

# What to expect on Regatta day

**Coaches-** Coaches have been working for weeks on seating plans , weighting boats ( each side has to be evenly matched) power ( each side has to be evenly matched) and deciding which crew suits which category best.

Don't be upset if you're not in all crews. Regattas are comprised of squads broken up into 3-4 crews and you will be in one or more crews if you have been accepted for a regatta.

Generally, longer races will be completed by more experienced paddlers.

Coaches will choose those who have trained for long distance racing.

Don't swap sides or positions in the boat without first checking with your coach.

Should Flamin' Dragons need to combine with another club- it becomes more complicated for the two head coaches of each club to appoint unknown paddlers into crews.

**Crews** - it's fair that those who train regularly will be in more races than those who don't. It is preferred that you train in the A boat Saturday for training together with Sunday Regatta training session.

The crew list on the main race day, will be posted at the front of the marquee.

If you are a reserve in a crew, you must go to the marshalling area with the crew until the boat takes off, just in case you're needed.

**Gear-** bring a chair, your paddle, closed in paddling shoes, hat, water or energy drinks, light snacks to eat throughout the day. Try to eat after a race - if you eat too much before a race you'll learn the hard way not to. There are always food outlets at the regattas.

If you are wearing an undershirt it must be white. All shorts / tights must be black.

**Protocol** - You will be sitting with the club in a marquee. If you leave the marquee area tell someone where you're going. It's important as the program may change and you may be needed in a hurry.

It's great when you cheer on the crews you're not in from the sideline.

**Merchandise** - depending on where you're going, there will probably be paddles and gloves, paddling shorts etc for sale. Bring your credit card if interested.

At State Titles/ National Championships/ Panpacs or Lunar new year- you can order merchandise online before hand and pick it up at the venue. It saves lining up on race day and being disappointed that they have sold out of the items that you were keen to buy.

Club Captain  
Fiona Witts