

ADULT PROGRAMS

You may have heard of the new Thursday night soirees being planned at the boathouse. Come go for an evening row and have some burgers and beers afterwards. <http://www.norwalkriverrowing.org/boatsbeersandburgers.htm>

The Racing Team is going well so far with Men's and Women's 8's becoming the norm on their days.

- o Mon/Thur Masters Women
- o Mon/Fri Open Women
- o Tues/Thur Masters Men
- o All the other days are the normal free-for-all of sculling and sweep boats.

Races coming up: Talk to your captains if you want to race

Men: Norman Weinberger

Women: Stephanie Hedges

Derby Sweeps and Sculls: June 7
Carnegie Lake: June 22 (new date!)

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

YOUTH TEAMS

Youth Racing Team is going well despite some injuries here and there. 1.5 weeks left to New England/Mid-Atlantic Championships!

Some great results from the last couple weekends!

CRI Invite: [Men's results](#) [Women's results](#)

Mercer Sprints: http://www.stamfordadvocate.com/ci_9022516?IADID

Mercer Match Race: The Varsity Men's 8, Varsity Men's 4, 2nd Novice Men's 8 came home winners!

Youth Development Team is going gangbusters with 38 kids! If you sign up for a summer program in the next two weeks, you will get a free NRRA t-shirt (Dev. Team only)!

For more info on Summer Rowing programs check out the website:

www.norwalkriverrowing.org/youth_summer.htm

BOARD OF DIRECTORS MEETING

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

Thursday May 8, 2008 7:30 pm, Norwalk City Hall, East Ave.

VOLUNTEER OPPORTUNITIES

General

Open Houses-We need 3-4 people for each of the NRRA Open House sessions. Job responsibilities include picking up the breakfast items, welcoming the guests, signing in of waivers and taking them in the barge for an introductory row. Dates are below.

May 17: 8:30-10:00am

June 7: 8:30-10:00am

June 28: 8:30-10:00am

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.

We had 51 Adult members last year. As of May 1, 2008 we have 51 Adult members.

The goal is 75 by November 1, 2008

TRAINING TIP OF THE MONTH-What to adjust in the boat.

The fleet of boats that the NRRA owns is extremely diverse when it comes to manufacturer, size and shape. As a result of this, it can be a mystery as to how to adjust yourself when you get into a shell. There are basically two things you can adjust to make your row a bit more comfortable and faster.

- Footplate
- Oarlock Height

FOOTPLATES

Foot plate adjustment can be confusing. Basically when you change your footplate, you are adjusting the location of the arc that the blade is traveling in. The two components of this are the “catch angle” and the “finish angle”.

“Catch Angle”



The “catch angle” is how far the blade reaches towards the bow of the boat. When you move the foot stretchers towards the STERN, you INCREASE the catch angle and DECREASE the finish angle.

Conversely when you move the foot stretcher toward the BOW, you DECREASE the catch angle and INCREASE the finish angle.

The faster the boat is (e.g. quad vs. single) the further you want the footstretcher toward the stern.

SETTING THE ANGLES

In a sweep boat you want to be able to get your hips “Through the pin”. How do you do that? When you sit at the catch, you want the hip bone past the rib or rigger bolts. If you can't do this, you need to move your footplate to the stern.

In a sculling boat you have to find a compromise between setting the hips through the pin AND having a comfortable finish. You should be able to just squeak the handles past your ribs at the finish. Therefore, in a sculling boat, you

usually set your Finish Angle instead of your Catch angle. For those of us that are of shorter stature, you may consider your own private oars so we can custom measure them so you fit in the boats better with taller rowers.

RIGGER HEIGHT

The other thing that is changeable (in some boats) is the oarlock height. You can sometimes adjust the oarlock height spacers. If you change a sculling oarlock, please change BOTH SIDES.

Sit at the finish with the boat balanced and the blade FLAT on the water. This will tell you where the height is set.

Sweep oars: Outside thumb knuckle should touch the bottom of your rib cage.

Sculling oars: Both thumb knuckles should brush the bottom of the rib cage.



See you on the water!

Charles