

March 2008

Spring is here! Brian and I are wore shorts Tuesday to work so that makes it official ☺

ADULT PROGRAMS

The Spring quarter has begun with indoor training still in effect during the week, anticipating the return to the water somewhere around tax-day in April.

First Open Row of 2008: Sunday March 9-9am Breakfast afterward provided! Don't forget to set your clock FORWARD on Sat. night. If the weather is iffy, breakfast will move to the New York Deli (on your own there ☺). If the weather is unrowable then we'll go straight to the Deli.

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

ADULT RACING TEAM MEETING-March 19th 7:30pm, City Hall

Come hear what's in store for 2008 and make your voices heard! Stephanie Hedges is the women's team captain for 2008, we are in need of a men's team captain to help organize the year.

YOUTH TEAM

The Youth team is growing! We had a record number of rowers come to Winter II (49) this year. This bodes well for the Spring! Continue telling your friends about NRRA as we get geared up for the Spring and Summer.

The Racing Team orientation was this week (Tues/Wed) but we'll accept Novices for the next 2 weeks.

New Program!!-Intro Week March 10-14 \$75: Kids can try rowing for a week. If they like it, they can morph right into the Racing Team or join the Development Team a week later. If they join the Racing Team, their Intro fees will be credited towards their Racing fees.

Racing Team-March 10-May 18

Development Team-March 24-May 16

Go to the website for more details:

www.norwalkriverrowing.org/youth_spring.htm

www.norwalkriverrowing.org/youth_summer.htm

NRRA FLORIDA 2008 IS DONE!

A great time was had by all. The Youth had a great week training mixed in with a trip to the beach and sporadic ice cream runs to Rodeo Whip, arguably the best ice cream on the planet. Unfortunately the racing at the end of the trip fizzled with thunderstorms delaying the regatta until everyone had to go to the airport. I'm sure gold would have been the color of the day ☺

Look towards next year as we plan for the **3rd Annual Florida Training Trip, February 15-21, 2009!**

WEBPAGE

NRRA has a new look! Check out the new NRRA website sometimes this week (last kinks are being worked out with our host company) and pass it on to your friends. The internet is here to stay and we want to give you and all newcomers the best that we can offer in information and ease of use. You can now add website designer to my resume ☺

NEW BOARD OF DIRECTORS AND MEETING

A special thanks to those NRRA Board Members that are stepping down. These folks helped hold the NRRA together through its most challenging years. Thank You!

Laura Case
Laura Kunkemueller
Tom Luz
Sue Wall
Norman Weinberger

Welcome to your new board members, in addition to returning members. Feel free to let your voice be heard to any/all of them.

Matt Labine-new
Pat Sikes-new
Juliet Brocki-new
Ted O'Connor-new
Tommy Cody, Student Rep-new
Mark Bergen-returning
Kevin Crowley-returning
Leslie Foale-returning
Jeff Thompson-returning
Bob Walker-returning
Barbara Zucker-returning

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

Wed. March 13, 2008 7:30 pm, Norwalk City Hall, East Ave.

VOLUNTEER OPPORTUNITIES

Outreach

1) **Work a one hour shift at a booth with ROAR info and ergs during one of the following events:**

- Norwalk After School Alliance Health Fair: Tuesday, March 25, 6-8pm at City Hall

These events are a great opportunity for NRRA to spread the word about rowing in our community. It would be much more effective to have rowers, who can tell their own stories, rather than just coaches.

2) **Start thinking about volunteering to coach and/or supervise ROAR's spring programs.** Volunteers are needed for 1-2 hours on Friday afternoons, April 4-June 13. Volunteers could come just once, or all 10 weeks. Whatever fits your schedule!

Anyone who could lend a hand can call me in the office or email melanie@norwalkriverrowing.org. Thanks!

General

1. **We still need a Men's Adult Team Captain.....**
2. **NRRA Committees are always looking for a fresh perspective.** Come to a Board meeting and find out where you can get involved. Parents and rowers are equally eligible and wanted!

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.

Rowing is the least visible sport I can imagine. Unless we spread the gospel, no one will convert over to us. **Friends don't let friends do other sports!**

TRAINING TIP OF THE MONTH- It's time to get ready for the water: What should I do?

So you're still telling yourself that you're going to stay in shape over the winter and be strong for the Spring season. Well, it's too late, Spring is here ☺. If you've been a couch potato or even doing a little cross training, "gentle" is the word for the day. Sore muscles and joints will be inevitable as you go back on the water (not to mention blisters) but you can ease them by gradually increasing your energy on the water.

- Go to 2-3 morning practices during March and get some erging in.
- Go to some Open Rows and have some fun
- Take it easy! No racing yet ☹
- Don't row entire lineups until the end of a row. (e.g. row by 6's in an 8 etc.)
- As always, warm up slowly. Masters bodies aren't made to go 0-60 in 5 strokes flat! Give it 15-20 minutes before taking any hard strokes.
- Stretch a LOT after practice. (40-60" for each muscle)
- Check out my [Training Tip in March 2007](#) for the care of your hands
- When you go to pick up boats, be ready! They're heavier than you remember
- Remember how to use a dock? Check out my [Training Tip from May 2007](#)
- If you are sore, go be active! Sitting around waiting for the soreness to go away takes 3-4 times as long than if you go row again or cross train the next day.

Ease gently into the season and you will help minimize the aches/pains and you may prevent an injury.

See you on the water!

Charles