

SPACKENKILL CREW TEAM RULES

1. Everything you do and say will reflect only favorably upon yourself, your teammates and the coaching staff.
2. You will treat everyone associated with this team with the highest respect. If you have any difficulties with anyone or the way in which the program is run, please attempt to resolve it directly with the person involved or see a coach.
3. You will work hard in school.
4. You will treat your mind, body and soul with respect, in a fashion consistent with your role as a member of this team.
5. You will work hard all the time unless told to go easy, even during drills.
6. You will adhere to the **5P** rule:
 - **Preparation:** You will be ready for practice on time (with proper clothes, shoes, water, snacks) and you will eat a healthy diet.
 - **Poise:** You will maintain composure on and off the water; you will demonstrate relaxed and calm effectiveness under all conditions.
 - **Precision:** You are personally accountable for your craft from the erg to the boat & will put into practice what your coaches & coxswains tell you
 - **Power:** Your commitment and effort will be relentless. You will train, & therefore will recover well.
 - **Progress:** You will always improve and have measurable progress.

SPACKENKILL CREW ROWER'S CONTRACT

1. Rowers need to be at the river 15 minutes prior to practice to change, get the launches in, place oars by the docks, etc.
2. To have an excused absence, you must let your coach know one day in advance. Acceptable excuses include academic reasons and religious events. (Your cousin's birthday party is NOT an acceptable excuse.)
3. If you are absent from practice without informing your coach, you will not row the next day. This jeopardizes your boat's chances of doing well throughout the season.
4. Crew is a sport that consists of teamwork, commitment and hard work. Individual attitudes will not be tolerated in this sport. Teamwork is paramount.
5. **Boathouse rules and guidelines are to be strictly followed.**
6. All rowers will clean up the bay after EVERY practice. There will be no bottles, wrappers or trash left in or outside our bay.
7. All rowers will show respect for each other, all coaches, and their HR Boathouse neighbors.
8. Remember to enter and exit the bay through the river door. You are to be dropped off in the parking lot at the south end of the building.
9. If a rower is suspended from school for any reason or is deemed academically ineligible to either practice and/or participate in competitions, reinstatement of his or her prior position/seat in a boat will be up to the discretion of his or her coach. This is not a suspension from the team; the rower can row and practice with the team but not necessarily in the same prior capacity.