

**REGATTA DO'S AND DON'T'S****DO:**

- Get plenty of sleep the few nights before a race
- Keep water intake high, 8 glasses a day minimum
- Eat properly with a well balanced diet
- More complex carbohydrate is good but must be done Monday through Thursday
- Bring extra clothes, even if you do not wear them
- Use sun screen if the sun is out
- Stay out of the sun as much as you can, the sun dehydrates the body
- If it is cold, stay warm
- If you have races scheduled, stay with your crew
- Be at your boats 1 hour before a scheduled race
- Bring homework to Regatta's, there is a lot of down time where you can study
- If you are not racing, help out with those who are
- Stay positive and support each team member
- Try YOUR best
- HAVE FUN!!!

**DON'T:**

- Stay up all night the week of a Regatta
- Skimp on food if you are a lightweight (or open weight)
- Eat dairy products (milk, cheese, etc.) the day of a regatta, it will give you a sour stomach
- Eat candy bars or candy the day of a Regatta, you get a quick high that does not last
- Lay out and 'sunbathe' while you still have racing to do, it dehydrates the body
- Leave the regatta site for any reason
- Wander off on you own for any reason
- Get sunburned
- Have a negative attitude or bring down the team in any way

**Winning is not only measured by who crosses the finish line first.  
Winning is also measured by hard work, perseverance, dedication,  
team unity and trying your individual best.**

**You are already a winner by being a part of the FHC Crew Team.**

**The only thing expected of you is that you tried your best.**