

Well, Spring is almost here. How do I know this? It's not the birds singing or the leaves budding. It's the docks going back in the water and boats hitting the river! It's our own rite of Spring. Open rows commence Sunday, March 1, 2009 at 7am! The ice is hit or missso to speak!

ADULT PROGRAMS

The exciting kick off to 2009 is the hiring of a new Adult Program Director, Leanne Davis. In addition to directing the Adult Programs, Leanne will be the Novice Girls Racing Team coach. A graduate of the US Naval Academy, Leanne has competed at the highest levels of collegiate and national rowing. Her background as a naval aviator, manager of a non-profit organization and fundraiser means Leanne brings a wealth of knowledge to NRRA. She says, "Rowing has been an important part of my life for the past 14 years. I'm excited to transition to coaching full-time and look forward to using my experience to help grow the masters program at NRRA."

The Spring Quarter Program has commenced. We will continue to train indoors until mid-April. We will hit the water April 20 for the Racing and Int. teams. Until then, the practice schedule will be just like the Winter.

Racing Team-5:30-7am

Mon/Wed/Thur-World Gym

Tues/Fri-Senior Center

Int. Team- 7-8:30am

MWF-Senior Center

Head of the Connecticut- Our goal with the Head of the CT is not only to further our mission statement but to also create a fundraiser for the Adult Equipment Fund (sculling equipment etc). The HOCCR presented us with a check for \$2,500.00 in February to thank us for our part. It's important to realize that the amount is more than the regatta made this year. In other words, the Lion's Club REALLY likes us and wants us back for 2009 ☺. This money will go directly to the Triple Double Campaign.

YOUTH TEAMS

The Racing Team has begun with a bang. Over 80 kids hit the water on Monday in their quest for NEMA hardware!

The Recreational Team will be on the water starting 23rd.

If you know of any kids that would like to row, we can take Novices on the Racing Team as late as March 18 and the Recreational Team still has some space. Spread the word!

NRRA adds three new coaches to the Youth Racing Team. Leanne Davis will be coaching the Novice Girls, Rob Slocum will be an Asst. Boys coach and Katherine Labine will be an Asst. Girls coach. Look for exciting results this Spring!

ROAR

ROAR COMMITTEE-MARCH MEETING SCHEDULED

The March meeting of the ROAR Committee is scheduled for Tuesday, March 24 at 7pm. Location TBD. Please mark your calendars and watch for emails with more information.

NRRA REACHES OUT TO COMMUNITY AT LOCAL HEALTH FAIRS

This spring NRRA has been invited to participate in Health Fairs at two local schools as we work to get kids of all ages and income levels active. Thursday, April 2 we will join new board members Susan Diagnault and Mary Oster at Naramake Elementary for an evening of health awareness. On Friday, April 3 we will participate in Roton Middle School's event during school hours. Please let Melanie know if you are able to volunteer for either event.

RENT-A-ROWER

Due to the resounding success of our Youth Teams, our scholarship demands have almost doubled so it's time for Rent-a-Rower.

On Saturday, April 11 NRRA will be renting out groups of four youth rowers from 9am-12pm to help you with all of your spring cleaning needs. Your payment will be a donation to the Matthew Zucker Memorial Scholarship Fund, which will go directly to support NRRA youth rowers. Where else can you get 12 (wo)man hours AND give to the charity of your choice all at once?! To sign up for one or more teams, please contact Melanie (Melanie@NorwalkRiverRowing.org) with the type of job and job location.

- Clearing the yard of winter leaves/debris?
- Maybe you've been putting off cleaning out the garage/basement/attic?
- How about painting a couple of rooms?

Set the date on your calendar and stay tuned for more details.....

NRRA MEMBER CROSSING THE ATLANTIC!!!

Paul is doing well but beginning to feel the physical and mental stress of his journey. Please go to his blog and post some support. He continually stresses how wonderful it is to get notes each day!!!!

Also, thanks to satellites, Paul was interviewed on CNN! Go to our homepage to see the video.....

www.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.

What can you do?

1. Register with 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 [igive.com](http://www.igive.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, March 17, 7:30pm at Source Marketing, 761 Main Ave # 2. It's in the same complex as the new LA Fitness up near Walmart.

Directions to Source Marketing:

Take the 7 Connector to the end, turn right and go down the hill, then turn left onto route 7 towards Wilton. At the first traffic light (across from Walmart shopping center) make a left and go over the little bridge into the iPark (old Perkin-Elmer building). Turn right and drive across the front of the building, past the columns and you will see the sign for Source Marketing. You can park right in front, or if there are no spots, around the side.

Come be heard and hear what's going on with the club.

VOLUNTEER OPPORTUNITIES

***Job Description-Data Entry: Hours-Flexible**

ROAR needs your help as we put together a donor database. The only requirements are having a computer and knowing how to type. This is a job that can be done on at your own house on your own time and will be a TREMENDOUS help in fundraising!

*Job Description- Coaching/Chaperoning: Hours-Wednesday and Friday afternoons in March, expanding opportunities in April and May

ROAR goes back on the water with a variety of program in late March and, as always, we need adult supervision to keep our kids safe. No coaching or rowing experience required

*Job Description-NRRA/ROAR Ambassador: Hours-Thursday, April 2 (evening) and Friday, April 3 (school day)

ROAR is taking our show on the road to Naramake and Roton. Your job is to show up in NRRA gear and smile while talking to parents and students about rowing.

TRAINING TIP OF THE MONTH- *Injuries and how to cope with them*

Injuries are a fact of life when you are an athlete. Pushing your body's limits is the only way to improve as an athlete. Unfortunately, when things go past their limits, sometimes they break. You might say "I'm not an athlete, I just row a couple times a week". The Merriam-Webster definition of *athlete* is "a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina." That covers every person that gets in a rowing shell regularly, whether you race or not.

So..... back to injuries. One of the things to learn as an athlete is the difference between pain and discomfort. In the athletic world, discomfort goes away when you stop an activity. Pain is discomfort that stays around for a while (2, 3,.....,14 days).

Chronic (constant) pain is usually a sign of injury. It is the body's protective way of saying "stop doing that!"

The other differentiation to learn is the difference between chronic pain and [delayed onset muscle soreness](#) (see past Tech Tip). Contrary to injuries, it's best to work your way through the soreness.

PREVENTION

Cross Training

Ironically, even though consistent training is the best way to prevent injury, if you don't mix in some cross training, your body can get in a rut and you're more likely to hurt yourself if you try something new. It's a good habit to have one major sport (rowing) and a couple minor sports (running, swimming, weight training, yoga etc.) to help keep the body vibrant and fresh.

Massage Therapy

If you've never experienced true sports massage, you have really lost out. A massage every 2-4 weeks is the best when it comes to managing the aches and pains and strains of training/racing. Not only are good massages great physical therapy, they are great mental therapy. If you are on a tight budget, look into your local massage schools where it may cost only about \$35 for an hour massage. We're lucky to have a massage therapist in our club, Marisel Clark. Drop her a line at marisel@optonline.net.

CAUSE OF INJURIES

The most common injuries in the sport of rowing are overuse injuries. The repetitive nature of our activity, along with the intensities in training set us up for these injuries.

Common rowing injuries include:

- Low/mid back strains
- SI joint sprain or dysfunction
- Disc or nerve root impingement
- Serratus Anterior/Rhomboid strains
- Rotator cuff strains
- Wrist sprain/strain
- Blisters/track bites

The non-overuse injuries are usually related to the moving of boats, cross-training or plain old accidents.

INJURY MANAGEMENT

Once you've come to your senses and admitted to yourself, "OK, I'm injured." what do you do? **First of all, stop doing what injured you!** If you have a rowing injury, stop rowing until you figure out the issue. A normal General Practitioner is not the doc for you. Nothing beats a good Sports Orthopedist for not only understanding the nature of the injury but also knowing the fastest way to get you back in action.

Other methods of injury therapy include (in no particular order):

- Physical therapy
- Massage
- Chiropractic
- Acupressure
- Acupuncture
- Surgery

Each modality has its own strengths and weaknesses. I've tried them all except for surgery. My vote goes to regular massages ☺.

The most common initial therapy for most injuries is ice. Crushed ice in a plastic freezer bag works great and bags of frozen peas work well too. Place the bag directly on the site of the injury for about 10 min. After the site is numb, remove the ice for about 10-15 min. Repeat 2-3 times for good results.

There is a debate as to whether or not to put a cloth barrier between the ice and the skin. The Athletic Trainers and Physical Therapists that I've worked with advocate no barrier, but I've also heard otherwise. It's your choice. By adding insulation, you reduce the therapeutic effect of the cold.

If you use a chemical based ice pack, use a barrier! These packs can go below 32 degrees and can cause freezer burn or frostbite.

Using NSAIDs (non-steroidal anti inflammatory drug) such as Advil, Alieve, ibuprofen etc. for reducing inflammation has come under scrutiny lately from several studies. There is no argument that NSAIDs reduce pain and swelling but results are possibly showing that healing is not accelerated and may actually weaken the injured area. Use as directed along with food to reduce GI distress.

Common sense says see an expert when it comes to injury so get off your butt and make the appointment ☺

***See you at the gym, injuring myself,
Charles***