



HEAD OF THE FISH
SARATOGA, NY

OCTOBER 23RD - 24TH, 2009



MEMBER & PARENT INFORMATION PACKET

2009 Head Of The Fish Fall Regatta

The current event schedule can be found at:

<http://www.saratogarowing.com/headofthefish.html>

FCC will compete at the 2009 Head of the Fish Fall Regatta on October 24th on Fish Creek, in Saratoga Springs, NY. The club will travel to the event Friday October 23rd and return Saturday October 24th. **The Club events for FCC will take place on the 24th only.**

Who Participates?: All 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. If you strongly suspect your rower will not row during the regatta, there is no obligation for your rower to attend.

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 Friday October 23rd, 2009 at 3:30, and return to the boathouse Saturday evening, October 24th. We strongly discourage parents from taking children home at the end of the regatta. ALL HANDS ON DECK ARE NEEDED UNTIL THE VERY END OF THE REGATTA, WHEN ALL IS PICKED UP AND PUT AWAY (Parents included!).

Rower Housing: Rowers will be staying at the Comfort Inn (Saratoga Springs) in rooms with other rowers or staying with their parents at the same hotel if requested. 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.

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 Gick Road, Saratoga Springs, NY, 12866. Call Kathy Deyoe at Empress Travel. Phone: (518) 374-3176. At the time of this posting there are less than 5 rooms left!

Cost per Member: \$130 TOTAL – DUE BY OCTOBER 7th
PLEASE do not miss this DEADLINE!!

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 and their supporters for the entire trip except for ride home, rental of a meeting room, coach rooms, chaperone's bus fees, bus parking fees, drivers' rooms, tips etc. You may pay via credit card on the Regatta Central site or check. Checks can be mailed to Fairport Crew Club c/o Steve Meeske 18 Great Garland Rise Fairport NY 14450 or placed in the lock box at the back of the boat house. Families with multiple rowers can contact Steve Meeske at fcctreasurer@rochester.rr.com after registration so that he may reimburse you a small discount.

Chaperones Needed (4): If you're interested in chaperoning on a bus back and forth to Rochester, please contact Jackie Dorsey at Jackie Dorsey jsdorsey99@aol.com or Ginny Hanchett at hanchett@rochester.rr.com . Four chaperones will be reimbursed \$60 after the event for the cost of their rowing and get to ride free!

Registration: is online @ www.regattacentral.com and should be complete by Wednesday, October 7th. After signing in, click the "clubs" tab, select Fairport and then you will see the link to register for HOF. If you have difficulty with the online registration, please contact Ginny Hanchett at hanchett@rochester.rr.com or 261-5010.

Conduct: Rowers are reminded that proper behavior is required at all times during the trip. 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 (ie requiring intensive clean up) will be assessed a \$25 per rower charge.**

Food: (New streamlined process this year!)

The food at the regatta for both rowers and families is covered from the rower's registration. **They will need additional funds for a fast food stop on the way home from the regatta Saturday evening (\$10 is recommended).** 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.

Agenda: All listed times/events subject to change depending on race schedule and weather.

Friday:

3:15pm	Arrive at Fairport Boat House to load the bus
3:30pm	Depart Fairport to Comfort Inn
7:00pm	Check in/Dinner at the Golden Corral next to the hotel
8:00pm	Team meetings as determined by the coach
9:30pm	Room Curfew/Lights Out Varsity and Novice

Saturday:

5:00am	Wake up & continental breakfast for rowers/ coaches/ chaperones
6:00am	Novice and Varsity Depart Hotel for Race Site from hotel (will have additional warm breakfast at race site)
6:00am	Continental breakfast for parents at hotel in lobby
~3:00pm	Breakdown and pack up food trailer
~4:30pm	Depart for home, if all stays on schedule
~10-11pm	Arrive back at boathouse. Trailer will be unpacked on Monday

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. **Shuttle Services:** There will be shuttle availability from Saratoga National Golf Club, close to exit 14 ramps on your right. Follow signage.



Information regarding the hotel accommodations can be found at:

http://www.comfortinn.com/hotel-saratoga_springs-new_york-NY372

A group rate of \$121.10 has been established at the Comfort Inn, Saratoga Springs for the Fairport Crew Club on October 23rd, 2009 for the Head of the Fish Regatta.

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 limited rooms left (Less than 5 at the time of this posting!!).

Hotel Directions: (Taken from the web site)

From the NYS Thruway: (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 Gick Road. The hotel is .25 miles north, on the left.

From the Adirondack Northway: (I-87 S) - Follow I-87 S and take the RT-50 N exit, EXIT 15, toward RT-29 E/SCHUYLERVILLE. Turn LEFT onto NY-50/CV WHITNEY MEMORIAL HWY. Continue to follow NY-50 for .5 mile. Turn LEFT onto OLD GICK RD.

Directions to Regatta from Hotel: Follow I-87 S for 1.6 miles. Take the RT-9P S exit, EXIT 14, towards SARATOGA LAKE. Take a left at the exit ramp onto route 9P East toward Saratoga Lake. Continue over the bridge that crosses the racecourse. Turn left just after the bridge into the NYS Boat Launch Site

From the Regatta to the Hotel: Follow I-87 N for 2 miles. Take the RT-50 exit, EXIT 15, toward SARATOGA SPRINGS/GANSEVOORT. Turn RIGHT onto NY-50. Turn LEFT onto OLD GICK RD.



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 will offer a warm breakfast (steel cut oats with toppings, eggs, sausage, fruit, coffee, cocoa) and lunch (chili, pulled pork, wraps, Italian wedding soup, baked beans, salad, rolls, fruit and another vegetarian option).
- 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!) Also bring/wear RAINGEAR- just in case! Rubber boots are strongly recommended, along w/ 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 since they have never been to an away regatta. 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 ride the bus from Fairport to Albany, and 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 hang out on the buses to rest while at the regatta). We also need a few volunteers for jobs at the hotel.
- The race details can be found at:

<http://www.saratogarowing.com/headofthefish.html>