

Steel City Rowing Club

Survival Tips for Parents...

I. Websites

- a. Steel City Rowing Club: www.steelcityrowing.org
- b. The United States Rowing Association: www.usrowing.org
- c. Head of the Ohio Regatta : www.headoftheohio.org
- d. Head of the Occoquan Regatta: www.rowobc.org
- e. Ronin Racing: www.roninracing.com
- f. Regatta Central: www.regattacentral.com
- g. Row2k: www.row2K.com
- h. National Collegiate Athletic Association: www.ncaa.org

II. Supplies for regattas

- a. Portable chairs, umbrellas, lounge chairs
- b. Backpack
- c. Sunscreen/hat/sunglasses
- d. Rain gear – coat and rubber boots
- e. Dry clothes to wear home
- f. Plastic bags for your wet/dirty clothing
- g. Zip-lock baggie to protect your cell phone
- h. Warm jackets, hats, gloves
- i. Blankets and pillows
- j. Binoculars
- k. Camera/Video camera
- l. Books, cards, and board games
- m. Snacks and beverages
- n. Bicycles – Great for viewing at some races (e.g., Head of the Ohio)
- o. Copies of the race schedule (print at home from regatta website)
- p. Addresses/Directions for the race course and hotel (road maps, electronic maps, GPS)
- q. Cell phone numbers of the coaches, team parents, and rowers

III. Recommendations for regattas

- a. Check in at the Parent Tent; Ask how you can help
- b. Arrive early to obtain parking near the race course
- c. Wear layers of clothing; wear clothing that will wash well
- d. Bring dry clothing and shoes for your entire family to wear home
- e. Bring pillows and blankets for sleeping in your car
- f. Bring cash/credit cards to purchase regatta t-shirts and pay parking fees
- g. Remind your athlete to bring cash for food while traveling and a zip-lock baggie for his/her cell phone
- h. Make hotel reservations for your family in a timely manner
- i. Bring hard candy – Your throat will be sore after cheering for SCRC rowers!

IV. Contact information

- a. Coach Laci Tompa: 412-580-7323
- b. Coach Lucy Tuttle-Smith: 412-334-4176

Steel City Rowing Club
Parent Committee

I. Head of the Ohio Regatta

- a. Date: Saturday, October 9, 2010
- b. Website: www.headoftheohio.org
- c. Race Course:
 - i. Location: North Shore Riverfront Park
375 N Shore Drive
Pittsburgh, PA 15212
 - ii. Parking fee – “Event Parking Rate”
- d. Bicycle Trail: Bring your bike and ride from the race start to the race finish. The viewing of the race from the bridges is wonderful!
- e. Parent Tent: Join family and friends at “the tent” to eat, converse, and cheer for our rowers!

II. Head of the Occoquan Regatta

- a. Date: Saturday and Sunday, November 6 and 7, 2010
- b. Website: www.rowobc.org
- c. Race Course
 - i. Location: Sandy Run Regional Park
10450 Van Thompson Road
Fairfax Station, VA 22039
 - ii. Parking Fee - \$10.00
 - iii. Shuttle Bus Fee - \$2.00
- d. Hiking Trails: Sandy Run Regional Park is beautiful! Come prepared to hike or enjoy the shuttle bus ride...
- e. Parent Tent: Join family and friends!