

Hey Parents! Sunday May 10th is *Mother's Day*....so why not head to a rowing regatta?

Henley Island in St. Catharines is the site for Westdale's first outdoor rowing regatta; aptly named the *Mother's Day Regatta*.



The athletes, trailer and boats will be on the island itself. There is no charge to gain access to the island for this regatta. Ali and Mike will have ample information for the athletes on *everything* from what to wear, eat, drink etc. but *parents* may be interested in a few things:

Where can I watch an athlete race? There is a *grandstand*.....it is not easy to get to, but it's worth the walk. ☺ In order to get to the grandstand, you need to leave the island and walk through town. It is about a 20 - 30 minute walk but it is a beautiful, stately venue. You can also drive to it,



however there is not a parking lot, street parking is at a premium and often difficult to find. From this location though, you can see the last 500 meters or so of the race. While this regatta celebrates gold, silver and bronze recipients, only gold medals are given at the grandstand....by the *mothers!* All other medals are given on the island at the registration hut. Alternately, you can watch the races from the island itself.

What should parents bring?

- Water
- Chairs
- Food for the day
- Sun screen
- Hats
- Rain gear/boots

There will be a brown 10X10 Westdale parent/athlete tent on the island at around the 1500 mark. Look for the green and white Westdale sign. This is where you can keep your cooler, bags and chairs. Often parents watch from the island and intermittently venture out to watch a few races at the grandstands. NB: If you have a similar tent and want to bring it, that would help as there is no shade on the island.

What parents should not bring:

Henley Pet Policy



In order to ensure the safety of all regatta competitors, coaches, volunteers and spectators, pets will not be allowed on Henley Island or in the Grandstand area. Guide dogs and other service animals are permitted in the park and must wear an identification vest and owners must carry ID.

No Alcohol of any kind This is a school athletic event, the HWDSB policy is strictly no alcohol.

Directions Take the QEW Niagara to Seventh Avenue Exit 51. Turn left onto Seventh Avenue until Lakeshore Rd W (RR87). Turn right onto Lakeshore Road W (Lakeshore Road becomes Main Street). Continue on Lakeshore Rd West/Main Street. Turn right on Henley Island Drive. Follow this road down the hill and over a small bridge turn left at the gates to enter the island.

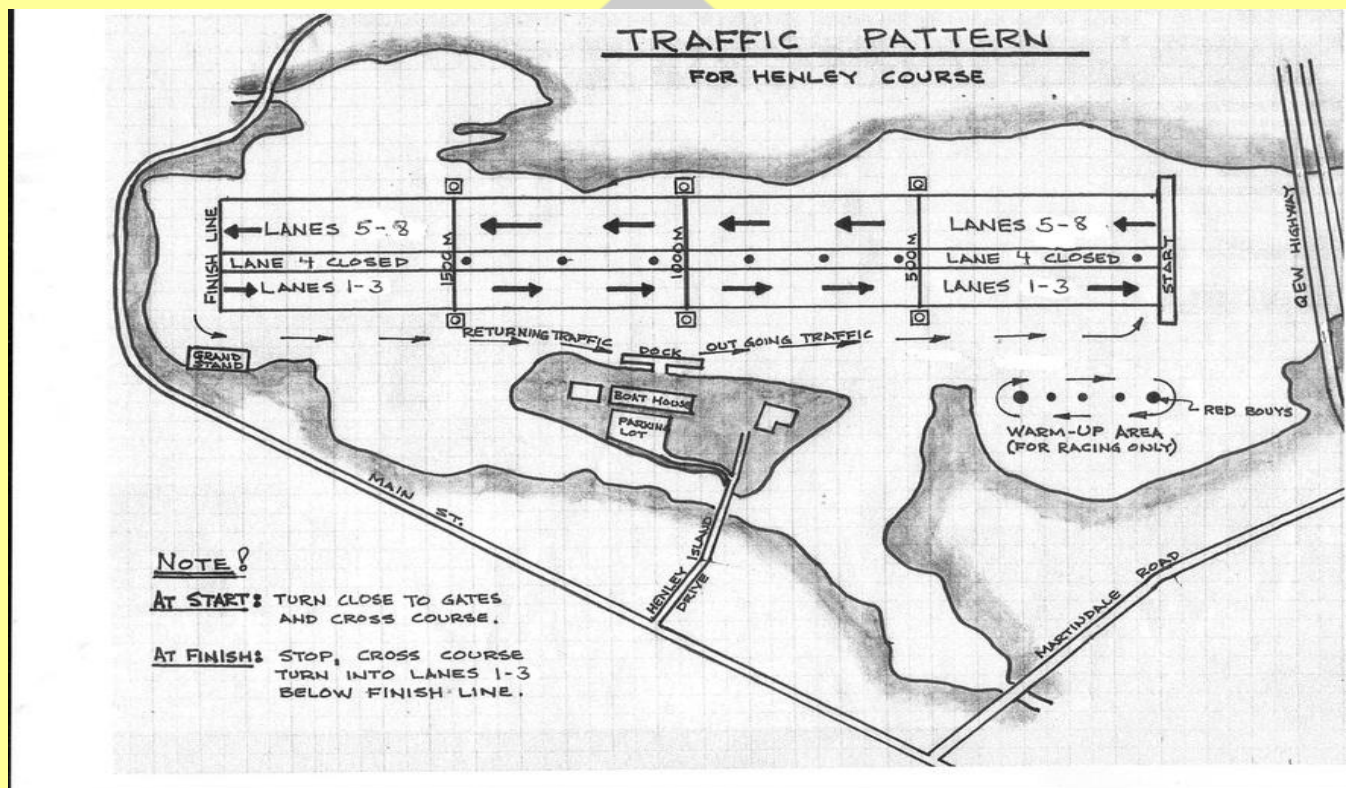


Once you pass the gates, you will drive into the parking lot. Cars are not permitted beyond the lot. All items need to be carried from the lot to the tent/trailer area.

Where Can I get regatta entry information?

<https://www.regattacentral.com/> is a great tool providing a wide variety of information on each regatta including events, registrants, draw sheets (the event schedules), results and links to host clubs.

An aerial view of the island, the course pattern and some of the mentioned landmarks.



Hope this helps,

Dina