

GLOUCESTER ROWING ASSOCIATION

Spring 2018 ROWER CONTRACT

- All persons associating themselves with the Gloucester Rowing Association are to always act in a respectful manner, and practice good sportsmanship when interacting with any person in any setting. This is to include rowers on your team and other teams, coaches, parents and officials during all GRA activities and competitions, in your life as well as outside of GRA.
- Please be aware that repetitive poor attitude by either parent or rower may result in suspension or removal of the rower from the team.
- Please be aware that repetitive attendance problems may result in suspension and/or removal from the team. GRA spring fees are non-refundable.
- **Line-ups**

No rower is ever guaranteed any seat in any boat. No one is entitled to anything other than the opportunity to row.
- Due to rower-to-seat ratio, as well as absences, a rower may spend time in a launch.
 1. Coaches will make all decisions regarding line-ups
 2. Factors dependent on line-ups : F.A.S.T. : Fitness level/Power factor, Attendance, Skill/Technique and Teamwork. Teamwork includes your attitude with others and your willingness to do your part without excuses.
 3. Changes in line-ups may occur at any point up until a boat leaves the dock for a race.
 4. Changes to line-ups are not necessarily a punishment.
- **Attendance**
- Be prepared for every practice and arrive on time. This includes having the appropriate attire for weather, tennis shoes, and a water bottle. For coxswains, this includes knowing the workout, having lights and cox boxes, and your notebook.
 1. **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.**

- 2. 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.**
3. Excused absences include illnesses and family matters.
4. 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 & the coaches are made aware ahead of time.
5. Absences that are Valid and that are Excused by the coach because the rower explained absence in a timely manner prior to practice, do not incur any PT (physical training) in order to return to practice.
6. Unexcused absences will incur mandatory PT prior to returning to practice. PT may include any combination of running, erging 15,000 meters plus push-ups, sit-ups, "jumpsies," etc etc.
7. An absent rower earns a seat in a boat by returning to regular attendance, maintaining a positive attitude, and strong performance.

- **Lightweights**

Weigh-ins will occur on March 1st. 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 lightweight for the rest of the season.

- **Personal Responsibility**

1. 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.
2. 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.
3. Be personally responsible for your 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.

4. **Do not let previous practices and races effect future races and practices. Do your best every day.**
5. Be responsible for yourself- gear, rowing equipment, performance, and attitude.

- **Parent Involvement**

A parent's involvement, or lack of involvement, will not affect, positively or negatively, a rower's rank on the team.

- **Disciplinary Policies**

As a club under the jurisdiction of Gloucester High School, GHS policies and procedures will be in effect during all GRA events (to include practices, regattas, social/service activities, and trips) Rowers should expect to have their misdeeds reported to the GRA Board as well as GHS administration. Please also refer to the GRA Handbook.

- **Tobacco, Alcohol and Drugs**

The use of controlled substances for rowers on the team is prohibited. The use of 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 immediately. If incidences occur on official "crew time," GHS 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 GHS administration. (In the event a School Board Policy is broken and/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 from the poor decision(s) of one rower. (Failure to obey curfew &/or other infractions of this nature.)
5. Exclusion from future trips

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 be forever.

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2018 Rower Contract
Signature Page
Please Return to Coaching Staff

By signing below, I acknowledge that I have read, and understand, the Gloucester Rowing Association 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