

REGATTAS

Important for parents to remember at a Regatta

Regattas for the coaches is a long day navigating the team and races. Just as you would not interrupt a coach on the field during a game, please refrain from discussing your issues with the coaches at the Regatta. Unless it needs immediate attention, please plan to email or discuss the issue with the coach the following day. Rowing is an intense sport and the rowers often 'let off steam' or frustration after a race. As with many things, letting the issue settle and revisit at another time, often proves to be an effective method, rather than immediately going to the coach.

Regatta for Rowers:

- Prepare for your rower to be there early in the morning and stay all day
- Coxswains often need to be there earlier than the team for a morning meeting.
- Rowers must be on time – We need everyone there to help unload the boat trailer and set up the tents
- Rowers **MAY NOT** drive themselves to the regattas. Please arrange for another adult to drive them if you cannot.
- Rowers are expected to stay the entire regatta, even if they have finished their race. Everyone is needed to load and unload boats and offer assistance is needed for other races
- If your rower must leave before the regatta is over, you must speak to the coaches and get prior approval
- If your rower is sick and cannot attend, please let a coach know as soon as possible.

Regatta Hospitality:

- GBR provides tents, tables, tarps and a grill for the team.
- GBR supplies papergoods, silverware, serving items
- Volunteers set up, grill and break down the site.
- Sign ups are in registration under **VOLUNTEER**
- All members of the team are asked to contribute food and drinks to the regatta. As they are all day events, we provide breakfast, lunch and snacks to our rowers and parents. This is a team pot luck.
- Please watch for a **FOOD SIGN UP** email the week of the regatta
- Please make sure you bring the item you volunteered for. If you know you are going to arrive later than your rower, please send the item with your rower or sign up for something that needs to be there later in the day (ie: lunch items)

What to bring to a Regatta:

- GBR Uniform Tank (please label with rowers name inside)
- Spare clothing, sweatpants/sweatshirts
- Many rowers bring blankets or sleeping bags to nap or relax between races
- Many Parents bring books or laptops to do work.
- Folding chairs
- Rowers often bring schoolwork
- Cameras, zoom lenses, binoculars
- Money – many regattas sell crew swag and regatta tshirts
- Cash for Parking (some regattas charge for parking)
- Sunglasses and Sunscreen

Regatta Information:

The week of the regatta you will receive the following:

- An email to sign up for Food Items
- An email from the coaches regarding boat lineups, arrival and race times

DIRECTIONS TO THE REGATTA ARE FOUND ON THE WEBSITE

Socializing at a Regatta

- Look for our Blue GBR Tent and Banner – kids will recognize our trailer.
- These tents are where the parents hang out and the food is served.
- Rowers will often hang out by the trailer
- Depending on the venue, there are different locations to view the race
- The first race can be overwhelming, please reach out to other parents – they are happy to help.
- Check out these helpful links to better understand the sport and regattas:

[Rowing 101 by USRowing](#)

[USRowing Viewers Guide](#)

[USRowing Quick Facts](#)

[Rowing Terms](#)

[Race watching tips](#)

