



## PRINCESS ANNE CREW CLUB STATEMENT OF EXPECTATIONS AND CODE OF CONDUCT

The purpose of this document is to detail the expectations of all athlete members (rowers) of the Princess Anne Crew Club (PA Crew). The objective of this code is to set standards that will allow each rower to achieve their full potential both on and off the water. PA Crew is committed to supporting our rowers in maintaining these expectations by providing an organization that will be respected by both our school district and the rowing community. By signing this code of conduct, you recognize that you are representing the Princess Anne Crew Club and in order to reflect a positive image of yourself, the club and your school, you agree to carry yourself in a manner compliant with this code.

***"We are what we repeatedly do. Excellence, then, is not an act, but a habit."***

### Rules

1. Support your teammates. Upperclassmen will mentor novice rowers and novices will speak up with questions. There is a zero tolerance policy for inappropriate or aggressive behavior or comments toward others either through direct contact or via voice, texting, and social media.
2. Swearing and foul language on land or water at practices and any team event will not be tolerated.
3. Attendance: Please try to limit any absences as your teammates are depending on you. Frequent absences may affect your position in a boat as lineups are determined to produce optimal results on race day.
4. The guest house is not a hangout and it must be kept clean. At the end of practice, you must wait at the end of the driveway for your ride. Trespassing any time outside of the designated practice hours or team events and / or misuse of the residence of any kind is a violation of the code of conduct. This is a private residence and we are guests.
5. When dressing out for practice, all rowers are to use the guest house bathroom if they will be in any state of undress that shows undergarments. Your comfort level may not match other rowers' comfort level. This will protect all rowers and any adults who may enter the guest house prior to or at the end of practice.
6. Defiance or disrespect toward any member of the coaching staff is unacceptable. While training, both on and off the water, rowers will listen when a coach is speaking. In regard to water training, when you are in a boat there is no "chatting" for safety reasons. You need to be able to hear the coach or coxswain, and your attention should be focused on rowing.
7. Injuries must be reported immediately to the coaching staff. A doctor's note may be required in order to continue practicing or racing.
8. Any rowing or team equipment in need of repair is to be reported immediately to the coaching staff. Rowers will be responsible for learning how to appropriately care for and prepare boats and equipment for the water and the trailer.

9. Proudly represent your school and the PA Crew Club. Bring your best self to every practice, event, and race by taking care of your body and mind. There is a zero tolerance policy for use, abuse, possession, and selling of drugs, tobacco or alcohol. Smoking is prohibited.
10. Rowers agree to adhere to this code of conduct at all regattas. Expected behavior includes:
  - a. Rowers will arrive on time, in uniform, and be ready to race.
  - b. Rowers must be courteous to officials, volunteers, and other crew teams. Unsportsmanlike conduct, swearing, and foul language on land or water will not be tolerated and will result in a boat's disqualification from a race.
  - c. Rowers are expected to know when they are racing, and be on time ready to row.
  - d. Rowers will dress and pack appropriately for the weather. Layers are a must for cold weather.
  - e. Rowers will be respectful of vendors. Anyone caught stealing will be removed from the team.
  - f. Rowers will clean up after themselves and assist in ensuring no trash is left on the regatta grounds.
  - g. Parents must drive their rower/child to the regatta.
  - h. Parents are encouraged to volunteer for duties on regatta days. Eastern Virginia Scholastic Rowing Association (EVSRA), our parent rowing club, is a volunteer organization and without extensive volunteer participation, regattas would not be possible. When volunteering, priority should be given to choosing EVSRA volunteer duties assigned to PA Crew. It is our responsibility as an EVSRA Member Team to fill these positions. Examples include: Parking duties, timers, stake boat holders, cleanup, lunches for officials, etc...
11. Rowing is a physically demanding sport. Athletes are expected to maintain a healthy diet and fuel their bodies before and after workouts and races to achieve optimal results.
12. Rowers will remain in good academic standing.
13. Violation of the code of conduct may result in disciplinary action imposed by the PA Crew Club Board of Directors including warning, removal from a race, or removal of an athlete from the roster. Removal from the team due to misconduct resulting in a violation of the code will forfeit any refund of paid dues.

I have read and understand the above Statement of Expectations and Code of Conduct and agree to abide by its guidelines at all Princess Anne High School Crew Club team and rowing activities. I understand that if I do not follow this Statement of Expectations and Code of Conduct, as outlined above, the PA Crew Club Board of Directors will make a determination for appropriate action to address the misconduct.

Rower Name \_\_\_\_\_ Parent Name \_\_\_\_\_

Rower Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_