

Regatta Days

- Days start early and end late. The entire team is expected to be at the racecourse for the full day, with arrival and departure times set by Coach.
- Setting up our tents and hospitality trailer is a team effort. All athletes and parents should be involved in helping set up. Athletes will typically be unloading the boat trailer while parents and siblings set up the team tents and hospitality trailer.
- Hospitality
 - If we have an early arrival, breakfast will be provided.
 - Lunch will be provided at all regattas unless specifically noted.
 - Water and snacks will be provided for the athletes throughout the day.
 - If family members want to have access to food and water through the hospitality trailer, they will need to pay for the number of people who will be eating each meal. This is the only way we can ensure we have the necessary food and drink for the athletes.
- What to Bring for Athletes
 - WEAR your racing uni and uniform
 - Slip on shoes
 - Dry socks
 - Sunscreen
 - Any unique food or drink items
 - Hat
 - Pillow and blanket
 - School work
 - Earbuds
 - Portable chargers
 - Games
 - Money for race t-shirt (usually \$25-\$40 per race)
- What to bring for parents
 - Chairs
 - Rolling cart to get things from the parking lot which can be very far away
 - Cooler
 - Personal care items (port-o-lets get gross as the day goes on)
 - Hat
 - Sunscreen
 - Bug spray
 - Flashlight for early morning set up
 - Duck boots or Hunter boots
 - Blanket
 - Book/tablet/computer
 - Portable chargers
 - Binoculars
 - Personal tent or canopy.
- Once all team racing is completed, athletes must de-rig all the boats and load the trailer. Coaching staff will then hold a wrap up meeting with parents and rowers. Rowers are free to leave after this meeting has taken place.