

*OK, Mother Nature isn't really playing fair this year BUT, there have been hints of summer at the river. Bunker (baitfish) splashing and biting gnats tell me that summer's here. The need for coaches to have survival suits to stay warm is another matter though! All this isn't preventing a lot of great rowing! Get to the river!*

### **UPCOMING IMPORTANT DATES**

Tuesday, June 9<sup>th</sup>- Monthly Board Meeting-7:30pm Naramake School

Saturday, June 13<sup>th</sup>- [Open House-9am Boathouse](#)

Monday, June 15-Youth Session II begins

Sat/Sun, June 12-14 USRowing Youth National Championships

Sunday, June 21- Carnegie Lake Regatta (Masters)

Every Thursday-[Boats, Beers and Burgers](#)

### **COMMUNITY CHALLENGE 2009**

ComCha 2009 is off and running with 7 teams! Lot's of energy at the slab during the week! Stay tuned for updates and anecdotes.....

### **BOATS, BEERS AND BURGERS IS BACK!!!**

Daylight lingers late so why not go for a row after work. Oh wait..... then you need dinner. Do both on Thursday nights at the club! <http://www.norwalkriverrowing.org/boatsbeersandburgers.htm>

### **ADULT PROGRAMS**

- Summer Quarter has begun! Get your monies in and get to the boathouse!
- The **Racing Team** has started off well with a strong showing at Derby Sweeps and Sculls over the weekend. NRRA had **9 first place finishes!** [Click here for the full results.](#)
- Due to growth and speed, we've added more coaches on Mondays, Wednesdays and Fridays for the Racing Team.
- The Novices/Intermediates are going strong with 8-10 new program members. The 9am class is going strong with daily visits to Fat Cat's afterwards. Start thinking about Novice events at the Head Races this Fall!
- Adult Learn To Row is going strong! Tell your neighbors and friends!

### **YOUTH TEAMS**

- Boats are going to Nationals! Watch for results next weekend!
- Summer sessions have begun with Learn To Row and Fast Track. Registrations have been coming in for 2 months! [Get registered](#) before the programs fill up!
- **Summer Racing Team begins on June 22.**

### **ROAR**

June is a busy month for outreach programs at NRRA! If you happen to be on the water in the afternoons, be sure to keep an eye out for Catch the Drive (our peer-to-peer program for high school girls); Rowing Strong, Rowing Together (for teen moms); and middle school teams from Side-by-Side, Roton, AND West Rocks! Programs are running every day of the week, so stop by any time to encourage these new rowers!

### **Youth Volunteer Meeting next Wednesday, June 10 at 5-5:30pm at NRRA**

- Want to be coach for the day?
- Need volunteer hours?
- Looking for ways to fill up your summer?
- Youth rowers who have completed one year of high school and are interested in volunteering at NRRA this summer are encouraged to attend this meeting. If you'd like to volunteer, but can't make the meeting, please let Melanie know. We'll sign up for July/August shifts, so bring your calendar.

As always, there are lots of ways to get involved with ROAR in the next couple of months:

Sunday, June 28

8am-12pm

Kayak for a Cause-ROAR Fundraiser

Calf Pasture Beach

For more information, email [Melanie@norwalkriverrowing.org](mailto:Melanie@norwalkriverrowing.org)

### **NRRA FUNDRAISER THAT IS FREE TO YOU!**

How often you do an internet search each day.....

How often you shop online?

**Each time you do this, NRRA can receive a donation without it costing you anything!**

NRRA is now registered as a Cause with [www.igive.com](http://www.igive.com).

#### **What can you do?**

1. Register with [www.igive.com](http://www.igive.com) and do all your online shopping through them (700 stores listed, including the likes of Amazon and eBay!). We receive a % of all of your purchases. (e.g. Amazon.com gives 2% to us).
2. Make [isearchigive.com](http://isearchigive.com) your search toolbar on your Internet page. We receive a donation for every search you do as long as we are your registered Cause. (e.g. 200 rowers/parents x 10 searches/day x \$0.02 = \$40/day or \$14,600/year!)

**All the proceeds will go towards NRRA Equipment.....**

Please share this with your friends/family!

### **BOARD OF DIRECTORS MEETING**

The next Board Meeting will be held on Tuesday, June 9, 7:30pm at Naramake School, 16 King Street.

<http://www.mapquest.com/maps?city=Norwalk&state=CT&address=16+King+St>

The Board of Directors meet monthly on the 2<sup>nd</sup> Tuesday of each month. Come be heard and hear what's going on with the club.

### **TRAINING TIP OF THE MONTH-Boathouse Etiquette or Why can't we all just get along?**

One of the defining characteristics of rowing or crew is the demand for teamwork. I touched a bit on this last month. To take this one step further, let's consider the teamwork demanded for a happy, functioning community.

As we should know, working together demands a relinquishing of our own personal agendas. Once you sign on, you agree to the team attitude, team demands, coach's instructions etc. There's really no room for individuality.

The logistics of a busy boathouse with a large fleet of boats and the volume of daily use that we have also demands a team attitude. When you are preparing for a row or finishing up, you must consider not only your boat's needs but also the needs of the teams around you. Some examples may include:

- When you leave for the day, put away your slings and reel up the water hoses.
- When you put your boat in the water, walk it to the upstream end so other crews can land/launch.
- If you move stairs around, don't just shove them aside, consider the crews that are already out by not blocking obviously empty racks that have teams out.
- If you see a pair of slings left out, there may be a boat out that needs them when they return. Check the logbook before putting them away (and leaving a person standing with a boat and nowhere to put it)
- When you put your boat in slings, insure that other boats can get in/out of the bays or get around you.
- Take a turn spraying off the dock in the morning.

Other small things include:

- Pick up the stray water bottles or clothing left around and put them in Jake's shack or in the water bottle bins. It doesn't matter if it's yours, it matters that it makes your community better. Sooner or later, everyone has left something behind and had it picked up. Pay it forward.
- If you see someone that needs help, go help them.
- If you see someone obviously new, go introduce yourself and help them out.

It takes the entire club community to help us function smoothly. Are you doing your part?

*Cheers,*  
*Charles “Community” Huthmaker*