

Regatta Preparation



Night Before Regatta:

- **Dinner:** Eat a familiar, carb-heavy meal such as pasta or rice, with moderate protein. Avoid new foods, high-fiber, or overly greasy meals to prevent stomach issues.
- **Sleep!:** Before each regatta, plan to get a full night's sleep. Pack all gear, and consume a familiar, high-carb meal to ensure you are physically and mentally prepared. Key tasks include prepping healthy snacks, hydrating well, setting alarms, and visualizing success to manage nerves. Keep the routine light and calm.
- **Monitor the weather!** Regattas can be much colder and wetter.
- **Pack smart:** Always come prepared for an unexpected change in weather conditions. Bring athletic shoes, flip flops/slip-on sandals and a dry change of socks. Bring an extra change of clothes. For cold weather, wear layers (SCC long-sleeved base-layer to wear under racing uni/tanks), long pants, waterproof jackets.
- **What to bring:**
 - Homework, a book, and phone.
 - A filled water bottle/electrolytes and snacks (like fruit, energy bars, or crackers), small meal (if no meals are being provided).
 - Money for t-shirts or other regatta gear/souvenirs.
 - Sunscreen, sunglasses, and a brimmed hat.
 - Insect repellent.
- **Remember:** HYDRATE!!

Day of the Regatta:

- Always go to the trailer first when you get to the race course. Boats need to be rigged, and your coaches need to know that you're here.
- Pre-race food: Eat a healthy and light breakfast before your race. Stay away from greasy food or a lot of protein. Some rowers find that yogurt (particularly high fat/whole milk yogurt) and carbohydrates, like bagels and cheese, do not bother you when you row. If your race is at the end of the day, eat a good breakfast, but light lunch.
- Stay hydrated!

At the Regatta:

- Be conscious that you are representing SCC and always show good sportsmanship at regattas.
- In addition to rigging boats and being prepared for your race, be aware of other jobs that might need filling at the regatta. Please pitch in when you can. Parents can always use help packing up food, tents, and with the food trailer.

Good Luck Space Coast Crew!