Simsbury-Tabor Invitational

Saturday, April 12, 2025 Donahue Rowing Center, Shrewsbury, MA

Bus Information:

Arrive at High School at 9:00 am Bus Departs at 9:15am

Race Schedule:

G1 Race: 2:30 G2 Race: 1:40 G3 Race: 2:10 B1 Race: 2:40 B2 Race: 2:20 B3 Race: 1:50 B4 Race: 1:30

What to Bring:

Competing Athletes should have:

- Complete change of clothes it is going to be cold and wet. Have a plastic bag to put wet clothes in as well.
- Unisuit, long spandex or leggings, plus a stretchy shirt or long sleeve shirt
- Rain jacket
- Extra socks and shoes (real shoes, not flip flops or sandals as the ramp is very slippery)
- Snack for the bus if you don't eat at home
- Lunch and a filled water bottle
- Money for Rest Stop on ride home
- Common Table donation on bus

Common Table Information:

Here are just a few reminders/notes about the Common Table 2025:

Welcome to the 2025 Spring Crew Season. All athletes, parents and siblings are encouraged to visit the SHS Crew tent to partake in our Common Table offerings. I have set up a signup genius to enlist parent support for the common table events in April all of which are at the Donahue Rowing Center in Shrewsbury, MA. Your help is greatly appreciated and it's a good opportunity to cheer our athletes on. Times for cleanup after the races are approximate so, please plan on being flexible if you sign up. We'll have more information on the races in May including CPSRA at which we will be grilling again!

2025 Common Table Help Sign Up

Common Table Reminders

- The food request list changes for every race, PLEASE CHECK EMAILS
- If you cannot contribute your assigned food item or if you have been assigned a fruit or vegetable that is not readily available, please make an equivalent contribution. For example, if strawberries are unavailable pick a different type of berry, or if there are no ripe cantaloupes bring a different type of juicy melon.
- If your child has food allergies or intolerances, your item should fit the allergy or intolerance they have. For example, if your athlete is nut-free and you are assigned a dessert, please bring a nut-free version of that dessert.
- Food requests are to be sent with your son/daughter on the bus. They are collected at boarding time and we will
 have coolers for the perishable items.
- We recommend that you send your food request in a disposable container (Ziplocks are good, they save space in our coolers). If sent in a personal container, please make sure that you or your athlete pick the container up before you leave the race.
- EACH ATHLETE SHOULD BRING HIS/HER OWN LUNCH AND WATER BOTTLE (the Common Table is only intended to be supplemental nutrition and hydration)
- If you do not see your athlete's name on the list, please donate \$5

Please email me at <u>jamailly@icloud.com</u> if you have any questions or concerns. I am looking forward to seeing everyone there!

Jennifer Anderson - Common Table Chair

<u>Parent Guidelines</u> - We love that parents come to cheer our crews, but please follow the guidelines below.

- Please respect that your child is there to compete and has a job to do. Try not to distract them from their tasks. They will come and say "hello and thank you" when they can.
- Only Coaches and Coxswains may go to the coxswains meeting.
- Only Coaches and Athletes are allowed on the dock and only if you are docking a crew.

Please read the following from the St. John's Crew Coach regarding parking and areas that are open or closed to guests.

Directions and Parking Instructions:

- NO Parking of any kind is permitted at the Postal facility. No Athletes, No Coaches and No Parents. Vehicles will be towed at the owner's expense.
- Parents should park at Shrewsbury High School and then take the shuttle to the DRC.
- Violators of this policy are subject to exclusion at next year's racing.
- No Food Trailers allowed in the DRC Parking lot.
- No visitor parking in the Boathouse lot.
- Trailer Parking in the state boat ramp adjacent to the DRC This is in the big parking lot only Trailers will be permitted into this parking site.
- Visiting athletes and parents are asked to refrain from using the DRC Restrooms. Portable toilets are available in the trailer parking area.
- Please be sure that ALL garbage from your tents and/or trailer area is disposed of in the dumpsters located behind the boathouse.

Again, to the parents, thank you for coming out to cheer on your kids!!

Race Course

	DRC Shore	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
B4V	1:30	Travel Lane		St. John's	Simsbury	Shrewsbury	Stonington	
G2V	1:40		Stonington	Simsbury	Boston Latin	E. Lyme	Shrewsbury	
B3V	1:50			Stonington	St. John's	Shrewsbury	Simsbury	
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Break	2:00							
G3V	2:10			Simsbury	Boston Latin	Shrewsbury	Stonington (4V)	
B2V	2:20		Shrewsbury	St. John's	E. Lyme	Stonington	Simsbury	
G1V	2:30		Shrewsbury	Simsbury	Stonington	Boston Latin	E. Lyme	
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B1V	2:40		Stonington	Simsbury	St. John's	E. Lyme	Shrewsbury	
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