

Wow! October is here which means Head Racing! It also means our rowing season is almost done ☺. Get to the river now!!!! I'll meet you there in 5 min.....

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

10/10: Head of the Housatonic- Derby, CT
10/11: Head of the Connecticut- Middletown, CT
10/13: Monthly Board Meeting (see below)
10/14: [Try Norwalk Naturally](#)
10/17-18: Head of the Charles- Boston, MA
10/24-25: Head of the Fish- Saratoga Springs, NY
10/31: Row 4 the Cure- Norwalk, CT

ADULT ROWING

- Winter training is almost here. Stay in shape with our Indoor training programs. Watch for more info in the next few weeks.
- Masters bring home hardware from the River front. [See story here.....](#)

YOUTH TEAMS

- Winter is coming. What better way than to prepare for Spring rowing than to train with us! Winter I registration is now open.
- 2 Gold medals and one Silver were won at the Head of the Riverfront. [See story here.....](#)

2nd ANNUAL NRRA RIVER CLEANUP



Many thanks to the over 60 volunteers who helped make the 2nd Annual NRRA River Clean Up a success. On September 19th, NRRA members and friends partnered with the Norwalk River Watershed Association and thousands of volunteers around the world for International Coastal Cleanup Day. Single-use plastic beverage bottles were the most numerous items collected. There were 487 plastic bottles; 359 aluminum cans; 336 plates, cups, and utensils; and 220 food wrappers and cup lids. The good news is that this is about half the volume of trash we collected last year, despite having 20 more volunteers. No, we were not lazy -- there really was less trash! The bad news is it is still a lot of trash. So, YES, we will be doing this again next year!

Special thanks to Louise Washer, Virginia Atkinson of NRRA, and Sara da Silva of the NRWA for their time and effort organizing the event.

NRRA ON FACEBOOK

In case you didn't know, NRRA has its own FB page. Search Norwalk River Rowing and become a Fan! We look to you guys to post pictures and what not! Share it with your friends.

HEAD OF THE CONNECTICUT- October 11, 2009

Each Fall the NRRA co-hosts the Head of the Connecticut regatta. We provide all the race personnel on race day. This means the on-the-water operations (boat drivers and marshals) along with dock duty (catching/launching crews). Typically this is a fundraiser for the Adult programs with the adult members volunteering though several parents in the past have jumped in to help also. Other volunteer opportunities include setup on Friday and Saturday and breakdown on Monday. If you didn't get my questionnaire email and would like to help, [contact me](#).

ERGATHON AND TAG SALE



Many thanks to the dedicated rowers and team of volunteers who made last Saturday's Ergathon and Tag Sale a huge success. With the help of 103 youth, 28 friends and family of NRRA, and 20 masters and coaches, we were able to surpass our goal by 2,300 meters in just over 7 hours! Pledges are still coming in, but to date we've raised just over \$10,000...only a small portion of our goal of raising \$35,000 to support youth scholarships during the 2009-2010 season. It's not too late to make your contribution (or collect your pledges) for the Matthew Zucker Memorial Scholarship Fund.

Catch The Drive Receives National GoGirlGo! Grant

Congratulations to Claire Schonning and Elizabeth Jenkins, 2008-2009 team captains of ROAR's Catch The Drive, who were recently awarded \$2,500 from the Women's Sports Foundation. NRRA was selected as one of only 20 programs nationally to be awarded the grant, based on the ability of teams to "demonstrate leadership in their communities by inspiring girls to get involved in sports and physical activity." Catch The Drive is a peer-led program which introduces girls from Brien McMahon and Norwalk High Schools to the sport of rowing. This award will be used to support the 2009-2010 seasons, which will begin on October 7.

NRRA Seeks Jobs for Fall Rent-A-Rower on November 7th

Leaves starting to pile up? Need to clean out the garage before winter? Looking for a few strong backs to pile firewood?

NRRA has the perfect solution! Teams of four youth rowers will work from 9am-12pm in exchange for a donation to the Matthew Zucker Scholarship Fund. Athletes are available for all of your fall cleaning needs. You provide the tools for the task and we'll provide the labor. Please spread the word to your neighbors, coworkers, and friends. This is a great way to introduce others to NRRA's programs AND support a good cause. To reserve a team, please call or email Melanie (866-0080x11 or Melanie@norwalkriverrowing.org). Teams are going quickly, so call now!

Save The Date! Wine Tasting to Benefit ROAR on November 14th

Mark your calendars now for the First Annual ROAR Wine Tasting on Thursday evening, November 14th. The event will be held at Lillian August and will include several tastings from a local wine vendor, hors d'oeuvres, and presentations from ROAR participants. Please plan to attend!

TRY NORWALK NATURALLY

The NRRA is a member of a consortium of downtown Norwalk business that are dedicated to health and holistic practices for the body. Oct. 14th at Fat Cat Joe, Charles will be guest speaking at their Fall event. Drop in and see what we all have to offer including massage, yoga and, of course, rowing.

Details are here: www.norwalknaturally.com

NRRA FUNDRAISER THAT IS FREE TO YOU!

FREE \$5 DONATIONS

Each new member who joins iGive.com and makes a purchase within 45 days will earn an additional \$5 donation for your cause! That's on top of the standard donations from shopping!

The best way to invite new supporters is with a customized, easy-to-remember link (we call them "joinLinks"). To learn more, visit:

<http://www.iGive.com/causetoolbox/html/joinlink.cfm>

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, Oct. 13, 7:30pm at Source Marketing.

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.

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

TRAINING TIP OF THE MONTH- The Catch: AKA “Get your blade in the water!!!”

What’s the mystery, right? Put the blade in the water and push the legs, right? Not so fast! The Catch is, IMHO, the most important part of the stroke. All the components of a fast boat depend on a good Catch to begin the entire sequence.

Lean closer to the newsletter and I’ll whisper the secret to a good catch.....are you listening?

The Catch happens before the Catch. To lock the blade into the water properly, you must have all the components prepared before you arrive at the Catch position.

BEFORE THE CATCH

To ensure a good take of the water with the blade, the body must be set up properly. Your hands/wrists/shoulders/posture.....well..... everything needs to be relaxed and poised.

- As you approach full compression, the body angle must remain still, just the slide is moving.
- Since your shoulders are relaxed, you can release the weight of your hands on the handle and let the blade start to fall in the water **AS YOU ARRIVE, NOT AFTER YOU ARRIVE**. Allow the angle between the outstretched arms and your torso to open up.



- Gravity will take the blade into the water as fast as necessary and will drop it to the correct depth. In other words, you don’t need to control it! Ma Nature will do it for you!
- The path of the hands as you approach the Catch is similar to sliding the hands along a ski tip.
- **Speed is not the issue here, timing is.** The moment of dropping the blade in is crucial. Too soon and you row short and soak the rowers behind you (Norman/John ☺). Too late and you check (push) the boat backwards when you push the legs while the blade is in the air.
- Remember to follow the path of the handle (out of the boat, not forward)
- It will feel like you are “backing the blade” into the water
- Yes, splash is good. A proper catch will have a “V” splash. A small backsplash and a front/upward splash. You may even hear/feel a “pop” when it’s done correctly.



BEFORE THE CATCH (Sculling)

All the principals of the Sweep Catch apply to the Sculling Catch. The main differences would include:

- The handles are in your finger tips.
- Soft forearms and wrists will help drop the blades in easier.
- There are two oars ☺

For those of you with relaxed hands, you can feel the pressure points on the handle change from the top of the handle (approaching the catch), lessening of top pressure (dropping the blade in) and then pressure on the front of the handle (leg drive).

It's a travesty to waste your strong legs with a poor catch!

*Cheers,
Charles "Catch" Huthmaker*