

Space Coast Crew Youth Rower Code of Conduct

Space Coast Crew Mission Statement:

To promote a competitive rowing program that embodies sportsmanship and ethics through the principles of respect and responsibility, and to encourage personal growth through winning and losing with dignity and self-control.

Rower's Responsibilities

The rower, by signing this agreement, agrees to:

- Recognize that membership in this association is a privilege, not a right.
- Attend and participate in all practices and commit fully to the training and racing plan as designed by the coaching staff.
- Show respect, in both actions and words, for fellow rowers, coaches, race officials, chaperones, parent volunteers, and all others who volunteer their time.
- Recognize that in determining practice plans and boat line-ups the coaching staff acts in the best interest of the entire team, and that all practice plans and boat line-ups will be determined solely by the coaching staff.
- Discuss questions/concerns related to the rowing program directly with a member(s) of the coaching staff.
- Properly handle and maintain all equipment as instructed by the coaching staff and immediately report damage to a coach or team captain.
- Recognize the importance of team unity, cooperate with each other, demonstrate mutual respect and refrain from criticism of each other in any form.
- Dress and behave in a manner that is a credit to him/herself and Space Coast Crew.
- Address coaches and parents with appropriate titles (Coach, Mr., Mrs., Ms.).

Rower's Behavior

Unacceptable rower behavior includes, but is not limited to:

- Using, possessing, or distributing drugs of any kind including, but not limited to, chemicals, alcohol, steroids, tobacco, or any controlled substances.
- Acting in a reckless manner that could put the athlete, his/her teammates, or any others at risk for injury.

- Any behavior that is intimidating, hostile or offensive in any way. This includes, but is not limited to, the use of foul or abusive language, bullying or hazing whether verbal, written, electronic, or physical in nature.
- Theft of and/or damage to other's/club's property. Rowers will be held financially responsible.
- Romantic contact between rowers. Such behavior is not allowed at any organized team event and will not be tolerated. Exhibiting any of these behaviors will result in the coaching staff taking some disciplinary action. The severity and/or frequency of the behavior will affect whether a minor or major disciplinary action is taken.

Practice

- To maximize productivity and efficiency at team practices within the equipment, time, facility, and coaching constraints which exist, the following guidelines and procedures will be enforced:
- Attendance at 80% of all practices is required to earn an SCC letter
- Rowers must be dressed appropriately and ready to participate at the start of practice.
- Rowers must tell their coach ahead of time if they plan to miss a practice. Last minute situations should be communicated to coach as soon as possible so that boats may be adjusted and a productive practice can be held.
- Rowers may not leave practice until the coach has dismissed them.

Disciplinary Action

- The coaching staff is responsible for administering disciplinary action. Most problems will result in a minor disciplinary action. Such actions include, but are not limited to:
 - ❖ Verbal warning
 - ❖ Extra workout/alternative workout
 - ❖ Make-up practice
 - ❖ Written/verbal apology
- Repeat violations may be considered a more significant problem and result in a major disciplinary action. Coaches must inform parents and the Board of any major disciplinary action which would result in one of the following:
 - ❖ Loss of water privileges for a specified time
 - ❖ Loss of race privileges
 - ❖ Suspension from team
 - ❖ Expulsion from team

