

March 2010-NRRA Newsletter

I got to wear shorts and flip flops today! Spring is definitely here! Get to the river!

UPCOMING IMPORTANT DATES- www.norwalkriverrowing.org/calendar.html

- 3/17 St. Patricks Day: Row in Green!
- 3/22 Youth Middle School Program Begins
- 3/23 Youth Recreational Program Begins
- 3/30 Coach's Round Table: 6:30pm-Fat Cat Joe's
- 3/30 Adult rowers meeting: 7:30pm- Fat Cat Joe's

ADULT ROWING

Adult Rower Meeting: Fat Cat Joe's, March 30, 7:30pm- This isn't a Racing meeting, this is for all Adults to come hear about Masters Rowing for 2010. Coaches and Programs will be explained and questions will be answered. Wine will be available for \$5/glass.

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.

Electronic Registrations- Finally complete! Please take the time and fill them out and email them in. Printing them out counteracts the entire goal of saving paper, ink and time.

Adult Head Coach- A search is underway for a new Adult Head Coach.

YOUTH TEAMS

Spring program is open for Recreational, and Middle School teams. There are enrollment caps for all programs so get your registrations in early

New Middle School Programs- Check out the new schedules and times for our [Middle School fun!](#)

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

NRRA BOATHOUSE CAMPAIGN ON THE MOVE!

The board of directors and the capital campaign committee have set as their goal to have the boathouse open in time to celebrate NRRA's twenty-fifth anniversary in June 2011. The final pieces of a robust fundraising plan are being put into place and we have begun to identify internal and external campaign champions. We are very excited about being able to make the long-held dream a reality.

Look for more information and a public roll out of the campaign in the next few months.

NRRA ON FACEBOOK

In case you didn't know, NRRA has its own FB page. Search Norwalk River Rowing (it's the one with the double rowing in the picture) and become a Fan! We look to you guys to post pictures and what not! Share it with your friends.

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, April 13, 7:30pm. Watch your inbox for a new location with the new Board.

Welcome aboard new members: Elisabeth Stonehill, Matt Johnson and Russell Zingale.

The Board of Directors usually meets monthly on the 2nd Tuesday of each month. Come be heard and hear what's going on with the club.

TRAINING TIP OF THE MONTH- Oldies but goodies!

In the aftermath of the storm and craziness of programs beginning, I'm pulling out some old tips that bear repeating. With Spring rowing here, here's some reminders as to how to deal with it.....

Follow the links:

1. [Take care of those hands.....](#)
2. [Spring preparation.....](#)
3. [Aches and pains.....](#)
4. [Muscle soreness.....](#)

*Cheers,
Charles Huthmaker*