

# **CHARGERS ROWING CLUB JUNIORS**

## **Athletic Code of Conduct**

Participation in athletics is both a privilege and a responsibility. Athletes earn recognition for their achievements as representatives of their team and the community. When an athlete accepts the privilege, he/she must live up to a code of conduct as outlined below. This applies both on and off crew property during the season and off-season.

As a prerequisite for participation in the CHARGERS program, athletes and parents must sign a statement that commits the athlete to follow the established training rules and requires parents to do everything in their power to make sure their athlete abides by the established Athletic Code of Conduct. These forms must be signed at registration. The Athletic Code of Conduct is applicable to all CHARGERS rowing seasons.

## **I. ATHLETIC CODE OF CONDUCT**

### **TEAM RULES**

Athletes are required to comply with the established team rules, procedures and instructions of the coach. Coaches have the authority to suspend an athlete temporarily for failure to comply with rules and procedures or when the athlete's safety or safety of others require such actions. Permanent removal from the team may occur only after consultation with the Board of the CHARGERS Rowing Club.

### **CITIZENSHIP AND SPORTSMANSHIP**

Athletes are expected to follow the rules and policies including insubordination, inappropriate language, fighting, dishonesty, vandalism, stealing and violation of the rights of others.

*CONSEQUENCES:* These include suspension ranging from one race to the balance of the current rowing season for displaying poor citizenship and sportsmanship. That decision is based on the nature and level of severity as determined by the coach and the Board of the CHARGERS Rowing Club.

### **SUBSTANCE ABUSE POLICY**

The use and/or possession of tobacco, alcohol and illegal drugs is prohibited. If an athlete is reported, the following procedure will be implemented:

1. The athlete's parents/guardian will be notified immediately.
2. A mandatory meeting with the athlete, athlete's parents/guardian, a member or members of the Board of the CHARGERS Rowing Club, and a member of the coaching staff will take place to discuss the violation. The meeting(s) will determine the problem and specify an individualized plan of action in response to the athlete's needs.
3. If the athlete is found to have violated the substance abuse policy, the following will be imposed:

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- Suspension length 10 days.
- The athlete will not attend practice.
- The athlete will be denied participation in the next scheduled regatta.

## II. PRACTICE INFORMATION

### APPROPRIATE DRESS/GEAR

We ask that all athletes please dress appropriately for the weather and for the activity to be performed. All athletes should have running shoes, gym shorts or spandex, tee shirt, sweat shirt (or light jacket) and pants, hat and gloves (when appropriate). As the temperature gets cooler, dry-wick or Cool-Max material is preferable. Remember, it is far easier to take an article of clothing off when you become too warm than to be underdressed and ill-prepared. It is also important that all athletes have their own water bottles and bring them to practice each day.

### ATTENDANCE

Attendance is **MANDATORY!** If you are absent from school, then you are absent from practice. Missed practices can result in line-up changes, suspension, or dismissal from the team.

As always, positive communication is a must. All athletes are responsible for notifying the coach by phone or in person with a written note when you cannot attend practice. **DO NOT** have your parent or another athlete to tell the coach about your absence. For the coaches to plan accordingly, please provide your coach a **MINIMUM** of 24 hours' notice when you will need to miss practice. Please be honest and trustworthy with coaches, teachers, and teammates. The coaches will afford you the same benefit.

### A. EXCUSED ABSENCES

Please understand that your attendance at practice will directly influence your placement in lineups! This is the coach's only opportunity to offer advice and see improvement. Please try to notify your coach as soon as possible if you need to miss practice. See coach for any missed information or concepts covered during your absence. The following are appropriate excuses for missing practice:

- Funerals / Weddings
- Doctor / Dentist Appointments
- Study Sessions (w/ Teacher)
- Class Related Field Trips / Competitions

### B. UNEXCUSED ABSENCES

The key to a successful rowing program is time management. As an athlete, you must understand that your absence from practice has more of an effect on the team than other sports. It may result in a lost practice (water time) for your entire boat. Remember that the team that has the most water time prior to a regatta will be

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successful! We as coaches will be very informative in the beginning of the season as to practice times and dates. Please plan accordingly! The following are not appropriate excuses for missing practices:

- Work / Vacations
- All other absences other than those listed in the **EXCUSED ABSENCES** section above.

### **LINE-UPS**

Line-ups are the responsibility of the coaches. Our desire is to make the fastest, most competitive boats possible. Line-ups will be changed as necessary as the season progresses. Boating priority will also be the responsibility of the coaches. It is expected that all rowers will travel and compete at regattas. Every effort will be made to give each athlete the opportunity to compete at each of the regattas.

Athletes should understand that it is standard practice for a regatta to allow the coach to change up to 50% of the boat lineup as late as the day of the event. There is NO guarantee that lineups will race the same week to week. For this reason, it is critical for your participation at all practices and regattas.

If you are unhappy with your situation, you should work harder at practice or speak with your coach about areas where you can make improvements. Your coach is always willing to discuss your situation, either personal or as a boat. Please talk to the coach, and do not complain to other athletes or parents. Good communication is the key to an effective program. Athletes and parents are expected to handle lineups/placement appropriately. Parents wishing to speak with the coaches should contact them before or after practice. Please avoid trying to discuss your athlete's situation with the coach during practice or at regattas.

### **TRAVEL POLICY**

All athletes are responsible for making their own travel arrangements to races. The CHARGERS will not be liable for athletes while traveling. However, the coaches will do their best to ensure the athletes' safety at the race sites. Athletes' parents should provide their son and daughter with transportation both to and from race events. If the parents cannot attend the race, they must contract the parent who will be responsible for transporting their child prior to departing.

All athletes must remain in hotel rooms with other athletes or parents. Under no circumstances should any athlete enter a room of a non-CHARGERS rower. In addition, no strangers are allowed in a CHARGERS hotel room.

## **III. PARENT INFORMATION**

### **COMMUNICATION GUIDELINES**

The following guidelines, drawn up by the coaches with input from parents and administrators, have been adopted by our program:

As of 2018

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### ***What communication should exist between coaches and parents?***

- Expectations the coach has for your child.
- Locations and times of all practices and races.
- Other important dates and times for the season.

### ***What are appropriate concerns to discuss with coaches?***

- The treatment of your child, both mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

### ***What are issues not appropriate to discuss with coaches?***

- Competition Lineups
- Team Strategy
- Other student athletes.

## **VOLUNTEERS**

We appreciate the help from any volunteer parents who wish to travel to away events with the team. We will also need chaperones for away trips. If you are interested, please let us know.

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I have read and accepted the rules and regulations set forth and presented in the **CHARGERS Rowing Club Athletic Code of Conduct.**

Athlete's Name: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_