



Blair Crew Contract Team Expectations and Rules

To Rowers and Parents: This is specific to the Blair Crew rowing program. Please go through this document and be fully aware of what is contained within. Please sign at the bottom to indicate that you have read and accept the terms of this guide.

Attendance

- **All water and land practices are mandatory.** You are expected to be on time at the boathouse. Please be at the Blair parking lot, SAC side, to meet the bus at 3:25.
- If you are going to miss practice for any reason, it is your responsibility to make sure that your coach knows in advance by email. This includes missing for illness. Please understand that anyone missing practice for any reason disrupts the entire team, as people have to be shifted around, and in some cases, entire boats cannot practice. Parents: please do not schedule doctor's appointments, tutors and the like for your child during practice hours, except in emergencies.
- **Excused Absence:** While all decisions about team operations are left to the coach's discretion, generally, excused absences are allowed for academic, family, health or religious reasons. Remember it is the responsibility of the ATHLETE to contact the coach by email as soon as possible regarding inability to attend practice.
- **Practice is held no matter the weather.** If high wind or thunderstorms preclude water practice, a land workout will be held at the boathouse.
- **Spring Break:** This week is very important to the final development of the crew for the latter half of the season. It is vitally important that everyone attend as many of the spring break practices as possible.
- **School Work:** Please plan for scholastic demands. Whether it's SAT, AP or regular exams, students must take into account their workload and prepare accordingly.

Final Comment: Rowing is the ultimate team sport. As such, it is unique in its demand for perfect attendance. You have decided to make a commitment to crew. Your teammates and coaches depend on you to fulfill that commitment.

Priorities

- Remember to keep things in their proper place: family comes first, academics come next, and finally everything else. We understand that crew may be one of several interests you have. Understand, however, that rowing makes an unusually high demand on your time and dedication. Make certain you are willing to make that commitment.
- Parents: When considering to keep your child home for whatever reason (including disciplinary) or to take your child away on a trip during the spring season, please be aware that this affects many other families as well. It disrupts the eight other people in the boat, as well as the kids in the other boats, as people will have to be shifted or cannot practice, the coach's workout cannot be implemented, and everyone's time is wasted. Please be sensitive to the unique nature of this team sport.

Attitude

- Be considerate of your teammates and coaches. Disrespectful, disparaging and abusive comments or other improper behavior towards or about teammates, coaches, and members/coaches of other teams will not be tolerated under any circumstances.
- Be the person that encourages your teammates.
- Take initiative and volunteer. Be proactive and organize the dock with oars and gear.
- Always remember that positive behaviors reflect positively on yourself, your team, and your school.
- Remember that we are all working together toward common goals.

Practice

- Practice is not a social hour – no wasting time. As soon as you arrive at the boathouse, prepare yourself:
 - Fill up your water bottle and go to the bathroom BEFORE your coach starts practice.
 - Make certain to properly stretch and warm-up BEFORE practice starts.
 - As soon as you arrive at the boathouse, check your seating for the day on the line-up board. From there, take down an oar for the boat you will be rowing in. Do NOT expect someone else to get your oar for you.
- Other teams will be practicing at the same time. Give them the space they need.

- If you see another boat needing some sort of assistance, help them.
- Absolutely no horseplay on the docks or around the equipment. This includes throwing people off the dock.
- Make certain oars are returned from the dock after practice. The rowers will be assigned their jobs by the coxswain. For instance, “port side, get the oars” or “starboard clean the shell.” Do NOT expect someone else to get the oars or wash the boat. Again, proactive is the best approach.
- Listen to your coxswain. Listen to your coach.

Rowing is a sport that increases physical and personal strengths. Use this experience to its fullest!

Blair Crew Illegal Drug and Alcohol Policy

- Blair Crew is committed to upholding all local, state, and federal laws in the area of illegal drug and alcohol use by team members.
- We further recognize that to perform as students and athletes at a top level and to best honor the work done by your teammates, each rower must commit to remaining free of illegal drugs and alcohol.
- Rowers found to be using, or under the influence of, illegal drugs or alcohol at team-sponsored events, including social events, will be banned from participating in all team events for one week. The rower’s parents will be notified promptly. Additional sanctions will follow, up to and including expulsion from the team, for repeat violations of this policy.

I understand that the use of illegal drugs or alcohol will not be tolerated, and that usage during, or just preceding, a team activity will result in expulsion from the activity and from all team events for one week as well as other possible sanctions. I will comply with Blair Crew’s illegal drug and alcohol policy.

I understand and will comply fully with Blair Crew’s Team Expectations and Rules.

Rower Signature

Rower Name

Date

Parent Signature

Parent Name

Date