

### NRRA Goes Green

Thanks to initiatives by Brian, NRRA is on its way to helping the environment and our own little place in the world.

- **May 31- NRRA's first Norwalk River Clean Up:** 35 people showed up and picked up 70 bags of garbage and recyclables along with a big pile of junk. Go here for pictures and captions:  
<http://www.norwalkriverrowing.org/galleryRC.htm>
- **June 1- NRRA Bans Single-Use water bottles:** Due to the ridiculous numbers of bottles left daily at the site, thousands of bottles floating in the Sound and government bans occurring all over the country (including CT), the NRRA is requiring the use of reusable water bottles. Please take the small effort necessary to help out your club and the environment.

### ADULT PROGRAMS

[Boats, Beers and Burgers](#) has started off with a bang.

Check out the inaugural gathering at: <http://www.norwalkriverrowing.org/galleryBBB.htm>.

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 so far with Men's and Women's 8's becoming the norm on their days.

- Mon/Thur Masters Women
- Mon/Fri Open Women
- Tues/Thur Masters Men
- All the other days are the normal free-for-all of sculling and sweep boats.

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.

**Watch for info coming soon on an Open House held at SoNo Seaport Restaurant.** In a joint effort, we're reaching out to the community instead of waiting for them to come to us.

### YOUTH TEAMS

Congrats to a fine finish to the season for the **Racing Team**. The Varsity Lightweight Boys 4+ placed third, qualifying them for the USRowing Youth National Championships on June 13-15<sup>th</sup>. Other top finishes include a Gold medal by the Novice Boys 2<sup>nd</sup> 8, 4<sup>th</sup> place by the Novice Boys 1<sup>st</sup> 8 and 6<sup>th</sup> place finishes by the Varsity Boys 8 and the Novice Girls 8.

The **Development Team** finished the season with time trial races in the 8's on the last day. Lot's of hard pulling and smiles were seen by all 38 kids.

The **Summer Programs** are already starting to fill. The First Session already has over 20 kids registered! 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](http://www.norwalkriverrowing.org/youth_summer.htm)

## **BOARD OF DIRECTORS MEETING**

As usual, the Board Meeting is always open to anyone that would like to attend and be heard/seen.

**Thursday June 12, 2008 7:30 pm, Norwalk City Hall, East Ave.**

## **VOLUNTEER OPPORTUNITIES**

### **General**

**Open Houses-**We need 3-4 people for each of the NRRA 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.

**June 28: 9:00-10:30am**

**July 19: 9:00-10:30am**

**SoNo Seaport Restaurant-** We are looking for 4-8 volunteers that would like to help with a new Open House concept at the SoNo Seaport Restaurant on Water St. You can help by:

- Drink beer while wearing gear (unlimited)
- Staffing a information table (2-3 people)
- Running the rowing barge (2-3 people)

**June 15: 5-7:30pm**

**June 29: 5-7:30pm**

### **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 7<sup>th</sup>-Aug. 15<sup>th</sup>, 8am-12noon and 1-5pm. Come help when you can!

## **MEMBERSHIP DRIVE 2008**

We're already giving out gear to the kids! You too can earn free stuff from the NRRA!

The **Tshirt Challenge** is on all year. If you find us a member, you get a shirt. If you find us 3 members, you get a sweatshirt. **THIS IS TRUE FOR THE YOUTH AND THE ADULTS.** If a youth rower brings us Racing Team members, they get the same thing.

We had 51 Adult members last year.

- May 1, 2008 we have **51** Adult members.
- June 1, 2008 we have **59** Adult members.

**The goal is 75 by November 1, 2008.**

*Each Open House has garnered new Learn To Row members and kids. Keep up the good word!!!!*

## TRAINING TIP OF THE MONTH-Racing Starts

It's time to hit the race course this weekend. Those of you who race can imagine the feeling of sitting on the starting line:

The boat is a bit wobbly. The referees are circling and calling out to the crews. You're adjusting the point of the boat and the alignment. The last crew locks on next to you. You wonder if you've practiced enough and if you've got enough in you to be fast this day. The butterflies are churning away in your belly. You tried that deep breathing exercise to get rid of them but that never seems to work completely. Your hands are a bit clammy and you wonder if they'll slip on the handles. All of a sudden you hear "Attention" and the red flag goes up and.....

Some of you can feel your heart racing while you sit and read this. Some of you have yet to experience the thrill (or fear) of the start of a sprint race. Here are some guidelines and suggestions to help you get off the line cleanly and competitively. Remember this, **you can't win the race at the start but you can sure lose it!**

**Pre-Race Warmup-** Have a routine that you do on a regular basis at home during practice. This may include a sequence of a favorite drill or a gradual increase of stroke length/intensity (Pick drill). You should definitely take 30-60 hard strokes (10-20 at a time) at race pace and higher to get the body really ready to go. If you practice a Race Start during your warm up, I personally believe that you should only do one, no more. Save your adrenaline for the race. The mindset of only getting one chance (just like the race) is also key.

**Starting Sequence-** The whole purpose of the "Start" is to get the boat from nothing to full speed as fast and clean as possible. Here at the NRRA we keep the stroke sequence a simple 5 stroke sequence.

- ¾ Stroke (NOT at full pressure)
- ¾ Stroke (90% pressure)
- ¾ Stroke (build intensity)
- 7/8 Stroke (build....)
- Full Stroke (build....)

1. The first stroke needs to be at about 75-85% intensity. If you pull too hard, the oars will rip through the water and you'll lose ground and fall off balance (remember the Lose the Race at the start comment?). Emphasis: Make sure shoulders/arms are relaxed and push the legs to start the stroke. It's the only stroke of the race guaranteed to start balanced ☺.

2. The next 4 strokes are all about building intensity and rating like a freight train taking off.

3. Some people try to change their swing length or do other things. I don't advocate that. Keep it simple. Changing the length of the slide is the only thing necessary to insure a good start.

**After the Start-** Typically following the start, a crew will burn off some energy and get the body going by doing 10-20 high rating strokes (about 3-5 beats higher than a steady race pace). Following that the crew will shift to a slightly lower rate (but still a high intensity) that is sustainable until the final part of the race (last ~250meters).

See you on the water!

*Charles*