

Despite a fractious Mother Nature, great rowing is going on! Keep the pogies out and get to the river!

UPCOMING IMPORTANT DATES

Tuesday, May 12th- Monthly Board Meeting-7:30pm Source Marketing
Wednesday, May 13th-Youth Recreational Team Potluck-6pm Boathouse
Saturday, May 16th- [Open House-9am Boathouse](#)
Sat/Sun, May 16-17- NEMA Championships
Monday, May 25-Memorial Day Parade-time TBD
Thursday, May 28-[Boats, Beers and Burgers](#)

COMMUNITY CHALLENGE 2009

You should have heard about the ComCha by now. If you haven't, go to the [website for the details](#).

We need teams! Don't just tell your friends/neighbors/co-workers, follow up and harass them ☺.

Download the flyer [here](#) and the registration form [here](#). It starts June 1! Don't miss out!

ADULT PROGRAMS

Spring has sprung! Boats are training, the ducks are pooping on the dock and the water's beautiful. Things are back to normal.

Learn to Row is going strong with 11 rowers enjoying what we have to offer. Along with that, we have a small group of rowers learning from a Meetup.com outdoors group.

Cross Training Pays off!-Many of our Masters Women have been running regularly and entered the Run Like a Mother Road Race on Mothers Day. Congratulations to our rower/runners! (589 Competitors)

Laura Case-41st overall/**1st in age group**

Juliet-15th overall /**4th in age group**

Stephanie-29th overall /**11th in age group**

Colleen-43rd overall /**11th in age group**

YOUTH TEAMS

Lots and lots of hardware! That's been the theme for the Spring for the Racing Team.

-[Mercer Sprints results](#)

-[Saratoga Invitational results](#)

Watch this weekend for the New England/Mid-Atlantic Championships where the NRRA will be trying to qualify 7 crews for the USRowing Youth National Championships.

The Recreational team has been having a blast this spring. It's the best rowing I've ever seen out of this crowd! The end of the season Potluck will be Wednesday May 13th at 6pm. Check your email for instructions from Melanie. The last practice is Thursday of this week.

Summer sessions are here! Registrations have been coming in for 2 months! [Get registered](#) before the programs fill up!

ROAR

May is a busy month for outreach programs at NRRA! If you happen to be on the water in the afternoons, be sure to keep an eye out for Catch the Drive (our peer-to-peer program for high school girls); Rowing Strong, Rowing Together (for teen moms); and middle school teams from Side-by-Side, Roton, AND West Rocks! Programs are running every day of the week, so stop by any time to encourage these new rowers!

As always, there are lots of ways to get involved with ROAR in the next couple of months:

Wednesday, May 27	7pm	ROAR Committee Meeting	NRRA
Wednesday, June 10	6pm	Youth Summer Volunteers Meeting	NRRA
Sunday, June 28	8am-12pm	Kayak for a Cause-ROAR Fundraiser	Calf Pasture Beach

For more information, email Melanie@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 isearchigive.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, May 12, 7:30pm at Source Marketing, 761 Main Ave # 2. It's in the same complex as the new LA Fitness, 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.

TRAINING TIP OF THE MONTH- *Intensity and Attitude: What does rowing take?*

All Spring I've been talking to the Varsity guys about attitude and there are a lot of different types of attitudes when it comes to rowing. Here's a bit of it.....it holds true for all ages.....

Team Attitude

We've all heard the slogans and as I coach I've got a million of them!

- "There's no I in Team"
- "Take one for the Team"
- "It's not all about you"
- "Your Teammates are depending on you"
- "The whole is greater than the sum of its parts"

All team sports require cooperation, there's no doubt. Even the superstars of basketball can't win without the 4 other guys on the court with him/her.

I truly believe that our sport demands the most teamwork, humility, co-operation, and _____ (fill in the blank). Until you've rowed in a boat that has "swing" or good chemistry, you won't understand what I mean. Ironically, one person makes more difference than you can imagine.

Personally, I think the responsibility of not letting down your teammates is the most important part. As a rower, I look at selfish attitudes and wonder why they bother with our sport. There's no room for arrogance. When a person walks in late or is lackadaisical in their attitudes, all it does is demean the sport, make for bad rowing and piss off your teammates.

If you don't want to "pull your own weight", row a single.

Physical Attitude

Want some more?

- "There's nothing wrong that 10,000 miles of rowing won't cure"
- "Pull your own weight"
- "Hold up your side of the boat"
- "Pull like you got a pair"
- "Bend that oar"
- "There are passengers and drivers. Drivers wanted."

The physicality of rowing is another aspect that separates our sport from others. You can't do it half-assed. Just carrying the boat down requires you to do your share, much less the act of rowing. Rowing demands a total body commitment to the stroke. You can't say, "Today I'm only going to row at half slide" or "Today I'm only going to row with my arms". You have to give 100% of your body to 100% of the stroke if you're going to row with a crew.

The physicality of racing is even higher. If you are going to race, you have to treat every practice like a race. The mental intensity must match the physical intensity. That doesn't mean you must row at high ratings and do racing starts all the time. Rowing at low rates also demands intensity and concentration.

The simple version of this is, "Pull hard all the time".

Again, if you don't want to "pull your own weight", row a single.

Rowing Attitude

The art of rowing demands the ability to divorce the drive from the recovery. One fun analogy I used to use was the drive and the recovery are like the separation of Church and State.

The drive is like the State:

- Strong
- Uncompromising
- Unyielding
- Powerful

The recovery is like the Church (think Notre Dame cathedral):

- Light
- Beautiful
- Airy
- Respectful
- Patient

I know, it's not perfect but you should get the general idea.

NRRA Attitude

1. Any boat, any seat, any time.
2. Show up on time

3. Pull hard all the time
4. Have fun

Any questions? 😊

***“Win one for the Gipper”,
Charles***