

Summer is almost here! Don't miss the boat! Sign up today.....

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

5/11	Monthly Board Meeting
5/15	Open House-9am
5/18	Adult Learn To Row Classes begin
5/20	Youth Racing Team Banquet
5/21-22	NRRA Rowed Runners run from New Haven to Boston
5/31	NRRA Memorial Day Parade
6/1	Community Challenge Begins!

COMMUNITY CHALLENGE 2010

If you don't know what this is, you're way behind! Click the picture to find out!



ADULT ROWING

Summer programs **begin June 14** and runs to August 13. Get your registrations in [HERE](#).

Learn to Row Begins! We have our first students of 2010. Help us add to the bunch!

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.

YOUTH TEAMS

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

Lots of Medals! The Racing Team's been bringing home lots of hardware this spring! Watch next week for results from the Northeast Regional Championships as we try to qualify once again for the USRowing National Championships.

ROAR

Save The Date!

Our "[Summer Soiree: A Fundraiser for NRRA's Scholarship and Outreach Programs](#)" will take place on Friday, June 18th from 7-9:30pm. Tickets are \$25 in advance or \$30 at the door and may be [purchased online](#) or by sending a check to NRRA.

In 2009, NRRA gave away over \$42,000 in youth rowing scholarships. We hope that you will join us as we kick off our [Adopt-A-Rower Campaign](#) to raise money for scholarships in 2010. All donations are tax deductible and go directly towards scholarships.

Volunteers Need!

NRRA is seeking masters and youth rowers to host several special events in the next few weeks to introduce rowing to our community.

Thursday, May 20	6:30-8:00pm	Norwalk Public Library Health Fair
Wednesday, May 26	4:45-7:30pm	Promotions in Motion Networking Event
Thursday, May 20	6:30-8:00pm	Norwalk Public Library Health Fair

"Rowing Strong, Rowing Together" (NRRA's outreach program for teen moms) is looking for donations of new or gently used baby items. All donations are tax deductible and would be greatly appreciated by the moms in our program. We are particularly looking for:

- 1 child booster seat
- 2 strollers
- Girls clothing (newborn-2T)
- Diapers (newborn)
- Books

Even if these aren't things you have tucked away in your attic, consider forwarding this message to friends, family, or neighbors who might be looking to do a little spring cleaning. To make a donation, simply reply to this email or call me at the number below.

For more information about Rowing Strong, Rowing together, please visit [NRRA's website](#), visit [Rowing Strong, Rowing Together's homepage](#), or contact [Melanie](#).

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, May 11, 7:30pm at the offices of Storm Marketing on Washington St. (next to Gingerman) in South Norwalk.

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

MEMORIAL DAY PARADE

Once again the NRRA brings out our community pride and spirit as we march in the Norwalk Memorial Day Parade. Come join the fun! Meet at the boathouse at 8:45am on Memorial Day or meet us at Vets Park at 9am. The parade begins at 10am. We'll decorate the rig while we wait in line at the Park. Don't forget to wear your NRRA gear. Luckily it's red, white and blue! No unis needed ☺.



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.....

TRAINING TIP OF THE MONTH- Drills: Why do them and which one should I do?

If you've never questioned why your coaches do these endless drills, then you're not normal ☺.

Drills are a wonderful way to liven up the monotony of the 10's of thousands of strokes you take every month, not to mention confound you and make your brain overload at 5:30am!

Seriously, drills serve several major purposes: 1) slow things down so you can concentrate on an issue, 2) help develop muscle memory and 3) help exaggerate a point or concept.

Remember though that the drill won't teach you anything unless you understand the difference between correct and incorrect execution or if your coach helps you perform it correctly. Doing a drill incorrectly will only hammer home incorrect rowing.

So now the question is, what do I do to fix my rowing stroke?

The most basic drill is the Pause Drill with the most common pauses being at the Finish, Hands Away and at Body Over (AKA Body Prep, Body Forward). Any of these positions can be used to help focus on a part of the stroke, hand or body position.

EXAMPLE #1- The Finish pause can be used to check elbow or shoulder positioning (sweep or sculling).

EXAMPLE #2- The Hands Away pause can be used to emphasize a smooth release of the water or correct hand crossover position (sculling).

EXAMPLE #3- The Body Over pause can be used to ensure that the body has pivoted forward before the slide begins (Paula ☺) or to emphasize no more body motion during the slide and catch phase of the recovery.

A proper pause will last 1-2 seconds allowing for a moment to assess and evaluate execution.

There are plenty of more advanced drills (Russian Balance drill, Choke til you Choke, Smack Drill, Rebound Drill etc.) but I'm not prepared to write a dissertation this month. Maybe next month.....

As always, if your coach is doing something you don't understand, chances are you aren't the only rower confused so speak up!

Don't forget, practice doesn't make perfect, it makes permanent. Perfect practice makes perfect.

Go forth and row!

*Cheers,
Charles "Drill Meister" Huthmaker*