

# SCC REGATTA SURVIVAL GUIDE FOR PARENTS

Regattas are fun, relaxing, sociable events – if you have a plan! Here are a few tips from “veteran” SCC parents that will get you started.

## Season Prep:

- 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 (more on that in the “restroom facilities” section later), hand wipes, sunscreen, binoculars, pen and small pad of paper, and head gear like a cap, visor or crushable hat (you will be in the sun all day – plan your head covering accordingly).
- Buy: a sturdy cooler with wheels, folding chair(s) with carrying straps.
- Food vendors are generally on site, but most families like to pack their food. You’ll get to know what is available at various venues.

## Site Tips:

- You will typically have to walk a good distance from where you park to the SCC tent. Make sure the items you bring to the site are lightweight, have wheels and/or good shoulder straps, etc. It is well worth investing in purchasing “the right stuff” if you don’t already have it (keep an eye out for bargains or head to the camping/outdoors department at Wal-Mart and you won’t spend a lot).
- Bring a camera and binoculars (both optional, but you’ll be glad you did)
- Your rower should have a sleeping bag or quilt and a pillow at regattas for comfortable resting between races. You can buy a lightweight, washable, inexpensive sleeping bag at Wal-Mart or Target.
- Generally, you will need to pay for parking so be sure to have some CASH with you (no more than \$5 during season, \$15 for States)

## Getting There:

- If you do not have one, buy your EPass NOW and use a credit card to sign up for automatic replenishment. This will knock quite a bit of time (and frustration) off your trip.
- Go to [spacecoastcrew.org](http://spacecoastcrew.org), print out the directions to Turkey Lake and Lake Fairview, and put them in your glove compartment or regatta bag NOW. You may want to cut and paste the directions into a document and rework it on your own PC so the text is large enough for you to read in the dark. For those of you who have fancy GPS equipment, you can skip this step if you dare (I still like those printed directions as a backup).

## Restroom Facilities:

- Turkey Lake: no issues. Nice uncrowded restrooms in the picnic area (when facing the water, turn left and follow the walking path). Put a couple of tissues in your pocket “just in case.”
- C-54: ick. And no fast food places nearby. Go easy on the coffee and tea and hope for the best.
- Lake Fairview: generally ick. Leave time to make a rest stop just when you are close to the site (trust me on this). If you use the directions on the SCC site, you will notice a nice, clean BP station on your right just after you turn onto John Young Parkway. You can also buy breakfast, lunch food, and drinks there.

## Clothing:

- Generally, it’s chilly when we arrive and blazing hot by noon. LAYER!!! Make one of your layers a windbreaker or something that can take a light rain. Don’t wear shoes that can’t get dirty!
- Bring a hat or visor – it’s a long day in the sun, even at shady Turkey Lake. See “season prep” notes above.

## Planning Ahead:

- We generally must arrive at race sites EARLY (and ON TIME). Take a few minutes the night before to load the car, make sandwiches, and lay out your clothes (**and your rower’s Uni**) for a quick exit in the morning.

### **The Night Before:**

- **Have your rower pack his/her bag** with additional clothing that may be needed, schoolwork to bring, any prescribed medications, inhalers, or EpiPens, and maybe a deck of cards or a game for downtimes between races. Encourage “social” games to help build that team spirit!
- **Load the car** with your regatta bag, chair(s), sleeping bag, a light blanket, and a couple of pillows so your rower can doze back off while you drive. 2 – 3 pillows pile up nicely so your rower can be in a comfortable position (it’s all about the rower!). Your “site” sleeping bag can double as a blanket.
  - GET YOUR DIRECTIONS OUT and put them on the front seat.
  - STICK YOUR EPASS on the windshield if it’s not already there.
- **Prepare any food** you plan to bring. Leave the bag or cooler near the refrigerator so you actually remember to get the chilled items out! Be sure to bring WATER.
- **Brain Support Suggestion:** Tape a note to the door leading to the garage with a reminder of things that are not packed in the car – such as lunch items in the refrigerator (or your rower). It’s tough to exercise total recall at 5 in the morning.
- **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. Coaches will let you know if a race is cancelled due to weather – don’t assume anything!
- **Get to bed** on time!!!!
- **Make sure you have your rower’s UNISUIT ready!!!!!!** It’s generally better to wear this while traveling vs. dressing on site.

### **Arrival and Staking your Claim:**

- Rowers need to head to wherever the boat trailer is parked to help with setup.
- Parents should head to the SCC tent area as soon as you get to the site and set up your chair(s) in the parent tent – or in the case of Turkey Lake, you can also set up near the tent under a shady tree. If you want to reserve a place near the water, set your chair down as soon as you get there – waterside fills up fast.

### **Race and Eating Schedule:**

- The Coaches will send this out before the race, and will also post a schedule at the rowers’ tent. The schedule can change the day of the race.
- Food is the fuel that drives the rower that drives the boat. To avoid bonking or hurling, rowers must eat the right food at the appropriate times. Coaches will post a schedule (i.e., if you are rowing at X, stop eating at X). Please keep an eye on your rower – don’t let them put off eating; it may get to be too late!
- Breakfast is generally provided for rowers at the food tent. If this will not be available, an email will go out.

### **Cheerleading:**

- When any of our boats are coming down the water (not just your rower’s!), line up and do the SCC cheer – at a crisp, winning pace, of course. We are up against some pretty rowdy parents from other crews!

### **Entertainment:**

- 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 SCC parents.
- Turkey Lake has great walking/running paths, so wear or bring the appropriate shoes and get your 10,000 healthy steps in!
- Dogs are welcome at Turkey Lake, but they must be on leash – and please only bring dogs that do well in boisterous crowds! Check the park’s web site for rules.