

HANDY HINTS FOR A SUCCESSFUL SEASON

Crew is not like any other sport, and neither are our competitions! Regattas are all day, outdoor affairs with many races in several categories. It is definitely a TEAM concept, from having to do jumpies for water bottles to successfully rigging, transporting, and carrying a boat to the launch ramp.

PRACTICE:

- Nobody rows alone! If your rower misses practice, other rowers can miss out on a good practice session. Please treat practice seriously and only miss it when absolutely necessary.
- If your rower cannot make practice, the coach (not another rower) should be called prior to practice start time. Coaches' cell numbers are listed on the web (you may want to program them into your cell). Team Captains may also be called – but make sure you reach someone!
- Cell phones must be turned off during practice. If you must reach your rower due to an emergency, please call the coach's cell number.
- Please schedule doctor and orthodontist appointments for non-practice days whenever possible.
- Practice normally takes place on Mondays that are school holidays unless otherwise noted in advance – don't miss it!
- Rowers are expected to practice the Monday after a race.

RACES:

- SLEEP is critical the night before a race – for you AND your rower (you can't drive safely if you're tired). Make it a point to hit the sack on time.
- We arrive and leave as a team. All rowers arrive at the same time [typically at 7am] for each race. Rowers unload and rig the boats and help the parents set up the tents.
- Rowers do not leave until after the final race is over and the boats are de-rigged, loaded on trailer and the medals are awarded. If your rower must leave the race site early due to a pressing obligation, discuss this with coaches prior to race day – and sign out with the coach when leaving.
- All rowers are expected to help with setup and breakdown – and all rowers should have their wrenches in their bags!
- Make arrangements in advance for your rower to get a ride to races if you do not plan to drive, or if you must arrive late for some reason. Many parents are willing to have rowers stay overnight and provide a ride. For overnight regattas, if your rower plans on staying with another parent...YOU must fill out a Chaperone Form.

FITNESS/HEALTH:

- Rowers are generally expected to do an aerobic workout, like a run, one day a week in addition to workouts at practice. Coaches will let rowers know what is expected.
- Have your rower bring any prescribed medication, inhaler, or EpiPen

FOOD WARNING:

- NO MILK or dairy products before practice or races - unless you want your rower to earn the nickname of "Hurley."

SOCIAL STUFF:

- Pasta Dinners: Parents are invited. Rowers are strongly encouraged to attend – This is a great way for rowers to carb up and get to know their teammates. Watch the Yahoo Groups email for locations and directions.
- Bagel World and Tropical Smoothie are popular for breakfast after practice. Doubles is popular for lunch and dinner. Encourage returnees to invite the new rowers!

**** Be familiar with all the information in the SCC Handbook. Much information at: www.spacecoastcrew.org**