



Dos and don'ts for MCS rowing parents

These suggestions are a guide for parents regarding dos and don'ts on race days and have been compiled with the help of athletes, the coaches and past parents. They are written as if spoken by a rower.

Before the day

- **Encourage** me to read the safety and marshalling instructions for the event.
- **Urge** me to pack my bag with a packed lunch and non-fizzy drinks (that I have made!) and lots of clothing appropriate to weather. I need to remember that I may need a total change of kit after a wet race.
- **Remind** me to set my alarm clock to be up and have breakfast and a shower to be in good time for the coach. I don't want to get left behind...I have been told it does happen!

On the day

Please do...

- **Come** and support us (the rowers) at Head Races (processional timed races in the Winter) and Regattas (side by side races in the Summer). They are the culmination of hours of strenuous training and we would like you to see what we can do.
- **Understand** that travelling with the squad to and from the event helps me to be part of the squad and to fulfil my responsibilities with the squad.
- **Bring** warm waterproofs, rugs, thermos flasks and comfy clothing in the autumn, winter and spring, and sun cream and hats in the summer.
- **Shout** "Go Monmouth!" loudly and frequently at the top of your voice.
- **Keep** well out of the way when we are lifting the boat in and out of the water. A "cleaver" is a paralleloid blade designed to improve the force transferred from oarsman to water and we would certainly not want you to get hit with one.
- **Feed** me with "treat foods" such as burgers and ice creams, but only after we have finished racing for the day.
- **Feel** free to use a club umbrella or wear club kit for parents.

Please don't...

- **Expect** us to sit with you all the time as we need to be with our crew and resting.
- **Come** near the crew for at least an hour and a half before a race and half an hour after it – longer if we have lost. We need to be briefed and debriefed by our coach.
- **Hover** or take photos during the briefing or debriefing.
- **Try** to help with rigging or de-rigging the boats. We want to do it ourselves, then it is our responsibility to get it right for our race. Our coaches have taught us how to do it correctly and trust us to do it right with their support.
- **Carry** any of our equipment (boat, blades, etc.). It is our responsibility. If we need help, we rely on our fellow athletes to support us in this way. This is also the case at training...practice makes perfect...
- **Finally**, it would be useful to steer clear of the following types of remarks:
 - a. "At least they tried."
 - b. "Didn't they look good?" for a Monmouth crew trailing in the wake of its opposition.
 - c. "Was it your child who caught that crab?"
 - d. "Don't worry, it's only a game."
 - e. "Don't stop" (it's best not to even suggest this thought to me when I am working hard and the finish line is a distance away!!!)