



## Anthony Wayne Crew Club Rower/Coxswain/Parent Code of Conduct

The Mission of the Anthony Wayne Crew Club is to promote a competitive high school rowing program that embodies the essential elements of sportsmanship and ethics through the principles of respect, trustworthiness, responsibility, fairness, caring and good citizenship. Crew encourages character building and personal growth through winning and losing with dignity and self-control. To do so, each athlete needs a climate that is satisfying and productive and is not filled with disruptive behavior by other athletes and participants. This document presents guidelines for maintaining such an atmosphere during practices, regattas and club sponsored events.

### Rower/Coxswain Responsibilities

- A. Recognize that membership in this club is a privilege, not a right;
- B. Recognize that in determining practice plans and boat line-ups the coaching staff acts in the best interest of the entire team, and that all practice plans and boat line-ups will be determined solely by the coaching staff;
- C. Attend and take part in all practices and activities and participate and commit fully to the training and racing plan as designed by the coaching staff
- D. Discuss questions/concerns related to the rowing programs directly with the coaches;
- E. Show respect, in both actions and words, for fellow athletes, coaches, race officials, parent volunteers and all others who volunteer their time;
- F. Recognize that team members form ONE team, cooperate with each other, and demonstrate mutual respect and refrain from criticism of each other in any form;
- G. Properly handle and maintain all equipment as instructed by the coaching staff. If damage occurs, it should be reported immediately to a member of the coaching staff;
- H. Dress and behave in a manner that is a credit to the team;
- I. No energy drinks during conditioning or regular season.

**Rowers Behavior:** Rowers and coxswains will act in a mature and responsible manner, and treat others, coaches, parents and adults with respect. An athlete with a negative impact on the team will not be allowed to continue attending team functions at the Head Coaches decision.

Unacceptable Rower/Coxswain behavior includes, but is not limited to:

- A. Using, possessing or distributing drugs of any kind including, but not limited to chemicals, alcohol, steroids, tobacco, nicotine, e-cigarettes/vaping/juuls or any controlled substances;
- B. Acting in a reckless manner that could put the athlete, their teammates or any others at risk for injury;
- C. Any behavior that is intimidating, hostile, or offensive in any way. This includes, but is not limited to, the use of foul or abusive language, bullying or hazing; whether verbal, written, electronic, physical in nature or via social media;
- D. Theft of and/or damage to others' property. Rowers/Coxswains will be held financially responsible. Exhibiting any of these behaviors will result in disciplinary action and may result in dismissal from the team.

Practice: To maximize productivity and efficiency at team practices within equipment, time, facility and coaching constraints, the following guidelines and procedures will be enforced:

- A. Attendance is required to all mandatory practices;
- B. Rowers/Coxswains must be dressed appropriately and ready to participate at the start of practice;
- C. Rowers/Coxswains must inform the coach, no later than noon of practice day, if they plan to miss a practice. Last minute situations should be communicated to the coach as soon as possible so that boats may be adjusted, and a productive practice can be held;
- D. Rowers/Coxswains may not leave practice until the coach has dismissed them;
- E. Cell phone use during practice is prohibited.

Team Travel: In order to assure a safe trip, the following standards will apply to all travel situations, whether local or long distance as appropriate.

- A. No rower/coxswain is allowed to drive to any regatta;
- B. All rowers/coxswains must travel to and from the regatta with the team/parent/guardian. If an exception occurs, it must be pre-approved by the head coach;
- C. Rowers/Coxswains must abide by time schedules established by the coaching staff. Parents will assist in implementing the schedule;
- D. Cell phone usage must be kept to a minimum, (communication to parents/coaches, emergency's, etc.);
- E. Rowers/Coxswains are encouraged to support their teammates as a team, at water's edge, by cheering for each other, unless instructed otherwise by a coach;
- F. Rowers/Coxswains are expected to be in Anthony Wayne apparel at all times while attending regatta's;
- G. All rowers/coxswains will participate in all race site set up and break down and boat rigging and de-rigging. Failure to do so will result in disciplinary actions at the coaching staff's discretion. Should a situation arise that prevents the rower/coxswain from participating in these tasks, it must be communicated and approved by the head coach;
- H. Should a rower/coxswain need to leave the team's race site for any reason, a member of the coaching staff must be notified.

Parent Guidelines: The parent/guardian, by signing this agreement, has agreed to:

- A. Be respectful of coaches, rowers and coxswains during regattas, races and practices; they are working, please refrain from communicating with them during this time;
- B. Understand that absolutely no confrontational issues should be addressed to any coaching staff members or board members in front of the athletes. All concerns will be addressed in private with a 24-hour cooling down period for all parties;
- C. Insist that their athlete be in a safe, healthy environment; and under adult supervision at all times. Any issues concerning their athlete will be addressed with them as soon as possible.

Commitment-Enforcement: By signing below, the rower/coxswain and parent/guardian agree that they have read and fully understand the Anthony Wayne Crew Club Code of Conduct. The rower/coxswain – parent/guardian agrees to abide by all rules, guidelines and restriction(s) in this document. Failure to abide by the rules expressly written in here or given verbally by a coach or board member may result in removal from the line-up, immediate suspension from events, or dismissal from the club. Parents/Guardians may be required to retrieve a suspended or dismissed rower or coxswain from a trip at their own expense.

Athlete Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_