



## Loyola Academy Rowing Association

### Parents Tips and Information for a Regatta

Welcome to Loyola Academy Rowing Association!

If you never have been to a regatta before listed below are some tips, information and suggestions of items to bring to a regatta.

#### **Tips and Information:**

- Check [www.loyolaacademycrew.com](http://www.loyolaacademycrew.com) for competitions and directions before you go!!!
- The day before an away regatta, the entire team meets at the boathouse to load the boat trailer. A true learning experience for the Rowers.
- LARA has a boat trailer and a food trailer. The coaches drive a rental truck that tows the boats, and the remaining coaches drive on their own. Parent volunteers tow the food trailer.
- Since this is a club sport, LARA is run by the parent volunteers. Help is needed and required, from setting up and taking down the tents to preparing breakfast and lunch for the rowers. You get to know some really nice people, and you get a better view of the sport.
- Either the night before or very early the day of a regatta, parents who have volunteered to set up head to the race area and choose a site for our tents and set them up. We use a **Maroon and Gold Loyola Academy tent** for the food and a **white tent** for the rowers. It can be in the dark when the tents are set up. Help is needed and it is fun.
- When you arrive at an away regatta, you will see that the event area is divided into three sections: **boat staging area, team tent section, and the headquarter/food section**. Look for your rower at the Maroon and Gold LA tent in the team tent section.
- **The boat section is off limits to parents.** The coaches are working with rowers before and after the races and they need the rowers' total attention.
- The races can be an all day event starting early in the morning and ending around dinner.
- The Novice races are usually the first events of the day. Therefore, the Novices, the coxswains and the first of the Varsity rowers go out to the race site first. At times, the bus makes two trips to the site in the morning for the rowers and two for the return.
- The parents drive themselves to and from the race site.
- At away regattas parents usually set a time to meet in the morning and caravan to the race site. Several of these caravans go off in the morning depending on when the races start. This happens through word of mouth.
- The Food Chair and the food crew are the first at the tent site. They make sure the rowers have food and beverages when they get to the site. What a team!
- Parents set up their chairs in front of our two tents. When we have a boat in a race, we walk down to waters' edge and watch the race.
- The Novice uniforms are easy to spot on the race course. They are a maroon T-shirt with a big gold strip across them on an angle.

- The Varsity “uni’s” are not as easy to spot in the distance. Therefore, it is **the oars that help you spot your boat**. The Loyola oars are maroon with one chevron of gold. Several other Jesuit school row as well so the maroon and gold uniform you see out on the water might not be our team, **look for the oars !!!**
- There is a lot of down time and the races are action packed exciting minutes. There are times when we have boats in heats one after the other and times when there is nothing to do but wait and help out the in the food tent!!!.
- At the end of the race there may be **Award Ceremonies**. **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> medals** are handed out on a platform. **Great photo opportunities**.
- **At the end of the regatta all pitch in, rowers and parents**, to take down the tent and load up the food trailer.
- The rowers load up the boats and the regatta is over. We all head home.
- The day after the race the entire team meets back at the boat house to unload the boat trailer. Coach Baldino will inform the kids when they need to be back at the boathouse for this.

### **Suggested Items to Bring to a Regatta**

1. **Lots of spirit and enthusiasm!!** The Loyola Crew program has been around for 21 years. We have a wonderful successful history. We have a lot to be proud of and the rowers, through out the years, have worked very hard to achieve and maintain this history.
2. Map site and directions.
3. Charged cell phones.
4. Folding canvas chairs, a camera and extra film and batteries.
5. Video camera, extra batteries and extra tapes. The race course is very long so the better the zoom you have the earlier you can see and tape the race.
6. Binoculars, again it is a very long course and you want to see how the kids are doing!
7. Plastic bags, large and small to cover your video camera and to cover your chairs if it rains.
8. Plastic tarps for the ground. Many times the ground is either damp or wet. You put your chairs on top of the tarp if the ground is wet or if it rains.
9. Umbrella(s)
10. Blanket(s), an old towel
11. Cards, books, needlepoint etc during down time between races.
12. Dress....The races start early. Parents have to be there to help anyway. The mornings can be damp and cold. Layer your clothes. It could end up being a beautiful sunny and hot day or it could rain. Wear shoes that can handle the rain/mud and a set of Zori's.
13. Sunscreen lotion
14. Sun glasses
15. Chap stick
16. Hat/baseball cap
17. Money!!! The big thing is to buy the regatta t-shirts. They also sell other clothing items like sweatshirts and at times crew jewelry. Food is also sold at these regattas. There is food in our food tent but the rowers come first.
18. Water, if you know it will be a hot day, it is wise to bring or buy your own water. The rowers will need the water supplied by LARA, as it can get extremely hot out there.
19. Starbucks run on your way to the race.
20. The restroom accommodations are usually port-o-potties.

*Thanks to Debora Centioli for this great list of tips!*