



Loyola Academy

Rowing Association Handbook

This handbook is designed to provide rowing team members and parents with a baseline understanding of the rowing program at Loyola Academy.

Additional information and regularly updated materials can be found on the LARA website at www.loyolaacademycrew.org.

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1 OVERVIEW OF LOYOLA ACADEMY ROWING ASSOCIATION

1.1 Mission Statement

Founded in 1985, Loyola Academy Rowing Association (LARA) provides a rare, highly desirable opportunity for Loyola Academy students to participate in the sport of rowing. Of fundamental importance, LARA believes that the arduous, demanding nature of the sport creates the ideal environment for the physical, mental, and spiritual development of student athletes. To this end, LARA endeavors to lead students toward recognition, appreciation and fulfillment of their true athletic potential through the shared pursuit of winning both the MSRA Midwest Championships and the SRAA National Championships. The teams, as constructed, strive toward excellence with dedication to Jesuit ideals, including aspiring to become “Women and Men for Others.”

MSRA = Midwest Scholastic Rowing Association; SRAA = Scholastic Rowing Association of America.

1.2 Legal Structure

LARA is a not-for-profit 501(c)(3) organization that is funded exclusively through rowing fees, fundraising and the generosity of its donors and sponsors. This organization, governed by an unpaid, volunteer Board of Directors, is responsible for the daily administration, long-term planning, financial support and manpower for the operations of the program—including practices and competitions. The LARA Board of Directors selects the Director of Coaching (Head Coach). The Head Coach serves at the direction of the Board of Directors and is responsible for hiring a full coaching staff, managing practices and scheduling competitions. Rowing is a competitive club sport at Loyola Academy and is not funded by the school.

The on-water home of LARA is the Dammrich Rowing Center, a facility of the Skokie Park District, in Skokie, Illinois. The idea for the Center was conceived by Judge Dunne, LARA’s first President. We honor the memory of Judge Dunne and his many years of service to the program with the establishment of the Judge Arthur Dunne Memorial Fund and an annual regatta called the Judge Dunne Invitational.

1.3 Organization

Contact information for the LARA Board of Directors is available on the LARA website (www.loyolaacademycrew.org). Feel free to contact any Board member with questions about the program.

1.4 Communication

LARA uses many forms of communication. The LARA website referenced above is our most comprehensive source of information for rowers and parents. Please check the website frequently as it contains real time information about contacts, practice/training, regattas, photographs, forms,

links and more.

In addition, LARA communicates through emails and a quarterly newsletter. Be sure that you provide a current email address in your registration.

You can also elect to join one or more distribution lists of LARA's GroupMe account, which are used as a text messaging platform. This platform allows coaches and the club to quickly disseminate useful data and pointers to LARA team members and parents. This communications channel (via GroupMe app) is intended to be one-directional (i.e. from coaches/regatta planners to the parents/team). As such, please do not reply to any GroupMe messages (unless otherwise specifically requested to do so). Given the sizable team and parent-body that we have, this should keep the communication- flows pertinent and streamlined for everyone.

The LARA mailing address is: LARA, P.O. Box 599, Glenview, IL 60025-0599

2 REQUIREMENTS FOR PARTICIPATION

2.1 Forms/Registration

All participants must complete an online registration for both the fall and spring seasons. In addition, all athletes must complete student athlete forms required by the Loyola Academy Athletic Department. Any rower who has not completed the appropriate Loyola Academy forms by the stated registration deadline will not be allowed to participate in practice thereafter. There are no exceptions to this policy.

2.2 Athlete Pre-participation/Physical Examination Forms and Permission Form

Loyola Academy requires a yearly physical examination prior to athletic participation including rowing. The physician physical form required for incoming students serves as the form for freshmen. Sophomores, juniors and seniors must complete the physician physical and permission forms found on the Loyola Academy website.

2.3 Medical Permission to Treat and Release and other Waivers and Forms

Each athlete's parent(s) or guardian(s) must complete the permission to Treat and Release Waiver, as well as any other such waivers and forms that are determined necessary in a given season, as part of the registration process. Emergency contact and medical information is also required by LARA and is kept for all practices and regattas; it is kept confidential and only made available to a coach or chaperone as needed.

2.4 US Rowing Membership and Waiver

Rowers must register for US Rowing and complete an online US Rowing Waiver annually.

Instructions; a link to US Rowing is included in the LARA registration process.

2.5 Rowing Code of Conduct

The student athlete and one parent/guardian must review and adhere to the LARA Rower Code of Conduct and LARA Parent/Guardian Code of Conduct available on the LARA website.

2.6 Swimming Proficiency Certification

You do not need to be a great swimmer to row; however basic swimming skills are required. It is possible that a boat capsizes, and rowers must have the ability to swim to safety or tread water until help arrives. A swimming assessment is required for all rowers.

All athletes will need to demonstrate the ability to float and/or tread water for ten minutes, put on a life jacket while floating and swim a total of 50 meters.

If any athlete is unable to meet the above criteria to the reasonable satisfaction of LARA coaches, they will have one (1) month to retest. During this time the student will be required to wear a personal floatation device while on the water. Failure to take and pass the retest will result in disqualification from the team, given safety considerations. All athletes participating in the fall season, and any new joiners thereafter and during the spring season, will be required to comply with such swim test standards.

2.7 Fitness Test

Each Varsity Men's and Varsity Women's athlete will be required to pass a basic fitness test (as determined and announced by the coaches) at outset of each season in order to be admitted to the team.

2.8 Academic Eligibility

Prior to participation and throughout the season, a rower must satisfy all Loyola's academic eligibility requirements as, *inter alia*, described in the Athletic Training Code. A copy of this Code is contained in the Loyola Academy Student Handbook. The Athletic Training Code also describes the consequences for failing to satisfy such academic eligibility requirements.

2.9 Loyola Academy Code of Conduct

The Loyola Academy Conduct and Discipline policies and Athletic Training Code apply to all rowers. The Athletic Training Code provides a description of the responsibilities and the consequences for any violation.

3 FINANCIAL INFORMATION

3.1 Financial Obligations

In order to participate in rowing, each rower family must pay all fees and participate in fundraisers. LARA is not funded by Loyola Academy and therefore all costs of the program must be covered by the fees assessed to rower families. Each season, the LARA Board calculates such fees by determining the anticipated costs of operation during the season. These costs and the number of rowers determine LARA's fee schedule. Program costs include equipment repair and replacement, coaches' salaries, insurance, regatta fees, hotels, bus transportation, spring training, regatta food, and administrative costs. For certain selective or qualifying regattas, including but not limited to, Head of the Fish and SRAA National Championships (and other such regattas that may vary from year to year) an additional fee is charged to participating rowers. Novice rowing uniforms are included in LARA's registration fees; however, varsity rowers are required to purchase their own rowing uniforms, and both novices and varsity rowers are required to purchase their own travel uniform.

3.2 Financial Aid

LARA wishes to make the sport of rowing available to any interested Loyola student-athlete and endeavors to ensure that no student is unable to do so for financial reasons. A limited amount of financial assistance is available to families that demonstrate financial need, and is available to cover registration fees, special regatta travel fees and uniform costs (to the extent needed). Financial aid is made available by LARA due to the generosity of past and present rowers, their families and other supporters of the program. Each family is expected to pay as much of the fees for their rower as possible. For further information about financial aid, please contact the LARA Treasurer (LARA treasurer1@gmail.com) for a *confidential* application to be considered by the Finance Committee.

3.3 Registration, Payment and Refund Policy

Registration and payment in full of the entire season fee or as commitment to a selected installment/payment plan (offered in the online registration program) is due for each of the fall and spring season. A rower who has not registered will not be able to attend practice or participate in a regatta until his or her registration is complete.

Any rower who has completed all the registration requirements but is delinquent in their fees will continue to be a member of the team and may participate in land training (but not on-the-water training or regattas). However, payment arrangements for extenuating circumstances are available and can be made privately with the LARA Treasurer.

No refunds will be issued if a rower becomes unqualified to participate due to academic

ineligibility or violation of the policies of Loyola Academy provided in the Loyola Academy Student Handbook that includes the Athletic Training Code. No refunds will be issued after the ten (10) calendar day immediately following the close of registration for either season, other than for reasonable attributable to an injury.

Any rower who is injured while training or competing in rowing and is unable to compete for the remainder of the season as determined by a Loyola Academy trainer or medical doctor will receive a *pro-rata* refund. The amount of the *pro-rata* refund will be calculated by multiplying the amount paid to date and the fraction of the total number of days from the start of the season to the date of injury over the total number days in the season.

Loyola Academy also requires all participants in extracurricular activities to be in good standing with the Loyola Academy Business Office.

3.4 Fundraising

We are fortunate that past participants and sponsors have generously supported LARA. This has enabled LARA, together with the Skokie Park District, to build and equip the Dammrich Rowing Center and to purchase trucks, trailers, shells, launches and other equipment that the LARA program needs and uses. Each season, LARA organizes several fundraising initiatives which offset the overall costs of the LARA program and contribute to the program's facilities and equipment. LARA's annual Ergathon is an important fundraising event in which all rowers are required to participate.

3.5 Donations

Because LARA is a 501(c)(3) organization, cash and in-kind donations are tax deductible. Contact the LARA Secretary (larasecretary@gmail.com) or LARA Treasurer (laratreasurer1@gmail.com) for more information about sponsorship and donation opportunities. A tax receipt will be issued for the value received for all donations.

4 ROWING SEASONS

4.1 Fall and Spring Seasons

Loyola Academy rowers participate in two seasons: fall and spring.

The fall program for Varsity rowers typically starts in mid-August, usually the week **before** classes begin at Loyola Academy. The Novice season 'call-out' is typically held during the first week of school. The fall program ends in late October or early November. Practices are held immediately after school and on most Saturdays.

The spring season for Varsity begins the first day of school after Christmas break. The spring

season for Novice begins shortly after the Varsity season begins (and with a call out for new, novice rowers). The spring season ends in May after MSRA Midwest Championships or, for qualifying rowers, at the end of SRAA National Championships. Varsity and Novice members typically practice five to six days a week.

4.2 Training During Spring Break

All student-athletes are expected to participate in a mandatory daily spring-training program during spring break. Unexcused absence from this training will result in sitting out at least one regatta (as and when determined by the coaches) as well as impact boat and seat assignments, which student-athletes will need to compete to reclaim. Spring break training for both Varsity and Novice team members is typically held in Tennessee. Certain injured or non-participating student-athletes may not attend LARA spring training, as determined in the reasonable discretion of the coaches.

4.3 End of Season Meeting and Banquet

At the end of the year, LARA hosts an Annual Meeting and Banquet to recognize and celebrate the successes of both seasons. Rowers and parents are strongly encouraged to attend this year-end celebratory and social event. An invitation with payment instructions will be forwarded prior to the event. A raffle, silent auction, or other fundraising activity may be conducted at the Annual Meeting and Banquet.

4.4 Winter Conditioning

Winter conditioning takes place throughout November and December to help Varsity rowers and coxswains stay in shape between the fall and spring seasons. These workouts include running, weight training, and ergometer work and are conducted after school and on Saturdays at the Dammrich Rowing Center and/or Loyola Academy.

4.5 Summer Programs

LARA hosts a summer program for current and alumni rowers called 'Channel Rats' that is held at the Dammrich Rowing Center. All continuing rowers are encouraged to participate in this summer training as well as take advantage of other summer opportunities through US Rowing, Collegiate Programs and Clubs.

5 PRACTICES

Please consult with the coaches and website for the up-to-date practice schedule for each season. Changes may occur from time to time, and be announced directly by the coaches to the rowers. Practice takes place in all types of weather. Rowers should always have appropriate clothing.

5.1 Location

Practices are held at the Dammrich Rowing Center, located at 3220 Oakton Street, in Skokie, IL (unless otherwise indicated). The boathouse is located on the North Shore Channel of the Chicago River System. The coaches' office and rowing tanks are located on the first floor and ergometers and a weight room on the second floor. The boathouse is flanked by two boat bays. The easternmost boat bay stores the LARA shells and oars. We share the majority of this boathouse facility (tanks, docks, boat racks and the large ergometer room) with a number of other high school, college and club rowing teams. All rowers and parents should be respectful of the shared rights of all teams at the boathouse. LARA practices may also be held from time to time at Loyola Academy.

5.2 Transportation to and from Dammrich Rowing Center

LARA provides bus transportation on full school days for novice rowers from Loyola Academy to the Dammrich Rowing Center. The bus leaves from school promptly 10 minutes after school is dismissed. If a rower misses the bus, he or she should immediately contact his or her coach. Rowers who do not take the bus must arrange their own transportation to the boathouse. All rowers must arrange transportation from the boathouse after practice. Rowers are also responsible for arranging transportation to and from the boat house on weekends, as there is no bus transportation provided on weekends. Because the parking lot at the boathouse is small and crowded, we encourage the use of carpools. A larger parking lot north of the boathouse is accessible from Main Street at Sam's Club Plaza.

5.3 Suggested Gear for Practice

Practice and regattas are held irrespective of weather; rain or shine, hot or cold. Consequently, rowers should be equipped for *all types* of weather. Rowers are discouraged from wearing loose clothing on their torso and legs as it may, inter alia, catch on the slides of the equipment.

Below is a list of suggested gear for practice:

- Water bottle
- T-shirt or tank top
- Spandex shorts
- Pants – long black to match the uniform
- Tops – long sleeve black to match the uniform
- Socks: 100% cotton, cheap – purchase one dozen
- Gym shoes
- Sweatshirt, sweatpants
- Knit hat for the cold, baseball hat for the sun

- Slaps - one pair Adidas (or the like) with just one strap across the toes
- Jackets - Lightweight rainproof, polar fleece for the cold

6 REGATTAS

Each season LARA participates in several regattas or races. Some regattas are at the Dammrich Rowing Center or close enough to drive to early on the morning of the race and return the same day, while others require bus or even airplane transportation and hotel stays. The website contains details about the regatta schedule. LARA provides food for the rowers and their families at the regattas. Parent volunteers are needed for several functions that are essential for the success of each regatta.

Student-athlete attendance at regattas will be as determined by the coaches; injured or non-racing / participating student-athletes may be requested not to attend certain regattas, as determined in the reasonable discretion of the coaches.

Suggested Gear for Regattas

In addition to the suggested gear for practice, rowers should bring the following to regattas:

- Uniform shirt
- Uniform spandex shorts
- If travelling, travel uniform half-zip top
- Boathouse jacket and pants for Varsity, sweatshirt and pants for Novice
- Waterproof first aid tape 1" (white) – two rolls
- Band aids for hands and heels
- Waterproof sunscreen
- Polarized sunglasses with strap to keep them from falling off
- Playing cards, books and homework for down time

7 TEAM POLICIES, RULES AND REGULATIONS

7.1 Practice Policies

Rowers and coxswains must attend all practices. Rowers are assigned specific sides and boat seat positions. If one rower does not attend practice, then the seating of an entire boat will need to be adjusted and/or unable to practice. Practices are planned to maximize boat time on the water.

7.2 Absences

Absenteeism by one athlete adversely affects all other athletes in the same boat, therefore commitment to the team and attendance at all practices and races is expected. 'Excused absences' are only granted for serious illness and injury, religious holidays and family emergencies. Seniors are excused for three (3) 'official' college recruitment visits. All other absences are treated as unexcused, absent a decision otherwise in the reasonable discretion of the coaches. An athlete who has accumulated (3) unexcused absences will forfeit his/her seat in the next upcoming regatta of the season but may (in the discretion of the coaches) nevertheless be required to attend the regatta to support his/her crewmates. Thereafter, any such athlete will then have a 'clean slate' of zero (0) absences with which to approach the remainder of the season, with the same rule applying in respect of three (3) future absences. This attendance policy is enforced to ensure fairness for those athletes who commit to showing up to scheduled practices and races.

There are also specific dates that are Excused for the ACT and/or SAT standardized tests and Kairos retreats. These will be communicated to athletes each year.

7.3 Release from Class

Rowers must consult their teachers prior to missing classes when required to be absent from school for a LARA rowing activity. Rowers shall follow the procedure of Loyola Academy for notifying obtaining teachers prior to missing their classes. All work should be made up according to the policies of the teacher.

7.4 Behavior at the Boathouse

The boathouse is a shared and crowded facility. Rowers are expected to exhibit mature, respectful and polite behavior at all times. Rowers are expected to demonstrate pride in the team, Loyola Academy and themselves by avoiding horseplay. They should not touch, move or handle things that do not belong to them. This includes personal items and other team's equipment. Personal duffle bags and personal gear are private property. Rowers should not open another rower's bag or borrow his / her gear without permission.

7.5 Safety Rules

All boats must be accompanied by a coach's launch after moving out of the designated launching and docking area. Rowers should *not* row out of sight of a coach. If a boat swamps or turns over, rowers should stay with the boat. The boat will remain afloat until the rowers can be picked up by the coach's launch. Rowers should **NEVER LEAVE THE BOAT**. When moving a shell or when in a shell, follow the directions of the coxswain and the coach. If an athlete is injured, promptly notify the coach.

7.6 Equipment Rules

Rowing equipment is very expensive and must be handled with care. Boats and oars are very long and

have a large swing radius when being moved, and can cause injury to others or damage to equipment if not carefully handled. Follow all directions regarding the handling of equipment. If you have questions, ask your coxswain or coach. Unnecessary talking / horseplay is not permitted when handling equipment. Student-athletes should always focus on the task at hand. All rowers must participate in routine cleaning and maintenance of equipment. Rowers are encouraged to report any equipment problems immediately to a coach.

7.7 Snow Days

During the winter season, due to heavy snowfall, school may be closed and/or students assigned remote-learning. When this occurs, LARA will endeavor to notify parents and student-athletes via email and GroupMe text. Practice will be cancelled and instead an 'at-home workout' will be suggested.

8 BOAT AND SEAT ASSIGNMENTS

Rowing is a *competitive* sport. The goal is to give every rower an opportunity to compete in a regatta/race at least once each season; however, only a limited number of rowers are placed in the "1" boats. Athletic ability, seat racing, ergometer times, conditioning, attendance, and attitude all play a part in determining the coaches' decision in determining the makeup of a boat. Rower illness, injury and absenteeism may impact boat assignment and rowing. Our LARA coaches are focused on seating fast boats that have the best opportunity to win heats and events.

8.1 Earning a Seat and Boat Selection

There are some general guidelines used by the coaches to equitably select the fastest crew. The seats at either end of the shell (bow pair and stern pair) have a disproportionate influence on the balance of the shell. Generally, the most technically sophisticated rowers are put there. The stroke is responsible for establishing the rhythm and intensity of the entire crew. The center seats of the shell are the 'engine room' and one generally finds a little more horsepower there. In rowing, the fastest crew is always more than the sum of its parts.

A major strength of the Loyola Academy Rowing Association is the depth of its talent. Each year the coaches struggle with the difficult decisions of which rowers to put into which boats. Parents, and Board members have no say or influence in boat lineups and seat placement, and should refrain from attempting to directly or indirectly interfere with this process. Here are some of the assessments that coaches make in their selection process:

Rowers

- ✓ Attitude

- ✓ Consistency
- ✓ Attendance
- ✓ Academic Eligibility
- ✓ Ergometer scores
- ✓ Racing experience and past performance
- ✓ Seat racing results
- ✓ Subjective analysis of boat moving ability

Coxswains

- ✓ Attitude
- ✓ Consistency
- ✓ Attendance
- ✓ Academic Eligibility
- ✓ Leadership and motivation
- ✓ Racing performance and past performance
- ✓ Steering
- ✓ Technical knowledge of racing
- ✓ Tactical knowledge

8.2 Seat Racing

Seat racing is one of the most effective ways for a coach to determine which rower makes the boat go faster. Two boats race against each other. Upon completion of the race rowers are switched to the other boat and the identical race takes place again. The coach then compares the results.

9 INFORMATION FOR PARENTS

9.1 Parent Meeting

Mandatory Parents' Meetings occur at the beginning of the fall season for both novice and varsity teams; and at the beginning of the spring season for new joiners. Vital information about LARA, rowing and the coming season are presented at these meetings.

9.2 Resources

Visit our website (www.loyolaacademycrew.org) for more current team information, the events calendar and information about the sport of rowing, terminology, videos and more. You can also LIKE us on Facebook, Twitter and Instagram to stay in touch.

9.3 Parent Commitment & Volunteerism -- We Need Your Help!

The success of LARA is heavily dependent on the commitment of the parents/guardians of our student-athletes. Parental involvement is necessary for LARA to provide successful rowing experiences to its student-athletes. Getting involved also provides parents with an opportunity to see their student compete, and to meet LARA coaches, team members and parents.

Every parent/guardian is expected to volunteer in some capacity during each season. It is not enough to donate funds or food/supplies – each parent is also needed to volunteer for a hands-on activity during a regatta / event each season.

Prior to each regatta, parents are asked to volunteer for various roles / functions needed to successfully implement a regatta (e.g. tent set-up and take-down, food preparation and serving, loading / unloading the chuck wagon, parking lot management, etc).

Additionally, prior to each regatta, parents are asked to donate food items and supplies (e.g. bagels, granola bars, fruit, pasta, water and Gatorade) to supplement the food purchased and prepared at regattas.

Such contributions are managed with the SignUpGenius used by LARA...please keep an eye out for sign-up opportunities that are communicated throughout each season.

9.4 A Coach's Advice for Parents

Prior to a race, rowers are getting themselves mentally prepared for the physical effort required of rowing. Please try not to disrupt their concentration during this time. If you would like to have rowers pose for a picture, please do so after the race. Please do not attend coach's meetings with the team unless you have been invited by the coach.

No parent should be anywhere near the trailer or the team prior to a race or immediately afterward without the permission of the Head Coach. The trailer area should be considered the team's (outdoor) "locker room" (similar to the football or basketball team), where parents' access is prohibited.

Many of our regattas are away from home. Since this makes it hard for other Loyola Academy students to support the team, rower family support is that much more important. Please try to attend at least some of the team's 'away' regattas. Unless there are specific reasons requiring early departure, approved by the coach in advance of the regatta, all rowers are expected to stay to support all boats throughout each regatta and to assist with packing up and readying to leave.

Rowing is one of the most physically demanding sports. It demands high effort from all of the major muscle groups (arms, back, shoulders, and legs) and burns energy about twice as fast as running.

Naturally, rowers need adequate rest and healthy diets, high in carbohydrates and low in fats.

As with all sports at Loyola Academy, alcohol or other drug use is cause for being dropped from the team. Refer to the Athletic Training Code found in the Loyola Academy Student Handbook for details.

As mentioned above, the selection of rowers for a particular boat is the coach's job -- not the team's, not the stroke's, not the coxswain's, and not the parents'. Please respect the coaches as the final authorities on boat selection and rowing matters. The decision about which boat any one rower is placed in is a complicated process, and based on *inter alia* the student-athlete's strength, personality, technique, which side he/she rows on (port or starboard), attitude, and the nature of the event (whether a four or eight boat race, whether a "youth" or lightweight event, etc.). Sometimes a coach's decision may be unpopular, especially if changes are made late in the season, after a crew has gotten used to rowing with each other.

Please give the coaches the benefit of the doubt and credit them with doing their best to make decisions that are for the good of the overall team and the success of the LARA rowing program. Coaches seek to create the fastest possible lineups – and while decisions are subjective, they are not personal.

As noted above, please plan to attend as many regattas as possible to support your student-athlete, and volunteer for a hands-on task at each regatta. They are fun and a great way to connect with other parents -- and help to keep the LARA program strong.

9.5 Before the Regatta

Make sure that you volunteer to help.

9.6 Suggested Items to Bring to a Regatta

First...bring lots of spirit and enthusiasm!! The Loyola Academy rowing program has been around since 1985. We have a wonderful history. We have a lot to be proud of, and rowers throughout the years have worked very hard to achieve and maintain the strong legacy and positive reputation of LARA.

Second...consider bringing:

- Clothing. The races start early and the mornings can be damp and cold. Layer your clothes. It could end up being a beautiful sunny and hot day or it could rain. Wear shoes that can handle the rain and mud. Bring hats for sun and/or warmth. Wear LARA apparel, if possible, to show your school spirit and to help identify you to other LARA parents;
- Map site and directions. Race schedules may be printed from the Regatta Central website;
- Charged cell phone;
- Folding canvas chairs or blanket; the days can be long; it is useful to have something comfortable on which to sit;

- Still and video cameras;
- Binoculars;
- Umbrella;
- Sunscreen;
- Sunglasses;
- Water;
- Money. The main thing to buy are regatta t-shirts. Other clothing items like sweatshirts and rowing jewelry also may be sold. Food is sometimes available for purchase; and
- FYI: The restroom accommodations are usually a porta-potty.

9.7 At the Regatta

- Be sure to allow plenty of time to get to the site. There is often a great distance between the parking lot and the viewing area.
- When you arrive, look for the maroon and gold Loyola Academy tent.
- The boat section is off limits to parents. The coaches are working with rowers before and after the races and they need the crew's total attention. This rule cannot be overemphasized – please do not go near the LARA boats or teams in this area!
- Regattas can be all-day events, starting early morning and ending early evening.
- The Novice races are usually the first events of the day. Therefore, Novices, coxswains and the first of the Varsity rowers are expected to be at the race site first.
- Parents usually set up their chairs in front of our two tents. When we have a boat in a race, we walk down to waters' edge and watch the race.
- There is a lot of down time. The races are action-packed exciting minutes. At times we have boats in consecutive heats and other times there is nothing to do but wait and help out.
- At the end of the regatta, everyone pitches in to take down the tent and load up the food trailer.
- The rowers dismantle and load up the boats.

9.8 Day after the Regatta

The day after the race, the entire team meets back at the boathouse to unload the boat trailer. The coaches will inform the rowers when they need to be back at the boathouse.

Go Ramblers! Row Hard!