



## FHC Rowing – Team Policies – 2009



### **This packet contains the following documents:**

Team rules	Page 2 and 3
Sports letter award criteria	Page 4
Swim test information	Page 5
Missed practice request notification form	Page 6



## FHC Rowing – Team Policies – 2009



### Team Rules

#### **GENERAL**

1. All team members must abide by and are subject to those rules, guidelines and penalties as set forth in the Forest Hills Public Schools Athletic Handbook.
2. All team members must sign and return one copy of the Athletic Code Contract prior to the start of mandatory participation.
3. All team members must have an approved health form on file with the athletic office prior to participation in any mandatory team activities.
4. All team members must have submitted the required application form, waivers and travel/medical permission forms by no later than the team "kick-off" meeting.
5. Foul, obscene and abusive language or gestures as well as poor sportsmanship will never be tolerated. Use of foul, obscene and abusive language or gestures as well as any example of poor sportsmanship will result in immediate removal from active practice or competition for the remainder of the day or event. The appropriate parent/guardian as well as the Athletic Director will be notified as soon as practical. A second occurrence will result in permanent suspension from the team and forfeiture of any athletic letters or awards.
6. It is expected that coaches and parent volunteers and chaperones will be treated with respect by all team members at all times. The coaches and volunteers will in turn provide the same respect to team members.
7. Violation of team rules may result in any of the following: suspension for the remainder of the training day or event, suspension of up to 25% of competitions, permanent suspension from team. In all cases, a parent or guardian will be notified. The athletic code handbook and decisions of the Head Coach and Athletic Director will prevail in regard to violation of team rules.

#### **SAFETY**

1. All team members are required to view the USRowing safety video at the start of each spring season.
2. All team members are required to satisfactorily pass the prescribed swim test prior to practicing at the boathouse. The test is administered each year prior to the start of the spring season. Exceptions will only be granted by the receipt of a signed waiver from the parent/guardian and the approval of the head coach.
3. No horse play or unsafe conduct is accepted while on any school property, competition site or at anytime a team member is representing FHC Crew and Forest Hills Public Schools.
4. Caution is to be exercised while attending practice and regattas especially on dock areas and around boat storage locations. Unsafe acts that could result in injury to another team member or competitor and/or damage to the teams or competitors equipment will be referred to the athletic department for appropriate action.
5. No student athlete is allowed to drive any coaching launch at any time.

#### **REGATTAS/COMPETITIONS**

1. All team members are required to travel to and from regattas on team provided transportation unless otherwise published and/or approved. Athletes may travel with parents or guardians provided the appropriate permission form is completed and submitted to the head coach prior to the event.
2. No team member is to leave a regatta/competition site without the permission of the head coach.
3. All team members are required to stay with their crew and the team during regatta/competition and to help with duties on the docks and at the food tent. Team members are not permitted to wonder off on their own or in small groups without permission of their coach.
4. Inappropriate behavior with the opposite gender is considered unacceptable behavior at any time.
5. No one is permitted to depart from a regatta site until after all equipment has been securely loaded onto the trailers and the head coach has dismissed the team. The head coach may grant an exemption based on a written request from a parent or guardian and under certain circumstances that involve other school related activities (for example, attending Prom).



## FHC Rowing – Team Policies – 2009



### Team Rules

#### **PRACTICE**

1. Team members are expected to attend all scheduled practices during the season. Excused absence will be allowed for conflicting academic classes, recognition events, doctor appointments or family emergencies. Prior written notice must be given to the appropriate coach. It is expected that each team member will make every attempt to schedule other activities/appointments so that they do not conflict with the team practice schedule.
2. If a student is not in school for the entire day, he/she will be unable to practice that day. A student will be able to practice provided the absence is pre approved and recognized by school administration.
3. Excessive or unexcused absence could result in the athlete being moved back a minimum of one boat class at the next competition. (Example: moved from 1<sup>st</sup> Junior 8+ to 2<sup>nd</sup> Junior 8+) and/or the forfeiture of an athletic letter award.
4. All team members are expected to help with pre and post practice equipment set-up including placing coaching launches into the river, oars and boats to and from the docks and general clean-up.
5. Each week a different crew will be assigned the duty to sweep the boathouse floor and pick-up trash around the boathouse grounds.

#### **EQUIPMENT**

1. All equipment is to be treated with care and respect. Abuse of equipment will be dealt with as appropriate.
2. All team members are asked to report broken or unsafe equipment that they may become aware of to any coach.
3. Coxswains are responsible for drying and cleaning of their assigned boat on a daily basis at the conclusion of practice. Each boat is to have the outside of the hull cleaned on a weekly basis. Coxswains are also responsible for monitoring the condition of the steering mechanism, bow ball and skeg.
4. Each coxswain will be assigned one "cox-box" for the duration of the season. The "cox-box" must be charged each evening. (The "cox-box" must be turned OFF while it is being charged). All "cox-boxes" will be turned into the head coach before each regatta to assure that they are available for the regatta. The head coach will return the "cox-box" to the coxswain on the following practice day.
5. All rowers are responsible for the following maintenance of their assigned boat on a weekly basis: wipe and clean seat tracks, check condition of shoes, foot stretcher, tracks and seat, clean wheels of seat, wipe out inside of hull at assigned position.

#### **DRESS CODE**

1. Proper attire is to be worn at all times during practice, travel, meetings, regattas and banquets.
  - a. Loose fitting shorts, baggy sweat pants and hanging shirt tails are highly discouraged while rowing as they may become caught in the seat mechanism of the slide.
  - b. Shirts with sleeves are required for all practices.
  - c. A team issued uniform (tank top and/or long sleeve racing shirt) must be worn for all competitions. Black rowing shorts (spandex or type specifically designed for rowing) or long tights are to be worn with the team supplied uniform.
  - d. While at a regatta, team members are expected to wear either their team issued uniform or any team approved logo clothing. Shorts, jeans or sweats may be worn if the competitor has completed their events for the day.
  - e. While traveling with the team, clothing is to comply with the current standards of Forest Hills Public Schools. For championship regattas, the team may require that all participants dress in a similar manner as directed by the head coach.
  - f. The following dress is considered to be inappropriate at all times: short shorts, bare chests, bare mid drifts, tank tops or sleeveless shirts (unless team uniform), exposed underwear, clothing with inappropriate logos or language.
2. Failure to comply with the team dress code can result in any of the following: notification of parent/guardian, removal from competition, removal from practice, suspension from team.



## FHC Rowing – Team Policies – 2009



### Sports Letter Award Criteria

FHC Rowing awards Junior Varsity Letters and Varsity Letters during the Spring season based on the following criteria:

#### Attendance:

- An athlete must have no more than (1) unexcused absence during the mandatory spring season including practice and competition dates.
  - Excused absences include conflicts with other approved school related activities, documented (doctor's note, etc.) sickness or injury, family emergencies or other absence as approved by the head coach or school administration.

#### Grade Level:

- All team members in their senior year of high school will receive a Varsity Letter contingent upon the attendance requirement.

#### Years on team/performance:

- All team members completing their third year on the team will receive a Varsity Letter contingent upon the attendance requirement.
- All first and second year team members that compete in a 1<sup>st</sup> level junior, senior, varsity or lightweight boat for 75% or more of the season will receive a Varsity Letter contingent upon the attendance requirement.
  - The 75% is calculated by dividing the number of events rowed in a designated 1<sup>st</sup> boat by the number of total events rowed for the season.
- All first and second year team members that compete in less than 1<sup>st</sup> level junior, senior, varsity or lightweight boats or 1<sup>st</sup> level junior, senior, varsity or lightweight boats for less than 75% of the season will receive a Junior Varsity Letter contingent upon the attendance requirement.
- All first year team members that compete in novice and or freshman boats will receive a Junior Varsity Letter contingent upon the attendance requirement.
- Previous years awarding of letters (Varsity or Junior Varsity) have no significance in the awarding of letters for the current season.

The coaching staff with agreement of the head coach, prior to each regatta, will designate the "1<sup>st</sup>" entry. (Note, a listing of "A Boat" in the race schedule does not necessarily mean 1<sup>st</sup> entry with regard to varsity letter criteria).

The coaching staff with agreement of the head coach reserves the right to make exceptions and revisions as necessary at their own discretion.

Athletes suffering injuries from a team related event and not meeting the above criteria may be awarded a letter based on the discretion of the coaching staff with agreement of the head coach.



## FHC Rowing – Team Policies – 2009



### Swim Test

When: Friday, March 6, 2009

Time: Boys 3:05 to 3:35

Girls 3:45 to 4:15

Please be on the pool deck at your assigned time!

Location: Forest Hills Aquatic Center, use lower level Ada Drive entrance. Pool access is obtained through the men's or women's locker rooms.

This test is MANDATORY for all rowers and coxswains regardless of experience or previous testing!

The test will consist of:

Tread water for 10 minutes while wearing full set of sweat clothes

Demonstrate the ability to place a life jacket on while treading water

\*The above are accomplished consecutively while remaining in the pool.

\*Groups of approximately 12 athletes enter the pool every 6 minutes.

Each individual is required to wear clothing appropriate for early April rowing i.e. long pants with jacket or sweatshirt. (Long sleeve T-shirts are NOT acceptable). You will be entering the water with the clothing on. We will be testing your ability to stay afloat until a safety launch can get to you if necessary.

This is a standard test recommended by USRowing. Your safety is at stake. ***This test should not be taken lightly.*** The coaching staff will work with any individual who may have trouble with this test.

State law requires that all athletes MUST shower before entering the pool area. Please shower PRIOR to putting your long pants and sweatshirt on. All clothing being worn in the pool MUST be clean, no exceptions.

State law also requires that No street shoes be worn on the pool deck.

All team members should bring a towel and dry clothes to change into after the test. Please take all of your wet clothing home with you!

You may attend earlier or later if conditions prevent you from attending at the assigned time. Optional test date of Thursday, March 5<sup>th</sup> is available but only with prior approval of the head coach.

A make-up date is extremely difficult to schedule so please make every attempt to attend during the published times.

If you are aware that you may have difficulties with this test, please use the open swim sessions offered by the aquatic center to practice prior to the test. The aquatic center staff will allow you to enter the pool with the required clothing if you let them know that you are practicing for the rowing team swim test.

Due to safety concerns, there can no exceptions for athletes that cannot pass this swim test.



FHC Rowing – Team Policies – 2009

**Missed Practice Request Notification**

Please submit this request to your coach at least one week in advance of a missed practice and TWO WEEKS in advance of a missed regatta.

Your name: \_\_\_\_\_ Today's date: \_\_\_\_\_

Your coach: \_\_\_\_\_

I will be missing practice  regatta  on this date(s): \_\_\_\_\_

The reason for missing the practice or the regatta is as follows:

---

---

---

---

I acknowledge that missing practice and/or regattas, unless directly school related or excused by the Head Coach, will count as missed days when calculating attendance requirements for the award of Varsity or JV letters at the end of the season.

Signed: \_\_\_\_\_