



## **Regatta Days- What to Expect**

The best way to learn more about rowing is by attending Regattas.

Regattas are wonderful events, and attending shows your rower and the team, your support. In addition to any guidance provided by the Coaches/Program Coordinator, don't forget to check the <https://www.regattacentral.com> website where you can find info on races, event times, parking, directions, etc. Check it early, but also **often** as things change!

Make sure you have the TeamSnap app on your phone. Check it frequently to stay updated on happenings before, during and after the regatta as the coaches, rowers, and parents post frequently.

### **RESPECT THE COACH'S ARRIVAL TIMES FOR YOUR ROWER.**

Not only will your rower face scorn and teasing from their teammates, but it also actually causes a great deal of stress for teammates and coaches as late arrivers will impact an entire lineup. Rowers also need to help the team with rigging the boats, unloading from the trailer, etc. Go as early as possible. Parking is at a premium at every regatta, and often parking fees are collected – bring cash! This is one time that bringing cash is important. There are often lines for parking so you may need to drop off your rower first then park.

\*\*All rowers need to make sure they have their unisuit and a reusable water bottle at every regatta.\*\*

### **AT REGATTAS:**

Upon arrival, parents and spectators are all asked to pitch in to help set up the tents, and hospitality area, which is our home for the day. There are always things to do so just jump right in!

Plan to stay all day. Races are usually spread out throughout the day, and event times can, and often do, change. After their events, rowers need to stay with the team to de-rig, load the trailer, check in, race, cheer each other on, eat, load the trailer, and be there to (hopefully) receive medals from the coaches. It is a full day, with most regattas wrapping up around between 3 and 5 pm. The coaches must release the rowers before they can leave. It is asked that **all** parents/spectators assist with packing and cleaning up the hospitality area- it takes a village!

Please pay attention as you walk around a regatta. Remember that the people carrying the boat really have the right of way – boats are long, weigh a lot, and they can't dodge you! Be aware and be prepared to hop out of the way and/or duck. This goes for oars as well.

Dress appropriately- Dress in layers, remembering that the sun can be brutal and there is always a chance for rain. It can also be muddy, so be thoughtful with your shoes. Some races require longer walks between the parking area and the hospitality tent/team area and/or between the team area and the finish line. You will need to be prepared to walk if you want to change your vantage points when watching the races. A hat or cap of some sort for sun/rain is important. Sunglasses are also very important, as the glare off of the water can be difficult. Sunscreen is a necessity. (It is hard to remember that when you are leaving at six in the morning, and it is overcast!)

What else to bring – A wagon. The hike from the car to the spectator area can be long and a wagon is essential in helping to make it an easier and less frustrating trek. Folding camp chairs, as there is rarely seating for parents/observers. For late fall and early spring, you may want to bring a sleeping bag/blanket for a really cold, windy day. Binoculars, umbrella, phone chargers, reusable water bottles and whatever makes you comfortable should come with you.

Food – Depending on the venue, the hospitality trailer with grill will be towed to the regatta. Keep an eye on your email for details about breakfast and/or lunch at each regatta. Regardless if the hospitality trailer makes the trip, there will always be snacks, fruit, and water/Gatorade in Igloo beverage dispenser coolers (hence the need for reusable bottles/cups).

Taking photographs – unless you have a fantastic telephoto lens, taking good photos on the water is challenging at best. You might enjoy candid photos while rowers are just “hanging out” and it is always interesting when the trailer is being unloaded/loaded. Please share pictures with the team via the central drive that will be communicated by the Publicity Chair.

Port-o-lets- These are usually the only options at most venues. It can help to have a small bag with extra TP and disinfectant wipes (there is not always a hand washing station available).

## **FALL AND SPRING SEASONS ARE DIFFERENT!**

In a nutshell, the Fall Races are longer and timed, while the Spring Races are shorter and are usually head-to-head competition.

Fall Races are called Head Races (as in “head” of the river). The races are 5K (5000 m) and are timed. It is very hard to tell who is winning because each boat is trying to get the best time – boats begin the races seconds apart.

In the Spring, the Scholastic Season begins, and races are usually 1.5K (1500 m – about a mile) long. Occasionally, some of the Spring events are 2K (2000 m) – that is the standard college/Olympic distance, but not the usual for the venues in which our rowers participate. There are many boats at

the same level (example, Girls' Varsity 2x, Boys' Junior 4+) resulting in multiple flights (i.e., heats, but in rowing it's called flights). In these races it is easier to determine who is in the lead as each boat begins a particular race at the same time and the boat that crosses the finish line first is the winner of the flight. The winners of each flight will usually race again to determine the overall winner.

### **WHY DOESN'T MY SON/DAUGHTER KNOW WHAT BOAT THEY WILL BE IN YET?**

You should know that your rower will most likely not know which boat he or she will be rowing in until a few days prior to the event. The coaches are constantly monitoring performance and do switch things up. If your rower misses practices, his or her performance cannot be evaluated effectively, Coaches are obligated to put their fastest crews together by boat. This often changes. It is an inherent part of a rowing coach's job and not intended to cause your rower distress.

All in all, you will most likely find that Regattas become your life during "the season" and you wouldn't have it any other way. Hopefully you will want to become even more involved as time goes on.

YOU MIGHT FIND THE FOLLOWING HELPFUL IN LEARNING MORE ABOUT TERMINOLOGY AND TACTICS:

Rowing 101, posted on the US Rowing website.

<https://www.usrowing.org/About/Rowing101.aspx>

Excellent glossary of rowing terms, for a sport that is full of interesting language. Also, there is a "Viewer's Guide," "Race Watching Tips," and a host of other information to read when you are trying to understand just what your rower is involved in.

Regatta Central

<https://www.regattacentral.com>

This is THE place to find the information on the upcoming races and previous races. It is helpful if you do the following:

- 1) Find the event on <https://www.boonerowing.com/events>
- 2) Go to Regatta Central and look for the event filtering by date/state/year.
- 3) The page on Regatta Central usually has a lot of information, and should have a link to the website of the event.