

Rower Contract – Spring 2008

We are set out upon a journey to make ourselves better athletes and individuals through the tasks we face. In order to achieve our goals we must set up a system of boundaries and guidelines in an effort to reach our goals. The following is what I, your coach, require from all of my athletes. Rowing is a privilege, not a right, and will be viewed as such. In order to be eligible to row for me you must meet with the following:

1. What I say goes. I will never deliberately put anyone in harm's way, however we need to realize and understand that we are participating in a sport where danger is present, thus any situation where I feel a rower is putting themselves or the team in danger will result in a manner I feel best suits the situation. Any questions, problems or concerns with my coaching style should be brought to the parents board and will then be discussed with me by the board. In practice, and at races I am in charge, challenges to that weaken the team and I will not allow it.
2. You are all student athletes, thus I require all of you to show me a copy of your progress reports and weekly attendance sheets. Failure to do so will result in the exclusion of practices and/or races.
3. All rowers are to be respectful to myself and each other.
4. If you are sick, or miss a practice I need a phone call that morning, a voice mail is fine, stating your name and that you will not be attending practice. No call will result in an unexcused absence which will effect seating come race time.
5. I and I alone make the line ups.
6. Fridays before race days students are to dress in the following: boys-shirts, ties, khakis, no sneakers. Girls-dress cloths. If you do not I will know and you will not row. Rowing is a gentlemen's sport and we will conduct ourselves as such prior to competitions.
7. Suspension - There will be consequences should a student be suspended from school. These consequences will range from being banned from the next race up to and including being banned for the remainder of the season.
8. Any student caught or suspected of drugs or alcohol will forfeit their right to row.
9. You will be held responsible to uphold and abide by the guidelines set in the code of conduct.

In signing this document you are agreeing to its points mentioned. I ask that a parent or guardian sign it as well thus we will have no issue of miscommunication if an incident were to arise. A failure to follow this document will result in punishment which I feel is appropriate, ranging from verbal warnings to removal from the team. In order to achieve what we are set out to, we are ourselves are as good as our word, and the work that follows. This is the first step I ask of all of you, and in turn I will provide you with the tools to become better rowers.

Rower's Signature _____

Date _____

Parent/Guardian _____

Date _____