

# 2017 USRowing Southwest Youth Championships



Southwest Youth Championships – May 5 – 7<sup>th</sup>  
Will be held at: Lake Natoma – Rancho Cordova, CA  
Sacramento State Aquatic Center, 1901 Hazel Ave, Gold River, CA 95670

Thursday, May 4 <sup>th</sup> 2017	Sunday, February 26 <sup>th</sup> 2017
Noon – Depart from NAC for Lake Natoma 3:00 pm – Stop - Laval Rd West @ Tejon Outlets 7:00 pm – Dinner Stop - Santanella 10:00pm – Arrive at Hotels for Check-In	4:00 pm – Depart from Race Course for NAC 7:00 pm – Dinner Stop - Santanella 11:00 pm – Break - Laval Rd West @ Tejon Outlets 1:00 am – Arrive at the NAC

- ATHLETES THAT ARE LATE TO THE BUS WILL BE LEFT.
- All athletes must stay with their coaches for the entirety of the trip.
- All athletes should bring money for food while traveling (or pack food to eat).
- Breakfast, Lunch & Dinner for Friday & Saturday, Breakfast & Lunch Sunday will be provided.
- Arrival time at NAC on Sunday night may fluctuate depending on how quickly the trailer is loaded & traffic.

## Hospitality Contacts

Chrissie Emmel	Hospitality	949-285-3292
Jennifer Rolfes	Hospitality	714-323-7907

## NAC Staff & Coaches Contacts

Nick D'Antoni	Varsity Boys Head Coach	949-274-5319	Steve Dani	Varsity Girls Head Coach	206-850-6857
AJ Brooks	VB Assistant Coach	949-887-5018	Maddie Lips	VG Assistant Coach	720-985-6194
Nick Trojan	VB Assistant Coach	562-714-0456	Nick Dawe	VG Assistant Coach	513-706-3154
Pat Gleason	Novice Boys Head Coach	714-458-6931	Eden Broggi	Novice Girls Head Coach	630-939-4000
Marcel Stiffey	NB Assistant Coach	949-400-6315	Jill Clapp	NG Assistant Coach	949-275-3478
Mijo Rudelj	NB Assistant Coach	206-551-9763			
Billy Whitford	NAC Executive Director	949-400-5250	Pat Rolfes	Director of Jr. Rowing	714-323-2739

## Hotel where the coaches and athletes are staying

Holiday Inn  
11269 POINT EAST DRIVE  
RANCHO CORDOVA, CA 95742  
916-635-4040

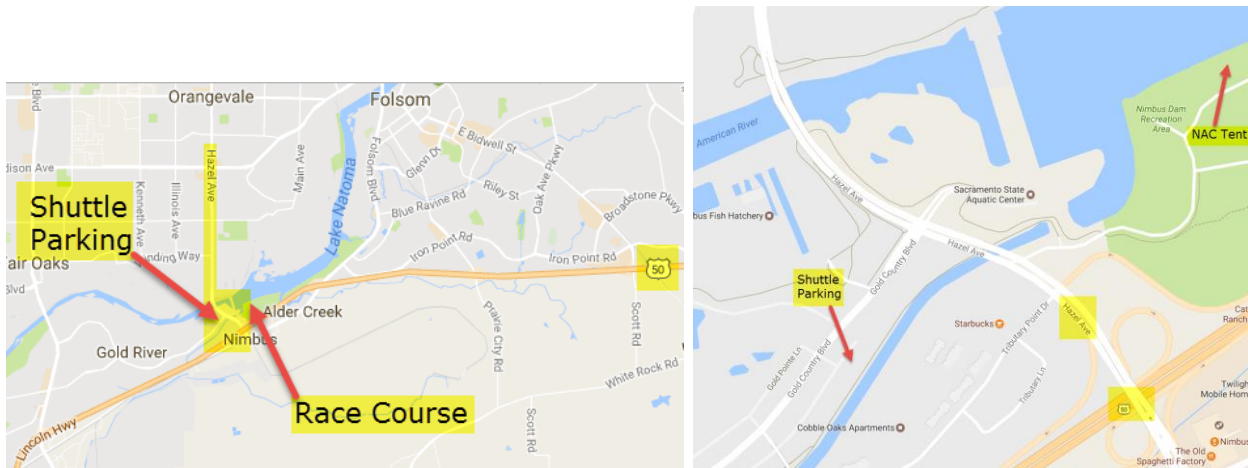


## Southwest Regionals

### Parking - Race Course – Preliminary Race Info – Hotel Suggestions

#### Parking

There is NO parking allowed at the race site except for permit holders (which are for the buses, trailers etc...) You will need to park at an office park across the street and then take the shuttle. Look for the signs and plan accordingly.



#### Directions

Link: <https://goo.gl/maps/qyG3uEm3YMk>

#### Location

Southwest Youth Championships will be held at Sacramento State Aquatic Center, 1901 Hazel Ave, Gold River, CA 95670. AKA: Lake Natoma – Rancho Cordova, CA

#### Preliminary Race Information – May 5 – 7<sup>th</sup>

Link: [https://www.regattacentral.com/regatta/?job\\_id=4954&org\\_id=0](https://www.regattacentral.com/regatta/?job_id=4954&org_id=0)

#### Hotel Suggestions

Look for hotels in: Rancho Cordova & Folsom area.

#### AP Tests

Please note that if your athlete has AP courses, they may have to reschedule their tests or plan their own transportation accordingly.



## **Southwest Regionals Additional Detailed Information**

**This race is attended by ALL athletes**

### **Friday 5/5**

- 6am Boat Sling set-up for coaches
- 7:30am Athletes leave hotel for course to rig and practice. Breakfast at the hotel, snacks, LOTS of water, and lunch at the course.
- NEW THIS YEAR: ALL COXSWAIN WEIGH-INS ARE THIS AFTERNOON.
- Time Trials for certain events may begin as early as 3pm this year so practice must be concluded by 2:30pm (unless schedule changes). Dinner has generally been served by caterer at the race venue. Current TT events are Novice 4+'s, Third Varsity 8's (3V's), Varsity 4x's, and often many more.
- Athletes return to Hotel based on dinner and racing schedule approx. 6pm

### **Saturday 5/6**

- Athletes arrive at course based on bus schedule determined by coaches. Breakfast is available at the hotel but some may need light snack items for early arrival.
- Racing all day. Caterer provides lunch and dinner at the race course. Water and Snacks needed throughout.
- Athletes be shuttled back to the hotel to get off their feet and stay away from the course in order to prepare for racing finals after morning heats.
- Return to hotel after dinner and racing conclude

### **Sunday 5/7**

- Athletes arrive at course based on bus schedule determined by coaches. Breakfast available at hotel, some may need light snacks for early arrival.
- Racing all day. Caterer provides lunch at race course. Dinner on the road.
- Approx. departure time 4pm pending race schedule, site breakdown, clean-up, and trailer loading. Return to NAC 12-2am pending drive.