



# Briar Woods Crew Parents' Regatta Guide

## What to bring for yourself...

- Binoculars  
Otherwise, your close-up view of your kids will last approximately two seconds.
- Chairs or Blankets  
Sandy Run in Occoquan has grandstands but you'll be sitting on concrete so a blanket or stadium seat will be your friend.
- Lunch / Snacks / Drinks  
Some regattas have food trucks, some do not.
- Clothing Layers  
Expect both the expected and the unexpected in any season.
- Rain / MudGear  
Tall rubber boots for the whole family! If there has been any rain leading up to the regatta, the trail and park will be muddy.
- Heat Sheet  
We will send a link to the heat sheet showing the schedule of events and boats.
- Cash  
Parking, concessions and merch tents will often times only accept cold hard cash.

## 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.



## Get involved!

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

## 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 Blue and Orange Oars to spot our Falcons.



## What to send with your kid...

- Drawstring Bag or Backpack  
Consolidation is the key to ensuring everything that went to the regatta comes home.
- Team Uni
- Clothing Extras and Layers  
Check the forecast, and always be prepared for rain or shine. Layers are never a bad idea. A dry shirt and extra pair of socks with a bag to put wet clothes is often helpful.
- Old Shoes  
The muddy riverbank is not the place for those new Ultraboosts.
- 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. Breakfast and lunch are often provided but check the pre-regatta email for details.
- Medication  
Coaches 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.
- Hammock (optional)  
The kids like to "hang out" between races.

## Label!

Your athlete's brand new BW Crew Hoodie looks like an awful lot like the other 50 hoodies? The solution? Label! Those headphones every kid has for the bus ride? Label! Uniform? Definitely label!