



SPRING 2021
AUSTIN ROWING CLUB
JUNIOR REGISTRATION PACKET



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Welcome to Austin Rowing Club!

Please read and complete the following packet in its entirety. As a member of the Austin Rowing Club Juniors Community, athletes and their families are responsible for understanding and adhering to all the guidelines and expectations outlined within this packet. Austin Rowing Club (ARC) strives to be a space where individuals feel empowered and committed to being strong and confident athletes and leaders on and off the water. The following document outlines all relevant information for the Spring 2021 season.

PROGRAM OVERVIEW

OBJECTIVES

The objective of the ARC Junior Program is to develop and train nationally competitive athletes on and off the water by providing exceptional coaching, creating a vibrant and supportive team culture, and holding athletes to the highest standards of character. It is the intrinsic belief of the ARC Juniors Program that the growth of rowers in life and the sport of rowing requires individual accountability, teamwork, communication, and kindness.

COACHING STAFF

Head Coaches:

Girls Varsity/Junior Varsity - Ethan Nussdorfer
Boys Varsity/Junior Varsity - Patrick Kelly
Girls Novice - Astrid Wettstein
Boys Novice - Jeffrey Tyrrel

Assistants:

Elizabeth Green
Hannah Heyerdahl
Troy Harding

AUSTIN ROWING CLUB SQUADS

The Austin Rowing Club divides its Junior Program into four squads. First, rowers are divided into either male or female categories. Then each category has a novice or varsity component. This division is in accordance with the USRowing guidelines in order for the ARC to appropriately register athletes for competitions.

- Novice means a Rower or Coxswain whose initial competition has been in the previous 12 months of the date of the Regatta. Novice at ARC can be 8th - 12th grade. If someone is in 7th grade they are welcome to join the program but will not race until at least their 8th grade year. This is beneficial because they get to train with the racing team for an entire year and then can begin competing against people their own age with experience under their belt.



- Varsity or Junior Varsity athletes are those who have completed a novice year of competitive rowing. The Varsity/JV program runs from 9th - 12th grade. At ARC we have one squad that consists of Varsity and JV rowers that will practice and train together in most cases.

LIGHTWEIGHT ROWING

There are two classes of rower that can compete in any of the varsity categories; lightweight and open weight. USRowing defines lightweight youth women as 130 lbs or less and lightweight youth men as 150lbs or less. However, a rower of any weight can enter the open weight categories. The USRowing Junior Lightweight Compliance Program Protocol is linked [here](#). This protocol is designed to ensure that lightweights are truly light and can compete at that weight healthily.

REGATTA ELIGIBILITY

In order to race for ARC, athletes must be up to date with all forms, dues, and attendance requirements. Athletes are not permitted to race or train with multiple programs. Therefore, an athlete must only be entered for events under the Austin Rowing Club and have attended ARC practices. Each athlete is required to register with USRowing each year using the ARC club code - XM79B.

Steps:

1. Follow this link (<https://membership.usrowing.org>)
2. Click on “Join” on the “individuals” side.
3. Enter your ATHLETE’S information and “Austin Rowing Club” for the club.
 - a. *All data in USRowing needs to match that of the athlete participating.*
 - b. *Full names (no nicknames) and double check birthdates.*
4. The code is XM79B
5. Junior athletes need only a basic USRowing membership (\$9.75)
6. Sign all waivers on USRowing’s website. The tabs on the left side will be yellow if incomplete.
7. Send your USRowing member number to jeff.tyrrel@austinrowing.org

TRAVEL

Traveling with the team is an exciting opportunity and privilege. While travelling with the team, athletes are responsible for ensuring their behavior adheres to the ARC Junior Program Participant Agreement for the duration of the trip.

- ❖ Trip curfews will be set by coaches and enforced by chaperones.
- ❖ Violation of the curfew may result in instant dismissal from the team and arrangements will be made with the athlete’s parent’s for early travel home at the parent’s expense.
- ❖ Athlete’s may only be in the room of a peer of the opposite sex if a chaperone is present. Violation of this can result in removal from the competition for everyone present. The exception to this rule is if a coach allows a boat meeting for a mixed lineup.



- ❖ Hotel rooms, regatta sites, busses and vans will be cleaned and returned to their original condition by athletes. Athletes will be held responsible for any damage done to the above.
- ❖ Athletes are required to attend all loading and unloading (rigging and derigging) pre and post regatta. This is a team sport and requires everyone's effort.
- ❖ Athletes are required to travel on team busses and stay in team rooms.¹ Special accommodations can be made through the Junior Program Manager (jeff.tyrrel@austinrowing.org) or ARC management.

OFF CAMPUS PE GUIDELINES

It is the responsibility of the athlete/student to submit their paperwork to the Austin Rowing Club with enough time for them to complete the forms and return them prior to the specific school district's guidelines. ARC has partnered with Dripping Springs, Leander ISD, Austin ISD, and Lake Travis to provide Off Campus PE (OCPE). Most programs will require a minimum amount of practice hours and it is the student/athlete's responsibility to attend those practices. The Austin Rowing Club will track your attendance honestly and fairly in accordance with the school district's guidelines. Please consult your school, school district, or their website to begin your process.

WALLER CREEK BOATHOUSE (WCB)²

As members of ARC, athletes will have fobs that allow access to the facility. All athletes and parents are expected to respect the space of the other businesses at the Waller Creek Boathouse. Alta's Cafe, Ro Fitness, and ARC's rental business all have space and equipment that does not belong to ARC or is intended to be separate from rowing operations.

- ❖ Athletes/Parents are not allowed to walk through bay 5 (the bay at the West end of the building is reserved for ARC employees only).
- ❖ Athletes/Parents are not allowed to walk through a Ro Fitness class (West side of the building - inside or outside).
- ❖ Athletes are not allowed to sit inside of Alta's Cafe to wait for practice to start. Seating is for Alta's customers only.

Athletes' fobs will allow access to the boathouse from 5:00 am - 10:00 pm, however, a coach must be present if an athlete is going to take out a shell, for safety reasons. Athletes are responsible for putting *everything* away when they are done at the boathouse. Please be diligent and keep our boathouse clean and organized so we can all enjoy it!

EXIT EXPECTATIONS

Once an athlete has graduated high school or turned 18, they are no longer eligible to row with the Junior Program. However, former juniors are always welcome to participate in rowing as members of ARC. Athletes who leave the ARC Junior Program to pursue other activities or are dismissed from the program are expected to exit in a manner that is respectful to the team and the ARC community. Fobs are due back to ARC if the athlete's membership is not active.

¹ This provision is how regattas and travel are typically done. There will be some changes to accommodate more safety measures for COVID-19.

² COVID creates a slightly different situation whereby no one is allowed to erg in the erg room, two people are allowed in each bathroom at a time, locker rooms are closed, no indoor seating at Alta's Cafe, masks are required to order, two people to a bay at a time, and no groupings of kids (everyone must be socially distanced from all WCB staff and other athletes).



SPRING PRACTICE SCHEDULE

Varsity Girls:

- ❖ Monday 5:00 - 7:00
- ❖ Tuesday 5:00 - 7:00
- ❖ Wednesday 5:00 - 7:00
- ❖ Thursday 5:00 - 7:00
- ❖ Saturdays 10:30 - 1:30

Novice Girls:

- ❖ Wednesday 5:30 - 7:30
- ❖ Thursday 5:30 - 7:30
- ❖ Friday 5:00 - 7:00
- ❖ Saturday 10:00 - 1:00

Varsity Boys:

- ❖ Monday 5:00 - 7:00
- ❖ Tuesday 5:00 - 7:00
- ❖ Wednesday 5:00 - 7:00
- ❖ Thursday 5:00 - 7:00
- ❖ Saturdays 9:30 - 12:30

Novice Boys:

- ❖ Wednesday 5:30 - 7:30
- ❖ Thursday 5:30 - 7:30
- ❖ Friday 5:00 - 7:00
- ❖ Saturday 10:00 - 1:00

DATES

**Events listed in red are tentative*

Date	Event	Location
January 7th	First Day of the Season	Austin Rowing Club
	All Ergs Due Back to ARC	Austin Rowing Club
January 16th	Martin Luther King Jr. Weekend	NO PRACTICE
January 18th	Martin Luther King Jr. Day	NO PRACTICE
January 21st	Novice Practice Ends @ 7:00 pm	Austin Rowing Club
January 21st	Parent Meeting @ 8:00 pm	<u>Zoom - Link Here</u>
February 13th	President's Day Weekend	NO PRACTICE
February 15th	President's Day	NO PRACTICE
March 15th - 20th	Spring Break	NO PRACTICE
April 17th - 18th	Texas Rowing Championships	Festival Beach in Austin, TX



May 6th	Last Day of the Season	Austin Rowing Club
May 8th - 9th	Regionals	Oklahoma City, OK
May 15th - 16th	Heart of Texas	Festival Beach in Austin, TX

TEAM CALENDAR³

The Austin Rowing Club will publish a season long team calendar on their Juniors page of the website. This will cover the major dates and links to pertinent information. The calendar will include start and end dates for the season, regatta dates and links to details about the regatta, as well as parent meetings and days off.

JUNIOR MEMBERS PAGE

We have created a private Juniors section of our website. This will have our season specific information posted by the start of each season and updated throughout to reflect any changes. Go to <https://austinrowing.org/junior-programming/>. In the top right there is a Junior Members button. The password (in red) is “Arcjuniors2020*”.

³ The team calendar and private page of the ARC Juniors website are going to be kept up to date throughout the season.



FEE PAYMENTS & DEADLINES

Regular Season		
Date	Full Payment	Installment Plan
January 7, 2021	\$880	\$300
February 15, 2021		\$300
March 15, 2021		\$280

At-Home Season		
Date	Full Payment	Installment Plan
January 7, 2021	\$440	\$220
March 15, 2021		\$220
Coxswain Training		
January 7, 2021	\$220	NA

FINANCIAL AID

The ARC Junior Scholarship Program includes Junior Programming fees for the current season. Scholarships are awarded based on need and availability. Scholarships awarded previously will not automatically renew for the current season. Families must reapply for financial aid each season. The application process is simple. Please email Kevin Reinis at kareinis@austinrowing.org for the application.



COMMUNICATION

AUSTIN ROWING CLUB PERSONNEL:

Jeff Tyrrel - JR Program Manager, Novice Boys Head Coach - jeff.tyrrel@austinrowing.org

Astrid Wettstein - Novice Girls Head Coach - astrid.wettstein@austinrowing.org

Ethan Nussdorfer - Varsity/JV Girls Head Coach - ethan.nussdorfer@austinrowing.org

Patrick Kelly - Varsity Boy/JVs Head Coach - patrick.kelly@austinrowing.org

Liz Barhydt - General Manager - liz.barhydt@austinrowing.org

Kevin A. Reinis - Executive Director - kareinis@austinrowing.org

TO ATHLETES

Coaches will communicate with their athletes through Slack and email. Rowers are expected to participate in and be attentive to their group chats. Part of developing responsible and independent young people is holding them accountable for their own schedules.

Coaches are also going to conduct end of season meetings with athletes each season. These help the coach identify the athlete's goals going forward, perception of their performance during the current season, and communicate specific strengths and weaknesses of the athletes. This is not the only time a rower can communicate with their coach. Coaches can talk with an individual athlete at the boathouse (outside of practice time) or virtually through email, Slack, or Zoom. The coach will specify their preferred methods of communication with their squad.

TO PARENTS

The Junior Program will hold a parent meeting to kick off each season in addition to other parent meetings to inform the families of our athletes about the program on an ongoing basis. We will conduct these meetings via Zoom to properly social distance and hopefully include more people. You are always welcome to email your head coach with questions related to practices, scheduling, or day to day rowing concerns. Your head coach is likely part-time so please give them some time to respond. Urgent inquiries should be made to jeff.tyrrel@austinrowing.org, Program Manager, ARC Junior Program.

The ARC Juniors page of the website will contain pertinent information as well as the information in this packet.



CODE OF CONDUCT

Team culture is shaped by individual actions. In order for the program to succeed, all rowers must be in agreement to make every boat successful. A way to do that is to attend practice regularly. Attending practice regularly is an essential part of an individual's technical and athletic development. Teammates begin to earn each other's trust by making the commitment to the program and showing up for their assigned practices.

ATTENDANCE POLICY

Attendance is expected at all practices assigned to an athlete. For varsity athletes, this means 4-5 in person practices a week with at home workouts being completed. For novice athletes this means 3-4 in person practices a week. Attendance is tracked by each coach and made public to the rowers. The success of a program depends on the accountability of its rowers, so each rower is expected to show up and work hard each practice. Boat lineups can and will be directly affected by attendance and participation at practices. Excused absences from a practice should be made at least 24 hours in advance of a practice when possible. Individual coaches reserve the right to alter their lineups, entries, or practice plans based on the attendance of their rowers. Additionally, individual squad coaches will decide on their standards for those rowers that have missed an erg test or failed to attend a regatta.

LANGUAGE POLICY

ARC has a strict policy on use of appropriate and respectful language. Athletes, coaches, and other employees are expected to use appropriate language at all times. This includes all Zoom meetings/practices, in all group chats or electronic correspondence, and while at a practice (either on the water or off). Always treat each other with respect and kindness.

ALCOHOL, TOBACCO, ILLEGAL SUBSTANCES, AND WEAPONS POLICY

The Austin Rowing Club enforces a "Zero Tolerance Policy" regarding the acquisition, use, or possession of alcohol, marijuana, tobacco, vaping, and illegal substances or weapons of any kind. Athletes who are found to have acquired, used, or been in possession of any of the above at the boathouse, an ARC activity, or official ARC event will be immediately suspended, pending a termination proceeding before the Program Manager and Executive Director. Coaches are required to investigate any accusations of alcohol, tobacco, illegal substances, or and weapons, and may search an athlete's bag with another coach or a chaperone present. This policy applies to all ARC activities, including practices, regattas, official ARC social events, and while representing ARC in any official or unofficial capacity. And is in effect at all times during those activities;, including from the time a rower enters the Boathouse parking lot, boards a bus, or enters the premises of an official social event until such time as the rower ceases to be engaged in the activity or event and has left the premises. ARC encourages and depends on good citizenship and expects athletes to adhere to this policy at non-ARC events as well. A termination for violation of this policy shall be effective for an indefinite period. In the event of a termination the affected athlete will forfeit all dues without right of reimbursement. The athlete may subsequently re-apply for admission into the program with the understanding that decision shall be solely at the discretion of Austin Rowing Club .



COVID-19 PROTOCOLS

The Austin Rowing Club has taken a number of precautions to prevent the spread of the Coronavirus. As an athlete and parent you are agreeing to adhere to these rules laid out by the Austin Rowing Club in accordance with local, state and federal guidelines. ARC is also closely reviewing\ USRowing guidelines for applicability to our program. .

1. Socially distance from each other (even your friends) - 6+ feet apart.
2. Wear a mask at all times. Masks are not required while erging outdoors and socially distanced, rowing out on the water (masks are required at the dock) in a single, and running socially distanced (even though they are strongly encouraged during runs).
3. Do not approach the bays before your practice start time. Allow the group before you to leave before you approach. The designated waiting area is under the tree on the East side of the apron by the water.
4. No more than two people in a bay at a time.
5. One person filling up a water bottle at a time.
6. Erging must be outdoors, spaced 8 ft apart, and the location must be approved by a coach.
7. All equipment is cleaned thoroughly after use. Boats, oars, and lifting equipment will be scrubbed with soap and water while ergs can be wiped down thoroughly.
8. Hot seating permitted with the proper sanitization between use.
9. Wash your hands often.
10. No more than two people inside each restroom at a given point. Locker rooms will remain closed.

PARENT RESPONSIBILITIES & INVOLVEMENT

RESPONSIBILITIES

Being an ARC parent entails certain responsibilities. In registering your athlete for the team, parents are responsible for the following:

1. Reading and adhering to all information outlined in the Junior Program Registration Packet.
2. Ensuring that all forms and dues are paid on time.
3. Communicating with the ARC office in advance if there is an impending difficulty with a payment.
4. Take an active role in the ARC volunteer program. Parents are asked to volunteer each season. When there are regattas, we ask parents to volunteer 10 hours in the fall and 15 in the spring. However, the rare seasons without regattas do not have as many volunteer opportunities.
5. Respect that the coaches have full responsibility for training the athletes.
6. Respect the coaches as the final authority on boat selection and number of races for each athlete.
7. Remember that coaches seek to create a positive experience for as many athletes as possible, and that while some decisions may appear subjective, they are not personal.
8. Attend all mandatory parent meetings.
9. Using respectful speech and behavior at the boathouse and at all regattas or Junior events.
10. Agreement that athletes registered with ARC are not permitted to row or train with another club.



11. Support and enjoy the growth and development that comes through commitment to a team and dedication to teamwork!

BOOSTER CLUB

The Booster Club is a way to support the ARC Junior Program at a very important level. Parents are able to apply for President, Vice President, and Treasurer annually. The elections will be announced during the season so keep an eye out. Booster leaders will be asked to serve for two consecutive seasons, be available for questions, and to help with the transition for the next season.

- The President communicates and coordinates with the staff, parents and boosters, as well as supporting and organizing the ongoing efforts of the Boosters to provide support to the Austin Rowing Club Junior's program.
- In addition to general volunteers and the Booster Leadership, the Booster Club comprises a number of committees that are essential to regatta and season function. Committees vary by season and include:
 - Equipment Committee
 - Food Committee
 - Fundraising Committee

CHAPERONING

1. To be eligible to chaperone at an overnight regatta, a parent must agree to an ARC run background check and apply with the Executive Director.
2. While "on shift" parents are not permitted to drink alcohol.
3. Chaperones can assist in a number of different ways including but not limited to:
 - a. Hotel or AirBnB supervision and room checks.
 - b. Cooking, picking up, dropping off, or preparing food for rowers.



PARENT INTERACTION WITH COACHES

The following recommendations are provided for keeping good relations with ARC Coaches.

1. Volunteer to help. Please refer to the volunteering section of this document for more information.
2. Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport and it is unlikely that the coach is trying to “kill” the rowers.
3. Coaches have complete charge of their crews. Avoid getting involved in “seating” disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience. On top of that, different combinations of rowers will cause different results – it is all geared toward finding the right combination that will cause the boat to move like a finely crafted Swiss watch. When your athlete complains about how they are being seated in a boat, listen sympathetically, but then encourage them to stick with it and try harder over the next few weeks. Seat selection is a challenging process that requires the coach to evaluate many variables. It is not a democratic process. Someone has to make the often difficult decision. Athletes and parents are expected to respect the coaches' decision and requests. If an athlete would like to better understand a boating decision, they should schedule a meeting with their coach outside of practice time.
4. Questions or problems that arise should be dealt with in the following order: **Rower -- Coach -- Program Manager and Executive Director.**
5. Athletes and parents should request that a coach set up a meeting to discuss sensitive issues. After practice may be appropriate for brief unemotional discussions, but difficult or emotional situations require that separate meetings be requested. Dealing with difficult problems immediately before practice usually does not result in resolution and can disrupt practice for the athlete, coach, and entire team. A coach cannot be expected to give up practice time to meet with parents or an athlete.
6. Coaches are generally fully preoccupied with race-day logistics and he or she may not be able to answer questions you might have.

VOLUNTEERING

Austin Rowing Club is a 501(c)(3) Non-Profit Corporation that relies on volunteers to assist with events throughout the season. Each family participating in the program is asked to volunteer a minimum of 15 hours per spring season and 10 hours per fall when we are racing. Again, during the rare seasons when no races occur, we do not ask parents to volunteer.

Volunteer opportunities include but are not limited to:

- ❖ Serving as a Booster leader in the role of president, vice president, or treasurer
- ❖ Tent set-up and break-down for regattas



- ❖ Menu planning, food shopping, food storage, preparation, serving, and clean up at regattas
- ❖ Unloading and loading the equipment trailer
- ❖ Publicity and parent communication
- ❖ Photography of events
- ❖ Recruiting
- ❖ Fundraising
- ❖ Planning and executing the end of year banquet
- ❖ Take inventory of the booster kitchen equipment
- ❖ Design and order gear

REGATTA INFORMATION FOR PARENTS

(The following has been adapted for ARC from an article at NorthwestRowing.com)

Advice for race day: plan to go early, stay all day, and bring everything you need with you.

Check the ARC Juniors webpage on the ARC Website for links to regatta details, location, housing, etc. Always check your email in the weeks leading up to a regatta for any changes in schedule or special announcements.

Get a map to find your way to the regatta. Most racecourses and event sites are detailed on regattacentral.com. Again, our Juniors page on the ARC Website will be updated with links to these regattas. Most important information is under the “venue” section on Regatta Central.

Be there on time. Most regattas start at 7 or 7:30 am, however, rowers are often expected to be at the site earlier than that to attend a meeting or get their boat ready (usually around 6:00 am). Schedules of events are often not available too far in advance, so it may be difficult to plan your arrival around when your rower will be racing. Last minute boating changes do occur, so the best bet is to be at the regatta from the start, unless you are sure that you won't miss anything by arriving later (usually by a confirmation from your athlete's coach)! At some regattas, schedules are posted, at some copies are available, at others (especially ones with just a few teams) nothing is printed or posted and you just need to ask your coach what your athlete will be doing and when.

Mandatory Transportation for Rowers to Away Regattas. Your rower will be transported to away regattas, usually very early in the morning (similar to regatta start times: 5:00 - 6:00 am), on a chartered bus leaving from the cul de sac at the end of Trinity Street.⁴ Rowers will need to be at the regatta for the entire event. Even when not racing or preparing to race, they 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 de-rig, load trailers, and assist in unloading the boats from the trailer and returning them to the Boathouse.

Home Regattas. Austin Rowing Club hosts the Head of the Colorado in the fall, and the Heart of Texas Regatta and Texas State Rowing Championship in the spring.⁵ On weekends where there is a home regatta, rowers will be expected to be at the boathouse at 5 am on Friday morning to transport the equipment down to Festival Beach,

⁴ Again, we anticipate some changes in travel if we have regattas and COVID-19 restrictions to work with.

⁵ Under normal circumstances. COVID-19 has changed the circumstances under which we can host events.



where the racing takes place. Rowers arrive at the course on their own on race day and are expected to be punctual and ready to stay all day. On the last day of the regatta, rowers can be picked up from the Waller Creek Boathouse after equipment has all been re-racked and unloaded from the racecourse (typically sometime after 7pm).

Interacting with your Rower. Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when they need or want something (food, clothes, and money). It is best if you are not the one responsible for required equipment for your rower, there will be a time when they need it and you are not in sight. Prior to your rower's boat launching, the coach will meet with the entire boat and go over final pre-race information. Stay clear of your rower from the time of the pre-race boat meeting until your rower has been released from the post-race debrief. Your rower needs to be focused at this time, and unfortunately, family and friends can be a distraction.

Dress appropriately. Dress in layers, you can discard if the sun makes an appearance. Some suggested clothing items: comfortable shoes which don't get wet in the rain, wool socks, a tee-shirt covered by a long-sleeve shirt, covered by a sweatshirt, which is covered by a Gortex or similar waterproof jacket. Make sure you have a hat or cap of some sort that keeps the rain off your head, even a baseball style hat helps. It is always important to have a full change of clothes for after racing as well. And finally, bring a good pair of polarized sunglasses – it always seems that when the sun does appear, it is directly across from where you are watching the races.

Personal Items. Remember that there may not be a store nearby, and you might not want to give up your parking place to go search for one. The restroom facilities are usually port-a-potties. Therefore a roll of toilet paper and some feminine supplies sealed in a plastic bag can be lifesavers when needed.

Tools for Watching Races. You will want to keep track of your rower's races, so make sure to check out Regatta Central. Most race schedules are found on Regatta Central's website on the specific regatta's page. Once you are viewing the regatta's page, there should be a link on the left side to see the race schedule. These do change frequently so keep an eye out for announcements at the course or through the venue's social media. You will also find that it is nearly impossible to tell which boat is which without binoculars – invest in a good set as soon as possible. Portable chairs are also highly advised for the downtime between watching races.

Taking Pictures. Photographing rowing can be a challenge and unless you have a telephoto lens, it may be difficult to tell which boat is which, even at its closest point. Your best chance to take pictures is when the boats are being prepared for a race, moving the boat to the water, loading the boat in the water, and taking a "team picture" after the boat has been returned to the stretchers.

Socializing. Regattas generally run from early mornings to late evenings and provide a few minutes of excitement as your rower races and other ARC boats race. Regattas also include some "down-time." Most regattas have areas where teams can set up tents and supply food for their athletes. Find out where most of the other parents will be watching the races, and set up your folding camp chairs. You may not be sitting in the chairs all the time, but it reserves a spot for you to call home and where you can store your gear. One of the more pleasant activities at regattas is having hours of time to talk with other parents – you will become good friends with many of them. Visit with the parents running the food tables, and you will learn more about how the rowing program works than from any other source.



Food. A few regattas have food that can be purchased, although the quality varies greatly. Regardless, plan on bringing plenty of food for yourself. Our Boosters will take care of your rower's meals and snacks.

Rower's Clothes. Bring a bag of extra clothes for your rower. At some regattas during the season, they will be in dire need of an extra pair of socks, sweatpants, or sweatshirt. A warm blanket and towel might also be handy.