

Regatta Survival Guide

Date of Regatta: Available on www.shencrew.com

Location: Most are Local (Saratoga/Mohawk River) Freshman/Varsity have one Travel Regatta Each Season

Parking: Ranges from \$5 to \$10

Arrival Time: Approximately 6:30am Rowers Meet at Boat Trailer,

Parents Meet at food tent /Look for Shen Crew Tents

Uniform: Varsity/Fresh Uni; Mod Shen Crew T-shirt, shorts, spandex for warmth

Tips for a Successful Day

- Have your rower eat breakfast at home. As a general rule, no food can be eaten an hour prior to racing. There will be some snacks available in the a.m.
- Give yourself extra time in the morning, so your rower arrives on time. (traffic can be heavy getting to regatta.)
- EXTRA clothing is a must. At least one COMPLETE change of clothing should be available. Your rower may end up wet even if it is not raining. Often the water conditions are choppy & the rowers will get wet during the race. Bring the extra clothing to the boat trailer in a waterproof bag marked with the rower's name. The clothes need to be readily available not in the parent's car. Bring many extra pairs of socks and change them frequently. When the rowers are dropped off at the boat trailer, the parents can wander over to the lake/river. The day starts early and ends in the afternoon. It is a great time to meet the other parents. Folding chairs are advisable. Plan to Stay For the Event. Even when not racing or preparing to race, the rowers are expected to be available to unload and rig boats, help cheer for their teammates, fill in for other injured or missing teammates in unexpected races, help carry oars and gather shoes for other boats, and help de-rig and load the trailers at the end of the day.
- **Parents are welcome to visit the boat trailer area, but are not encouraged to stay there. It is a very busy area & the rowers need to be focused on their race. (think of it like the locker room at a basketball game, or a dugout in baseball)**
- Parents are not allowed to work on boats, carry oars, or other equipment without being asked by a coach. The rowers are responsible for all their own equipment.
- A healthy breakfast and lunch will be provided for the rowers. Parents are welcome to eat after the rowers are done eating
- After lunch, the medals will be awarded to the rowers. (each regatta is different, coach will hand out medals at some events)
- All rowers must check with their coach before leaving the event. In general, no one can leave until the boat trailer is packed.

Guidelines to follow to keep the Rowers Safe and Responsible

- Rowers need to be at practice on Friday, to help load the boats. All rowers must stay until all the boats are loaded & strapped.
- Rowers must have a parent, guardian, or other adult responsible for them during the event. If a parent does not plan on staying at the event, they MUST make arrangements with another adult to supervise their child. If a rower falls in the water and needs to be taken home, or becomes ill, the responsible adult needs to take care of them. The coaches are not responsible for your rower.
- If you would like to stop by the boat trailer to take pictures, please make sure you are not in the way or distracting the rowers.
- Parents are not allowed in the launch area. This includes the dock area. It is tempting to try to go down & take pictures, but it is a very busy area & only rowers & coaches are allowed in this area. (Regatta Officials are NOT Happy when parents enter this area)
- Whenever you are in the boat trailer area – a very important term to learn is "Heads!" This means immediately look around and see what boat is about to bump into you and move quickly out of the way. Boats & rowers that are carrying them have the right of way at all times. The coxswain will clear the way for the rowers carrying the boat by yelling "Heads!" – Watch out, it maybe your head that is in the way!

If you have a question or get lost you can call Laurel Remus 461-1454. GO SHEN CREW!