

## NOVICE PARENT CHEAT SHEET!

Welcome to Wayland-Weston Crew. Here are some key facts to help you during this first season. Also there is a lot of good information on the [website](#) and the [Rowers-Parents](#) page. The regattas are posted on the [calendar](#) and often there is a quick summary of the results of each Regatta on the landing page.

- **RACE DAY REGATTAS**

- **Where do I have to have my kid, and when?**

Each week usually on Wednesday or Thursday the coaches will send an email out with the details of the weekend regatta. This will include the bus schedule (buses often leave at different times depending on race schedule). You can get a general idea of the schedule on [Regatta Central](#) in advance of the formal schedule sent by the coaches. Here is the link for this week's [Textile Regatta](#). The novice rowers tend to row first (i.e. very early). You can look at the Event List in the side bar to get an idea of what time your child will row. We are men's or juniors (HS) as opposed to masters or college. Rowers should arrive to the Beach parking lot 10-15 min before the bus departure time. They can bring a pillow if they want to snooze. Send your child with a protein bar or bagel depending on travel time.

- **What should my child wear?**

Each rower should wear his/her uniform (which for novices is shorts (trou) and the WWcrew top). He/She should dress warm since the weather by the water is often variable. There is a list of "[what to pack](#)" on the website.

- **If you have signed up to work the set-up shift can I bring my only child with me to the regatta?**

The policy is that every athlete should ride the bus with the team. For special circumstances, a parent can request permission to take their child home early but generally this is not ideal since we need all rowers to help load the trailer and unload the trailer (back at the boat house). Staggering of the bus departure times helps to alleviate some of the lengthy waits for the early rowers.

Many students will bring homework to do if there will be a long wait.

- **Does my child need to be a member of UR Rowing?**

Yes --All registrants must complete an online waivers to be eligible to race in the regattas (required by the external regatta organizers).

- Please visit [US Rowing](#) to sign the online waiver.
- Enter club code EUZXC and follow prompts.
- Please take note your child's US Rowing number.

○ **How does the food tent work?**

It is traditional to have a central gathering place for each crew team at a regatta, run by parents. Our goals are to keep our athletes and coaches well-fed, to provide shelter from rain or sun, and to have a place for supporters of the team to get together.

Parent volunteers are in charge of food each regatta. We require that you help with the food tent one regatta per season. We use volunteer spot and a sign-up usually goes out by the volunteer coordinator (this year Elizabeth and Geoff Binney).

As a new parent I recommend you donate some food first and see what the food tent entails the first week and then sign-up for a later regatta. It's quite amazing and all parents and family members can also snack there. If you are volunteering plan to arrive at the food tent 15 minutes before your shift.

○ **When do I get to see my child?**

It's a challenge to see them before a race as they are working on rigging the boat, warming up and getting into a competitive mindset. The best times to see them are:

- About 30 minutes before their race: they will row up the river and often go by the parents – this is a great time to wave and wish good luck as they aren't competing. Many parents have cow bells to ring as it's hard for the rowers to hear. **Look for the maroon and orange oars** – that is the best way to spot WW.
- During the race: Approximately 30 min after they row up river you should see your child's boat zoom by.
- End of race: You can go near the site where they lift the boat out and wave but really you still can't talk with them as they need to meet with their coach and take care of their equipment. It is a good place to quickly give a wave.

○ **What volunteer jobs do you recommend for novice parents?**

- As a new parent you can donate some food for the first race and then see what the food tent entails. Once understanding the process you can then sign-up to help at a later regatta. It's quite amazing and all parents and family members can also snack there.
- Generally novice's race in the morning so set up or morning to mid-day foot tent slots to volunteer. Novice rowers do NOT compete at Head of the Charles so don't sign up for that day.
- You can also be a bus chaperone. This is a great way to get to know the rowers and you help out the coaches.
- There are other opportunities to help without working at the food tent such as boathouse repairs/updates, publicity, volunteer coordinator, board member, fundraising, treasurer, coordinate an event (like the Ergathon or the Wayland Weston Invitational – a regatta we host in the sprint), website and Facebook manager, uniform coordinator photography.....

- If you have a skill and want to get involved there is always ways to help. I suggest reaching out to the volunteer coordinator at [binneyfamily@gmail.com](mailto:binneyfamily@gmail.com) .

- **What's a great way to contribute substantially and still be able to see my kid participate?**

Volunteering and donating food at regattas is a great way to help. If you can't attend you could even sign up to wash dishes the Monday after the regatta

You will always be able leave the food tent to see you child, all parents work together.

- **Where do I find event information, and where do you recommend we park?**

Check [Regatta Central](#) and in particular the name of the regatta (i.e. [Textile Regatta](#) for this weekend) for additional information about parking, schedule..... Parking in Lowell and NH (where most races are) tend to be well organized and usually cost ~\$10. Be prepared to walk, wear boots, coat, even hats since the wind on the water really can drop the temperature. Lowell has a D & D across the street with a real bathroom (a treat compared to other event sites). You need to "Dress extra warmly" -- there's a lot of standing around and the weather can change dramatically over the course of an 8 hour regatta.

- **What do you recommend PARENTS bring?**

Parents should bring a chair, binoculars, rain gear, blanket, camera - WARM CLOTHES!

This is a [document that's on the website](#) with general rowing information. It is older but I'm sure many would find it interesting-