

*Summer is almost here! Don't miss the boat! Sign up today.....*

**UPCOMING IMPORTANT DATES-** [www.norwalkriverrowing.org/calendar.html](http://www.norwalkriverrowing.org/calendar.html)

6/1	Community Challenge Begins!
6/2	<a href="#">Norwalk Naturally</a>
6/5	Adult Learn To Row Classes begin
6/8	Monthly Board Meeting
6/12	Open House-9am
6/14	Adult Learn To Row Classes begin

**ADULT ROWING**

Summer programs **begin June 14** and runs to August 13. Get your registrations in [HERE](#).

**Learn to Row!** We have our first students of 2010. Help us add to the bunch!

**Row For The Cure 2010-** We've had our first organizational meeting for our next RFTC. The date will be November 6, 2010. We're looking for volunteers that would like to help out the committee as we plan a bigger and better event (sponsors, activities etc.) We have an excited group overseeing the process and just need some help implementing.

**[Boats, Beers and Burgers](#) is back!** We need 3 volunteers each week to flip burgers, set up and break down. Volunteers eat free!

**YOUTH TEAMS**

**Summer Programs** are posted and ready to go! [Take a gander](#) at the new offerings and old standbys.

- **Learn to Row**-the name says it all.....
- **Fast Track**- Keep developing those skills while having fun!
- **River Explorers**- Science and Rowing! Stimulate the mind and the body!
- **Small Boat Camp**- Higher intensity training for more advanced rowers!

**ROAR**

***Summer Soiree***

On Friday, June 18<sup>th</sup>, The Norwalk River Rowing Association will host a Summer Soiree to benefit the Matthew Zucker Memorial Scholarship Fund. In 2009, this fund gave away over \$42,000 in scholarships, allowing youth who would not otherwise be able to participate to benefit from the sport. We hope you will join us as we kick-off our Adopt-A-Rower Campaign, raising money for additional scholarships in 2010.

The event will be held from 7:00-9:30pm at the Johnson Pond Cottage (264 Old Grumman Hill Road, Wilton) and will feature drinks, heavy hors d'oeuvres, and an opportunity to meet the youth athletes who benefit from the program. Tickets are \$25 in advance or \$30 at the door and may be purchased [online](#) or by contacting Melanie Jacobi, Outreach Program Director, at 203-866-0080x11. Please invite your family, friends, neighbors and coworkers to join us!

**“Rowing Strong, Rowing Together”** (NRRA’s outreach program for teen moms) is looking for donations of new or gently used baby items. All donations are tax deductible and would be greatly appreciated by the moms in our program. We are particularly looking for:

- 1 child booster seat
- 2 strollers
- Girls clothing (newborn-2T)
- Diapers (newborn)
- Books

Even if these aren’t things you have tucked away in your attic, consider forwarding this message to friends, family, or neighbors who might be looking to do a little spring cleaning. To make a donation, simply reply to this email or call me at the number below.

For more information about Rowing Strong, Rowing together, please visit [NRRA's website](#), visit [Rowing Strong, Rowing Together's homepage](#), or contact [Melanie](#).

### **BOARD OF DIRECTORS MEETING**

The next Board Meeting will be held on Tuesday, June 8, 7:30pm at the offices of Media Storm Marketing on Washington St. (next to Gingerman) in South Norwalk.

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

### **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.....**

### **TRAINING TIP OF THE MONTH- *How to steer sculling boats or AKA “Hold water!!!!”***

Blind boat rowing is a mixture of confidence, trust and a strong dose of paranoia. Despite the obvious hazards of going backwards as fast as you can down a river (without brakes) we still love to row and gladly pay money to do so!

Though challenging, “bowing” a boat or rowing a single is a learned skill that, with patience (and a little luck), can be learned easily with a minimum of damage (to you or the boats).

## MIRRORS

For some reason, rowers (especially men until they hit about 60 years old) turn up their noses at using a mirror. This is a tool that can not only help you avoid collisions and help keep a straight course, it helps you go faster! Think of the disruption that turning around every 5-10 strokes does to your rowing and to the crew you're rowing with. If you could reduce the number of times you have to shift your weight around and take your mind off of rowing, would you do it? A mirror is just the tool to help you though it is not the end all-be all of steering. It will help warn you of issues that require you to actually turn around and look.

## HOW/WHEN TO LOOK

A good rule of thumb is to take a peek every 5-6 strokes. More than that and you have had too much time to go off course and run into someone/something!

As you begin the drive, take a smooth, sweeping glance over one shoulder so that when you arrive at the finish you've completed your glance and are looking straight ahead again. This will disrupt the boat the least since the oars are firmly in the water (I hope!) during the drive. Repeat this over your OTHER shoulder on the next stroke and then either, make an appropriate correction or take 5-6 normal strokes and repeat the procedure. As you perfect this you'll also perfect looking out of the corner of your eye as you glance so you don't end up feeling like an owl ☺.

If you need a real strong look ahead, it is easier to turn around during the recovery but, of course, this will disrupt the boat more.

Both methods have their place in sculling safely. Remember that the faster the boat, the more often you should look!

## HOW TO ACTUALLY TURN THE BOAT

The act of turning while rowing is also a learned skill that after a while will be smooth and effective.

My favorite way of turning is not to "pull harder" on one side but to "row longer". This is accomplished by "shimmying" one of your shoulders forward at the catch (which shortens the other side) and reaching longer. Once you begin your drive, you finish the stroke in a normal position. This turns the boat early in the stroke and insures that your release is even and smooth, thus not disturbing the run of the boat.

Yanking harder on one side will work but it disrupts the boat and kills boat speed at the finish since the hands have different speeds and finish times.

Maintaining a "stern point" while rowing will also help you maintain a steady course. Watch an object (preferably stationary ☺) behind your boat relative to the stern and you can tell if you're wandering around or if you have a straight course.

There's nothing more unpleasant in rowing than the sound of breaking carbon fiber or bones! Work on your navigation skills and you'll enjoy rowing much more and with a lot less stress.

*Cheers,  
Charles "The Navigator" Huthmaker*