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HEAD OF THE FISH
SARATOGA, NY

OCTOBER 29TH - 30TH, 2011

MEMBER & PARENT INFORMATION PACKET

2011 Head Of The Fish Regatta



The current event schedule can be found at: <http://regattacentral.com>

FCC will compete at the 2011 Head of the Fish Regatta on Sunday, October 30th on Fish Creek in Saratoga Springs, NY. The club will travel to the event on Saturday, September 29th and return Sunday, September 30th.

Who Participates?: Novice and varsity rowers. Coaches will be setting boats prior to this event and certain rowers may be designated as “spares”. The coaches are committed to rowing as many eligible members as possible but boat participation will be based upon event times, equipment availability, and having the right number of rowers to fill boats.

Transportation: Two buses have been reserved to transport FCC Members for the weekend. All members of the club are expected to ride the bus. The bus will pick the rowers up at the boathouse on Saturday, October 29th at 3:30, and return to the boathouse Sunday evening, October, 30th. ALL HANDS ON DECK ARE NEEDED UNTIL THE VERY END OF THE REGATTA, WHEN ALL IS PICKED UP AND PUT AWAY (Parent help needed and appreciated!).

Rower Housing: Rowers will be staying at the Comfort Inn (Saratoga Springs) in rooms with other rowers. Rooms will be assigned to rowers by the coaches in advance and assignments are not negotiable. Rower and parent chaperone rooms will be grouped as close together as possible.

Cost per Member: \$138.00 TOTAL – DUE BY Saturday, October 15th, 2011. Parents of multiple rowers will receive a \$20 discount. Please contact **Steve Meeske, club treasurer** at fctreasurer@rochester.rr.com for details regarding the discount. **PLEASE do not miss this DEADLINE!!**

Bus: \$53, Hotel: \$43, Meals: \$16, Coach/ Boat Expense: \$26 = Total: \$138

Regattas are not considered fundraisers and all fees collected go towards covering the cost of the event. Costs are based on 3-4 rowers per room, transportation, food for all of the athletes at the race site and dinner's at the hotel, rental of a meeting room, coach's rooms, chaperone's bus fees, bus parking fees, drivers' rooms, tips etc. Costs do not cover a fast food stop on the way home.

Please pay via credit card on Regatta Central at <http://regattacentral.com> (preferred) or by check. Checks can be placed in the lock box at the back of the boat house or mailed to: **Fairport Crew Club, co/ Steve Meeske, 18 Great Garland Rise, Fairport, NY 14450.**

Registration: is online @ www.regattacentral.com and should be completed by **Saturday, October 15th**. After signing in, click the “clubs” tab, select Fairport and then you will see the link to register for Head of the Fish. If you have difficulty with the online registration, please contact Steve Meeske, club treasurer at fctreasurer@rochester.rr.com.

Parent Housing: A limited number of hotel rooms are being held for parents on a first-come, first-served basis at the Comfort Inn, located at 17 Old Glick Road, Saratoga Springs, NY, 12866. A group rate of \$141.10 + tax has been established for the Fairport Crew Club for Saturday, October 29th, 2011. Information regarding the hotel can be found at: http://www.comfortinn.com/hotel-saratoga_springs-new_york-NY372

Rooms must be guaranteed with a credit card. **Please call Kathy Deyoe between 9am and 5pm at 518-374-3176 to make your reservations (their fax # is 518-374-8766). Be sure to ask for the Fairport Crew Club – Block Code “Fairport”. Please call ASAP to reserve your room. There are a limited number of rooms available.** There is a 48 hour cancellation policy, so even if you are not sure you will be attending it is recommended you secure a room. The area hotels fill up quickly and it can be difficult to find lodging.

Conduct: Rowers are reminded that proper behavior is required at all times during the trip. Rowers may not leave the Regatta site or the hotel unless specific arrangements have been made between parent and coach. The hotel has the right to evict the occupants of any room where the occupants are exhibiting disruptive behavior. The code of conduct forms have been given to and signed by each club member; it is expected that the members act appropriately. Designated chaperones will travel with the team to assist the coach with supervision of the rowers. **Rooms found unacceptable (i.e. requiring intensive clean up) will be assessed a \$25 per rower charge.**

Food:

The food at the regatta food tent is covered as part of the rower's registration. There will be water, Gatorade, protein bars, breakfast and lunch at the food tent. Parents are requested to assist with set up, food preparation, and clean up of the eating area at the event. Dinner at the hotel on Saturday night for rowers is also covered as part of the registration fee. **Rowers will need additional funds for a fast food stop on the way home from the regatta Sunday evening (\$10 is recommended).**

*****Rowers should pack snacks for the bus. A pizza dinner will be served upon arrival at the Hotel Saturday at 8:30.**

Parking/Facilities at Race Site: Limited parking will be available at an on-site lot for a fee. At the regatta last year, this cost was \$10.00/per car. Additional off-site parking is available; please note that cars parked illegally along the roads into the park are ticketed. It is recommended that you carefully review all signage if not parking in the paid lot. Portable toilets are the only toilet facilities available at the regatta site. Rowers should come prepared with tissues/toilet paper and hand sanitizer.

Directions:

From the NYS Thruway to Comfort Inn: (I-90 E) - Take Thruway (I-90) East to Exit 24. Follow signs toward Montreal (87 North) to Exit 15. Make a right off the exit ramp and a left at the first traffic light onto Old Glick Road. The hotel is .25 miles north, on the left.

Directions from Comfort Inn to Regatta: Take I-87 S from the Comfort Inn, proceed 1 exit to Exit 14 (Saratoga Springs) which is route 9P(Union St.). Follow Route 9P S for 2.2 miles. Turn left into Lee's Park/Boat Launch entrance on the left.

From the Regatta to NYS Thruway: From Lee's Trailer Park turn right onto New York 9P N. Stay on New York 9P N to I-87 Exit 14 (approximately 2.2 miles) and take I-87 S to the NYS Thruway.

Comfort Inn address for GPS: 17 Old Glick Road, Saratoga Springs, NY, 12866

Lee's Trailer Park address for GPS: 1456 Route 9P, Saratoga Springs, NY 12866



Helpful Hints for HOF Regatta:

- **Coaches Request:** Please pack a protein bar or drink for your rower to consume the morning of the race. They will receive a continental breakfast from the hotel, but any additional protein is welcome as it's a great energy boost before a race!
- The FCC food committee will offer a selection of food and beverages for the rowers and parents while at the race site. There will be clothing and crew vendors at the regatta, so bring extra money for tee-shirts, blankets, crew clothing, wicking clothes, spandex, socks, jewelry, posters, stickers, etc. There has been a wonderful variety in the past!
- Dress warm prepare for 30 degrees AND prepare for 70 degrees too! Anything can happen with our weather! Also bring/wear RAINGEAR- just in case! Rubber boots are strongly recommended, along with layers of clothing, socks, hats, gloves/mittens etc. If you are driving, you might consider throwing in the car those things your rower is hesitant to bring. Bring plastic bags to put wet/ soaked clothing and boots in to protect your car, or for the kids to store their stuff near the trailer. Bring chairs, binoculars, umbrellas and blankets, sunscreen too! (Hey you never know...).
- Print a copy of any directions you need to get you where you are going.
- Bring your cell phone for emergency purposes.
- Volunteer and get involved, it'll make the day fun and go by fast, and allow you to get to know others! Volunteers are needed to chaperone the bus in one hour shifts as it is parked in the parking lot (required by the bus company for us to allow our kids to rest while at the regatta). We also need volunteers for jobs at the hotel. Volunteer Coordinator, Martha Kohn will be sending a request for volunteers.
- The race details can also be found at <http://www.saratogrowing.com/nys.htm>.

