



ROWING
CANADA
AVIRON

www.rowingcanada.org

Guide for Family and Friends of Rowing Canada Aviron's National Team

Introduction

The members of the National Rowing Team are grateful for all the support that they receive both during training and at regattas. When competing abroad it is inspiring to have the encouragement of Canadian supporters. At the same time, during competition and the training leading up to competition, the members of the team must maintain their focus on their main objective, winning gold medals. When athletes are at an event, they are there at “work” and it’s important that any friends, family allow them to work and bring home their best performances possible.

The purpose of this guide is to inform supporters how you can best support the team.

Traveling to International Regattas

Almost always, plans to travel to a regatta must be made well before the official team selection is complete and announced. Family and friends must make their holiday plans with the understanding that the athlete they support may or may not be selected.

How do I find out about team selection?

The selection criteria document is published at the beginning of each season and can be found on the RCA web site under National Team/High Performance Documents. The process can result in the final team selection not being made until a week or two before the date of the regatta. This can be frustrating for supporters and we ask for your understanding in awaiting the outcome of the process. Supporters are encouraged not to ask their athlete whether or not they will make the team; this only adds pressure to the athlete in an already stressful time. Nor should family and friends contact the coach hoping for a “hint” regarding selection.

Who can help me make travel arrangements?

Often, the website for the regatta will have information for spectators. Links to these sites can be found in on the RCA website under National Team/Family and Friends

If you are not used to making your own international travel arrangements, we recommend you contact Celebration Club www.celebration.club.

Can I travel with the team and stay in the same hotel?

In the time leading up to competition and between races the athletes need to stay focused and avoid distractions. For that reason the team members travel together, stay in the same accommodation and eat together. The coaches and team staff are there to address the athletes’ needs and to help maintain their focus for their events. Supporters should travel separately from the team and stay in different accommodations. It is a policy that the members of the team eat their meals together and do not have non-team members visiting them in their hotel. The Family and Friends Bulletin will identify which hotels are being used by the team and therefore off limits to supporters.

Can I visit or contact my athlete during a regatta?

Supporters are asked to be discreet and to maintain a certain distance from the team, mindful of the team's need not to be distracted from its mission. Contact such as phone calls and post-race visits with athletes should occur only when initiated by the athlete.

How do I get tickets to the regatta?

Tickets in the Family Grandstand for the Olympics, World Championships, U23 World Championships and Junior World Championships must be ordered through RCA. Information will be included in the Family and Friends Bulletin. Please ensure you are on the email list for the Bulletin by email the RCA Family and Friends contact listed on the RCA website under National Team/Family and Friends.

For World Cup regattas or other international regattas other than World Championships or Olympics, tickets can usually be purchased at the gate. Information is available from the regatta websites. Links to these sites can be found on the RCA website under National Team/Family and Friends.

How do I support the team at the regatta?

First of all, simply knowing that you are there and witnessing the performance of the athletes is inspiring to the team. Secondly your vocal encouragement during the racing can be heard on the water and Canadian supporters have proved adept at raising their voices above others. The best time is as the crews approach the grandstand during the racing rather than on their way down to the start when they are focusing on their warm-up routine.

Check the regatta website for updates regularly. Race times can change due to weather (sometimes postponed and sometimes scheduled earlier).

How can I find out what's going on if I'm not at the regatta?

Those who are unable to attend the regatta can ask to be added to the RCA e-mail news release list to obtain highlights of the day's Canadian results. Look for the link on the home page of www.rowingcanada.org. You can also follow Rowing Canada Aviron on Twitter @rowingcanada Results and sometimes live-streaming can also be found on www.worldrowing.com

Who can I talk to about additional information or further questions?

Please contact Michelle Boss mboss@rowingcanada.org.