

# SANDY RUN PRACTICE

In addition to reading the information presented below, each rowing family is responsible for going to and reading the following documents located on our website:

- [Sandy Run Rowing Facility Rules and Procedures](#)
- [Sandy Run Regatta Day Parent/Team Information](#)
- [Sandy Run Practice Day Traffic Pattern](#)

## TIME

All rowers should be there by 4:00 at the latest, however do not come much before that time as you are not allowed in the park until the coaches are there to supervise. Practice will be from 4:00 to 6:00. Rowers should be picked up by 6:15 in the parking lot. Please try to be on time as the rowers are tired, hungry and probably have homework they need to get done.

## PARKING & TRAFFIC PATTERNS

If you are driving and dropping off rowers, and then picking them up, please pay close attention to the traffic pattern for that. Drivers will follow the direction arrows for looping through the parking lot to drop off rowers. If rowers or parents are caught not following the traffic pattern or are caught parking in non-designated spaces they are subject to loss of park access for one week. (they are VERY STRICT with parking and driving rules because of the large volume). Rowers who drive will once again be allowed to park their car in Lot D. They must not try to park in C or B or could lose parking privileges altogether.

## SPEED LIMITS

THE PARK SPEED LIMIT IS 15 MILES AN HOUR!!! The speed limit on Van Thompson is 30 miles an hour – DO NOT go any faster than that. This year there will be police down there giving out tickets if you are caught speeding, and the park is asking them to come more often. Violations for speeding in the park (once you hit the 15mph sign) are as follows:

- First Violation: If caught rowers will miss that day of practice.
- Second Violation: If caught rowers will miss a week of practice and that week's regatta
- Third Violation: Rowers will not be permitted to row at Sandy Run the rest of the regatta season.

This goes for parents driving rowers as well – the rowers in the car will be penalized – so please, take your time. If you are running late don't try to speed into the park, just leave earlier the next time.

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## PETS

Pets are not allowed in the park on Regatta Days and other times must be on a leash. If you want to come early to watch some of the action during practices, that is fine but please leave the dogs at home.

## CLOTHING TO WEAR

Parents, please make sure your rowers come prepared for the weather conditions. We talk until we are blue in the face but some still don't come prepared. They need to wear layered clothing – tank tops and shorts are not appropriate for February rowing when it is 40 degrees outside. Flip flops are not acceptable shoes for practice. We will be running and doing land work every day so the appropriate shoes are required. We row in the rain – make sure they bring a change of clothes so they can get out of the wet ones after practice. Synthetic is the best clothing to wear in cold weather – cotton gets wet and then the body gets chilled. Underarmour, spandex of some kind – all works. NO baggy shorts or pants – they get caught in the seats and can cause damage to the seat, not to mention stop a rower “in their tracks”.

## THINGS TO BRING TO PRACTICE

- Water
- sunscreen (yes even in the winter)
- running shoes
- layered clothing
- positive attitude!