

## **Frequently Asked Questions:**

Q. What is this new language my child is speaking?

A. Crew comes with its own language (and culture). Please refer to the Glossary of Terms for help understanding your child.

Q. Why all the fuss about food? Why are we asking parents to send food and beverages every week?

A. As mentioned above, crew has its own culture – it is very different from all other sports. Often, regattas are day-long events. The team will be up early, board a bus, ride an hour or more to get to a race site then spend all day there. The food is primarily for the rowers but their families can also have something to eat. The first time you arrive at a regatta, you will see that all of the competing crews have tents, food and beverages for their rowers (and families) as well.

Q. What type of food & drinks should be sent?

A. The Food Committee will send an email with specific items requested. Food should be high in protein and low in sugar. Beverages are usually limited to water and sports drinks. NO cookies, brownies, cupcakes, soda, etc.!

Q. I've heard something about the Crew Raffle. What is that? Why do we need this fundraiser? Doesn't the sports fee cover costs?

A. Crew equipment and maintenance of it are very expensive. The Crew Team puts together the calendar raffle every Spring as a way to raise the much needed funds to help pay for these items as well as entry fees into the races. The SHS sports fees help to pay for the travel expenses to/from the races.

Q. Why do we have to purchase uniforms?

A. Uniforms (unitards, or unis) are not provided by the school because they are custom-made for each rower. Please follow the directions provided to you at the start of the season for ordering unitards. Novice rowers are only required to purchase a SHS Crew t-shirt (which is inexpensive) and wear their own dark-colored (navy or black) spandex shorts.

Q. How does the construction at the Route 9 bridge affect practices and races?

A. The Ken Burns Memorial Bridge replacement project does create some restrictions for rowers (and other boaters). However, at least one arch will be open for passage under the bridge. Fortunately, this is only an issue during the Fall season since races start near the south end of the race and finish in front of the DRC. Spring races are shorter sprints that start in front of the DRC and finish at Regatta Point (just before the bridge).