



## Away Race Sample Itinerary and Suggested Packing list

Below is a typical itinerary for away races:

1	6:45AM	Bag check drop off - Rowers taking the bus up to Saratoga will drop their bag off in the morning to get checked.
2	3:00PM	Buses typically leave around this time from High School. Rowers not taking the bus due to conflicting scholastic events (i.e. NYSSMA or Music in the Park) will need a signed travel release form given to the coach before buses leave.
3	6:00PM	Buses typically arrive at Saratoga around this time, they go straight to the park to rig the boats. They may also help raise the food tent.
4	7:00PM	Coaches take the kids to dinner, it's usually very casual like a food court where there will be something for everyone to find to eat. Rowers will need money for dinner.
5	8:00PM-8:30PM	Arrival at the hotel. Rowers are checked into their rooms. Coaches meet with the team to go over logistics for the next morning. Rowers being driven up by their parents late due to conflicting scholastic events (i.e. NYSSMA or Music in the Park) will get their bags checked at hotel.
6	9:00 PM	Rowers back in their rooms. (Chaperones will be monitoring the hallways, rooms get taped in)
7	6:00AM-7:30AM	Coach will tell them the night before what time the bus leaves. Food tent will be serving breakfast and lunch. Note: <i>If it's a 1 day race, rowers would check out of the hotel and take all their belonging to be stored on the bus during the race.</i>
8	5:00PM	Buses leave* the park and head to hotel, rowers change and go to dinner. Typically, they would need money for dinner for Saturday night. In the case of this weekend's Saratoga race (May 11, 2018) dinner is being catered and brought into a private room at the hotel. The price for dinner is included in the registration fee.
9	6:00AM-7:30AM	If it's a two day race we do it all over again. Rowers will take all their bags from the room. Bags will be left on the bus during the race day. Rooms are checked to make sure there is no damage or items left in the room.
10	3:00PM-6:00PM	All rowers stay to support the team until the last boat gets out the water. Boats are de-rigged, Rowers are dismissed. Rowers that are leaving with their parents will need a signed travel released form which are available on the ARA website. The rest of the rowers go home on the bus. Buses arrive at the High School.

\*If it's a one day race, they'd head home.

### Suggested Packing Items:

No matter what time of the year we go to Saratoga it seems to rain so below are items we highly suggest that rowers should pack besides standard items and uniform. Think waterproof!

- Rain footwear – slides or crocs are fine but in addition especially when it's muddy they really need waterproof boots. Extra socks, at least 3 per day. Garbage bags to put wet clothes in or to put their entire bag in to keep dry.
- Thin layers – the banana shirt is great, but add layers for between races. For example, over the banana shirt and/or uni, a sweatshirt, sweatpants, waterproof jacket, and they may need gloves.