

HRA Rowers/Parents/Coaches Code of Conduct

In order for us to function successfully as a unified coherent CREW, we must agree to certain norms of behavior:

- Respect for all persons and property (this includes personal, coach's, HRA, other team's property)
- Refrain from put-downs; racial, ethnic or culturally inappropriate comments
- Politeness to all on the team and to everyone you meet, you represent Huron High School (HHS) and HRA
- Supportive to all members of the team; both male/female and varsity/novice
- No profanity (at the boathouse, docks, regattas, or while in route to/from regattas, etc)
- No P.D.A. (Public Displays of Affection)
- Adhere to specific rules identified by the coaches. These rules will be put in writing, posted in the boathouse, and provided to all chaperones, rowers and the HRA board
- Demonstrate good sportsmanship at all times. Adhere to all of the expectations and standards identified in AAPS Policies for Student Athletes, Athletic Department, and HHS.
- Coaches promise to investigate thoroughly any complaints or violations of these and general rules. Investigative decisions will be reviewed with the rower and their parent or guardian with the head coach. Referrals will be made to the Athletic Director, when appropriate.

For the well-being and safety of the team, each rower/parent-guardian/coach agrees to the following:

- Seat belts must be worn at all times when traveling in a car/van.
- Rowers will ride to and from events in assigned vehicles/buses as per the HHAD policy/procedures.
- All standard bus rules must be followed as posted on the bus or verbally given by the driver.
- Team curfew is at 10 PM or at the Head Coach's discretion.
- No girls in boys' rooms; no boys in girls' rooms.
- Rowers are restricted to their assigned rooms. Sleeping arrangements and room assignments may not be altered without direct approval from the Head Coach and Head Chaperone.
- Do not leave your motel room without direct permission from a chaperone or a coach.
- Lights out and quiet time must be respected. Chaperones and coaches are entitled to eight hours of sleep!
- Free time should be spent in groups of three or more. Do not go anywhere alone.
- Chaperones take responsibility for ensuring that all athletes are accounted for, including roll call (usually completed by one of the captains or a coach on the bus) and bed checks that will be done each night (by coaches and chaperones).

Team participation:

- Everyone is expected to work together as an efficient and powerful single team.
- Everyone is expected to follow the protocols identified by chaperones, coaches and/or regatta officials.

Huron Rowing Team non-negotiable items*

- No possession or use of alcohol, marijuana, or illegal drugs including steroids
- No abuse of legal or prescription drugs including steroids
- No sexual harassment
- No possession of weapons

*Any violation of one of these items, meaning behavior that is disruptive to the team, or behavior that threatens the safety of self or others, will result in the offending athlete(s) being sent home immediately, at the parents' expense. By joining Huron Crew, the parents agree to cover all expenses related to sending their athlete home.

Rower Expectations:

Expectations:

Your success and the success of the program is directly related to your own and your family's involvement. The HRA and the coaches hold high and attainable expectations for each of you. Above all you must be willing to dedicate yourself to the interests and objectives of the whole. We operate under the team concept: every rower is equally important and equally responsible to the rest of the team.

Grades:

You are a student *first*, and an athlete *second*. In order to participate in this sport or any sport at HHS, you must pay consistently careful attention to academics. The HHS athletic department requires a minimum GPA of 2.00, with at least five classes in the passing category. If you fail to meet these academic standards, you will be required to withdraw from team activities until you raise your grades to the acceptable level. Academic problems may jeopardize or result in the loss of a rower's seat in the boat. Student-athletes are responsible for managing the demands of practice and study. Set realistic and responsible goals, and use your time efficiently to achieve them.

Practice:

All in-season practices are mandatory. If you have to miss practice you must let coaches know ahead of time. Off season (i.e., winter and summer) trainings are an optional part of our calendar. Student athletes are encouraged to stay active over the winter and summer months in anticipation of the upcoming season. Rowers may do this through winter crew training or through participation in another sport. Being physically active when not in season is most important!

Regattas:

Regattas are the reason for practice! If you cannot commit fully to regattas, it may not be the right time for you to join the sport. When the team travels to regattas, exemplary behavior is expected from each rower. As members of the HRA, you represent the club to the rowing community at large. If you have any questions about regatta behavior and protocols, consult the

chaperones or coaches and/or regatta officials at the racing venue. Since we practice an extraordinary amount of time in comparison to the actual time spent racing competitively; rowers need to prepare themselves mentally and physically for race day.

Team Support:

Rowing is truly a team sport. Every student athlete who wants to row will be given a chance to do so. Encourage and respect ALL teammates. Your goal and the team's goal are the same: to work together as the Huron Crew from Ann Arbor, Michigan. Intolerance and ridicule of teammates, competitors, coaches or race officials is always unacceptable conduct. Support your teammates at regattas. Participate in carrying oars, shoes, etc., to and from the dock. Cheer teammates as they race by. Offer congratulations to your teammates when they do well, give them your support when their boat does not do so well. We are a unified, coherent team. As one of the few, if not the only, coed team at Huron, much is expected of this team. We practice, travel, compete and win for each other and for Huron Crew.