**Indianapolis Rowing Center**

**Quick Parent Guide to Rowing**

**What should I pack for my rower?**

* **Clothing** – The weather can vary so layers are best. For the cooler weather they will need to bundle up while waiting to race and will shed most of those layers while on the water. Pack accordingly.
* **Uniform** – Novice wear an IRC T-shirt and black spandex.
* **Shoes** **and Rain Gear**- Footwear is anything from sport sandals, rain boots, to old tennis shoes. Do NOT send good shoes with your rower… regatta sites can get muddy! Umbrellas, rain ponchos, and trash bags (for keeping their things dry) come in handy depending on weather.
* **Money** - A small amount is always good to have for the “just in case” moments. There are vendors with regatta t-shirts, sweatshirts, etc. If the team will be stopping for food, you will know prior to departure.
* **Water Bottle** **& Small Snack** - Remind your rower to fill their water bottle prior to leaving the hotel in the morning. This ensures they have water especially if they have an early race. In case your rower has one of the first races, you’ll also want to send their favorite protein bar/snack, they’ll want something available to eat before they race.
* **Be sure to label EVERYTHING**! Many items look just like their teammates so please label their items! It will make returning any lost items much easier too!
* **Homework** – Always a good idea to send along their homework so they can make use of some of their downtime, especially the bus rides!

**Teamsnap** - This is our primary means of communicating! This is where you will find everything relating to the current season. **Please make sure update your rower’s availability for each event listed. This is extremely important!**

**Does the team provide meals while at a regatta? -** YES! Food at a regatta is like a huge tailgate. Parents prep, cook, and serve breakfast and lunch at the booster tent. If it’s a one-day regatta then the boosters will send to-go meals with the team to eat on the way home. When we have a two-day regatta the boosters will arrange to bring in a dinner for the athletes to eat at the hotel. We promise nobody will go hungry! Parents can and are welcome to eat at the booster tent. We ask for a contribution of $5 per person per meal for non-rowers. Some regattas will have food trucks.

**Sign Up Genius (SUG)**

Approximately two weeks prior to the regatta you will receive an email with two SUGs, one for food donations and the other for volunteers. The food donations are used to help feed our rowers at the team tent. Once you purchase the items you can drop them off at the boat house. Place the donations in the refrigerators inside the boat house by the date listed on the sign up genius. Volunteers will pack the coolers the night before the booster trailer leaves for the regatta.

**Volunteering**

We couldn’t do it without the help of our awesome parents! The rowers put in a lot of hours preparing for their event and a terrific way to support them is by volunteering at the team tent. You’ll get to meet other parents and get to know the team! A win-win!

All families are required to do 8 hours of volunteering, if they don’t opt out at the beginning of the season. Four of the eight hours must be at a regatta. All hours need to be entered into the volunteer hours form one week after the last regatta of the season. You can find the link to the log in TeamSnap under Media > File Folders> Volunteer Sign Ups > Link to log volunteer hours

**Where do I find the location of the regatta?**

In TeamSnap! Finding the regatta location and then figuring out parking is often one of the adventures of a regatta. If there is a race you want to see, make sure to leave plenty of time to park and get to the venue. Some regattas will require long walks or a shuttle ride to the venue so plan accordingly. TeamSnap and Regatta Central will have the address of the venue. Allow plenty of time!

**What should I bring to the regatta?**

* Binoculars
* Chairs – It’s a long day and you’ll want a place to sit!
* Lots of Layers – The temps can vary from cool in the morning to hot in the afternoon or it could even snow, so layers work well in any season.
* Umbrella/rain poncho/Tall rain boots/waterproof shoes
* Sunscreen
* Heat Sheet – This is the schedule of events which will give you an approximant time of the races with boat numbers. You can locate this on regatta central.

**How do I know which boat my child is in?**

Look for the white oars with the red and black stripes on the tip of the oar. Every junior club team across the country has a unique oar pattern! The heat sheets will have numbers that will be on the bow of the boat. Binoculars come in useful here!

**Buses/Hotels** – The team stays together in the hotel. The boosters will send out the parent block info toward the beginning of the season. Be sure to book early! Parents are not required to attend regattas. The team takes a charted bus to all the regattas. Typically, rowers will need to bring a dinner with them on the bus to eat on the way. Rowers are assigned to rooms by the coaches and will have 4 rowers in a room. Hotel info is also in Teamsnap under the notes section for each regatta.

**How do I know when to pick up my rower after a regatta?** – Your rower will text you when they have an idea of what time the bus will get back to the boat house for pickup.