

Q-Cup

Saturday, April 26, 2025

Donahue Rowing Center, Shrewsbury, MA

Bus Information

Arrive at High School at 9:15am

Bus Departs at 9:30

What to Bring

- Complete change of clothes
- Unisuit, plus a stretchy long sleeve shirt
- Rain Jacket
- Extra socks and shoes (real shoes, not flip flops or sandals as the ramp is slippery)
- Snack for the bus, if you don't eat at home
- Lunch and a filled water bottle
- Money for the Rest Stop on the ride home
- Common Table Donation for Bus

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.
- 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

Parent Guidelines

- 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.
- Bundle up too! Be aware of the weather.

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 in the to cheer on your kids!!

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