



Upper Arlington Crew



Novice Parents' Regatta Guide

What to bring for yourself...

- Binoculars
Otherwise, your close-up view of your kids will last approximately two seconds.
- Chairs
- Lunch / Snacks / Drinks
Some regattas have food trucks, some do not.
- Clothing Layers
It's Ohio weather, so expect both the expected and the unexpected in any season.
- Rain / Mud Gear
Tall rubber boots for the whole family!
- Umbrella
- Heat Sheet
This schedule of events and boats is available on Regatta Central.

Arrive early!

Parking is often an adventure at regattas. If there is a race you want to see, get there in time to find a parking spot, walk to the water and scope out the best viewing spot. The time it can take to do this should not be underestimated. And for planning purposes, assume everything will be running on time, even though you'll soon learn that's rarely the case.



Oars up!

From a distance, all boats can look exactly alike. The best way to identify the teams are using the oar patterns. Look for these black and gold oars to spot our UA Golden Bears.



What to send with your kids...

- Duffle Bag
Consolidation is the key to ensuring everything that went to the regatta comes home.
- Uniform and Tech Shirt
- Clothing Layers
Check the forecast, and always be prepared for rain. (See also: "What to bring for yourself...")
- Old Shoes
The muddy river bank is not the place for those new Air Jordans.
- Water Bottle
This should be in your athlete's hand anytime it's not holding an oar. No glass bottles, please.
- Snacks / Drinks
Think protein and hydration (no nuts allowed). Breakfast and lunch are often provided, but check the newsletter for details on meals.
- Medication
Chaperones do not administer prescription drugs or have access to epi-pens, inhalers, etc.
- Spending Money
Food stops and souvenir t-shirts are usually part of the routine.
- Homework
Productivity not guaranteed; but a parent can hope, right?!

Get involved!

As you'll immediately see, regattas are quite a production and require everyone's help. The good news is that volunteering is the best way to learn about the team and the sport, and to make new friends.

Label!

Your athlete's brand new UA Crew sweatshirt looks like an awful lot like the other go sweatshirts making the trip. The solution? Label! Those headphones every kid has for the bus ride? Label! Uniform? Definitely label! Your efforts will make the Lost and Found Chair's job much easier, and will save you the cost of replacing items.

