

# STOTESBURY CUP REGATTA 2008

## SOUTH COUNTY CREW

### ROWER INFORMATION

#### HOW TO SURVIVE AT STOTES

- ALWAYS HELP YOUR TEAMMATES
- DON'T BE LATE FOR ANYTHING!!!!

#### WHAT TO BRING / PACK

- Pack clothing for ALL kinds of weather; check [www.weatherchannel.com](http://www.weatherchannel.com) but BE prepared no matter what.
- Bring HEALTHY snacks for the time you're in the hotel room after dinner. (When you are at the river, breakfast, lunch and snacks will be provided).
- Pack lunch for the ride up to Philadelphia on Thursday. We will stop at a rest area but not for food.
- BRING MONEY!!! You will need money to buy dinner on the way home on Saturday. We will stop at one of the highway rest stops which has restaurants. You will also want money for concession stands at the regatta. They sell the usual regatta items (shirts, sweatshirts, memorabilia, etc) so come prepared.

#### THURSDAY MORNING DEPARTURE

- The rowers can store their luggage and any food/beverages they brought for the regatta hospitality tent in the **Multipurpose Room**, while attending class. The room will be locked from approximately 7:20 am until we load the buses.
- The coaches and chaperones will be at the Multipurpose Room to search bags (school policy for overnight trips) and collect final items that they need before you go to class.
- Rowers should leave their classes after first block, pick their gear up from the Multipurpose Room and report to the bus.
- Unless explicit permission has already been granted by the coach, **each rower is required to travel to and from the regatta on the team bus.**

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**IN PHILADELPHIA**

- **Rowers are NOT to charge anything to the rooms.** The rooms are on a master bill.
- In case of emergency overnight, rowers should phone:
  1. Chaperones
  2. Coaches

**SATURDAY EVENING RETURN**

- Saturday dinner will be at a rest stop on the way home. Rowers will need to bring money to buy their food.
- Bus will arrive back at SCSS at about 10 pm. Rowers will check-in with parents by phone while en-route to provide an estimated time of arrival.