

*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**

As usual, new members are what keep this club alive and growing. Talk to your friends and coworkers. Email them or talk us up. The Youth programs are still forming and the Adult LTR hasn't started yet. Don't expect someone else to do this, we need you to put out the word!

### **ADULT PROGRAMS**

The Fall programs have started with Head Race season just around the corner. Look to the website [www.norwalkriverrowing.org/adult\\_srt.htm](http://www.norwalkriverrowing.org/adult_srt.htm) for races that we're attending. Set your calendar now!

Next Adult Rower Meeting will be held Sept. 10 at 7:00pm at the boathouse. BYOB and BYOF.

### **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:**

"Perfecting my flipping technique made it all worthwhile" says Colleen.

"The daily video sessions proved that rowing makes for bad hair days", says Juliet.

"Nothing like alligators chasing you to really make you pull hard!" says Coach Charles.

### **BAD NEWS**

The YMCA is unable to have us this Winter. The upstairs area is being renovated thanks to a generous donor. We are actively searching for a new Winter training site until our boathouse goes up. Please send ideas to Charles.

### **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.

### **BOATS, BREWS AND BBQ'S**

Wednesday nights are finding a rebirth of an old tradition. Go for a row and then gather for a social on the slab. BYOB and BYOF until a grill gets donated or bought. Rowing usually starts around 6pm.

## **YOUTH TEAM**

The Fall season has begun for the Racing Team while the Dev. Team is about a week away from starting. As usual, spirits and hopes are high. May will tell us if we can maintain the energy! Race schedules are posted on the website. [www.norwalkriverrowing.org/youth\\_fall.htm](http://www.norwalkriverrowing.org/youth_fall.htm)

### **Important contact information includes:**

Brian Ambrette, Youth Director/Varsity Women's coach-203-856-2079 [brian@norwalkriverrowing.org](mailto:brian@norwalkriverrowing.org)  
Charles Huthmaker, NRRA Director/Varsity Men's coach-404-277-4630 [charles@norwalkriverrowing.org](mailto:charles@norwalkriverrowing.org)  
Jim Cooper, NRRA Facilities Director/Novice Men's coach-203-644-4500 [coop747@optonline.net](mailto:coop747@optonline.net)  
Chris Foley, Youth Parent's Org. President- 203-241-0766 [caarik@optonline.net](mailto:caarik@optonline.net)

## **BOARD MEETING**

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

**Sept. 13, 2007 7:30 pm, Norwalk City Hall, East Ave.**

## **MZMF ERGATHON**

The Annual Matthew Zucker Memorial Fund Ergathon is scheduled for Sept. 22 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 2<sup>nd</sup> annual Fall NRRA Tag Sale is being held in conjunction with the MZMF Ergathon 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
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- *Weight Lifting: Should I or shouldn't I?***

The concept of weight lifting, or more appropriately resistance training, has been around since the Greeks started competitions thousands of years ago. Though the machines have changed, the concepts haven't: overload a muscle (tire it out), thus sending a message to the brain to make it stronger.

Rowing is a unique endurance sport that requires a power component (strength and speed combined) so some sort of resistance training is advised. This can be "sport specific" training by adding drag to a boat (rope around the hull), rowing with less than a full lineup (row by 4's in an 8) or increasing the drag on an erg (10 on the fan). The more common methods include general resistance training at a gym with weights/machines/dumbbells. Luckily, rowing uses every major muscle group so any basic routine at a gym will help your rowing!

There is not enough space here to design you a program, whole books are out there for that. There are some basic rules to follow though when doing this:

1. **Rule of opposites.** If you work a muscle group (e.g. chest muscles) you must work the opposite group (back muscles). This gives balance to the body and promotes good joint stability and prevents injuries.
2. **Recover sufficiently.** You must rest 1-3 days in between lifting sessions for the muscles to recover and build. If you wait too long, the body will think that your training session was unnecessary and will return to the status quo.
3. **Train consistently.** You must train 2-3 times a week for many weeks to see improvement.
4. **Variety.** After 5-6 weeks, you must change your routine as the body is very good at becoming efficient and you will stop improving at the same rate.

### MYTHS

1. **"I don't want to bulk up"**. Very very few women have the hormonal make up (i.e. testosterone) to build muscle mass. In my coaching career I've only known of 1-2 women that built substantial muscle. Needless to say, they didn't look bad at all and they weren't big, just strong looking.
2. **"Muscle turns to fat"**. This is a biological impossibility. You can lose muscle and gain fat but one does not become the other.
3. **"I'm not losing weight"**. As you train, you build muscle. Muscle is MUCH more dense than fat. You may not be losing pounds but you will lose fat and lose inches. There are two great indicators for fat loss; your clothes and your mirror. Forget the scale and pay attention to those pants and those belt loops!
4. **"You have to fail to gain strength"**. Also not true. There are different levels of fatigue. Yes, failure is a common goal in some resistance training but the discomfort/risk of failure is not necessary for strength gain.
5. **"Olympic lifting is the only way to get stronger"**. Not true, if this was the case, machines you see in all gyms would be obsolete. Though a good and efficient training method, it is not necessary to know complex lifting routines to gain strength.

*Oct. Training Tip- Getting ready for the Winter: What should I do?*

*Charles*