

Royal Canadian Henley Regatta Information Sheet

Website for the regatta - <http://www.henleyregatta.ca/>. List of Events with corresponding event #s can be found by clicking on “List of Race Events”. Starting on the tab for Thursday, you can see the events that go with the numbers. Once you know which event(s) your athlete is rowing in you can figure out what days they will be racing by looking on these pages. Practice times prior to the race will be prearranged by Yuri.

WHAT TO EXPECT IN GENERAL

TRAVEL TO CANADA

Drive time is roughly 7 hours.

You will need a passport to enter Canada

Border crossing can time is unpredictable – it can take 15 minutes to 2.5 hours depending on traffic, security level and drug busts. Make sure you allow for this in your travel planning. Don't cut it too close if you are arriving on the day of a practice or race.

Bridge/Border Crossing Information. EZ pass works on the bridges. From http://www.peacebridge.com/index.php?option=com_content&view=article&id=18&Itemid=639 “Choose which bridge to take. Make an informed decision when deciding which bridge to cross by checking the Peace Bridge Traffic Web Cams before traveling or checking the CBSA website or CBP website to see what their posted wait times are for Niagara Region international bridges. While traveling go to mobile.peacebridge.com on your web-enabled mobile device or **call 1-800-715-6722 to get the wait times for Niagara Region international bridges.** These options are updated hourly. Have proper identification ready to present to the Customs agent. [Click here to view border identification requirements.](#)”

CELL PHONES –

Cell phones don't work once you cross the border unless you have an international plan so you may want to call your phone carrier for a temporary (one week or so) modification to your phone service plan if you anticipate needing your phone. Instruct your athlete to turn their data roaming off before crossing the border (remember to do so yourself too!) or you may come home to a hefty phone bill.

PRACTICE AND RACING EXPECTATIONS – Athletes

All athletes will need to show a photo ID at the race course in order to race. Please make sure they have one with them.

Yuri's preference is that athletes be at the venue by 3 pm on Monday, August 4 in order to practice and to attend the Opening Ceremonies from 7:30-9.

On racing days athletes are expected/required to be at the venue, with all necessary clothing/gear, a minimum of 1.5-2 hours prior to their race. When an athlete has finished racing for the day he/she is expected to do the following BEFORE leaving the venue:

- Take care of their boat/oars
- Ask Coach about any further needs
- Cheer on team mates/help take oars for races occurring close to their race
- Clean up water bottles/trash around boat prep/trailer area

Once the athlete is finished racing for the day, has taken care of the items above and cleared it with Yuri, he/she is free to leave the venue with an adult to rest and/or explore the sites in the area.

When an athlete has finished their final race if the regatta, they are expected to help derig their boat and load it on the trailer before leaving.

PARENTAL PARTICIPATION EXPECTATIONS

All parents are expected to help out. We will be sending out a sign-up sheet for duties. Examples are below. Starred items are those that do not require attendance at the regatta.

- Coordinating lodging and room sharing*
- Arranging athlete dinners*
- Supervising athlete dinners
- Driving athletes to and from the venue
- Supervising/overseeing the tent area
- Stocking coolers with ice and drinks
- Stocking snack supplies (*some of the shopping could be done ahead)
- Arranging for lunches
- Coordinating travel*
- Accountant for shared expenses*

Additional Parental expectations:

- Cheer, ring bells for all our athletes
- Attend to the needs of athletes (hydration, post-race exhaustion, first aid)
- Make sure athletes have water when coming back to the launch area after finishing their race
- Remind athletes to do their share of rigging/derigging, clean-up, etc. Please don't expect to leave with your athlete(s) before this is complete.
- Enjoy this time with a wonderful group of athletes and parents ☺

LODGING – Many families have rooms booked at the Holiday Inn in St. Catharine's, which is about 7-10 minutes from the venue. The hotel is showing up booked online. Some families have still been able to get a room by calling the hotel directly and stating that they are athletes in the Henley. There is a special rate for Henley participants. We do NOT have a block of rooms reserved.

There is apparently a charming, small town about 20-30 minutes away from the venue called Niagara on the Lake with B&Bs, spas and a few hotels.

Niagara Falls is about 30 minutes away from the venue (about 20 minutes from the Holiday Inn). There are tons of hotels near Niagara Falls.

By using either google maps in Satellite view or AAA triptik maps you can see where other hotels are and how close they are to various things.

MEALS

We would like to make group dinner plans for the athletes each night. Generally a salad, some pasta and a chicken dish of some kind. Group athlete dinners will be early – around 5:30 or 6 to allow them sufficient time to unwind before getting to bed early. Adults are welcome to participate in these meals or to make other arrangements for meals.

We will take turns providing snacks and beverages throughout the day at the venue. Gina Frederico has offered to get information about a tent site from the venue. Thank you Gina! We will either rent or bring a tent of some kind. If anyone arriving early and/or leaving late has room in their vehicle for the large parent tent please let us know.

Popular (and good for athletes) Regatta Snacks (many could be purchased ahead of time)

Cliff Bars
Trail Mix
Fruit (Grapes, melon, berries, bananas, apples)
PB&J (bread and crackers)
Nutella
Shot Blocks
Veggies with ranch dip

THINGS TO DO/SEE IN THE AREA:

Niagara Falls is about 15-30 minutes away (depending where you stay) – Helicopter and Whirlpool Boat tours

Vineyards/Wine tasting

Spas in the area

Golf in the area

Niagara on the Lake (cute little town)

Fort George and Fort Niagara

Lake Ontario

Welland Canal Center at Lock 3 (Canal and Lock, Museum with info re: underground railroad)

Estate Tours/Historic Houses