

Congratulations,

You have been selected to represent Forest Hills Central Crew at the 2011 CSSRA Championship Regatta. Please read through the following information and make your parents/guardians aware of the schedules, costs and travel requirements.

Travel Requirements:

The team will travel by commercial bus. We will be departing from the High School on Thursday, June 2nd. Departure time is yet to be determined but will be 9AM or earlier. The bus will depart from the Circle Drive near the new gym entrance.

Due to the increased security level in the United States and Canada, there is a chance that our luggage will be inspected as we cross the border either into or out of Canada. To prevent any mishaps or circumstances that students may feel is funny that is actually taken very serious by others, we may be inspecting ALL bags before they are placed onto the bus. For those traveling with parents or chaperones, we will ask that the driver also require an inspection of everyone's bags that are traveling in the vehicle. This inspection will also take place prior to the return trip home.

Requirements for border crossing:

Regardless of age (including adults), The US State Department can ask for the following to re-enter the United States:

- Photo Identification, either a drivers license or school I.D. card
AND
- Non-US Citizens can be asked to show their green card and passport or other papers such as a visa or student study visa.
- **Our Team Policy is that All Athletes going to Canada must have a passport, if you do not have one currently, you can have one expedited.**

For all minors (under the age of 18), the following is ALSO required:

- A parent or legal guardian consent form stating that permission has been given for the minor to travel to Canada with the coaching staff of Forest Hills Central Crew. This form **MUST BE SIGNED BY BOTH PARENTS or LEGAL GUARDIAN and NOTORIZED**. (We have created a form with all of the required information which is available on our web site).
 - Options for obtaining the required notary stamp/signature
 - Obtain at your local bank, AAA, place of work, someone you know is a notary
 - We are trying to arrange for a couple of evenings at the boathouse that notary's will be present.

Please contact Coach Bradford (616-648-2174 cell) or the US Department of State (1-888-407-4747) if you have questions concerning the above.

All athletes attending the regatta will be excused from school on Thursday & Friday. Our actual return time will be based on the number of boats that advance to the finals on Sunday. The last few years we have returned as late as 1AM on Monday morning. The last scheduled race of the day on Sunday is at 6:00 PM. Travel time is approximately 6 hours.

ALL ATHLETES, EXCEPT GRADUATED SENIORS, ARE EXPECTED TO ATTEND SCHOOL ON MONDAY FOLLOWING THE REGATTA!

Racing:

All athletes that are racing MUST have identification with them. Student ID cards with a photo need to be taken on this trip as a boat will be disqualified if an athlete is missing his/her identification. The team will provide lanyards and ID sleeves for the ID's.

Housing:

The team will be staying at the Residence Conference Center at Niagara on the Lake. The rooms are set up as suites containing 2 bedrooms, a kitchen area and one bath. Each of the bedrooms has a double bed that we are asking two athletes to share. Bed linens and towels are provided. All team members and coaching staff will be staying at the same location.

If adults wish to stay with the team, we will ask that you pay the actual room cost which is anticipated to be approximately \$XX CDN per suite per night. All arrangements must be made through Neal Niswonger (616-485-2868).

Note, the rooms do not have an alarm clock so please be prepared and bring a clock or another device.

Food:

All food for participating athletes and coaches will be provided for the duration of the regatta including a 'box lunch' for Thursday's and Sunday's bus ride.

There are many options for adults and siblings that are traveling to the venue. There is a food concession on the boat staging island and many restaurants in Old Port Dalhousie (the finish line area). Please understand that food provided at the tent is for athletes and coaches.

Costs:

The cost per person (athlete) to attend the regatta this year will be \$125.00. This cost partially covers the expense of housing, food and transportation. The team will be covering the remaining costs associated with this regatta. Checks should be made out to FHC Crew and turned in to the head coach prior to the conclusion of practice on the Wednesday preceding the event.

Miscellaneous:

- There is a considerable amount of "down time" at this regatta. All students are encouraged to bring their class books with them and to spend time preparing for their final exams.
- Please pack accordingly for the trip. Over the past few years, we have experienced rain at some point during the event. The regatta site can become very muddy when it rains. Rain gear and extra shoes and/or boots are highly recommended.

- There are numerous vendors and souvenir opportunities at this regatta including the “Regatta Sport” store located in town.
- Athletes are allowed to venture into the town of Old Port Dalhousie but only if their coach has been notified first.
- Wrist bands must be purchased to enter the grand stand area at the finish line as well as the boat staging and team tent area. The published costs are:

Adults

\$6.00 Friday
 \$8.00 Saturday & Sunday
 \$20.00 for 3 Day Pass

Students & Seniors

\$5.00 & \$5.00 Friday
 \$6.00 & \$7.00 Saturday & Sunday
 \$15.00 for 3 Day Pass

Children under 12 FREE

- It is a good idea to have some Canadian currency on hand for miscellaneous purchases. Most shops and vendors accept US currency except you may not find as good an exchange rate as with your local bank. The 5th/3rd bank at Patterson and 44th (near the airport) has Canadian currency available.
 - On Saturday evening, we traditionally travel to Niagara Falls for an hour or two and allow the athletes some time to tour the area. We will do so again this year if the schedule permits.
 - There are bathroom and shower facilities located on the island where the launch docks are located
 - Heat sheets will not be available until approximately the Tuesday before the event. The Regatta has historically started on Friday at 9AM. There will be some entries that will have their first race on Friday and some that will not race until Saturday. The schedule is based on the number of entries for each event. Sunday is reserved for Finals only. The last race on Sunday will not be held until almost 6PM. If we have an entry advance to this final, we do not anticipate arriving back home until 1AM Monday morning.
 - Heat sheets may be obtained at the CSSRA web site www.cssrarrowing.ca
 - All lightweight and midweight rowers and all coxswains are required to weigh-in each day that they are competing.
 - For those parents/guardians not traveling to the regatta, results are updated periodically at the CSSRA web site www.cssrarrowing.ca
 - The venue for this regatta is one of the best in the world and was the site of the world rowing championships a few years ago. There will be OVER 140 schools from Canada and the US competing at this regatta. There are approximately 850 entries spaced over 36 events. If you want to witness high school rowing at its best, this is the place to do it. We encourage all parents, guardians, siblings and friends to attend.
- REMEMBER;** do not do anything to embarrass yourself, your parents your team or your school!