

With the Fall comes longer races and shorter days. Many of us are welcoming the steady rhythm of the Fall programs and training. Get into the swing and get on the water!

MEMBERSHIP

Let me guess, you haven't talked to anyone lately about becoming a rower. Think back to when you first heard about rowing. It was the best day in your life, right?????? Pass on this joy to others!!! How can you be selfish and keep rowing all to yourself????? Besides, we need more members to keep this wonderful club a vibrant part of our community. If you want NRRA to not only exist, but to improve, we MUST have new members, adult and youth. Get the word out!

ADULT PROGRAMS

Head racing has begun with Silver medals won by the Men and the Women at the [Head of the Riverfront](#).

Look to the website www.norwalkriverrowing.org/adult_srt.htm for races that we're attending. Set your calendar now! Deadlines are approaching! The Head of the Fish in Saratoga Springs NY will close out our normal Head Race season. Get training and sign up for a boat to race in!

Welcome new Intermediate Coach, Katie Benfield. Katie rowed at Trinity College and at NRRA as a Junior rower. Part of our Summer staff, Katie is also helping out in the afternoons with the racing team.

Next Adult Rower Meeting will be held Oct. 10 at 7:00pm. It's getting a bit dark at 7 so Charles has made an executive decision to move the location to the Norwalk Inn Bar until further notice.

FLORIDA IS COMING SOON! Jan 10-23, 2008

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). Last years attendees include Colleen, Juliet, Nasreen and Anne. More details will be forthcoming.

Last years quotes include:

"What a break from the frozen tundra of CT in January" says Colleen.

"My tan was the envy of everyone when I returned home", says Juliet.

"Pina coladas in the launch, enough said." says Coach Charles.

GOOD NEWS

The Norwalk Senior Center and Norwalk Parks & Rec. have agreed to allow NRRA to host winter training at the Norwalk Senior Center. Look for times and directions soon on the website.....

BOATHOUSE UPDATE

Several banks have visited the site and there seems to be positive momentum towards a mortgage being landed to help fund the next phase of building. Keep your fingers crossed! Donations are always needed to help the Building Fund. All donations are tax deductible and go directly to the building itself.

YOUTH TEAM

The ice was broken at the Head of the Riverfront. Top finishes include a Silver medal by the Boys JV 8 and a 4th place finish by the Girls Varsity 4. Race schedules are posted on the website.

www.norwalkriverrowing.org/youth_fall.htm

Important contact information includes:

Brian Ambrette, Youth Director/Varsity Women's coach-203-856-2079 brian@norwalkriverrowing.org

Charles Huthmaker, NRRA Director/Varsity Men's coach-404-277-4630 charles@norwalkriverrowing.org

Jim Cooper, NRRA Facilities Director/Novice Men's coach-203-644-4500 coop747@optonline.net

Chris Foley, Youth Parent's Org. President- 203-241-0766 caarik@optonline.net

BOARD MEETING

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

Oct. 11, 2007 7:30 pm, Norwalk City Hall, East Ave.

MZMF ERGATHON –Date Change!!

The Annual Matthew Zucker Memorial Fund Ergathon is scheduled for Oct. 14 here at the boathouse. The MZMF is dedicated to providing scholarships to youth in the area that couldn't otherwise experience the joys and benefits of rowing. Here's your chance to give back to the sport that has given so much to you. You can contribute your time and/or your money, preferably both! Watch for more details coming your way soon.....

ANNUAL TAG SALE

The 2nd annual Fall NRRA Tag Sale is being held in conjunction with the MZMF Ergathon (see above date) at the boathouse. Last fall we netted over \$1,500 that goes directly towards providing equipment for the club. Please search out your closets and basements and garages for items that you don't need. Items will be accepted the week prior to the Tag Sale. Last year the Youth sponsored a bake sale to complement the Tag Sale. YUM!!

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. Tag Sale needs help all day! Sign up for a spot. If you use NRRA club equipment, you have an obligation to help out.....
2. Ergathon needs help, contact Melanie for this melanie@norwalkriverrowing.org
3. We need boat repairmen. Coop is swamped (no pun intended) and can't do everything. We can teach you the basics.
4. We still need a Men's Adult Team Captain.....

FALL ROWING

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

TRAINING TIP OF THE MONTH- *Getting ready for the Winter: What should I do?*

So you trained high and hard all summer and have been head racing all fall. What's next? The goal of the Winter is to lay down a good solid base of fitness and strength that you can build a great Summer/Fall 2008 racing season upon. When thinking about a plan, there are two important principles of training that need to be stated here.

1. **Specificity Principle-** To improve in a specific discipline, you must train that discipline. E.g. To be a fast runner, you must run. To be a fast rower, you must row
2. **Variety Principle-** You must change your workout routine so it doesn't get too routine. The body is very good at becoming efficient if you do the same thing over and over. E.g. Don't do a 5000m erg piece everyday, do intervals sometimes (1'on /1' off x 10, etc.).

You can take the Variety Principle a step further and incorporate cross-training, or other disciplines.

It only takes about 2 weeks for you to lose the neurological training of rowing, also known as your technique. Since we are off the water so long, this loss is a given. The erg is good for general Specificity training but boat technique is gone for a while.

So what should I do?

1. If you've been training consistently and hard for 6-8 months, take 2-3 weeks off (those of you who only row 1-3 times a week don't really need this break physically though maybe mentally). That doesn't mean that you sit on the couch for 2-3 weeks, it means that you should not row for 2-3 weeks. Go running or biking or swimming or yogaing or hiking or Do this 2-4 times a week. Don't worry, you're not going to lose any fitness, you will maintain your training level while mentally going on an athletic vacation.
2. Lay down a training plan throughout the winter until it's time to go back on the water. A simple way to do this is join the Winter Training group here at NRRA. All you have to do is show up. The plans are done for you by the coaching staff. Otherwise, hire a coach to do one for you or do a bit of research and make one on your own. There are plenty of good books out there that will help you do this.
3. Major components of a good plan should include:
 - a. Overall strength development
 - b. Flexibility improvement
 - c. Cardiovascular training (heart)-Intervals
 - d. Endurance training (muscle efficiency)- steady state 20-60'
 - e. Cross training- the benefits of X-training are well proven, do this 1-2 times a week.

The MOST important thing to do is to do something. Rowing yourself back into shape in the Spring is not an option if you want to race. All you'll achieve is slow results and injuries. You owe it to yourself and your boatmates to show up in April on the water in great shape!!!!

Nov. Training Tip- Stretching: What's all the fuss?

Charles