

Fall Head Racing is on its way. Winter darkness is looming. Your waistline needs help. All great reasons to come row! Get to the river.....

UPCOMING IMPORTANT DATES

Sat., Sept. 19, 9am-12pm-NRRA River Cleanup

Sat., Sept. 26-[11th Annual Matthew Zucker Memorial Ergathon](#)

Sat., Sept. 26- [Open House](#)

ADULT ROWING

- **Learn to Row** classes have been skinny. Tell your friends.....tell the guy next to you at Stew Leonards.....tell the lady on the train.....get the hint? Morning AND evening AND weekend classes available!
- Fall program and Head Race prep has begun, get to practice!
- September 1 began the Fall Quarter. Get your payments in.....
- **Intermediates**, it's time to start thinking about doing a couple Head Races this Fall!

YOUTH TEAMS

- We're off and running with over 150 kids this fall! Oh boy!!!!

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

The countdown to the 11th Annual Matthew Zucker Memorial Ergathon is on! We have just over 6 weeks left until the big day on [Saturday, September 26](#) and we expect this year to be bigger and better than ever! Last year this event raised over two thirds of the \$42,000 in scholarships Matthew Zucker Memorial Fund granted during the 2008-2009 school year and we'll need you to make the day a success. Here is how you can help:

- 1) Mark this day on your calendar (go ahead... write it down now...) and plan to attend
- 2) Start inviting your friends/neighbors/coworkers/etc to join you for the lunch and tag sale*
- 3) Begin to clean out your closets in search of donations towards the tag sale (we'll take donations between Aug 24 and Sept 23)
- 4) Look for emails during the last week of August about how you can help during the week leading up to the event and during the ergathon itself

*Great items to donate include: small appliances, sports gear, kitchenware, furniture, tools, gently-used toys, books, etc. We are not accepting exercise equipment, clothes, mattresses, large appliances, computer monitors, or open games.

ROAR RACING

Congratulations to the NRRA Rowing Strong, Rowing Together Silver medal winners!!!!



ROAR RACING Part II

A rematch was scheduled for Sept. 13, this time a head race. The Norwalk RSRT team walked away GOLD medal winners this time!

NRRA FUNDRAISER THAT IS FREE TO YOU!

How often you do an internet search each day.....

How often you shop online?

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- Grips, gripes and gloves

Your grip on the sculls needs more attention.....

1) Consider this: All the power that your body can generate is transmitted to the boat by way of your 8 fingers, 7 if Coop is your sweep coach ☺. Many of you are saying “Wow, I never thought of it that way.”

Go pick up a heavy suitcase.....I'll wait here.....

Got it? Good. Now, pay close attention to your fingers and your palm. All you're doing is hooking the fingers. You aren't grabbing the handle and tightening your forearms. You're also letting it hang from your shoulder, not with a bend in the elbow.

Now.....listen close..... WHY AREN'T YOU DOING THE SAME WITH THE OAR?????????

Any questions?

2) Feathering is the act of twisting the handle on its axis. It takes very little energy.

Go walk over to the door and turn the doorknob.....I'll wait here again.....

How much energy did it take to twist it? If it took a lot, I suggest WD-40 on your doorknob!

Now.....listen close..... WHY AREN'T YOU DOING THE SAME WITH THE OAR?????????

Any questions?

3) Gloves are for sissies and surgeons and serious musicians. You need to be able to get sensitive, instantaneous feedback from the boat. You have 3 points of contact with the boat; your feet, your butt and your hands. I hope your hands are the most sensitive (though feet are a real close 2nd, right Marisel?) Your feet are encased in shoes, thus dampening the contact.

Go put on a glove and then try to pet one of your cats/dogs/spouse/etc.....I'll wait here once again.....

Could you feel anything? Did you have to pet harder to get any sensation? Obviously, wearing no glove is better.

Now.....listen close..... WHY AREN'T YOU DOING THE SAME WITH THE OAR?????????

Free up your hands, forearms and shoulders for better rowing.

Any questions?

*Cheers,
Charles “Fingers” Huthmaker*