

Scotia-Glenville Rowing Association

Policy Guidelines

(Revised as of 7/2007)

Code of Conduct

- Student-athletes are asked to conduct themselves in their dress and action in the finest order, as they are always representatives of SGRA.
- Profanity is not tolerated or permitted at any time, under any circumstances.
- Student-athletes are expected to conduct themselves in a respectful manner at all times. Inappropriate physical contact is prohibited.
- Student-athletes will treat all coaches, parents, officials, spectators, and other rowers with respect and courtesy.
- A breach of any of the above policies will result in a warning. Two such warnings will result in eviction from the team.
- Behavior problems at practice will result in a parent or guardian receiving a phone call to come pick up the rower immediately and the rower is suspended for the day. Another occurrence of behavior problems at practice will result in a phone call to the parent or guardian to come pick up the rower and the rower will be removed from the program indefinitely until the insurance from both the parent and rower can be made that the behavior has been corrected.
- SGRA has a zero tolerance policy for insubordination, stealing, drugs, alcohol, and smoking at SGRA practices or races. One violation results in immediate dismissal for the rest of the season. If the rower returns the following season, it will be on a probationary condition.
- If a rower is suspended from school, the rower or parent is mandated to disclose to either the coach or the president the reason for the suspension. This information will remain confidential between the coach and president. Should the suspension pertain to the above violations of SGRA's Code of Conduct, the rower will be temporarily suspended from rowing for 1 week and any up-coming race. The rower is expected to attend practice and the race to help his or her teammates, but will not row. The rower will be placed on probation after the 1 week period and any further violation will result in a permanent suspension from the team. Should the rower and/or parent refuse to disclose a school suspension and the circumstances pertaining to the suspension, SGRA reserves the

right to permanently suspend the rower from the team under suspicion of violation to SGRA's Code of Conduct.

Attendance

Rowing is the ultimate team sport, and as such, it is vital that each crew practice together as much as possible. Lack of attendance is the number one cause of rowers not participating in races. Rowers and parents should not expect that because someone is a member that he/she will race. Attendance is mandatory.

- Student-athletes are expected to be at all scheduled practices and races.
- Student-athletes are to be on time for practice, travel, and regattas. If practice starts at 3:00 pm, that means that you must be **ready to row** at 3:00 pm.
- Absences must be communicated to the coach IN WRITING or by e-mail 24 hours in advance.
- A doctor's note or a note from a parent explaining any unforeseen absence is required at the next practice.
- If there are problems or extenuating circumstances, please talk to the coach as soon as possible so he/she can better understand the situation.
- If a rower is late in arriving to practice and the boat line up has been made – then the line up will remain in place and the rower will either row in a different seat or ride in the launch with the coach. This will result in a warning and continued tardiness will result in further discipline.

Academic Standards

- An athlete receiving academic help after school is excused from practice during the extra help but NOT from an entire practice. Notify the coach in writing or by e-mail as soon as you become aware that you will be out.

Drugs

Student-athletes who are found possessing, using, or selling alcohol, illegal drugs or tobacco products will be removed from the team for the rest of the season. Should the rower return the following season, it will be on a probationary condition.

Races

Racing provides the venue to put teamwork to the test. It provides the opportunity for the team to do their best. We all cheer for the team together no matter which team is racing.

- Attendance at races is required of all rowers even if they are not racing.
- Rowers are required to stay until **ALL** of their teammates have raced and are excused by the coach.
- Rowers are required to be in uniform or wearing SGRA apparel in support of our team.
- There is to be no alcohol consumption by adults around the SGRA rowers at any time.
- Alcohol is prohibited at any events that are under the SGRA club name.
- SGRA considers all rowers under SGRA's responsibility until each rower is back under the care of their parents or guardian.

Boathouse/Equipment

- Rowers will apply their best effort to keep the boathouse and grounds clean and will be expected to complete cleaning tasks as directed by the coach or team manager.
- Rowers will be expected to take care of **ALL** equipment.

Your understanding and support is most appreciated.

Sincerely,

SGRA Coaching Staff

Laurie Sweeney-Conlon, SGRA Board President

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I have read the above policies and have discussed them with my child.
I understand the possible consequences for not following the stated policies.

Signature of parent/guardian _____ *Date* _____

Signature of student-athlete _____ *Date* _____

*** Please sign this form and return it to your coach no later than _____
(first day of practice).**