

SYRACUSE CHARGERS JUNIORS

2011 Head Of The Charles

REGATTA INFORMATION

COACHES: David Cusano (315) 546-6575
Bob Garofalo (315) 263-7801
Nick Scholz (315) 256-1875

HOTELS: Coaches Cusano & Scholz: Doubletree Suites
550 Winter Street
Waltham, MA 02451
(781) 890-6767

Coach Garofalo & Athletes: Hyatt Place Boston/Medford
116 Riverside Avenue
Medford, MA 02155
(781) 395-8500

LOCATION: Herter Park (Boston, MA)
WEBSITE(S): <http://www.hocr.org>

TIMES: Athletes Arrival 08:00 AM
Event #37 *Mens Youth 4+* 10:22 AM
Event #38 *Womens Youth 4+* 10:52 AM
Event #46 *Womens Youth 8+* 01:47 PM

NOTES FOR PARENTS

- All athletes need to be on-site at the Syracuse Chargers trailer in the Finish Area Launch Site (see directions below) by 8:00 AM. Please DO NOT be late!
- Please plan accordingly on departure times as the regatta will not wait for boats and your athlete's late arrival may mean the boat does not get to race.
- There is going to be a LOT of traffic and people onsite. This is likely the largest regatta any of our teams attend.
- Please DO NOT "debate" with any regatta volunteer, especially when it comes to parking and plan on walking. A lot.
- Please dress appropriately for the weather! Your athlete should not forget to pack the Syracuse Chargers shirt all the athletes ordered.
- Since we are not all staying in the same hotel, below are the contact numbers for the athletes (please note not all are 315 area code numbers):

○ Sawyer Konys	(315) 427-5173	○ Emma Allen	(315) 409-6542
○ Graham Ritchie	(315) 399-8025	○ Haley Eovine	(315) 657-1156
○ Garrett Tongue	(917) 224-3213	○ Lindsey Grazul	(315) 572-1107
○ Chris Warren	(315) 264-9989	○ Caitlin Green	(315) 247-9123
○ Connor Williams	(315)	○ Jessica Lohr	(315) 657-5223
		○ Keara Lynn	(315) 396-3356
		○ Nikole Metz	(315) 749-0509
		○ Claire Meyers	(315) 436-7884
		○ Rachel Moskal	(315) 430-2689
		○ Sam Paige	(618) 977-4833
		○ Elizabeth Schell	(315) 530-5826
		○ Erika Wisnowski	(315) 506-0142
		○ Courtney Wilson	(315) 720-7997
		○ Caroline Withers	(315) 440-9567

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WAIVERS

- All athletes will be required to sign an electronic waiver.
- Please go to www.rowingwaivers.com and please use **Nick Scholz** (nscholz@scsd.us) when it asks for the coach's information.
- This will need to be done by **October 12th**.

FOOD

Members of the Womens program should arrive at the hotel no later than 6:00 PM on Saturday evening if they plan on joining attending the team dinner. Athletes will be responsible for paying for their own dinner. Coach Garofalo will provide more details on the dinner and other items in a separate email/handout. Be sure to ask you daughter for this information before departing for Boston.

At the course on Sunday, many vendors will have set up food tents where you can purchase everything from New England clam chowder to Boston baked beans. This food court is set up near the end of the race and is a comfortable walk from our trailer. While it easy for parents to get food there or walk into Harvard Square to visit a restaurant, that isn't easy for athletes that need to stay near the trailer and coaches.

Like other regattas this fall, there will be a variety of food made available to the athletes at the trailer. This will include water, Gatorade, fruit, granola bars, etc. If you are able to help with this effort, please contact **Rob Lynn** (robslynn@yahoo.com).

DIRECTIONS (Finish Area Launch Site)

Here are the directions to the Finish Area Launch Site (FALS) which is where the trailer will be located:

1. Take **I-90 EAST** (Mass Pike) to **EXIT #18**. This is the exit for Brighton/Cambridge. Follow the signs to Cambridge.
2. Proceed through several traffic lights and cross the Charles River via the River Street Bridge.
3. Once across the bridge, take a **LEFT** onto Memorial Drive so the river is on your left. Continue for 1.6 miles.
4. When the road forks (near the Cambridge Boat Club), stay to the **LEFT**, following signs for Watertown/Newton.
5. Proceed through the traffic light, staying in the **LEFT** or **CENTER** lane to approach the Eliot Bridge.
6. While crossing the Eliot Bridge, move to the **RIGHT**, and then turn to the **RIGHT**, following signs for Newton.

DIRECTIONS (Parking)

Here are the directions on where to park (see the regatta website for maps). As always, drivers should obey posted regulations and should not park after dark.

- Friday, Saturday, Sunday parking is available on Birmingham Parkway. For direction to this site, use the following address:

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[174-198] Leo M. Birmingham Parkway
Brighton, MA 02135

- Saturday and Sunday parking is available on Greenough Boulevard. For directions to this site, use the following address:

[2-94] Greenough Boulevard
Cambridge, MA 02138

A shuttle bus for athletes and spectators will circulate throughout the race area on Friday from 01:00 PM – 08:00 PM and Saturday and Sunday from 07:00 AM – 07:00 PM. Additional lots near the Finish Area Launch Site may be available.