

Haddonfield Crew Club - 2008

Rower & Parent Rules of Participation

The following is a list of team rules which each member of the Haddonfield Crew Club agrees to follow, both in and out of school, if they are to be considered a member of the team. Parents are expected to support these rules and encourage their children to do so as well. Infractions of these rules can lead to suspension or dismissal from the program.

Students:

Illicit Drugs, including Alcohol and Tobacco: All members are expected to refrain from their use in any way.

Stealing: If it isn't yours, don't touch, unless it is club clothing, then bring it to the food tent so we may attempt to find its owner. We can't always reorder uniforms.

Attitude & Behavior: Misconduct, willful vandalism, foul language, insubordination, sexual harassment, ethnic intimidation or general rude behavior to others, regardless who they are, will not be tolerated. This includes behavior off the water. Remember you represent **Haddonfield Crew Club**, your coaches, your team, your family and yourself.

Grades: *Understand and take advantage of opportunities.* Due to their knowledge and participation in the sport, many students who participate in rowing programs have an advantage at having their college applications pushed through admissions with positive responses. The opportunity for admittance to good colleges, along with being offered college scholarships, is a definite possibility *but can only be achieved when coupled with good grades.*

Attendance: All rowers are expected to attend every practice. An excused absence is at the discretion of the coaches.

Parents:

Be understanding and supportive...

The sport of rowing takes a lot of hard work, dedication, teamwork and training. Members of the crew team train almost daily from January through May in all types of weather. Expect your child to come home from practice tired and hungry. Encourage them to make healthy food choices and to get adequate rest. Their coaches and teammates expect a lot of them. Support them in their effort and understand their team commitments. Encourage them to set personal goals for themselves and challenge them to meet these goals. Support the coaching staff in their coaching decisions and have an open line of communication so that these decisions can be understood.

Help get the kids to practice and come out and cheer on race day...

On race day, know what time your child is to be at the boathouse/racecourse and help them get prepared and there on time. Join the parents' cheering section. Support your child and entire team by going to the **Haddonfield Crew Club Tent** on race day. Family and friends are welcome. The rowers are very aware of the cheering section and it spurs them on at a point in the race when they are really pushing themselves to cross the finish line as fast as they can.

Everyone is required to contribute to the refreshments on hand in the Food Tent and the Food Committee will contact you to tell you what to bring and when. If you cannot attend the competition on the day you are assigned, be sure to send your contribution with your child or another parent so that it will be available when needed.

Encourage your child to participate in fundraising activities...

As you may know, the crew team is not funded by the School District. All costs incurred are paid for by the Haddonfield Crew Club through members' dues, donations and fundraising activities. Students have a greater appreciation for and take better care of equipment if they have been involved in raising the funds to purchase that equipment.

Volunteer for a committee...

The success of our club depends on the support of volunteer parents/families. Parents need to assess their skills/interests and help out on a committee where they can best contribute. We need at least one parent volunteer from every family in order to accomplish all the behind the scenes tasks that keep our club running smoothly, providing the best possible experience for our children.

Student Name: _____ (please print name and sign below)

I have read the Rower & Parent Rules of Participation and understand the nature of rowing and the expectations of my coaches, teammates and club members. I, _____, agree to abide by these rules.

Parent Name: _____ (please print name and sign below)

I have read the Rower & Parent Rules of Participation, understanding the nature of rowing and the experience and capabilities of my child and I hereby give permission for my son/daughter, _____, to participate in the activity of rowing with Haddonfield Crew Club.

Signature: _____