



JUNIOR/PARENT CONTRACT

Steel City Rowing Club, 101 Arch Street, Verona, PA 15147

412-828-5565 phone/ 412-517-8789 fax

www.steelcityrowing.org

GENERAL REQUIREMENTS

Attendance and Punctuality. Rowers are expected to attend mandatory practices unless excused or injured. Rowers are expected to be prepared to row or work out at the designated starting time. If you are not able to be on time, please call your coach and inform of approximate time of arrival. Habitually skipping practice or tardiness will result in loss of racing privileges for the season. You may be asked to work with the recreational team or cox for the rest of the season. Athletes will still be expected to attend all practices. No refunds will be given for registration fees or race fees.

Clothing/Gear.

Boys must wear shirts at all times. Girls may not have sports bras visible. Clothing must be appropriate for rowing so it will not get caught in equipment. When water temperature is below 52°F long sleeves and pants are required. No cotton sweats/shirts for cold weather rowing. Tennis shoes must be brought or worn to practice. Water bottles, hats, and sunscreen are recommended.

Safety.

Rowers must follow safety regulations and comply with safety program requirements (swim test, safety videos, etc.) If any rower or parent observes a safety violation or has a safety concern, it must be **immediately** reported to the nearest coach or staff member.

Equipment Handling. Shells are VERY expensive. Their care and handling must be taken seriously. Few clubs have high quality sculling equipment available. It is a privilege to row in any of the Club's boats. Handling **all** the equipment requires concentration and respect for its vulnerability to damage. All rowers are required to help get the shells, oars, and coaches' launches on and off the water.

Race Attendance. Rowers are expected to compete in the races which they have committed to attend unless excused for family emergency or injured. You will **not** be refunded the race fees for an unexcused absence at a race. You are also responsible for any scratch fees incurred. **Your actions impact the entire team!**

Trailer Loading/Unloading.

Rowers are expected to 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 for trailer loading/unloading.

Assistance & Boat Maintenance. Rowers are expected to assist with and work on boats, equipment and the boathouse when asked.

Coaching Assistance. Our mission is not only to produce talented rowers but also to instill in them a long-term commitment to community service. 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.

Supporting the Club. Steel City Rowing Club is a non-profit organization that relies heavily on volunteers and fundraisers to be able to provide a quality rowing experience. **Rowers and parents** are expected to support Club activities and contribute time and talents when possible.

BEHAVIORAL REQUIREMENTS

The quality of the Steel City Rowing Club program and of its Junior rowers is what sets this club apart. We are proud of our racing AND our behavior on and off the water. Do not let your behavior tarnish the Club's excellent national reputation.

Attitude. Rowers are expected to demonstrate **RESPECT** for coaches and fellow athletes on and off the water and especially in the presence of parents, 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. Coaches' decisions for boat assignments for practice and races must be respected and are final. Decisions are not random. Boat assignments are made for particular reasons. Remember, we want to win races also. Continued disruptive behavior will not be tolerated.

Prohibited Behavior. THERE WILL BE ABSOLUTELY NO SMOKING, DRINKING OR DRUG USE IN ANY ROWING FACILITY, AT ANY ROWING EVENT OR AROUND ANY PRACTICE, EVENT OR TRIP. First Offense: you will be expelled from the team.

Inappropriate Speech. No swearing/foul language on or off the water. Negative or antagonistic remarks are destructive to the cooperation, teamwork, and positive attitude necessary to win. First offense earns a warning. Continued offenses will result in further disciplinary actions which may include being expelled from the team.

Travel Behavior: When on trips, there will be no boys in girls' rooms and vice versa. There will be no violation of curfew. Proper rest is important for performance; be in bed at designated time. Remain in your room. If you have an emergency, please contact one of the coaches by phone. First Offense: you will be immediately sent home at your parent's expense. Second Offense: you will be expelled from the team. You are responsible for any scratch fees incurred. **Your actions impact the entire team!**

COMMUNICATION

Rowers and Parents: are responsible for reading all electronic and printed communications from the Steel City Rowing Club staff. You are responsible for submitting all forms, waivers, and fees on time and attending mandatory meetings.

Rowers: Communication with your coach is important for your success and Team success. Rowers are encouraged to talk with the coaches to discuss rowing goals for the season and year. If you have a question or concern about your training, progress, or boat/seat placement, please talk to your coach. If you have an issue with a teammate or coach, discuss it with a coach privately. Rowers are encouraged to talk with the coaches any time they have questions or concerns. If you feel an issue is not being resolved with the coaches, please contact the Steel City Program Director.

Parents: If there are rowing questions or concern about boat/seat placement, we encourage the **rowers to communicate with their coach first.** If you have general questions, your Parent Representative or the Steel City

Program Director are available to help. For Safety and Program reasons, we ask that you **do not** directly approach the coaches during practice or at races with these issues. There will be a monthly open meeting with the Head Coach where you may openly discuss any questions or concerns. See the website for dates. If your concerns are not resolved, ask the Steel City Program Director to schedule an individual meeting.

Conflict/Dispute Resolution. Any issues that cannot be resolved by the Program Director and Head Coach will be brought before the Steel City Rowing Club Board of Directors for resolution. Decisions made by the Board will be final.

SELECTION OF BOATS

Rowers earn their seats based upon the criteria set forth below. It is the collaborative and final decision of the coaches as to who races in what seat(s). We will draw the fastest athletes from the Competitive and High Performance Groups to fill priority boats. There will be seats available in boats for athletes in other Groups.

Steel City Rowing Club'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 with the **entire team** (not just your group)
3. Speed
4. Ability to blend power and technique with teammates'
5. Attendance, punctuality and performance
6. Positive Attitude
7. Willingness to row the boat assigned at practices or races
8. Ability to make smart decisions on and off the water

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



STEEL CITY ROWING CLUB JUNIOR/PARENT CONTRACT

ACCEPTANCE OF THE TERMS OF PARTICIPATION

Please print and submit this page only.

I have read, understand, and accept the **Steel City Rowing Club JUNIOR/PARENT CONTRACT** including:

- GENERAL REQUIREMENTS
- BEHAVIOR REQUIREMENTS
- COMMUNICATION
- 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.

Print Athlete Full Name

Athlete Signature

Date

Print Parent Full Name

Parent Signature

Date