

Regatta Tips for Parents

Before the first race of the season.

- Decide on a tote or backpack that you will use as your regatta bag. Pack it with the essentials, and leave it packed for the season. Replenish as the season progresses. Include items such as travel packs of tissues, hand wipes, sunscreen, toilet paper, binoculars, pen and small pad of paper, hat.

The week before regatta race weekends.

- **FIGURE OUT DIRECTIONS.** Check the [saline rowing schedule](#) (or relevant email from coaches) as it includes information about regattas, including where they are, dates, and an address to plug into your GPS or Google. Sometimes the organizers provide a general address, so be sure to check the regatta map as you need to figure out the following:
 1. Where to drop off your rower: Rowers need to head to wherever the boat trailer is parked to help with setup. Parents can drop off rowers right away or can park and the rowers can walk to the boat trailer.
 2. Where to park
 3. Where is the tent area: Parents should head to the tent area as soon as you get to the site and set up your chair(s) somewhere comfortable. If you want to reserve a place near the water, set your chair down as soon as you get there—waterside fills up fast.
- Check out [What to take to a regatta](#).
- Figure out with your rower what he/she will row and make a copy of the lineups if you can. Coaches usually let the rowers know the race schedule.

The night before race/travel to regatta.

- We generally must arrive at race sites EARLY (and ON TIME). Take a few minutes the night before to load the car and lay out clothes for a quick exit in the morning. If you texted or email yourself directions, then remind yourself where you can find them quickly in the morning.
- Prepare any food you need to bring. Leave the bag or cooler near the refrigerator so you actually remember to get the chilled items out!
- Check the weather: Races will take place even when there is some rain predicted—bring something waterproof and lightweight, like a windbreaker with a hood.
- Get to bed on time!!!! It's going to be a long day and you will likely need to drive back home at the end of it.

Racing day

- The schedule lineups could change the day of the race so if you brought a copy of the lineups and that changes it is not surprising.
- Check with your rower on where they are with food intake. Food is the fuel that drives the rower in turn which drives the boat. To avoid running out of energy or eating too much, rowers must eat the right food at the appropriate times (immediately after races and about 2 hours before their next race).
- Regattas are long days and there is generally lots of down time between races. Bring your favorite reading material or a laptop—or hang around the food tent and chat with your fellow parents.
- Regattas results: Where to find regatta results is not an easy task...Sometimes they are on [regatta central](#), sometimes in an excel spreadsheet maintained by the home club. Check with parents of older rowers.