about to be replaced with racing at the Sweeps & Sculls and Diamond States. Welcome to the 5 College rowers that have joined us along with almost 10 new adults from the LTR classes. If you see a strange face, extend a hand and welcome them. The Youth will be joining the Adults at Sweeps and Sculls so those of you attending, please take a moment to meet some of the kids and maybe mentor them a bit..... Get to the water and row!

BOATS, BREWS AND BBQ'S

Wednesday nights are finding a rebirth of an old tradition. Go for a row and then gather for a social on the slab. BYOB and BYOF until a grill gets donated or bought. Rowing usually starts around 6pm.

YOUTH TEAM

The Youth Racing Team is training hard twice a day. Regatta plans have shifted due to the difficulty in scheduling vacations and 6-day regatta trips. The Youth will be joining the Adults at Sweeps and Sculls in Providence and a regatta is being planned in mid-August.

SUMMER PROGRAMS

We are a bit undersubscribed to some of the Summer Programs so please pass the word on the wonders of rowing. I'll also attach a flyer so please print and post wherever you go. The LTR classes are very valuable as you may have noticed the increase in Adult members lately!

The Summer Youth/Adult programs are all posted and up to date on the webpage.
www.norwalkriverrowing.org/SummerPrograms.htm

BOARD MEETING

As usual, the Board Meeting is always open to anyone that would like to attend and be heard/seen.
July 12, 2007 7:30 pm, Norwalk City Hall, East Ave.

FREE MOTOR BOAT DRIVING COURSE

Some of you have heard that NRRRA is co-hosting the Head of the Connecticut Regatta next fall as a fundraiser. Our job is the on-water operations. Our primary concern is providing enough boat drivers for the day. We will need approx. 30 people to drive boats for a half day session (or 15 full-day). As many of you know, CT

requires a boating certification to drive boats. We need a preliminary count of all members/parents that are willing to help out. The good news is that the HOTC organizers will host and pay for boating certifications for anyone that wants to help but is unlicensed. Please contact Coop and let him know 2 things: 1) if you can drive and 2) if you need certification. There is a tentative date of Sat. June 23rd for the 4 hour course. Email Coop at coop747@optonline.net.

USRowing DEV. CAMP FINISHED

NRRA survived its first USRowing Dev. Camp. 20 Junior women from the Eastern US converged on NRRA for 10 days of sculling. These women are hopefuls for the Junior National Team in another year or so. Local coaches Brian, Jessie, Don, Abby and Charles ran the camp. If you missed all the activity at the boathouse, that tells me something of your attendance! They were rowing 3 times a day!

CONDO FOR RENT

There's a condo for rent at Riverway for anyone looking for new digs. 2 bed/2 bath overlooking the river. 854-5011. \$2300/mo.

TRAINING TIP OF THE MONTH- *Water and how it affects you.*

OK, everyone. I'm the first to admit I don't know all there is to know about nutrition, BUT I do know the importance of water. I'm sure some of our docs in the crowd can chime in with some comments but here's some basic things to know.....

1. The body is primarily comprised of water (70-80% of mass)
2. Water is vital for most biological functions in the body including the major energy systems required to be an athlete. Nutrient transportation, waste removal (e.g. lactates, liquids, solids etc.), oxygen delivery (blood viscosity) and so forth.
3. Your kidneys actually work harder when you are dehydrated.
4. You lose water 4 ways: Sweat, breathing, urine and feces.
5. The vast majority of our population is chronically dehydrated either by choice or ignorance. How many times have you said "I'm tired of going to the bathroom" or "I don't want to get up during the night" or "I don't want to stop on the highway". I know I have said all these, too many times.....
6. Generally speaking a 1% loss in body wt. in water results in 10% loss in performance. Hmmmmmm.... so a 150 lb. person that is missing 1.5 lbs of water will go from an 8' erg time to a 8:30+ erg time (remember, this is general). 1.5 lbs is NOT a lot of water. Athletes routinely lose 2-5 lbs. of sweat during a 2 hour practice in 80-95 degree weather.
7. You wake up in the morning dehydrated. All that breathing last night, expelled a lot of moisture. Remember seeing your breath last winter? That's water leaving your body. That didn't stop, you just can't see it when it's warm.

How much should you drink? Is 8 glasses right? Drink enough so that your urine is pale yellow. Everyone is different (body size, type, age) so you must actually monitor your self.

Can I drink too much? Yes, it's called hyponatremia. Too much water will leach out water soluble vitamins and minerals (primarily sodium (salt)) and you can actually be hospitalized or die. This is not too common but it does happen, especially in ultra-endurance athletes. To prevent this, a good sports drink in moderation can

help maintain sodium levels along with urine color. Clear urine too often means you are drinking too much water and you need to back off.

How much should I drink at a time? Studies show that on avg. a person can absorb about 150 milliliters of water every 15 minutes. This is an avg. All people are different and the body will adapt. If you drink more, the body will learn to absorb more, to a certain point.

Is sipping better than gulping? Theoretically, if you gulp a bunch of water (not a full liter!), the body will get the message to absorb it faster. Realistically, your body will get adept at whatever you teach it to do, good or bad.

I'm sure that there's a lot more to know about water but here's enough and I hope it makes you think about this as a person and an athlete.

August Training tip- Head Racing is coming: What should I do?

Charles