

Summer Racing FAQ's

1) Should my Novice/JV/Varsity rower train 1x a day or 2x a day?

Novice: It really depends on your athlete. Many rowers (especially those who aspire to row on the JV team in the fall) benefit from the 2x a day schedule and see a vast improvement in their abilities over the summer. 2x a day practices also maximizes the athlete's success at the summer regattas. There is more of a focus on small boats and sculling as well as mixing up athletes of different abilities so there is also more variety. A summer carpool to and from practice is very helpful!

JV/Varsity: It is expected that your athlete will row 2x a day and race in the summer regattas.

You can sign up for the entire summer (9 weeks) which is more economical or by the week. If your athlete is in school during the first weeks of summer racing, you can sign him/her up for 1x a day and come in the afternoon.

The link to the main Summer Racing page is:

<http://norwalkriverrowing.org/youth/youth-summer-racing-program/>

2) Which regattas are open to more novice rowers?

There are three regattas open to novice rowers and coaches choose which events to race the novices in based on the athlete's availability. A large white board with the race dates will be set up in the tent at the slab where athletes can sign up for each race. It is important to communicate often with your coach to make sure you know which regattas your athlete will be competing in and in which events.

Sunday, June 29 - Festival Regatta, Lowell, MA

Friday – Sunday, July 4 – 6 - Independence Day Regatta, Philadelphia, PA

Saturday, July 26 - Philadelphia Youth Regatta, Philadelphia, PA

Varsity/JV only:

Saturday – Sunday, August 3 – 10 - Canadian Henley, St. Catharines, ON

3) Is there transportation to and from the regattas?

No – there is no transportation to and from the regattas. Parents are responsible for getting their rower to and from the regattas, booking hotel rooms (if applicable) and providing their athlete with food and drinks. The parents' trailer has the summer off so there are no tents, grills, coolers, etc. Parents generally coordinate among themselves to book hotels nearby and organize food and drinks.

4) Do I have to book a hotel room for every regatta?

It is recommended to book rooms for those one day regattas where your athlete is competing very early in the morning but it's not necessary. The Independence Day Regatta in Philadelphia is the only one that takes place over three days starting Friday, July 4.

5) *What type of equipment should I bring to a regatta?*

A cooler on wheels, a chair with canopy or umbrella or a small tent, a picnic blanket, sunscreen, bug spray, a hat, and a good breathable lightweight jacket.

6) *What are the additional costs for the summer racing program?*

Regatta entry fees are billed separately and sometimes entries change during the course of the regatta so it is important to keep track of the races your athlete competes in.

An estimate of regatta fees can be found at this link:

http://norwalkriverrowing.org/wp-content/uploads/2014/05/Regatta_fees_template2014.pdf

Transportation to and from the regattas, hotel rooms and meals, and food and drinks during the regattas are also additional expenses.

7) *How do I get in touch with fellow parents of summer rowers?*

A Google Drive spreadsheet will be created and a link will be sent to those parents who would like to share their email and cell phone information with other summer racing parents. That way, if you are unable to attend a regatta and need to find your athlete a ride or would like to coordinate hotel rooms, you will be able to reach out to others.