

Lake Braddock Crew Team Regatta Guide

Regattas have a number of details to learn. New families are encouraged to contact the New Parent Coordinator at NEWPARENTS@BRUINCREW.COM to get clarification on all the details involving Regattas. The following information is designed to assist with general topics.

Regatta. A sporting event consisting of a series of boat races. The Lake Braddock Crew team participates in Saturday morning Regattas run by VASRA on the Occoquan River, out of Sandy Run Marina and sites along the Potomac River (Georgetown, Anacostia, and/or Alexandria).

The Race course. In the spring, high school rowers race 1500 meter races. The course is divided into 6 lanes by buoy lines, with large orange buoys marking the finish. On race day, the start dock is set up and stakeholders are stationed in order to hold boats in place. Launches (motorboats) driven by referees are on the course just in case anything goes wrong.

How long will athletes attend Regattas? Athletes need to Plan on a full day from early morning to late afternoon, depending on when his or her race is. Athletes are encouraged to stay throughout the day to support the other boats racing. **Athletes need to check in with his or her coach upon arrival and stay until dismissed by their coach.**

Athlete arrival times. Athlete's arrival at the team area is generally **2 hours prior** to the start of a race unless otherwise stated by the Head Coach.

Concessions and snack donations. VASRA provides concessions for rowers and spectators. Payments are via cash (recommended because data service is low and not reliable) or via VENMO payments. There will be snack donations (donated from the team parents) to feed athletes and coaches at the team tent throughout the day. Athletes are always encouraged to bring healthy and light snacks to eat prior to races. The park rules forbid use of grills by spectators on regatta days.

Race times. VASRA posts heat sheets on the VASRA home page (www.vasra.org) on the Thursday evening or Friday morning prior to Regattas. The release and changes are announced on the VASRA Mastodon site (vasra.masto.host (follow @results) or the feed is shown on the VASRA Home Page). You can always find the latest "Schedule of Events" on our homepage at www.vasra.org under the heading "Regatta Heat Sheet".

Heat sheet/event schedule. VASRA provides a "heat sheet" or event schedule that lists all of the events, types of crews and an estimated time that event begins.

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Abbreviations. VASRA regattas support races in several different skill levels and boat configurations and using the formula it will assist in reading the heatsheet.

Formula. (Gender-Designation-Number of Rowers)

Gender. Men or Women

Skill level Designation.

- Varsity - 1st, 2nd, 3rd, 4th
- Jr (No senior athletes)
- N (Novice) every athlete is in their first year of rowing
- FR (Freshman) All rowers in the boat must be in the 9th grade.

Coxswain or not. (+)does have a Coxswain (-) does not have a Coxswain

Number of Rowers. Number of rowers in the boat (8, 4, 2, 1)

Sculling (2 oars) or Sweep (1 oar). (X) Sculling (no X) Sweep

Example: (M-JR-8+) This boat is a Men's Junior 8 with a Coxswain

Example: (W-V1-4+) This boat is a Women's Varsity 1, 4 with a Coxswain

Lineups. Coaches will announce boat lineups to the athletes by Tuesday prior to the Regatta. The attendance policy will remain in effect after line-ups are announced. (See [Attendance Policy](#) in Athlete Section)

What to bring. Race days can be long and the weather can change quickly so being prepared is key. The following list are suggestions.

Rowers and Coxswains. Athletes wear team uniforms to the race but can bring clothes to change into if desired

A large refillable water bottle

- Additional layers and dry socks
- Toilet paper
- hand sanitizer
- Sunscreen
- Hand repair such as tape or nu-skin
- Hair ties
- Change of shoes

Spectators. Dress for the weather, the entire event is outside. Also keep in mind that all belongings will need to be carried to the grandstands which is a 15-20 minute hike/walk from parking lot C at Sandy Run Regional Park to the grandstands (~0.5 miles). The trail is moderate and has some steep inclines and exposed tree roots, which may take longer than expected. (See the parking section to review the shuttle options VASRA provides).

- Hat/sunglasses
- Sunscreen
- Binoculars
- Jacket/ layers
- Camera
- Water / snacks
- Chair
- Cash for concessions
- Cash for tshirt

What not to bring to the Regatta. Animals (dogs are not allowed), open fire, drones, alcohol

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Team Tent (the point) Athletes meet at the team tent on The Point located to the right of the grandstands (where spectators sit) unless the coaches tell athletes something different. **The Point is an athlete and coaches only area** which means parents and other unauthorized people are not allowed. Have a conversation with athletes on where to meet after their race.

Spectator Viewing (grandstands) Athletes can sit on the cement of the grandstands or in the grassy area in front of the grandstands. Lake Braddock usually stands together on the grassy area in front of the right side of the grandstands **The Point is an athlete and coaches only area** which means parents and other unauthorized people are not allowed. Have a conversation with athletes on where to meet after their race.

Results. The VASRA Heat Sheet becomes the Results Sheet (same link) on Saturday while the races are happening. The LBC Slack #Results channel will update LBC boat results only.

PARKING for spectators, volunteers, coaches (including handicapped parking)

Spectators. There is no spectator on-site visitor parking at Sandy Run Regional Park on Regatta days. All spectator parking is at [South County High School](#) or the [Route 123 Commuter Parking lot](#), depending on the date of the regatta.

- Shuttle buses running from the parking location to Sandy Run cost **\$15 per person round trip**. Rowers in uniform can ride the off-site shuttle (both directions) for free.
- Athletes are encouraged to carpool.
- Leave time in your commute (~ 90 -120 minutes) to get from parking locations to the grandstands. Plan well ahead so you don't miss the race.
- Athletes and parents in the same vehicle – either have the athlete drop off parents at the parking locations and then drive to Sandy Run and park, or drive to Sandy Run to be dropped off and then a parent drive to the parking locations and park. Unfortunately, VASRA doesn't allow parking onsite for athletes/parents in the same vehicle.
- Please allow extra time for parking when using the commuter parking lot.

Athletes, volunteers & coaches. Athletes, volunteers & coaches have reserved (free) onsite parking in the following locations. [SANDY RUN MARINA MAP](#)

- **Athlete Parking.** Louisvale Lot
- **Coach parking.** D Lot--look for designated area
- **Staff/LOC.** B Lot, second row from the back
- **Referee Parking.** B Lot, back row
- **Volunteer Parking.** D Lot
- **Handicapped Parking.** Handicapped parking is in the "C" lot. send an email to assisted.parking@vasra.org to let VASRA know a handicapped parking spot is needed.
- VASRA provides a shuttle from Lot C to the Finish line (\$5 for one way).