



Hello Fellow Crew Families,

Here you will find information that will ease your transition into the world of rowing. Many new parents feel overwhelmed and confused, as this sport is unlike any other. They don't know what to expect or how to contribute, so we hope this overview will help you feel like a part of the team, as well as understand how the team operates on a hospitality level.

Mercy Crew has developed a Hospitality Committee to handle the many aspects of crew events including transportation, meals, hotel arrangements for out of town regattas, and organizing special events such as the Crew Mass and Banquet.

The Mercy Crew Hospitality Tent is our home base when our girls are rowing. This is where you will find the parents, team, and families at all events. If the girls are not there, then they are at the boat trailer or on the water for a race. Even if rowers are not racing, they should be assisting their teammates with rigging, launching, de-rigging, and packing the trailer. At the Hospitality Tent, the Hospitality Committee provides hot meals, hot and cold beverages, and snack items for the team and their families throughout the day.

The Hospitality Committee obtains the food served at each regatta in two ways: 1) each family is asked to donate a specific item which has been assigned to them ahead of time (for example, if you are asked to bring 2 bunches of bananas, you will bring them to each regatta, each day you attend); and 2) food is purchased to prepare whatever hot meal is being served at that particular regatta. If a rower attends a regatta, she is expected to pay for meals. It is the responsibility of each rower to fill out the reservation form available on the website and pay via check or cash to the hospitality person listed on the form. It is crucial that you watch for these forms and return them quickly as Regattas are almost every weekend during the season. For planning purposes, you are requested to reply and pay in advance for all meals.

Family volunteers plan the menu, purchase the amount of food needed for the regatta and clean up the site. All families are expected to volunteer for meal preparation for at least one regatta per season. Help is available for menu selection and quantity of food needed. Some food items are kept in stock and don't need to be purchased for every regatta, such as oatmeal and condiments. Please check with the hospitality committee before purchasing these types of items to see if we already have them. **The Hospitality Committee will provide reimbursement for any expenses incurred.** Volunteers then organize and prepare the meals at the regatta site. Grills, pots and pans, utensils and everything needed to prepare meals will be at the regatta site in the trailer—volunteers do not need to bring those items. Usually several people work together to prepare and cook meals and it can be a lot of fun! Parent volunteers are also in charge of preparing hot beverages, cold beverages, and more. Please do not shy away from volunteering. Crew is a family sport that requires your time and effort to be successful.

Two highly important functions need to be handled at every regatta... the hot and cold beverage coordinators. The hot beverage family is responsible for keeping coffee and hot water supplied to the team and their families throughout the regatta day. The cold beverage family brings ice and water to regattas and ensures that everyone has an adequate supply of Gatorade and other cold drinks. Please consider volunteering for this honored job!

For some regattas, the entire team will be rowing but for other regattas only selected rowers will participate. Coach will inform the girls ahead of time as to which regattas in which they will be participating. You only need to provide your food item for the regattas your daughter will be attending.

OUT OF TOWN REGATTAS: For out of town regattas that require a hotel stay, the reservation form will be for meals and for the hotel fee. Rowers are strongly encouraged to stay in rooms with team members. The Hospitality Committee will reserve rooms for all rowers participating in the regatta. If you have a situation that requires your rower to have a different arrangement, please notify us as soon as possible for planning purposes. Rowers not staying in team rooms are expected to stay with their parent(s) in the same hotel as the team. The Hospitality Committee usually reserves an additional block of rooms for parents, however, it is the parent's responsibility to make his/her own reservation from this block of rooms, secured by his/her credit card, if he/she needs overnight accommodations.

CANADIAN REGATTAS: Mercy Crew participates in several regattas that are held in Canada. Currently you can use a Birth Certificate with a raised seal along with a photo ID to cross the border but in the near future a U.S. Passport will be required. If rowers are not traveling with a parent, they will also need a letter authorizing them to cross the border with another adult if the rower is under 18. A link to this form letter is provided on the website. Rowers will also need their school ID since most regattas in Canada require this documentation. The rower is responsible for having these documents with her at all times. Always check BEFORE you leave Rochester to make sure you have the proper documentation.

MERCY CREW FAN WEAR: You can show your Mercy Crew spirit by wearing a Mercy Crew T-shirt, sweatshirt, jacket or more. To see the selection and place an order, go to: <http://mercycrew.promoshop.com>.

ROWER UNIFORMS: Information will be sent home in the near future regarding team uniform requirements and how to order them.

REGATTA SURVIVAL GUIDE: Please see the following page.

We hope this will be of some help to you over the season. If at any time you should have any questions or concerns, please contact any one of us. It is our hope that you will find this sport as rewarding as your daughters do.

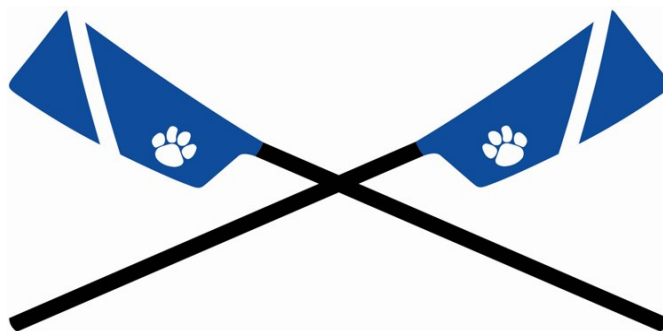
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HOW TO SURVIVE A REGATTA

Below is a list of items you may want to have with you at a regatta:

- Portable chair
- Sunscreen
- Sunglasses
- Binoculars
- Rain gear - definitely boots
- Water bottle (for cold beverages)
- Travel mug (for hot beverages)
- Book, magazine, music - something to do - this is not a spectator friendly sport!
- Camera (a zoom lens will make a BIG difference if you have one)
- Warm clothes (including gloves/hats)
- Blankets or sleeping bag for you or your rower to stretch out on



It is important to remember that the weather can change suddenly, and it's not uncommon to need warm clothes or rain gear followed by sunscreen later in the day.

Parking at regatta sites is not usually spacious. You may have to walk quite a distance or take a shuttle bus, depending on the regatta.

Rowers launch well before their race time so if you or your family want to see your daughter BEFORE her race time, keep this in mind. Race times are also estimates and the later the time, the more "estimated" it becomes.

The boat trailer area is typically a very congested area meant for rowers and coaches only. Use caution if you do walk through this area.

Most regatta hosts sell T-shirts. If you plan to buy one for your rower, do it early in the day because the size selection gets slim by the afternoon. T-shirt costs vary but usually start at about \$15.00.

Most regattas will have vendors selling items such as clothing, jewelry, posters, etc. This is a great opportunity to purchase birthday and/or holiday gifts for your rower.

Regatta days are long. If you are bringing smaller children, keep this in mind. Electronic games, portable DVD players, books, etc. are a great idea.

The rowers may not leave the regatta site until all racing is completed and the boats have been safely loaded on the trailer. The Coach will let them know when they can leave. Most importantly, have a great time!