

It's been a bit quiet this week here at NRRA though things are going to be real busy soon! Look to see lot's of activity around the boathouse this summer.....

ADULT SUMMER PROGRAMS

Training is going pretty well as we start to prepare for regattas. Racing in practice is starting to increase with Our first race of the summer coming up in Derby. Unfortunately the Mayor's Cup in Providence was cancelled due to high winds. Summer Quarter fees are due this week. Note the coaching schedule change for the Summer. We have moved coaching from Saturday mornings to Thursday mornings. Sat. and Sun. are back to open rows. That seems to work best with coaches usually absent at regattas on Saturdays.

YOUTH TEAM

If you didn't hear, the Youth Racing Team won 2 medals at the Northeast/MidAtlantic Championships. Go here for the report www.norwalkriverrowing.org/news.htm. The Varsity Men's 8 earned a bid to the USRowing Youth National Championships with their 4th place finish but one of the members couldn't attend so it was decided that the boat wouldn't go. We're now planning for next year's campaign!

BAGELS

Special thanks go to **Liz Sue Bagels** at **120 New Canaan Avenue** (in the Brooks Pharmacy shopping center) Norwalk. They donated all the bagels for the Youth race in Worcester. If you drop in for a bagel, make sure you let them know your NRRA affiliation and thank them!

SUMMER PROGRAMS

The Summer Youth/Adult programs are all posted and up to date on the webpage. Feel free to peruse them and pass them on to friends. 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.
June 14, 2007 7:30 pm, Norwalk City Hall, East Ave.

BOATHOUSE CAMPAIGN

Thank you to all of you that attended the Boathouse soirees. The Youth BBQ went well and I hear the Adult party was equally entertaining. I hope that they were informative and that we will have your continued support.

MOTOR BOAT DRIVERS

Some of you have heard that NRRA 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.

TRAINING TIP OF THE MONTH- *The Rules of Racing and what you need to know*

So you want to go race huh? There are many things you need to know before you hit the water and when you are on the water at a race course.

OFF THE WATER

There are several things required before you hit the water. Not knowing them will either affect your/others safety or your ability to race.

1. Traffic pattern of race course- you can get in an accident or miss your race if you don't know the traffic pattern.
2. Race time and lane number. Make sure you have a bow number on your boat. NRRA has a big box in the truck of these.
3. Make sure the bowball on your boat is secure and that the heels in your shoes are fastened so that they can't come up more than 3 inches.

ON THE WATER

WARNINGS- If you receive two **Warnings** before you race, you can get excluded (kicked out) of your event.

Ways to get warnings include:

1. Violation of the traffic pattern
2. Late to the starting line-remember the race time?
3. False start-you start too soon
4. Failure to heed Judge-Referee's directions
5. Profanity
6. When rowing to the start, you must stop if a racing is coming down the course. If you don't stop, you can get a warning.

FLAGS- The officials on the water (AKA Judge-Referees or JR's) carry flags for communicating, along with a megaphone. Flags are used due to the noise of racing and the large outdoors.

1. Red flag
 - a. Starts a race-more later on starts
 - b. Stops a race-if a red flag is raised during the race (usually at the start), everyone must stop.
 - c. Signals a race being protested by a crew at the finish line.
2. White flag
 - a. Signals that boats are aligned at the starting line
 - b. Gives a crew direction during a race- Common calls include:
 - i. "NRRA" is called out and the flag is pointed the direction you need to go.
 - ii. "Maritime, obstacle" is called out if something is blocking your line of travel like a log or another crew or a big buoy (if you've gone off course).
 - iii. "Maritime, stop" is called out if Maritime isn't avoiding the obstacle and is about to have an accident. This is the only time a white flag stops a race (for an individual crew)
 - c. Signals a "Fair race", to the competitors, spectators and the JR's at the finish line.

STARTING LINE

1. You must be on the starting line a minimum of 2 minutes before your race. Any later can result in a Warning.

2. While sitting on the starting line, if you are not ready to go, have a hand in the air. If it is a team-boat (more than one person), the bow rower should have their hand in the air.
3. There will be a person off to one side aligning the boats. Follow their commands. When all the boats are aligned, he/she will raise a white flag. Sometimes they will announce “we have alignment” though that is not required.
4. Starting commands
 - a. The Starter will announce “Attention”
 - b. He/she will raise a red flag
 - c. The Starter will then drop the flag and say “Go” simultaneously. You may start when the flag drops, the “Go” is a formality.
5. Starts- There are 3 types of Racing Starts that a JR can use
 - a. **Polling start**- all crews/lanes are announced then the normal starting commands. Hands are recognized.
 - b. **Quick start**-once hands are down and there is Alignment, the race can start at any time, so be ready!
 - c. **Countdown start**- The starter counts down “5-4-3-2-1, Attention, Go.” **Hands are NOT recognized.** Get your point during the countdown, if necessary.
6. If the JR starts the race AND you are not ready AND your hand is in the air, **DON’T GO.** The rules require the race to be stopped and restarted. This is hard to do but will work.
7. During the first 100 meters of the race, if something breaks in your boat (oarlock, shoe etc.) stop immediately and notify a JR. The race will be stopped and postponed until you fix it. Breakage outside of the “Breakage Zone” is tough luck. An open oarlock or a jumped slide does NOT count as breakage.

FINISH LINE

1. Make sure that you row through the finish line! Every year, people lose races because they shut down too soon.
2. There will be a big red/orange flag on shore signaling the finish of each boat. Sometimes there is an airhorn but that is not required.
3. Once you have recovered, exit the finish area as there are usually more races following yours.
4. If you believe that you were fouled or there was an unfair situation or you have a medical emergency, immediately raise your hand and get the JR’s attention.
5. If you have been wronged, you can file a Protest on the water with the JR. If this is not done on the water, you may not protest the race. You may not protest something at the Starting Line once you leave the starting line. Remember, if something is wrong at the start, DON’T GO.

This is a very condensed version of the necessary Rules of Racing. If you have any questions about these, feel free to call/email me. You can find the entire Rules of Racing at www.usrowing.org.

July Training tip- Hydration and performance: How to drink and drive a boat fast legally ☺

Charles