

Coaches'/Coxswain Notes'08:

Coaches'/Cox' Mtg. at 6:30a.m. !!

- **Schedule/Bow Numbers:** Available on www.Racetrak.com. Please make sure yours are there and correct. We are at a “scratch-only” point from here on out.
- **Registration:** The registration table is under the Big Tent on the NYS Boat Launch. They will be there from 4pm-8pm on Friday; 6am-4pm on Saturday; and 6am-11am on Sunday.
- **Coxswain's Meeting:** Begins at 6:30am – both days!! Each team/coxswain is responsible for the information delivered here.
- **Weather:** Surely it will surprise you that the forecast might call for strong possibilities of rain (both days). Please have your athletes dress accordingly. Also, the site will be wet. Should your car get stuck, please do not tear up the place trying to get out. Staff is there to help pull you out.
- **Penalties:** The HOFish has no penalty system where we add time to your total. If you break one of the basic rules, you are simply booted from the race. It's very simple. The race will be safe & fair. Coxswains have complete control over the first two elements, the coach has control over the last. There will be launches every 300m stationed to make sure you heed the rules. In addition, there are 13 USRA Judge-Referees working to ensure safety and fairness. Here are three basic rules for you to know:
 1. **Steering:** You may **NEVER** cross the buoy line at any time during the warm-up or race. Should you cross over the buoy line, creating a huge safety issue, you will be excluded from the race. You will receive no time and will have worked hard for nothing. Around the “S” turn (about 500 meters from the start) crews heading to the start will find the area very narrow. You can only proceed single-file. It is not a race to the start. Be smart and safe here. There is a launch with an official to guide you. The Start Marshals will be giving you directions. Listen to them!! At the conclusion of your race, you will paddle well past the finish and then spin to your port. Do not cross back onto the race course as you return.
 2. **Sportsmanship:** Increasingly we are seeing rude and crude behavior in a sport where class and integrity are so important. Respect the efforts of all crews. “Move the #\$%& out of the way.” and/or “Ha-ha, they suck, we're passing them.” do not fit the profile of acceptable things to leave your mouth. Should you find yourselves (cox or crew) unable to stick to racing and compliments, you will be removed from the race. It may also reflect on your team's chances to row on Fish Creek again in the future.
 3. **Punctuality:** Your boat must be on time to the start. Should you not be there before the event goes through the starting line, don't bother coming. Out of fairness, we will not have boats racing at a time when their event has already passed – conditions can sometimes change too quickly. Remember also, you “hot seat” at your own risk. Make sure you have the time to do so. Less than an hour is not acceptable. Inform the Dock Masters beforehand.
- **Launching:** Crews come to the docks when they are called. We do not have “free for all” situations. The docks are controlled by the Dock Masters. They will call you down systematically. This system allows us to keep the flow of traffic to the starting line organized and efficient. We have 1100+ boats to launch. There will be at least 6 double-sided docks available to accomplish this. Dock Masters run the show in the launch areas. It is expected that they receive your help in making things run smoothly. You can expect to be called for your race 40-45 minutes before race time. Be ready. Please avoid the following at all costs:
 1. Coming to the dock when you feel like it. There is an order in place and we use it. Getting that “extra ½ hour of practice” on the water actually complicates the traffic to the launching/starting area. Please help make this day work smoothly.
 2. Coming to the dock without checking your equipment beforehand. Tie-downs, bow balls, etc should be taken care of at your trailer, NOT on the dock. Such things are must to be allowed to race. It saves time and hassle to make sure your boat is ready to race before you get “hands on”.
 3. Parents & family pets, friends, etc clogging up the designated “launch dock areas”. Although pictures and hugs are nice, they are not conducive to a safe and efficient launch area. Inform all non-essential people to keep out of the launch areas. However, please have someone with your boat carrying oars (and take away your shoes) to keep your time on the docks under 2 minutes.
 4. Launch with **sterns** out. The shore is shallow. Keep the skegs as far out as possible.

- **Traffic:** The basic rule is, land to starboard/buoys to port – both ways. Getting too close to land will get you in the weeds. Make sure coxswains check their skeg before they get into the starting chute. You can never cross the buoy line along the course. Be aware of safety launch placements in case you need help. There are people at the “s” turn and a pontoon with supplies in case of trouble. The Starter is on the Skidmore Bridge with a bullhorn. Listen to him. You will be “full pressure” by the time you go through the bridge. If you have any equipment problems during the race, flip your boat, slower than molasses, etc.simply move out of the oncoming traffic. Aside from the “S” turn, the course has ample room to get out of the way.
- **Contingency Plans:** In the chance that there is poor weather, please be warned that we reserve the right to cancel any event (last resort) that could/would create an unsafe situation.
- **Passing:** The faster boat has the right of way on the race course (assuming it does not create an unsafe situation – ie. The “S” turn). A general rule of thumb is to allow the overtaking crew the path of it’s choice. Passing crews however, must indicate to the crew being passed, which side they will be passing onAND, the faster crew must give ample time for them to move. Coxswains(crews) whose ego is larger than their boat is fast, will be excluded from the race. You must give way to the passing crew, as they approach to within one boat length of open water.
- **Trailers:** Trailers should be here the evening before the race. It is easier to win the lottery than it is to cross that bridge Saturday morning. PLEASE get your trailer here so you do not cause more problems in the morning. Someone will be at the site until 11:00pm, after which time the gates close. That last, Friday practice will not make the difference in a race on October 25th. Plan accordingly. We have 85+ trailers this year!! Space is a luxury. Work with the people on-hand to make things smooth. Bullying the volunteers for more/better space will not get you far. Tow Vehicles can return to their trailer in the morning assuming the vehicle is onsite before the first launch. Security is onsite all night Friday/Saturday night. Food tents are not allowed anywhere’s near the docking areas. There is a map that will be posted to show you where you may put such things. Premium tent sites are for sale along the shoreline. Another tent area is in the clearing in the middle of Lee’s Park. Parking for Sunday’s regatta begins at 5:00pm on Saturday evening.
- **Times:** Times will be posted when they are finalized. Obviously, pressuring the timers does not really speed up the process. If you have any issues with times, please find the Head Ref (Jim Flanders) by going to the Registration tent and having him paged and/or filling out the “protest sheet”. Please leave the timers alone. Also, times will be put online instantly through www.racetrak.com. Fish Heads, medals, etc will be available once the race becomes “official”. Please be patient.
- **CleanUp:** Each team is responsible for its own trash. There are plenty of dumpsters spread throughout the sites for you to put the garbage into. Please police your own areas and throw the trash into the dumpsters.
- **Emergency Crews:** There are several emergency groups that will be present at the race. The ambulances will be stationed at the State Boat Launch should you require attention. On the water, the Sheriff’s Dept., the State Police, and the State Parks Police will be patrolling. In addition, we have an emergency, on-water craft stationed on the pier. Please “thank” them for volunteering their time for all these races/years. They make your experience safer. (When possible, share coffee or food with them, they love that). Make sure you are aware of the safety plan and EMS locations. This late in October, we usually see cold/wet conditions. Hypothermia is common, but can be prepared for better than has been in the past. Lastly, the NYS Chiropractic College will be onsite for massages, adjustments, etc. You must be 18 years old to partake. Enjoy.
- **Buses:** No buses will be allowed to turn into Lee’s Park. The ground is too soft & wet for them. Buses are allowed to use the NYS Boat Launch. However, as in all NYS Parks, there is a \$40 fee. Plan on paying for your bus upon arrival, unless you do it between then and now. There was/is a form with information on Ronin concerning Buses. Anyone coming on Friday is on their own with the NYS Parks. You may NOT bring buses into Lee’s Park. Stewarts is free, the State Park is \$40 daily.
- **Cartoppers:** There is an area set aside for your boats in Lee’s Park. You may drop off your boats the evening before. Cars will not be allowed to drive into the actual boat area during the regatta.
- **Masters events:** We are still missing ages for several of the Masters entries. Please check online and send in your time if yours looks to be missing. Please send them to chaserow@nycap.rr.com
- **Misc.:** Bow numbers must be left in the boxes provided on the “return docks”.
- **For 2009:** Only events that have at least 3 entrants will be considered an event.