

# **Blair Crew Rower's Contract**

**(last updated, Spring 2019)**

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. When registering for fall, winter, or spring seasons, or spring break camp, rowers and parents will have to attest that they have reviewed and are in agreement with all information included in this document.

## **Attendance**

All water practices are mandatory. Buses leave Blair High School, University Blvd parking lot at 3:25PM. Any rower not taking the team bus to the boathouse is expected to arrive at the boathouse no later than 4PM.

Rowers are required to have their availability accurately recorded for all practices in TeamSnap. The coaches use the information to establish practice plans and boat line-ups. Rowers that do not indicate they will attend practice will not be put into boat line-ups and will not row even if they do attend a water practice. They will spend that day assisting in a launch or training on an erg.

Any absence from practice must be communicated in advance to coach by email or/and the rower's availability must be updated in TeamSnap, no later than noon the day of. More notice is always appreciated, so coaches can plan practices and boat line-ups. Absences include missing for illness. Parents: please avoid scheduling 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/TeamSnap as soon as possible regarding inability to attend practice.

Excessive absences may impact a rower's placement in line-ups.

Practice is held rain or shine. If high wind or thunderstorms preclude water practice, a land workout will be held at the boathouse. Rowers must dress for the weather. In colder practice conditions, the coaches may require rowers to have long sleeves and legs covered. On sunny days, rowers should always wear sunscreen.

## **School Work**

Blair Crew rowers are student athletes and it is understood that academics take priority over rowing. However, rowers have the ability to plan their study time, so that they can attend practice and regattas, while still meeting their academic goals. Please plan for scholastic demands. Whether it's SAT, AP or regular exams, students must take into account their workload and prepare accordingly.

## **Attitude and Behavior**

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.

The bus ride to and from practice is not supervised by a coach or parent. For the safety and comfort of all rowers and the bus driver, all rowers are expected to use good judgement, and comply with all team rules and behavior expectations while on the bus.

## **Practice**

Practice is not a social hour – no wasting time. Listen to your coxswain. Listen to your coach.

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.” Completing these tasks are as much a part of practice as rowing on the water. Do NOT expect someone else to get the oars or wash the boat.

## **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. To perform as their best, as a student and athlete, each rower must commit to remaining free of illegal drugs, alcohol and all forms of tobacco and smoke-related products, including e-cigarettes and vapes (Juuls).

Rowers found to be using or under the influence of alcohol, tobacco, vapes or illegal drugs at team activities or team-sponsored events, including practices, regattas, bus rides to or from practices, and 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.