



## Spring 2010 FHS Crew Best Practices Statement



Welcome to Farmington High School Rowing! You have decided to become part of a vibrant, hard working, and dedicated group of athletes, parents, coaches, and other supporters who have put rowing at the center of the recreational part of their lives. Being a member of a crew team, or any team, carries with it a responsibility to your teammates and your coaches to strive for your athletic best, be a good sportsperson and role model, and to always take practice and competitions seriously. Crew is unlike other sports in that being dependable and responsible is paramount to maintaining a consistent safe environment for practice and personal growth. With this in mind, this statement has been put together to make sure that all participants are aware of the demands of being part of the FHS Crew team. By signing and returning the Crew Best Practices Contract, you acknowledge that you are aware of the policies and agree to abide by them.

### Article 1 – Safety

1. As a member of the team, you acknowledge that safety of all rowers is the most important and first concern of everyone on the team. Your coaches have been trained in CPR, First Aid, and boating safety. If a coach gives you a direction, it is to be followed without question above the directions of any rower. If a coach is not nearby, the coxswain is in charge and should be listened to with respect as he/she is also trained in what to do in the event of an emergency. Stay calm, keep your head in the boat, and listen for directions.
2. In the event of an emergency, it is the coxswains' responsibility to notify the coach of the situation. If the coach is not available, the boat should be directed toward safe harbor, either at the dock or on shore. Equipment can be replaced, people can not. In the event of a capsized, STAY WITH THE BOAT. It is much easier to see a large boat than a stray rower.
3. All rowers will pass a swim test before being placed in a boat. All rowers will review safety procedures at the beginning of each season.
4. Rowing has its own vocabulary. It is your responsibility to study the glossary and execute commands from the coxswains in a timely manner. An eight shell is difficult to steer to safely when your crew is slow to respond.
5. During practice, water or land, it is your responsibility to bring enough water to remain hydrated, to dress appropriately for the weather, to stretch adequately, and to make your coach aware if you feel stress or strain. While muscle fatigue is expected, pulls and strains are not.

### Article 2 – Make Up of Varsity and Novice Crews

1. Part of the mission of the team is “to expose a variety of students to rowing and to generate a life-long sense of responsibility and physical activity.” One focus of this mission is the Novices; a Novice being defined as “any rower who has not previously rowed a Spring season”. Therefore, there will not be cuts from among novices for anything other than lack of physical fitness, attendance, safety, or behavioral violations. ALL NEW ROWERS will be expected to pass a physical fitness test before lifting a shell or going out on the water. The makeup of the test is at the coaches' discretion.
2. Veteran rowers are expected to be in the JV or Varsity boats (by US Rowing Association rules). These rowers need to be serious about the sport, the team, and have higher attendance, fitness, and responsibility expectations than the Novices.
3. Depending upon the pool of rowers, there will be 1 or 2 Varsity boats, 1 or 2 JV boats, and 1 or 2 novice boats, not to exceed 6 boats per sex. Alternates will be selected from the pool of rowers if the number of participants exceeds the capacity of the equipment and coaching staff.
4. Team and Seat selection is based on a combination of attitude, physical fitness, technique, and attendance.

### **Article 3 – Attendance**

*The importance of consistent and on-time attendance at practice and races can not be overemphasized. It is IMPERATIVE to the success of the team that everyone take this seriously and be at practice when and where you are supposed to be. It is every rowers responsibility to be at practice on time so the rest of the boat is not, at the least, inconvenienced, or at the most, not able to practice.*

1. Attendance at the season's races is a major factor in determining the makeup of the boats. Consistency in attendance, seat placement, and boat make-up are key to making a competitive crew. This allows appropriate rigging for each rower and generates a sense of teamwork within the boat that give the crew both a mechanical and psychological edge. It is the rower's responsibility to inform the coaching staff **as soon as possible** about missed races due to family obligations, illness, or emergencies.
2. Attendance at all team activities, including practices, races, and fundraising events, is expected.
3. The coaching staff must be noticed 24 hours in advance, preferably by a parent or guardian, in writing, if a rower will miss or be tardy to practice, land or water. In the case of illness, it is very important to notify the coaching staff as soon as possible so an alternate can be found for that day's practice. Missing a practice during the week before a race may result in loss of seat.
4. **Any** practice absence or tardy without 24 hour prior written notice to the coaching staff may result in loss of seat in the next race and will be counted as an unexcused absence. It is VERY important that the rowers inform the coaching staff of tardies or missing practices as soon as they know, even if it is within the 24 hour notice period. Missing rowers creates havoc for the coaches and the rest of the team. If we know ahead of time we can plan accordingly.
5. A rower will be allowed two unexcused absences from practice. After the third they will be asked not to return. Two tardies to practice count as an unexcused absence. The coaching staff will be responsible for keeping track of absences and tardies.

### **Article 4 – Behavior**

1. All rowers are expected to have a POSITIVE TEAM ATTITUDE and participate in all team functions and events, including fundraisers, pasta dinners, and other events.
2. All rowers are expected to FULLY PARTICIPATE in all practices and races to the best of their ability, show consistent effort, and strive to better their fitness and technique
3. All rowers are expected to treat the other members of the team with RESPECT.
4. All rowers are expected to treat the "boathouse" and all equipment with RESPECT.
5. Coaches and coxswains are in charge. Rowers are expected to FOLLOW COMMANDS accordingly. This ensures safety and efficiency. Any rower demonstrating a consistent inability to follow commands will be taken out of the boat.
6. Coaches are not responsible for the behavior and safety of rowers who are at the boathouse before or after official posted practice times. Students not on the team are not allowed at or around the boathouse during practice.
7. Any behavior that jeopardizes the safety or well-being of other rowers or coaches will result in immediate disciplinary action and possible removal from the team.
8. Any behavior at school or school-associated functions that results in administrative action could also result in removal from the team.
9. All athletes are expected to read the Code of Conduct and turn in the appropriate forms before participation in practice.

### **Article 5 – Academics**

1. The crew team will follow the policies of Farmington High School as outlined in the Student Handbook and Code of Conduct.