



OTTAWA ROWING CLUB

Travel Fact Sheet

ERA (Eastern Rowing Association) Regatta Olympic Basin Montreal, PQ July 4, 2009

Regattas are an athlete's reward for hard work and training!

The ERA Regatta in Montreal, is a one-day regatta frequented by local rowing clubs from Ontario and Quebec. The Comstock Trophy is a coveted prize awarded to the most successful rowing club at the ERA Regatta. The ORC hopes to retain the trophy in 2009!

Key regatta information:

Travel:

- Junior athletes are required to travel to and from the regatta on buses chartered by the ORC. Chaperones will travel on the bus.

Depart: ORC
Saturday July 4
4:30 am

Return: ORC
Saturday July 4
Evening, approx. 10 pm-10:30 pm
– will call parents from bus approaching Ottawa

The day at the Olympic Basin:

- Travel to Montreal, unload and rig boats; set up ORC tent; practice; race, de-rig and load boats, come home
- Spectators welcome!

What you should know:

- Limited protection from the weather is available at the Olympic Basin. Athletes must come prepared for extreme heat (sunscreen, hats, water, etc) or inclement weather (raingear, warm clothing). Bringing hydrating liquids is important.
- Extremely limited food services at Olympic Basin: Athletes must come prepared with healthy between-race snacks and easily-digestible meals (see your coach for ideas!).
- Snacks provided by ORC: ORC provides snack foods like watermelon, bagels, jam and water and Gatorade. Snack foods will not be sufficient to replace meals!
- Olympic Basin is built of concrete: Athletes are encouraged to bring folding chairs for seating at the regatta site.
- Supervision: Athletes at the regatta are under the direction of their crew coaches. Coaches are supported by volunteer parent chaperones. Junior athletes are not permitted to leave the Olympic Basin during the regatta. Should an emergency arise, athletes should advise their coaches.
- In case of emergency: Emergency services are on-site to assist with emergencies in the unlikely event that they occur during a regatta. In advance of the weekend ORC athletes must provide coaches / chaperones

with details of health concerns and contact information for parents/guardians in case of an emergency by completing an athlete information form downloadable from the web site.

- Food stop on return trip to ORC: The bus will very likely stop at a food concession on the return trip on Saturday evening. Athletes should bring spending money for that meal.

Regatta fees:

- Bus cost - \$45 per person, which includes bus transportation and contribution to cost of fruit and snacks for athletes.
- \$5 for those traveling to Montreal on their own as contribution for snacks/drinks provided at ORC tent at the regatta site.
- Race entry fees paid by ORC as part of competitive membership

Before you can go:

- Regatta transportation fees due to coaches by Thursday July 2, 2009
- Athlete Travel form due to coaches by Thursday July 2, 2009.

Information and forms:

- More information is available from coaches and head coach Siobhan McLaughlin – coach@ottawarowingclub.com