

GREAT BRIDGE CREW CLUB

2011-2012

ROWER CONTRACT

All persons associating themselves with the Great Bridge Crew Club are to always comport themselves in a respectful manner, exemplifying sportsmanship when interacting with any person in any setting. This is to include rowers, coaches, and parents during all GBCC activities, if not their lives outside the club as well. The following expectations are extended to include time spent rowing under the Juniper banner.

Line-ups

- No rower is ever guaranteed any seat in any boat. No one is entitled to anything other than the opportunity to row.
 - o Due to rower-to-seat ratio, as well as absences, a rower may spend time in a launch.
- Coaches will make all decisions regarding line-ups.
 - o Some factors included in these decisions are: strength, skill, attendance, attitude/character, length of time with the team
- Changes in line-ups may occur at any point up until a boat leaves the dock for a race.
- Changes in line-ups are not necessarily punishments

Attendance

- Unlike all other team sports, crew does not allow for substitutions during competition, therefore attendance to practices and regattas is crucial. Any absence affects individual rowers, the crews, and/or boat assignments. Therefore, if a rower does not attend a practice for any reason, excused or unexcused, the absent rower's position must be earned again. Upon the absent rower's return, he or she must earn back their position in the boat.
 - o Excused absences include illnesses and family matters.
 - o Excused absences also include extra-curricular academic activities (i.e. field trips). Rowers should be aware of homework, quizzes, tests, etc. and plan accordingly so that those regularly occurring events do not impede the training schedule.
 - o Excused absences do not incur any PT (physical training) in order to return to practice.
 - o Unexcused absences will incur mandatory PT prior to returning to practice. PT may include any combination of running, erging, push-ups, sit-ups, "jumpies," etcetera.
 - o An absent rower earns a seat in a boat by returning to regular attendance, maintaining a positive attitude, and strong performance.

Lightweights

- Rowing lightweight is limited to varsity rowers during the Spring Season. Pre-season weigh-ins and a Rower/Parent meeting will occur on the first Saturday of March. At that time, rowers wishing to compete as lightweights may be no more than 7 pounds over the maximum weight allowed by the Scholastic Rowing Association, 130 lbs. for girls and 155 lbs. for boys. Rowers not achieving this target weight will not be eligible to row lightweight for the rest of the season.
- There will be an additional contract for lightweights.

Personal Responsibility

- Rowers will not condone or tolerate the bad actions of other teammates. The bad act of one rower negatively affects the performance of the boat and of the team. Rowers are encouraged to report honestly any inappropriate behavior to a coach as soon as possible. The coaching staff will work to maintain the confidentiality of those who report infractions.
- It is incumbent on all members of Great Bridge Crew to be personally responsible for their own actions. Willfully participating in any activity that is detrimental to both the team and the individual is unacceptable. Any use of any banned substances (alcohol, tobacco and/or drugs) or involvement in behavior that is contrary to good order and sportsmanship on the team will subject the rowers to disciplinary action as indicated below.

Parent Involvement

- A parent's involvement, or lack of involvement, will not affect, positively or negatively, a rower's rank on the team, but will likely affect the rower's status as a "member in good standing" on the club, which will impact his/her ability to participate in club events.

Disciplinary Policies

- As a school sponsored organization, Chesapeake School Board policies and procedures will be in effect during all GBC events (to include practices, regattas, social/service activities, and trips). Rowers should expect to have their misdeeds reported to GBHS administration.
- The following discipline policies are in addition to the School Board repercussions.
- The coach may go so far as to cancel the club's participation in a regatta if the severity of the offense so warrants. The board will be notified prior to this decision being finalized.

ISS/OSS

Poor behavior in school is a reflection on the club and lets down your teammates.

- 5000 meter erg piece per day of suspension.
- Rower will also be suspended one water day per day of school suspension.
 - o The crew suspension will follow immediately after the coaches are aware of the school suspension.
 - o School suspension during off-water training will earn an extra PT in lieu of suspension of water time.
- OSS may also incur suspension from regatta(s).

Tobacco, Alcohol, and Drugs

The GBC works to maintain a substance-free program. The use of controlled substances for rowers on the team is prohibited. The use of these products, especially by minors, is illegal and counterproductive to building elite athletes. **Rowers found to be involved in such behaviors at any time will be removed from the team.** If any incidences occur on official "crew time," the GBHS administration will also be notified.

Travel/Hotel Expectations

The nature of this sport often requires traveling long distances and staying overnight in hotels. A rower's failure to comply with reasonable expectations (curfew, lights out, etc.) will result in disciplinary action. The coach(es) will determine the appropriate consequence(s) based on the nature of the infraction. The potential recourses will likely include, but are not limited to the following...

1. Report the infraction to the Parent President, who may then inform the rest of the Board.
2. Report the infraction to GBHS administration. (In the event a School Board Policy is broken &/or someone was injured.)
3. Assign the offending rowers extra erg meters prior to return to water practice. (Lights-out, punctuality, &/or respect issues)
4. Exclusion from the regatta/competition. Understand that this may impact the entry of an entire line-up from a race if there are insufficient alternates. An entire crew may suffer the poor decision(s) of one rower. (Failure to obey curfew &/or other infractions of this nature.)
5. Exclusion from future trips.
6. Suspension or permanent removal from GBC activities. A committee comprised of the coaches and the Board will convene to determine an appropriate duration.

Members in compliance with the above expectations can expect to be educated in the sport of crew. Members will learn sportsmanship, boatmanship, as well as the ability to work with others toward a common goal for the benefit of all involved. Crew is a lifelong sport whether participants continue to row or not, experiences and lessons learned will last forever.

**GREAT BRIDGE CREW CLUB
2011-2012
ROWER CONTRACT**

Signature Page

By signing below, I acknowledge that I have read, and understand, the Great Bridge Crew Club Rower Contract and agree to abide by the policies and guidelines as set forth by the coaches

Rower's name printed

Rower's Signature

Date

Parent/Guardian name printed

Parent/Guardian Signature

Date

Please detach and return this signature sheet to the coaches.