

Greetings all,

Spring has sprung and Adult practices are cranking (creaking?) along and the Youth are racing. The floods spared NRRA so get to the water and start rowing!

ADULT SPRING PROGRAM

The Spring program is going well with around 20 rowers showing up, on avg. Training is going well and everyone is working out the kinks of winter time. We currently have 20 adults in the LTR classes. We have more classes scheduled so talk to your friends and get them out here!

YOUTH TEAM

The youth have attended three races this spring so far with some good and bad results. Overall, things are normal. Several medal finishes at all the regattas have proven that the hard work is paying off. We have one more race before our season-ending New England/Mid-Atlantic Championships. Hopes are still high for some boats qualifying for the USRowing National Championships. Results can be found at www.row2k.com. Look for the Mercer Sprints (4/21) and our Boston race (4/29).

BARGES

In addition to our Stillwater 8-person barge, we now have a 14-person barge comprised of our 2 oldest 8's. We can now boat 22 rowers with two coaches without the need for coxswains. Hopefully this will help our efficiency. Please be careful while landing so that your oars don't damage it.

DOCKS

For those of you that are unaware, NRRA has committed to assisting the Head of the Connecticut regatta next fall. One of the benefits will be the use of some of their floating docks during the year. This will open up our dock space even more. We are looking to pick them up in the next 2 weeks.

SUMMER PROGRAMS

The Summer Youth/Adult programs are all posted and up to date on the webpage. Feel free to peruse them and pass them on to friends. www.norwalkriverrowing.org/SummerPrograms.htm

BOARD MEETING

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

May 10, 2007 7:30 pm, Norwalk City Hall, East Ave.

BOATHOUSE CAMPAIGN

By now you all should have received your invitations to our Boathouse gatherings. These are intended to do several things; thank those that have helped out with the boathouse project, update you on our progress and of course ask for more support. I'm here to tell you that we are very close to getting this done! Please attend whether you can give or not. It is a celebration of what we have and what will be. See you there.....

Youth Family BBQ: Sat. May 5th, 7pm www.norwalkriverrowing.org/BBQ-NRRA-Youth-web.pdf

Adults: Sat. May 19th, 6:30-9:30pm Walker residence

LOOKING FORWARD

I'd like to address some comments I keep overhearing around the boathouse. Usually the conversation starts something like "When Liz left and stole the women's team....." or "We'd have a boathouse now if Liz hadn't

left.....". The reality of the situation is that for whatever reasons, good or bad, NRRA fired Liz **2 years ago**. She did not leave voluntarily. Most of her athletes were loyal to her and went to Maritime. This is a very common thing in sport. This is not a debate as to the why or how things came about **2 years ago**, I'm not defending anyone. I've been told that both sides handled things poorly. What I do know is that we have a great thing going here and we need to quit looking backward and make NRRA even better than ever! I've yet to hear a disparaging word from Maritime about us, why aren't we doing the same? It's in our power to be better (on and off the water) and faster so let's stop blaming someone else for our issues.....

TRAINING TIP OF THE MONTH

Docking is the bane of all boat repairmen. Most of our damage comes from either transporting boats or on the docks. It is everyone's responsibility to take extra care in launching and retrieving our valuable shells. All it takes is 2-3 "hard" landings to damage our boats and put them out of commission.

LAUNCHING:

When placing boats in the water ensure that:

- If you are in a team boat, be quiet and work together!
- Your feet are at the edge!
- You press the boat out over the water
- Ensure the fin/skeg is pointing AWAY from the dock (tilt the boat a bit)
- **Gently place the boat in the water, don't bruise it ☺**

LANDING:

Before attempting to land:

- Check the wind direction
- Align the boat with a 15-20 degree angle to the dock, **no more!**
- Aim about 1/3 of the way upstream from the furthest clear point downstream (towards I-95)
- DON'T aim at the far upstream end, you'll miss the dock

When landing

- **Never approach the dock faster than you want to hit it!**
- **Always land upstream (towards barges)**
- Remember checking the wind? Is a tail wind pushing you? Slow down!
- Weigh enough (stop) and glide while steering into the dock, don't row all the way into it.
- When your bow is about 1 foot from the dock, lean away. This will turn your boat the last 5-10 degrees and place you parallel to the dock. You accomplish this by dropping the outboard handles (away from the dock). The timing of this call either makes or breaks the landing ☺.
- Sudden rowing or leaning will exacerbate the problems of landing, always be subtle and gentle around docks.

June Training tip- Racing and the Rules: The basics.....

Charles