

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

2/15 **Offices closed: Pres. Day-No Programs**
2/23 **NRRA Happy Hour-Fat Cat Pie Co. 7:00pm**
2/24 **NRRA Annual Meeting-7:30pm-City Hall**
2/27 **Docks go back in and boats rerigged: 9am-12pm (all hands needed)**

ADULT ROWING

Row For The Cure 2010- We've had our first organizational meeting for our next RFTC. The date will be November 6, 2010. We're looking for volunteers that would like to help out the committee as we plan a bigger and better event (sponsors, activities etc.) We have an excited group overseeing the process and just need some help implementing.

Adult Head Coach- The Board of Directors has decided that this position will be a part-time hourly position. A search will begin immediately for a qualified person. If you know of any worthy candidates, please let me know.

Electronic Registrations- We're gradually going paperless here at the NRRA with our registration forms and waivers. Watch for new procedures for the Spring.

YOUTH TEAMS

Winter II holidays - No practice Monday February, 15 (President's Day)

Spring program registration will open on the NRRA website this week for Racing, Recreational, and Middle School teams. There are enrollment caps for all programs so get your registrations in early. For the Racing Team only, there will be tryouts by squad during the first week of practice in the event that enrollment exceeds the caps.

New Middle School Programs- Check out the new schedules and times for our [Middle School fun!](#)

Spring Squad Sizes- Please check the squad size requirements for the Spring. As in the Fall, if there is oversubscription for a Racing Team squad, tryouts will consist of the first week's training with a squad chosen on the first Friday. Refunds or the Recreational Team option will be given to those not chosen.

NRRA BOATHOUSE CAMPAIGN ON THE MOVE!

The board of directors and the capital campaign committee have set as their goal to have the boathouse open in time to celebrate NRRA's twenty-fifth anniversary in June 2011. The final pieces of a robust fundraising plan are being put into place and we have begun to identify internal and external campaign champions. We are very excited about being able to make the long-held dream a reality.

Look for more information and a public roll out of the campaign in the next few months.

2010 PROGRAM FEES

Many of you remember that 18 months ago I promised not to raise our fees for 2009 due to the recession. We promised to tighten our belts and try to help out as you tightened yours. We focused on program growth and a leaner and meaner staff. Scholarship demand skyrocketed during this time and we responded by giving out record gifts.

Reality has finally caught up to us with rising costs. The Board is working very hard on a budget (including program fees) that will insure that the NRRA continues to offer the best prices and the best programs while moving forward competitively and with a stable business structure.

Stay tuned and thank you for your patience as we build toward the NRRA's future.

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.

NRRA ANNUAL MEETING

February 24, 7:30pm the NRRA will be holding its Annual Meeting at the Norwalk City Hall. This serves as the vehicle in which the 2010 Annual Budget and Board Members are voted on by members AND parents of returning Youth Racing Team members (must have rowed 2 consecutive seasons). Even if you can't attend, PLEASE return your votes when you receive your ballot as our legal status as a 501 (c)3 requires a quorum. We've simplified the system so you can vote electronically. New items on the slate include budget adjustments, new major personnel changes and new Board members.

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, March 9, 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- *Translating workouts: AKA what does MOC mean?*

A lot of us coaches and athletes use a lot of slang and acronyms in our training and training plans. Here is an attempt to translate some of what you may see along the way. This is not meant to be an exhaustive list (how's that for a big legal word?) but a starting spot into figuring out just what we mean sometimes with our shorthand.

“Pull Hard”- We actually mean for you to PUSH hard, we just say PULL out of historical habit.

“Hang on the oar”- The act of using your body to move the oar with the arms relaxed thus feeling like you are hanging from a bar.

Castles- Long workout consisting of steady changes up and down on the time/intensity. (e.g. (2' at 18spm/2' at 22spm) x 10). If you graph the intensity vs. time, it looks like a castle parapet.

Pyramids- Workouts with ascending and descending power, rating or both. Could be in the form of intervals or steady state.

Interval training- Alternating hard work with rest. Short intervals are usually less than 2' in duration (e.g. 40"on/20" off x 10). Long intervals are usually 3-10 minutes long (e.g. 5'on/5'off x 5)

Steady State- Long endurance training sets usually lasting 20-90 minutes. Intensity is typically 65-75% of your capacity or 12-14 on the Borg/RPE Scale.

Aerobic- Physical activity that is primarily endurance based that uses oxygen as a primary catalyst in energy production. It is approximately 18 times more efficient than anaerobic energy production.

Anaerobic- Physical activity that is primarily high-intensity (sprint) based that uses energy created without oxygen. Typically you can last about 40-50 seconds before performance degrades rapidly.

AT- Anaerobic Threshold. This intensity is right on the border of Aerobic effort and Anaerobic effort. Typically at 85% of your max capacity or around 15-16 on the Borg/RPE Scale. Also known as “severe steady state”.

SPM- Strokes per minute

HR- Heart rate

MOC- Machine of choice. Used during cross training.

10'- ten minutes

40"- forty seconds

3'@24- Three minutes at 24 strokes per minute

2 x 15'- two sets of fifteen minutes of work.

3 x 15- three sets of fifteen repetitions (reps). Typical weight lifting term.

40" on /1:20" off - 40 seconds of hard work followed by 1:20 of easy work

Borg- Borg scale of exertion. See below.....

RPE- Rate of Perceived Exertion. See Borg.....

w/5' rest= With five minutes rest in between work peices

DB- Dumb bell (hand held weights or Novice rower)

2 x (1'on/2'off x 6) w/10' rest- Two sets of six intervals alternating one minute all out and two minutes real easy. Rest ten minutes in between the two sets.

Watt- A measure of power output on the ergometer or what the rower says after the coach finishes explaining the workout.

Erg- Short for ergometer (rowing machine) or the noise you make after a hard workout or when Norman gets in a boat.

Split- Reference to the power output reading on the erg (e.g. 2:12/500). This refers to the amount of time it will take you to go 500 meters at that intensity level. The harder you pull, the lower the number goes.

BORG (RPE) SCALE

6 No exertion at all

7 Extremely light

8

9 Very light - (easy walking slowly at a comfortable pace)

10

11 Light

12

13 Somewhat hard (It is quite an effort; you feel tired but can continue)

14

15 Hard (heavy)

16

17 Very hard (very strenuous, and you are very fatigued)

18

19 Extremely hard (You can not continue for long at this pace)

20 Maximal exertion

Hopefully this helps clear the air a little bit and teaches you some of our terminology.

See ya at practice!

Cheers,

Charles "aka Coach" Huthmaker