

SCRC JUNIOR CONTRACT

Please print out, READ and sign (Athlete and Parent). Keep a copy and return the original to SCRC.

INTRODUCTION

Each rower earns his or her racing seat based upon the criteria set forth below. It is the collaborative decision of the coaches as to who races in what seats. We will have priority boats that we will be looking for the fastest athletes from the Competitive and High Performance Groups to fill. There will be boats in other events available for athletes in other groups.

Rowing Groups will be hereby designated per coach's discretion as:

LEARN TO ROW NOVICE – 2 optional practices/week: Tu eve and Sat: Races optional.

NOVICE – 8th grade or younger OR first year of rowing and having completed learn to row. 3 optional practices/week available: M, W, Sat: Races optional

COMPETITIVE NOVICE – 8th grade or younger OR first year of rowing

6 practices / week available; 4 mandatory M W F and Sat. Make up days Tu, Thurs, and Sunday am. All noted novice races mandatory.

RECREATIONAL - - 3 optional practices - week available M, W, Sat: Noted Races optional

COMPETITIVE – 6 practices / week available; 5 mandatory M-TH and Sat. Make up days Fri and Sun am. All noted races mandatory. If you are interested in trying to get to Youth Invitational, you must participate in this group. You must wear a watch.

HIGH PERFORMANCE - 6 practices / week available; 5 mandatory M-TH and Sat. Three weekday morning practices available; M,W, F; two mandatory OR if you are unable to attend morning practices, Laci will help you to work out a practice schedule for morning practices, Make up days Fri afternoon and Sun am. All races mandatory. If you are interested in participating in Junior World Championship Trials, you must participate in this group. You must wear a watch.

Nevertheless, racing seats are earned by meeting the following requirements:

A. GENERAL REQUIREMENTS

1. **Attendance.** Rowers are expected to attend all practices (unless otherwise excused or injured), and be prepared to row or work out at the designated starting time. The following will be consequences of missed practices that are not made up on make up days of the same week:
 - a. **First** – Warning
 - b. **Second** – run an extra lap
 - c. **Third** – novices a 5k and Competitive and HP 10K that practice is indoors.
 - d. **After the third missed mandatory practice, all racing privileges for that season will be revoked.**
2. **Punctuality for Practices** - Rowers are expected to be punctual. If rower is not able to be on time, please call ahead to Dori's cell phone 412 916 4356 and inform of approximate time of arrival. The following will be the consequences of continual tardiness:
 - a. **First** – Warning
 - b. **Second** – run an extra lap
 - c. **Third** – novices a 5k and Competitive and HP 10K that practice is indoors.
After the third tardy practice, all racing privileges for that season will be revoked.
3. **Trailer Loading / Unloading.** Attend and be helpful at all trailer loadings, to, at and from races. You will be assessed a \$50 loading fee if not in attendance after going to a race.

4. **Assistance & Boat Maintenance.** Rowers are expected to assist with and work on boats, equipment and the boathouse when asked.
5. **Coaching Assistance.** Our mission is not only to produce talented rowers but also to instill in them a long-term commitment to community service. When requested, rowers shall help teach the less experienced people how to work with the equipment and assist in coaching novice sessions. Sculling is labor intensive and we need everyone to help.
6. **Equipment Handling.** Shells are VERY expensive- few clubs have high quality sculling equipment available. It is a privilege to row any 1x (even a recreational 1x) or any sculling equipment. The sculling equipment is what makes us different. Not only is sculling more difficult to row, but it takes a great deal more effort on everybody's part to load, unload, and maintain. Our boats are precious and must be taken seriously. Bowman of sculling boats or coxswains of sweep boats are responsible for organizing wiping the boats, cleaning the seat tracks and putting oars away neatly. Everyone must help with putting away the launch equipment.

Handling this equipment requires concentration and respect for its vulnerability to damage. DO NOT TALK, joke around or engage in any actions which distract from the critical task of properly and safely handling the boats.

BEHAVIOR REQUIREMENTS

The quality of the SCRC program and of its junior rowers is what sets this club apart. As a member, you enjoy the respect of other coaches and crews because of both your accomplishments and those of your predecessors. We are proud of what we accomplish both on and off the water. Our racing AND our behavior earn this club and its individual rowers greater respect in the rowing community than most clubs can ever hope for. Be proud of your hard work and accomplishments. Do not let your behavior on or off the water detract from nor tarnish the nationally recognized record SCRC has achieved and the respect you enjoy by being a part of it.

Accordingly, it is expected that each rower will adhere to the following requirements:

1. **Attitude.** Rowers are expected to demonstrate **RESPECT** for coaches and fellow athletes on or off the water and especially in the presence of parents and other coaches and crews. Respect is the foundation for teamwork. Continued disruptive behavior will not be tolerated. **Cooperation.** Show cooperation and respect for coaches and their decisions. Decisions are not random. There are reasons for lineup selections. Remember, we want to WIN races also. Arguing and back talk only exacerbate a problem. If you have a problem or there is an issue of any kind with another teammate, discuss it with a coach in private. We will find out what the problem is anyway- better to address the problem or issue before it drags the entire crew down. Again, continued disruptive behavior will not be tolerated
2. **Prohibited Behavior.** There will be absolutely NO Smoking, Drinking or Drug use in any rowing facility, at any rowing event or around any SCRC practice, event or trip. When on trips, there will be no boys in girls' rooms and vice versa.

FIRST OFFENSE

AT A RACE - boys in girls room and vice versa - you will be immediately sent home at your parent's expense.

AT SCRC - Alcohol, smoking, drugs -- you will be expelled from the team

SECOND OFFENSE

AT A RACE - boys in girls room and vice versa – you will be expelled from the team

3. **Proper Rest/Curfew.** At races, be in bed at designated time. Remain in your room. If you are found out of your room after curfew for any reason, you will be immediately sent home at your parent's expense. The races you are entered in will not race. Remember you actions can impact others! If you have an emergency, please contact one of the coaches by phone. We will make sure you know the phone numbers of the coach's rooms if you have an emergency. Second offense will expel you from the team. If the first offense occurs after racing is over, in addition to being sent home at your parent's expense, a week of indoor practice will be enforced.
4. **Foul Language.** No swearing on or off the water. It reflects poorly on you, your coaches and SCRC. Negative, antagonistic remarks are destructive to the cooperation, teamwork and positive attitude necessary to win. First offense earns a warning. Second earns a 5K for Nov and 10K for Competitive and loss of water and 3rd offense earns a week of indoor practices.

FINAL SELECTION OF BOATS

SCRC's objective is to produce the most competitive crews possible. Nevertheless, the best crews are not necessarily composed of the biggest or strongest rowers. It takes more than just technique and strength to win. It takes teamwork, commitment and passion. Coaches will make the final decision as to the composition of a given boat. The criteria include but are not limited to the following factors:

1. RESPECT.
2. Cooperation and sense of camaraderie
3. Speed
4. In team boats – ability to blend with teammates.
5. Attendance, punctuality and performance.
6. Positive Attitude
7. Willingness to row the boat assigned at practices or races.
8. Ability to be savvy.

Winning crews possess more than just strength and speed. They have an abiding respect for and commitment to each member of the boat, respect for their coaches and a passionate belief in what they can accomplish together through teamwork and sacrifice.

ACCEPTANCE OF THE TERMS OF PARTICIPATION

I have read and understand the **SCRC JUNIOR CONTRACT** including **GENERAL REQUIREMENTS, BEHAVIOR REQUIREMENTS, and SELECTION OF BOATS**. I understand that the coaches have the right to revoke any racing seats and/or immediately expel an individual from the team without a refund for violations of the above policy or if they deem it necessary for the good of the team.

Parent Signature

Date

Athlete Signature

Date

