

BACKSPLASH



Fall Season, Week 3
Sunday, September 18th

NJ is back on the water!

What is in this week's issue?

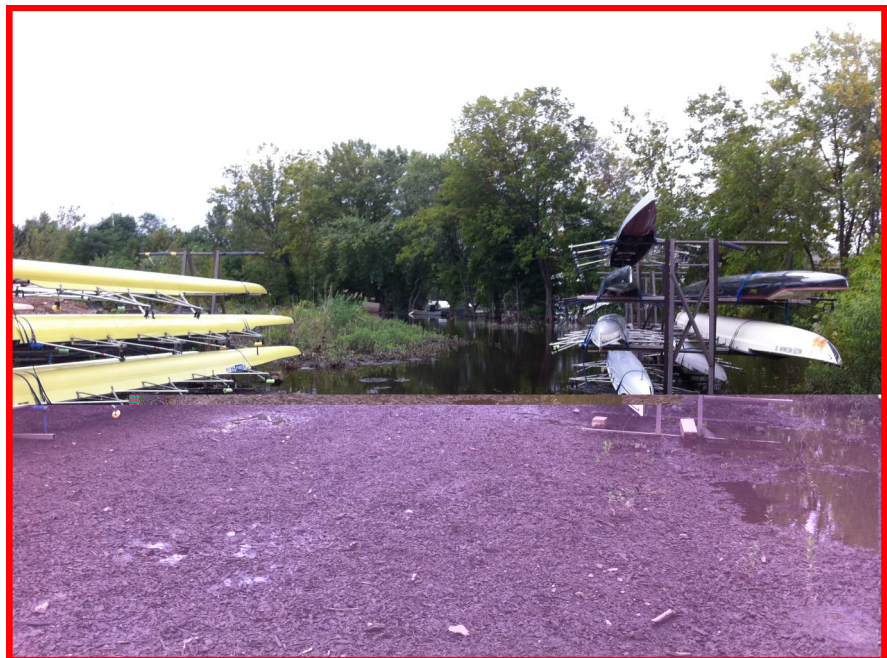
NJ is back on the Water
2011 Recruitment Drive
Master's Learn To Row
Saturday Training
Captain's Corner
Rower's Support Group
Athlete of the Week Birthdays
Tips to beat the winter cold

Upcoming Events

19/9—Parent's information night (7:30pm)
24/9—Rowing Support Group Cocktail Party (7:00pm)
1/10— NJ Open House and BBQ (1:00-3:00pm)
26/9 –Novice Session 2, Fall commencement
8/10 – Head of the Housatonic, CT
15/10—Head of the Passaic, NJ

After 3 weeks of flooding the waters at Elmwood Park have finally subsided. Saturday was the first time that teams were able to train on the water. For some of us this has been the first time in 6 weeks since we have been in a boat. People were a little rusty but just to be on the water in the sun was great.

Having said that, after a very long break, we have had time to get some valuable fitness and conditioning in that has certainly seen all improve their cardiovascular base. But now that the waters are down, all of us are glad to get out of



the gym and onto the water again.

As of Monday we will revert back to our original schedule. Varsity rowers will be told Monday what squads they are in for the week. Thank you to all the rowers for the great effort in cleaning up our area on Friday and Saturday.

2011 Recruitment Drive

The goal for this years recruitment drive is bigger and bolder than ever. We are looking to not only increase our numbers in the club to 80 athletes by winter, but also expand our reach to those schools and institutions who have previously not been exposed to our great sport. To help us reach our goal I am asking any parent has any close up action photos I can use from last season for my fliers, please can you send them to me with your rowers this week.

Master's Learn to Row

We are currently open to applications for a master's learn to row. The class will take place over a Saturday and Sunday afternoon at a cost of \$100 per applicant. Once enough people have signed on, we will notify everyone of the date. If anyone is interested to join a master rowers learn to row please contact:

Head Coach

Matt Pearce

Ph: 6467457884

Email: matt@nyrowing.org

Coordinator

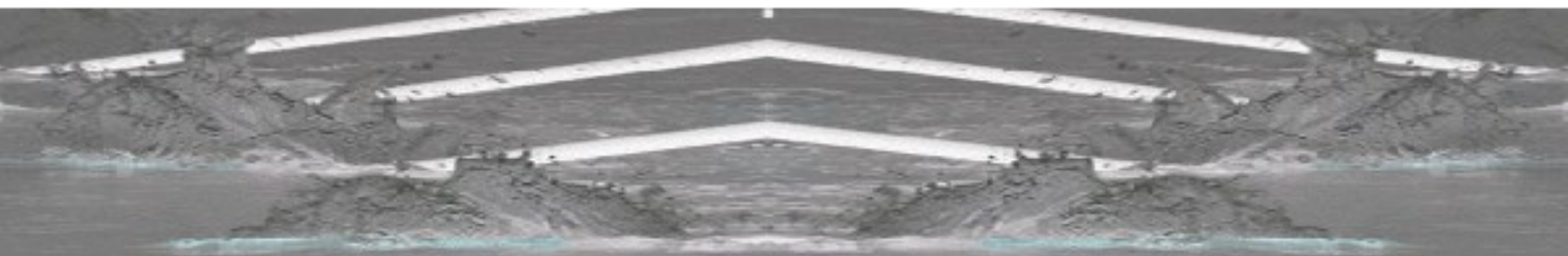
Donna Hansen

Ph: 201-403-4703

Email: hansen14@optonline.net

This Saturday

Varsity A	Varsity B/Novice	Middle School
7:00– 9:00am Timed Pieces	7:00– 9:00am Selected Crews	11:00– 12:30 Row
9:00– 10:00 Breakfast	9:00– 11:00 Row	
10:00– 12:00pm Row	12:00– 1:30pm Optional Circuits	
12:00– 1:30pm Circuits		



CAPTAINS CORNER

Hi All,

As some of you may know, my name is Omar Elkeshk and I am the Captain of the boys rowing team. In this week's Captain's Corner I would like to discuss the possibility of team community service. Most of our team consists of rowers who attend schools that require a certain amount of community service hours in order to graduate. In addition to this, it looks great for our club, people's college applications and can get our team's name out there as members of the community.

Fellow rower Evan Oritz brought up a point that between school work, practice, and SAT prep, there was no time to complete the community service. As a result of this we thought that the team could possibly do community service together after practice on Saturday or a Sunday.

One idea is to contribute to the cleanup of the Passaic River waterfront around our local area. It will be productive, fun, and a good way to bond with the team. I would like to ask if anyone has any ideas of what we could do other than the waterfront please contact me.



ROWERS' SUPPORT GROUP

COCKTAIL PARTY Saturday 24 September

All parents are reminded that the Rowing Support Group Cocktail Party is this Saturday night at 7:30. This is your opportunity to meet other parents and the head coach in a more social environment and hear first hand about all the new plans for the club.

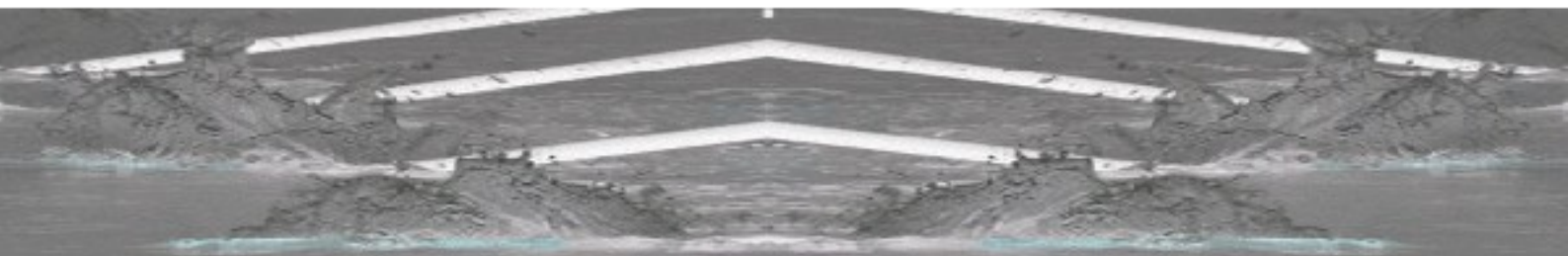
Dress is informal and we do ask that if you have a spare bottle of wine in the house to bring it along. Please RSVP by this Monday to Sue McKee 201-803-3772 or email mckee5@optonline.net.

SATURDAY BREAKFAST

Thank you to those parents who set up breakfast for the rowers this past Saturday. It was a great start! If any parents within the Varsity or Novice squads would like to either donate or serve breakfast on a Saturday morning training we are still asking for volunteers. We would need you from 8am until 11:30 when the second session comes off the water. If you would like to assist us please contact Donna Hansen 201-403-4703 or email hansen14@optonline.net.

OPEN HOUSE Saturday 1 October

Due to the 24th being the first day of football season, we have decided to move the open house to the following week where people would be free to come. We are still looking to put on a simple BBQ for all the potentially new athletes joining us for the fall season. Please can you contact Donna if you are interested in lending a hand.



Athlete of the week!



This week has proven to be one of the more difficult weeks to find an athlete of the week. Every member of the team, without a doubt far outperformed themselves on at least one aspect of their training. This was definitely the best week of training for the 2011/12 season. I would even go as far as saying that it was one of the best weeks I've seen since joining the team. Well done all!!

However one member of the boys team has stood above the rest. Through his simple aggressive attitude, he has ranked himself first in every rowing machine test he has done. Athlete of the week goes to Allen Nowak!! Congratulations!

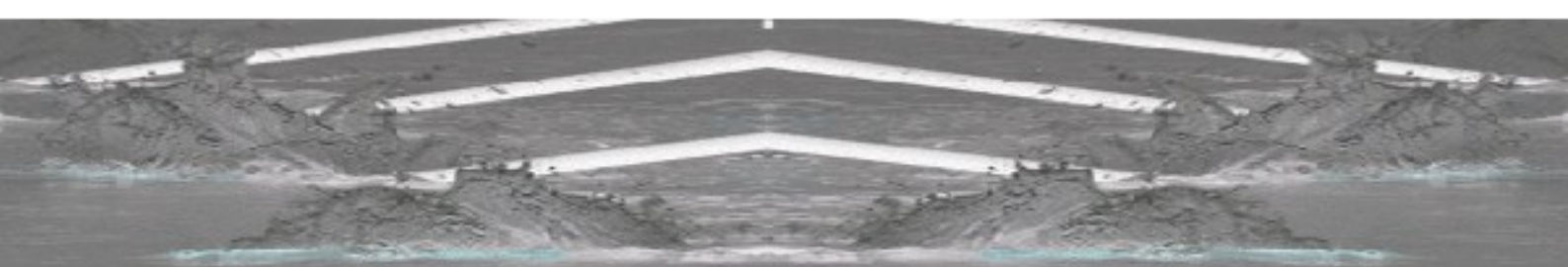


Happy Birthday



Omar Elkeshk for
Friday 23rd September

Brian Rosa for
Sunday 25th September



How to dodge a dripping nose

As we fast approach the upcoming cold season, here are some tips on how to fight and avoid getting sick. Research indicates that most viruses aren't picked up by people sneezing over us: we pick them up on our hands from surfaces and handles that people with colds have touched, but they survive there only because they are protected by the tiny globules of mucus they were delivered in.

So if you get them on your hands, they're removed easily with hot water and soap. Washing your hands regularly in winter could lessen your chances of getting a cold considerably. Try not to touch your face; this usually passes viruses from your hands into your nose. Secondly, keep your nose warm. Though they may sometimes travel from the eyes when we rub them, cold viruses usually take hold in the nose. Professor Ron Eccles, the director of the Common Cold Centre at Cardiff University, believes that there is increasing evidence that if the inner nose membranes are cold, they are more susceptible to infection. If you keep the nasal lining warm, it's more likely that your body will be able to fight off the viruses. So hide behind that scarf.

Finally, don't get stressed. Cold viruses cause problems only because our bodies don't have the resources to fight them off. And there is increasing evidence that everyday stress can dampen our immune response significantly enough to affect how susceptible we are to colds. This may be because stress releases corticosteroid hormones, which decrease resistance to infection.

FACT OR FICTION: THE COLD TRUTH

You get fewer colds as you get older

Fact. School children suffer up to ten colds a year, adults up to five, and older adults even fewer. As we get older, our immune system acquires more and more antibodies to deal with different types of cold.

You get most colds in enclosed public places, such as buses and trains

Fiction. Cold transmission usually occurs in the home. Young children are the main reservoir of cold infection, and adults in regular contact with children are most exposed to the virus.

You can catch a cold by getting chilled

Fact. Until recently it was believed to be a myth, and all those Jane Austen heroines being confined to bed after getting their feet wet was thought to be old hat. But recent research at the Common Cold Centre in Cardiff has indicated that if you have your feet chilled when exposed to cold viruses, you are more likely to develop cold symptoms.

We get colds in winter because that's when we're crowded together inside

Fiction. This used to be a common belief, on the assumption that cold viruses are more easily transmitted when we're breathing on each other. But the theory is largely discredited, since in modern cities summer and winter lifestyles are similarly overcrowded but there is a clear winter peak in colds.

WHAT THE HEALTH EXPERTS TAKE TO KEEP THE SNIFFLES AT BAY

Amanda Ursell, Nutritionist

"I take Organic Pharmacy Immune Tincture and Beroca tablets when I feel a sniffle coming on. The tablets contain lots of vitamin C. While the vitamin doesn't prevent colds, there is evidence that a big dose can cut the time you are ill."

Professor Ron Eccles, of the Common Cold Centre

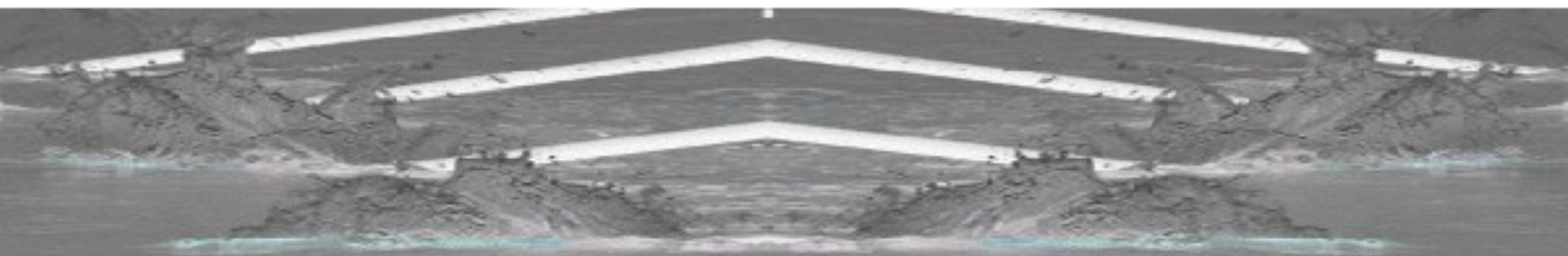
"I take hot baths when I first get a cold, as the rise in body temperature may help to kill a virus. I also believe you should feed a cold to stave off a fever. So my wife rustles up a big roast beef dinner when I have a sniffle."

Vivienne Parry, Body& Soul science writer

"I almost never get colds. Why? I think it is all down to washing my hands regularly. I travel on public transport a lot and I always make sure to wash my hands when I get home; and I definitely wash them before I eat dinner."

Martyn Loble, GP

"I drink plenty of fluids and let my body get on with fighting off the infection, which usually takes a week. Ibuprofen is useful for lowering fever and some people find nasal sprays help to clear their sinuses, but a long steamy shower is probably just as effective."



COPING WITH COLDS

Identify Symptoms

Generally localised to above the neck

Dry sore throat
Nasal congestion
Runny nose
Sneezing
Slightly swollen glands

'Lifestyle Rest'
Light exercise 5-7 days

Symptoms Completely Resolved

Build training over three days
Full training on fourth day

Below the neck

Significant rise in resting heart rate (+ 20%)
Significantly swollen glands
Productive cough
General aches
Fever
Fatigue

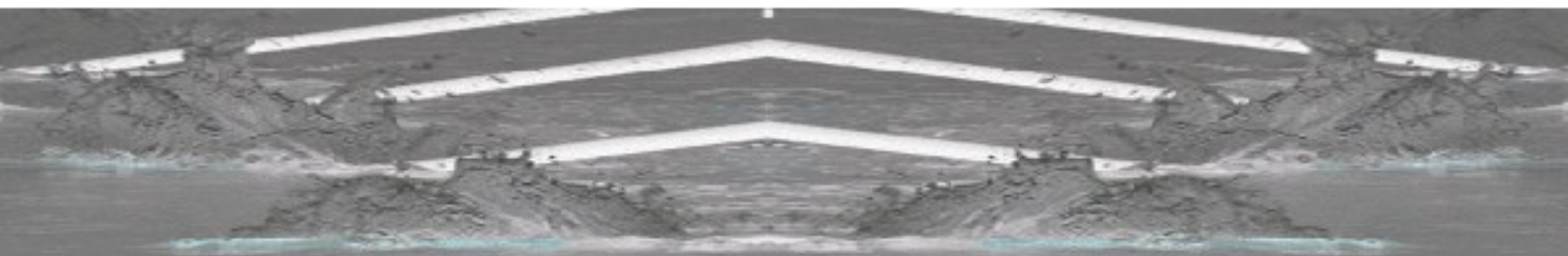
Consult Doctor
'Lifestyle Rest'
Complete rest 3-7 days

Major Symptoms Resolved

'Lifestyle Rest'
Light exercise 5-7 days

Symptoms Completely Resolved

Build training over three days
Full training on fourth day



MATT'S '10' BEAT RULE FOR ILLNESSES

Symptoms above the neck

E.g. Runny nose, sore throat, congested

< 10 Resting Heart Rate < 10 above normal

AND Feeling OK

Reduce to 75% Quantity of 75% Intensity

NOT Feeling Well

DO NOT TRAIN- REST

YOU WILL GET NO TRAINING BENEFIT AND RISK PROLONGING YOUR ILLNESS AND CAUSING FURTHER HARM

> 10 DO NOT TRAIN- REST

YOU WILL GET NO TRAINING BENEFIT AND RISK PROLONGING YOUR ILLNESS AND CAUSING FURTHER HARM

Symptoms below the neck

E.g. productive cough, wheeze

DO NOT TRAIN- REST

EVEN IF PULSE <10

Consider seeking medical help

