

The summer is over and Head Race training has begun. We've been looking back on the Summer and all the new events and successes. Here in the office, we're quite happy with the results. What happened you might ask?

- Huge youth programs
- ROAR rowing and science camps
- Boats, Beers and Burgers
- Good Adult Racing
- 6 Boats Christened
- ROAR Teen Moms rowing and racing
- New Fall Coaches: Sarah Tiedge, Hunter Vigneault
- NRRA Open Houses
- New boats
- Fairfield University moves in....

If you haven't been around, get to the boathouse and go for a row! There's a lot going on here!

ADULT PROGRAMS

The Fall is upon us and the programs are going well. Lots of adults training to race this Fall along with 2 Head of the Charles entries are making for an exciting time. Let your captains know ASAP if you are racing this Fall. We're doing entries this week for the Housatonic and the Riverfront.

We have 2 LTR classes going right now and have 2 more scheduled this Fall. Please spread the word so we can fill them up!!! <http://www.norwalkriverrowing.org/adult-learntorow.htm>

Thanks to all for a successful first year of Boats, Beers and Burgers. Mark your calendars for next year's soirees.

Florida 2009 is in the works. We may combine it with the Youth Trip in February. If you have an opinion as to when you'd like to go, Jan. vs. Feb., let me know.

YOUTH TEAMS

A chock full summer brought in over 90 kids into the youth programs, some of them multiple times. As a result, our Fall programs have maxed out their capacities. Over 90 kids have signed up for the Racing team (up from 63 last Spring) and the Dev. Team reached its caps!

Racing is coming. Go to the Youth page to see the schedule. http://www.norwalkriverrowing.org/youth_fall.htm

Racing Team Potluck dinner is Wednesday night at City Hall.

Dev. Team programs begin next week so make sure you paperwork is up to date!

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, Sept. 9th at 7:30pm at the Norwalk City Hall. Come be heard and hear what's going on with the club. Note the change from the 2nd Thursday to the 2nd Tuesday night of the month.

UNIVERSITY EVENTS

There was a great Georgetown Univ. Alumni event held here last week. I'd like to request all of you to look into your University Alumni Associations (especially if your school has rowing) and see if they would like to do the same. They supply the people/food/booze, we supply the site and rowing.

BOATHOUSE/CONDO PARKING AND DRIVING

There will be some adjustments to the parking situation around the boathouse so read carefully.

- **Adults**
 - **Adults are asked to park in the two NRRA lots.**
 - **There will be no rower parking inside the fence around the office trailer (O&G property).** This will be saved for coaches and Fairfield vans.
 - **Parking along the street is at your own risk.** The construction companies drive a lot of dump trucks and operate front end loaders some mornings around these cars.
- **Youth**
 - **Youth are only allowed to park in the upper lot,** the lower lot is to remain empty for training purposes.
- **Parents**
 - **Pick up and drop offs need to be very careful. U-turns should not be occurring in front of the boathouse** due to pedestrians and the construction/business traffic that occurs on our street. Trucks coming down the hill can't stop when errant carpools do u-turns in the street or just randomly stop in the road.
- **All**
 - **Please use Moodys Lane and Hubbells Lane for all traffic in and out of the club.** Daskams Lane is a private drive for the condo owners. Repeated reports of rowers driving too fast (youth and adults) has brought us to this policy.
 - Please turn down car stereos when you enter the boathouse area (Moodys Lane and parking lots).
 - **Slow down**

MATTHEW ZUCKER ERGATHON AND TAG SALE

The 10th Annual Matthew Zucker Ergathon will be held on Saturday, September 20 from 8am-3pm. Last year generous donors helped to raise over \$28,000 and this year we look to raise over \$35,000, which will go directly to youth scholarships through the Matthew Zucker Memorial Fund. This event separates NRRA as a true community rowing program, helping to fulfill our mission to bring quality rowing programs to all.

Turn your trash into treasure!

NRRA is now accepting donations for items for the tag sale. Please drop off your items at the NRRA trailer anytime. Proceeds from the tag sale go directly to the NRRA equipment fund. This year we will not be able to accept large appliances, mattresses, exercise machines, or clothes. Deadline for all donations is WEDNESDAY, SEPT. 17 at 6:30pm

Interested in helping with outreach programs, but can't commit to Friday afternoons? Here's your chance!

Volunteers are needed to:

Task	# of volunteers needed	Date	Time
Process youth mailings	2	Mon 9/8	2 hrs anytime 8am-3pm
Post tag sale flyers/posters around Norwalk	2	Mon 9/15-Fri 9/19	any time
Shop for ergathon food	1	Mon 9/15-Fri 9/19	any time
Sort & price tag sale items	6	Thur 9/18, Fri 9/19	5:30-7:30pm
Day of setup	4	Sat 9/20	7:00-8:00
Work Tag Sale	14	Sat 9/20	8am-3pm in 1 hr shifts
Work Ergathon	14	Sat 9/20	8am-3pm in 1 hr shifts
Setup lunch	4	Sat 9/20	11am-11:30am

Work lunch	2	Sat 9/20	11:30am-1:30pm
Cleanup lunch	4	Sat 9/20	1:30-2pm
Cleanup Ergathon	4	Sat 9/20	2:30-3pm
Cleanup Tag Sale	8	Sat 9/20	3-3:30pm

VOLUNTEER OPPORTUNITIES

General

Coop is always looking for help around the slab.

ROAR

Outreach Programs begin Friday, Sept. 12. Please consider donating an afternoon to share your love for rowing with youth from our community.

Don't know how to row? Not a problem! We also need chaperones to ride the Wheels bus from local middle schools to NRRA each Friday.

Please let Melanie know if you'll be able to help one or more days this fall! Contact her for program details and with any questions you might have.

Melanie also needs volunteers organizing a Wine Tasting Fundraiser to be held in November. As usual, on the water volunteers are always welcome.

TRAINING TIP OF THE MONTH- Boat handling, Dock Etiquette and Procedures Q&A

Who's in charge?

The nature of masters rowing is that there are too many chiefs and not enough Indians. **The coxswain or the bow rower is in charge.** In other words, STOP DOING YOUR OWN THING IN AND OUT OF THE BOAT, CAPEESH? YOU LOOK LIKE NOVICES.

Where should I place my oars?

Oars should be placed more than two sections away from the ramp, on the landside of the dock so people don't step on them while carrying boats. Nothing like doing a dance while carrying \$20,000 on your shoulder.

How long should I be on the dock?

It should take you less than 90 seconds (60 is doable) from the time you place the hull in the water to the time you shove off the dock. This assumes that you adjust footplates on the water. The habit of doing footplates in slings should be stopped. It clogs the staging area and slows the launching procedure. From a rigging standpoint, your footplates will be different in every different boat you row based on hull size and oars. See the Tip from May 2008. <http://www.norwalkriverrowing.org/MonthlyNewsletters/May2008.pdf>

If people are being slow, what should I do?

What do you think?

- a. Scream at them
- b. Run down to the dock and shove them in the water
- c. Spray them with the hose
- d. Good natured calling of a 90" countdown

The presence of women and children dictates appropriate language.

Can boats overlap on the dock?

Definitely. When you place your boat in the water, make sure that your hull is between the hull of the other boat and the dock. This insures that they can shove off since their 90° will be done before yours.

Should I take my oars out of the boat before I get out?

Only if you like swimming in the Norwalk River. Have you tried counting the dead fish lately?

What are normal procedures for launching and landing?

Check the may 2007 tip for that answer. <http://www.norwalkriverrowing.org/archives-tips.htm#MAy07>

How many people should carry a boat?

The number of people should match the number of seats!

How do you carry a double, from the ends or the middle?

About 2' from the ends.

When should I get in and out of the boat?

See Who's In Charge above.....ask them.

Who makes calls while rowing?

See Who's In Charge.....

Who talks in the boat while rowing?

See Who's In Charge.....

Who does the landing?

See Who's In Charge.....

Who decides Who's in Charge?

The coach

See you on the water.....

Charles