

NOVEMBER 2007

It's last chance time. Days are shorter, it's getting colder and it'll be icy on the river before you know it! Get down and row, just don't forget your pogies ☺.

ANNUAL THANKSGIVING ROW

The annual NRRRA Thanksgiving Row is back again, in full swing. Thursday morning at 7am, gather at the boathouse for a romp down the river. What a great way to create a bit of a calorie deficit before the gluttony sets in! All rowers, adult and youth, are invited for this wonderful NRRRA community event. Dress warm!

ADULT PROGRAMS/WINTER TRAINING

If you haven't heard the news, NRRRA adults finished the season in fine style. Except for the cancellation of the Head of the Schuylkill, all the regattas went off with great weather and good results. October highlights include:

Navy Day Regatta

Masters Women's 8- 1st place

Masters Women's 4x- 1st place

Head of the Charles

Masters Women's 8- 9th place (guaranteed for next year)

Head of the Fish

Silver Medal-Leslie Foale Masters single

Bronze Medal-Bev Lysobey Masters single

Bronze medal -Juliet Brocki/Jessie Caird Lightweight Masters double

It's time to get ready for Winter Training. We're still on the water MWF in the mornings (until Thanksgiving) with TTh being used for land training at the Norwalk Senior Center. This facility is working wonderfully with lots of space for the ergs along with a fully equipped weight room and cardio room. After Thanksgiving, all coached classes will be indoors though open rows are fine until the docks come out on Dec. 15.

All members have access to this facility at anytime. Please park in the lower parking lot and use the downstairs entrance. This is where our lockbox is located (1986). Make sure you replace the keys once you've opened the doors, otherwise no one else can get in while you're working out. **THIS IS THE ONLY SET OF KEYS THE CITY HAS GIVEN US!** Do NOT prop the door open. That is unsafe and unwise. As you go up the stairs, the weight room is on your right and the large room with the ergs is on your left. During the day or during Center Class times, there are ergs available in the wt. room.

Program members have organized practice at the usual times. Non-program members are welcome at these times but if there's a question of equipment usage, program members have priority. If you want to join a class for erging or weight lifting, it's \$15 session. There will be a 60 min. core training class each Tuesday morning starting after Thanksgiving and going until March.

Any abuse of this facility will result in us being homeless for the winter! Please keep the place clean and locked! Ergs remain on the stage when not in use. Weight room rules must be followed along with safe lifting practices.

Go to our webpage for directions or to their site www.norwalkseniorcenter.org.

YOUTH TEAM

The Racing Team had a fine Fall. Across the board, we're much faster than last year. The increase in speed and the corresponding results speak well for the future. For the first time in years, the Girls Team won a guaranteed trip back to the Head of the Charles. October highlights include:

Head of the Housatonic

Varsity Boys 8-3rd

JV Boys 8-1st

JV Girls 4-1st

Navy Day

JV Boy's 8-1st

Head of the Charles

Varsity Girls 4-13th (guaranteed return)

Head of the Fish

JV Boy's 8-2nd

The Development Team had a super Fall with 29 kids. New ROAR director, Melanie Jacobi, is the D-Team Head Coach and the kids had a blast and rowed quite well. The D-Team Olympics was the highlight of the Fall!

Winter Training, with a new facelift, begins next week at the Senior Center. In an effort to create a more dynamic experience, we've scheduled weekly yoga instructors and weekly tank trips to Iona College for the athletes.

FLORIDA IS COMING SOON! Jan 10-23, 2008 Adults, Feb. 17-23 Youth

As most of you know, last year we took boats and crews to train in Florida during the winter. It's time to start planning for Florida Winter Training Camp 2008!!! NRRA will have coaches on the water Jan. 10-23 in sunny, warm DeLand, FL for NRRA adults! You can come for one day or two weeks, it's up to you. For those of you looking for a Craftsbury experience on a budget, here's your chance. Daily video sessions and customized technical rows are just part of the experience. Costs are \$75/day/person for coaching/club boat transportation (private boat transport is extra).

This year's quotes include:

"The evening trips to the wine bar erased all my bad memories!" says Colleen.

"I can't wait to swim with the gators again", says Juliet.

"No snow, ice or duck poop on the dock" says Coach Charles.

The youth trip looks to be bigger and better than ever with a local regatta held at Stetson on the last day we're in attendance. Get out your sunblock and gator repellent, here we come!

HEAD OF THE CONNECTICUT

Thanks to all of you that volunteered, the Head of the CT ran beautifully. I want to publicly commend Coop for his commitment and endless hours he put into making this regatta happen. It literally couldn't have happened without him. Once again, we've seen how lucky NRRA is to have him here! Next year's race will be bigger and better.

INTERNET/EMAIL OUTAGE

We apologize for the lack of communication in the last 4-5 days. Apparently (with no warning to us) our website/email host decided to move locations and shut down their servers. Service should return shortly (so I've been repeatedly told). To see the extent of the outage, do a web search for "Navisite outage" and you'll see what we're dealing with. Please don't call us with suggestions on how to fix or prevent this from happening ☺.

BOARD MEETING

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

Nov. 8, 2007 7:30 pm, Norwalk City Hall, East Ave.

VOLUNTEER OPPORTUNITIES

NRRA is an organization that is pretty much run by its members. Yes, we have full time staff, but their scope is pretty limited and their time is overflowing. Your membership fee opens the door of opportunity for you to help NRRA in its efforts to be the best club in the Northeast (i.e. USA) ☺.

1. We still need a Men's Adult Team Captain.....
2. ROAR will be operating this Winter, call Melanie to volunteer 866-0080 x11

FALL ROWING

As daylight wanes into the Fall make sure you practice safe boating. The lights are in the shack and ready to go. Please be careful not to break/lose these as they are quite costly!

TRAINING TIP OF THE MONTH- *Stretching: What's all the fuss?*

Why is flexibility so important? I've read countless times that "increased flexibility prevents injuries". I've also seen a study that shows no correlation between the two. I do know that increased flexibility does increase your effective stroke length which makes you a faster rower! It also makes life a bit more comfortable in general. Flexibility = Free speed

Unlike training and workouts, you don't have to recover from stretching. You can work on flexibility at any time, as often as you like and for as long as you want. You can even do hip/hamstring stretches while working at your desk or while watching TV. Despite the strange looks you may get, it's quite important for those of us that work at a desk or drive long distances.

The basic rules of stretching include:

1. **Don't stretch a cold body.** This is especially true the older you get as muscles, tendons and ligaments get less pliable. Warm up for a good 10 minutes before stretching. A warm up should NOT be hard, it should be at 50-70% of your normal workload. e.g. World class marathoners run 26 miles at a 5 min. mile pace but their warm-ups are usually at a 9-10 min pace. No one is impressed by your numbers during a warmup!
2. **Never bounce a stretch.** Always ease into a stretch gently. Besides the chance for a muscle/tendon injury, bouncing is counterproductive. Your body has a protective system that automatically flexes a muscle when it is overstretched, thus eliminating any benefit.
3. **Pre-workout stretches should be 10-15 seconds per muscle group, that's it.** All you are doing is trying to prepare the muscles for exercise, not improve flexibility/mobility.

4. **Post-workout stretches can help you recover quicker and should last 20-40 seconds a stretch.** When you think about it, that's a good 10 minutes if you hit all the major muscle groups.

5. **To improve flexibility, 40 seconds-2 minutes is a great rule of thumb.** If you commit 30 minutes, 1-2 times a week to this, you'll be amazed at how relaxed you will become and how many aches will disappear. Another alternative to this is to take a weekly yoga class. Despite the image, yoga is not for ladies only. Many top athletes in all disciplines have done yoga/stretching classes and know the benefits. I highly recommend it!!

WARNING: Changes in flexibility take longer than normal training so be patient! Like all things, you'll get out of it what you put into it.

So there you go. Basically the word is, if you want to row more comfortably and be faster, increase your flexibility. If you are already flexible, use stretching as a performance enhancer pre- and post-workout/race.

Dec. Training Tip- Training zones: What are they and how do I find them?

Charles