



SARASOTA CREW 2009 - REGATTA INFORMATION

Sunrise Sprints Regatta

REGATTA DATE	Saturday, December 5, 2009
LOCATION	Lake Fairview Park 2200 Lee Road Orlando, FL 32810
DEPARTURE TIME	5:00 a.m., Saturday, December 5 th . ALL Sarasota Crew rowers travel together as a team and stay for ALL races. If extraordinary circumstances prevail that prevent a rower from doing so, a Travel Exemption Form with the Head Coach's and Parent's approval must be submitted to the Sarasota Crew office at HSP by Wednesday, December 2nd. http://www.sarasotacrew.com/MerchantUploads/pogostySarasotaCrew/Travel_Exception_Form.pdf
TIME TO BE AT HSP	4:30 a.m., Saturday, December 5th
EXPECTED RETURN TO HSP	Saturday Approximately 7 p.m.; rowers will call home one hour before returning to HSP.
ASSESSMENT	\$70
ASSESSMENT DUE	12-01-09 Pay with a credit card on the Crew website, go to www.SarasotaCrew.com, then click on Regattas. http://www.sarasotacrew.org/?pogosty=shop.regattas
ASSESSMENT COVERS	Transportation, entry fees, Saturday breakfast and lunch; snacks
ADDITIONAL \$ NEEDED FOR	Snacks en route; also some rowers like purchasing t-shirts at regattas (usually sold for \$10-15)
BRING TO REGATTA	The uniform dress for regatta participation is our unisuit and water shoes. Middle School rowers and those without Uni's will need to wear a Sarasota Crew tee- shirt and black spandex shorts. Bring 2 gallons of water (labeled), clothing for any weather condition, change of clothes, towel, sunscreen, folding chair (if desired), rain jacket. Many like to have pillows and blankets, homework, books, snacks, etc. for the bus. <u>LABEL ALL CLOTHES</u> — we all have SC t-shirts and sweatshirts that look alike! If you would like, bring (appropriate) videos for the bus ride. Please bring a filled re-useable water bottle with you to the bus.
PARENTS INFO	PARENTS might want to bring appropriate items above, plus folding chairs, cameras, binoculars, cooler with drinks. Donations for food (for parents) at the regatta site are appreciated. Sarasota Crew shirts and sweatshirts or team colors - Blue & White. At this time, bus seats are for rowers, coaches and regatta team leaders. If bus seats become available, we will let you know.
CODE of CONDUCT	http://www.sarasotacrew.com/MerchantUploads/pogostySarasotaCrew/Code%20of%20Conduct.pdf
SPONSORING TEAM	Power Ten: www.powertenrowing.org
REGATTA LEADERS	John Leeming (Contact # During Trip: 941-928-6417)