

Hey everyone. Wanted to get this out a bit early as I'm going on a much needed vacation! Too many 10-14 hour days around here! Lot's of stuff happening this Summer at THE NRRA. Read below and come row.

NRRA is having a party Thursday, July 24th!

We have a lot of things to be excited about here at the NRRA. We have new boats, growing programs, gold medals and our first NRRA Alumni just qualified for the Olympics in the Men's 8!

We're transforming the Boats, Beers and Burgers night into a bash! Come have some fun and watch some champagne get poured on 4 new boats. [Go here for more information.](#)

We want everyone that's been involved with the NRRA to come help us celebrate!

ADULT PROGRAMS

[Boats, Beers and Burgers](#) has been going strong.

JULY 3rd BBB IS CANCELLED DUE TO LACK OF STAFF AND TOO MUCH BOAT TRAFFIC!

Come for a row on Thursday nights and have a bite to eat with us. We provide the burgers (meat and vegetarian). If you would like something else, bring it and I'll throw it on the grill for you!

The **Racing Team** is going well with a great showing at Carnegie. [4 Gold medals and 2nd place in the overall points!](#)

The **Intermediate Team** is growing stronger every week! Thoughts of racing in the Fall are percolating around.....

All of the **Adult Learn To Row** classes have been posted on the website so spread the word.

YOUTH TEAMS

The Summer Racing Team has started and is going well and learning how to scull.

Great numbers have started the Summer! Almost 40 kids filled Session I. That's a direct result of your spreading the word! Please continue the great job! You are our best advertising. There are still a lot of spots open this summer so spread the word and get them to the river.

http://www.norwalkriverrowing.org/youth_summer.htm

The Fall will be here before you know it! Start planning your Fall rowing. Everything is posted so far and we've already received our first Fall registration. The tea leaves have shown us that we will be quite big this fall. Don't miss out on the fun! http://www.norwalkriverrowing.org/youth_fall.htm

BOARD OF DIRECTORS MEETING

The July and August meetings have been blended together for the Summer. **Tuesday, July 29 at the Norwalk City Hall, 7:30pm**

VOLUNTEER OPPORTUNITIES

General

Open Houses-We need 3-4 people for each of the NRRRA Open House sessions. Job responsibilities include picking up the breakfast items, welcoming the guests, signing in of waivers and taking them in the barge for an introductory row. Dates are below. Contact Barbara Zucker and Jessie Caird for details.

July 19: 9:00-10:30am

ROAR

Melanie needs 4-5 people that could help out with the planning of the 2008 Matthew Zucker Ergathon and Equipment Tag Sale. Tasks include:

- Food organizing
- Publicity
- Tag sale planning

Melanie needs volunteers organizing a Wine Tasting Fundraiser to be held in November.

As usual, on the water volunteers are always welcome. Summer programs run daily, July 7th-Aug. 15th, 8am-12noon and 1-5pm. Come help when you can!

TRAINING TIP OF THE MONTH- *Self-coaching.....is Charles or Brian even necessary?????*

I asked a masters rower today for Training Tip ideas. Her response was “Get your ass out of bed and show up at practice.” I told her that I already [did that one in February](#).

In coaching clinics I try to teach coaches to be so effective as to be unneeded after a certain amount of time. If we teach you to know not only *how* but also *why*, then eventually, the coach is superfluous, right? Luckily we are all human and we can't see/feel everything thus our jobs are safe ☺. But, there is still a lot that you can do to help yourself on the water.

Mental checklists

You've been listening to coaches for a while. What are we saying exactly? Are there some common themes you keep hearing in general? What about for you specifically?

- **Posture**-Tall and comfortable. “Keep your bellybutton open” at the finish and the catch.
- **Hand position/grip**-Relaxed with flat wrists on the drive. Hold the handle in the fingers. Avoid death grips.
- **Hand levels**- Keep the handle path parallel to the water/gunwale. In sculling, stay consistent with the left higher than the right.
- **Using both legs**- We all have a dominant leg and in sweep rowing you typically favor the outside leg. Consciously use both legs on the drive.
- **Slide control**-Pace your self steady. Never slide faster than the water flowing by the hull.
- **Shoulder/shoulder blades**- As relaxed as possible!!! Especially at the catch/finish.

When you are rowing alone or in a team boat with no coach, you can run through these things in your head. Try to focus on only one item for about 10 strokes, then change your focus for another ten, etc. etc. etc.

Using the boat to teach you

If only you can open your senses, the boat will teach you so much!

- **Gunwales**- Typically you will see immediate change in the gunwales when you move your hands up/down on the recovery. The hard part for the coach is teaching you to notice this!
- **Wakes**- If you are in a single/double, your wake can teach you a lot. Watch for s-turns during the stroke or a constant change in direction. If you are consistently doing something wrong, I guarantee you that it's you, not the boat. Go through the mental checklist above and figure out what may be causing the problem. Make a change and see if the boat reacts differently or if it stays the same. Typically if you are turning, you have an inefficiency on the side you are turning towards (turning to port means that the starboard side is more effective than the port side).
- **Sound**- Listen to the boat. Blades slapping on the water are bad, good rowing is very quiet and peaceful. Your slide to the catch should sound smooth and patient. The finish should sound/feel smooth and quiet, not loud. Loud finishes feel good but they don't move the boat!
- **Stern**-The stern of the boat will dip down on every stroke, it's inevitable. It's your job to minimize how much dip occurs. A deep diving stern is typically a sign that you are rushing the slide, dumping your body at the catch or just plain missing water. It's not uncommon to see a tiny s-turn during the drive, specifically at the hand cross-over, if your right hand slips ahead of the left hand correctly. This is ok.

Using a Pause

- We use pauses to let the brain/body adapt to a change and to let yourself take a collective break and analyze.
- Pick a focus from the checklist and use the pause as a tool
- The most common fault is to rush the pause. 2-3 seconds is a good pause length!
- Common pauses are at the Hands Away position or the Body Over (Body Preparation) position.
- When doing a pause drill, pause every stroke. You then add a stroke and pause every two strokes. You then add another stroke and pause every three strokes. After three stroke pauses, go to continual. This cycle gives you a chance to try to mold your changes into steady rowing as the boat gets faster.

This is in no way a comprehensive tutorial but it should give you plenty to think about while you row. Oh yeah, look behind you once in a while! See you on the water!

Charles