

General Regatta Information

A DAY IN THE LIFE OF A REGATTA

Regatta days are near and our rowers and coaches will soon be practicing on the water. So what happens next? The parents become the road crew! Following is a brief overview of a Day in the Life of a Regatta.....

THE FOOD TENT:

- The food tent/trailer is run completely by parent volunteers.
- The Warwick Crew Team owns a trailer containing tents, paper products, coolers, a travel stove, grill, pots, pans, bowls, tables, etc.
- The trailer is brought to each regatta by the parents and unloaded to set up the Food Tent.
- The Food Tent is where athletes will eat between races and meet parents when they are finished racing.
- The Food Captain creates a "Menu" of requested food items for each day. Parents sign up to donate an item or 2 and drop off their items at the tent area at each regatta.
- The Food Tent should stay open until the rowers with the latest race time have had a chance to eat as all of the rowers need a chance to eat and unwind after racing.
- NOTE: After their race, rowers will need to debrief with their coach, derig their boat, and load their boat onto the trailer. This process can take up to 90min. Parents will likely not be able to seek their rowers until after these items are complete.
- At the end of the regatta, once all rowers have had a chance to eat, the trailer is packed up by parents and brought back to the home of a parent volunteer.

REGATTA FOOD

- **Food Tent & Food Donations:** You will receive an email to remind you the week of the regatta to sign up for a designated food item to bring.
- **Reserved for Rowers:** Because providing healthy meals to the rowers is first and foremost at a regatta, please note and respect the '**RESERVED FOR ROWERS**' trays of food that will be labeled at the food tent. Trays of food will also be available for families, but because estimating the time the rowers are able to eat and how many guests come to cheer on the rower can be difficult, we are going to try to reserve a few trays of food just for the rowers to be sure they have what they need.

REGATTA-SPECIFIC INFORMATION

Regatta Schedule: The coaches determine what boats will be entered and who will be in which boats in order to give all of the rowers the best chance at success.

ROWERS RIDE BUS TOGETHER

- Rowers ride together to and from Regattas on the bus (to all races except for Erg Race in Newburgh and States @Saratoga Springs).
- Bus departure times will be announced by the coaches the night before (or a few days before). Bus leaves from the WVHS (around back by new gym). Expect early - a 4am bus departure time is not uncommon!
- If you need to take your child home from a Regatta, you MUST let the coaches know so they are not waiting around looking for rowers to board the bus.

UNIFORMS

All Rowers will wear black leggings/shorts and their uniform shirt or long sleeve top, and yellow team hat and can layer clothes under them to keep warm. Regattas have varying rules about uniforms. Some regattas require all rowers to wear the exact same uniform during their race (including hats, jackets, UnderArmour, etc) or else risk being disqualified. For simplicity, we ask that rowers decide in advance with their boat if they are going to bring a certain layer item for during the race. Make sure rowers bring a dry change of clothes (and several pairs of dry socks) and layers w/ them regardless of what they plan to wear on the water.

WEATHER

If the weather creates unsafe conditions on the river, the coaches, who are in touch with the regatta organizers, will communicate accordingly. Sometimes a decision to cancel a regatta will not be made until early a.m. on the day of the event. The coaches will text their rowers and the club will send out an email blast to all parents. We will also try to have this information on our website.

If the weather is just inclement, the regatta will take place. In such circumstances, it is critical that rowers dress for the weather in layers, including waterproof jackets to keep them warm and dry while they are rigging and waiting to launch and afterwards when they derig and reload the trailer. Rowers should avoid cotton clothing as it does not dry quickly and does not hold heat in. Rowers should layer with weather appropriate UnderArmour and other synthetic fabrics, which they can wear on the boat under their uniform during the race, as well as a hat to help them retain heat. Rowers should always

have a complete change of dry clothes and rain boots/waterproof shoes in their bag on the day of a regatta.

WHAT NOT TO DO

Parents/families are **not** allowed in the area where the boat trailers are parked, where the rowers rig and derig the boats, or at the launch/recovery docks. Parents/families are not allowed for safety reasons. These areas are very congested and it's easy to get whacked in the head as crews are moving their boats to and from the launching area. In addition, the coaches consider this area as their locker room. It is where they prepare the rowers before the race and debrief with them afterwards. Please support the coaches' efforts by waiting to congratulate your rower after a race until the coach has released him/her and he/she has joined you at the food tent or other designated area.

WHAT TO BRING AND OTHER MISCELLANEOUS TIPS

Chairs, binoculars, snacks/drinks for yourselves, weather appropriate attire/comfortable shoes and RAIN BOOTS. Allow yourself extra time to get to the venue and park. Sometimes the traffic near a regatta site is very congested, parking can be challenging, and you may need to walk a distance from your car to the river.

WHERE TO FIND TIPS FOR WHAT TO EXPECT AT REGATTAS

<http://www.usrowing.org/parents/>

With everyone working together, Race Days run smoothly and it is not a lot of work for any one person. Should you have any questions, please ask. We are here to support the team and parents.

SEE YOU AT THE RIVER!