

Subj: Food at Regattas – NEW PLAN

Dear rowers/coxswains and parents,

At the request of captains and to help our rowers perform better, a new approach for food at local regattas is being tried. Here are the basics, and details follow.

1. All rowers/coxswains should eat breakfast before coming to the regatta. See the nutritional guidelines prepared for us by the dietician on the MVHS crew website.
2. All families will be assigned a snack, drink or water from a compiled list for consumption at regattas. These snacks are within the guidelines prepared for us by the dietician. Rowers/coxswains will sign up for snacks the Monday or Tuesday before a regatta. Drop off is discussed below. All snacks should be provided packaged in individual servings for the minimum number of rowers/coxswains indicated.
3. All rowers/coxswains are responsible for their own lunches at the regattas. Options for purchasing lunch at regattas are frequently limited, so it is suggested that rowers bring their lunch. These lunches should be consumed after racing with exceptions for long regattas and finals.

Details:

**Food Assignments:** At Monday's or Tuesday's practice, captains will have food and drink assignment papers. Each rower/coxswain will receive a slip of paper with the requested item. Absent rower/coxswain can sign up as soon as they return by stopping by Mrs. Dilts room. The list will be posted as soon as possible on the website.

The snack and drink items have been put on the list based upon the dietician's suggestions. PLEASE do not change your assignment. All items should be packaged for individual consumption. Examples: buy individually packaged trail mix or buy a big bag and use zip-locks to make individual servings. PLEASE pay attention to what a serving is for these items and measure, as each item is designed to be about 100-200 calories.

**Food Drop Off:** Rowers should plan on dropping off items up through Friday's practice. There are two ways to drop off. Rowers may bring their items to Mrs. Dilts' room at the school (E106) before or after school. Rowers/parents can drop off items with Wes Rabusseau after practice. Fruit and cheese items should be brought on Thursday or Friday to help with storage.

**Allocation:** Snacks and drinks will be sorted and distributed based upon the number of boats racing at the regatta. (note for Polar Bear regatta there will be novice snacks even though they will not row). The food manager will be responsible for bringing all food to the regatta. The food manager will collect left over snacks and water at the end of the regatta and determine the needs for the following week and provide a list to the captains.

**Regatta Day:** Each boat racing that day will receive 2 containers. One will have water and drinks and the second will have a selection of snacks. The containers will be marked for the boat. Example: *Novice*

*Men's Eight.* ONLY rowers/coxswains assigned to the boat access their containers. Only one water bottle and one small Gatorade will be provided to the rowers for each race. Markers will be available to identify the bottles. They can re-fill their water bottles as needed at the local regattas. PLEASE DO NOT BRING ADDITIONAL SUGAR DRINKS (like Gatorade or Powerade) to the regatta. These drinks are high in sugar and calories that are not good if consumed beyond one serving. Please feel free to help the environment and bring your own water bottle though. (Reminder – no rowers should be consuming carbonated beverages during the season – remember what the dietician said!)

The dietician provided a timeline for food consumption prior to racing. A sample timeline will be attached to each of the snack containers.

**Recycling:** All recyclable containers should be empty and placed in the recycle bag at the regatta. Non-perishable snacks will be collected and used at the next regatta.

**Suggestions regarding snack list:** The food manager will monitor the consumption of items at regattas and adjust the list as necessary. Additionally if any parent or rower/coxswain has suggestions for the list, please send an e-mail to the food manager. ([dottie.dilts@fcps.edu](mailto:dottie.dilts@fcps.edu) or [d-dilts@verizon.net](mailto:d-dilts@verizon.net))

This plan was developed because of the observations made by team members and parents in past years. There was a lot of wasted food, buying of food was not equitable, there was a mess in the team area and at times consumption of food and drink interfered with athletic performance. Please support your team mates by trying to stick to this new plan and offering suggestions for any changes that might help the team perform better.