

Maritime Rowing Club/New Canaan Crew

Rules and Policies for Junior Rowers

Athletes and parents please initial each item and sign below.

- ___ ___ All completed forms (registration, waiver, emergency medical, and rules and policies) along with payment will be turned in no later than end of the 1st week of each season.
- ___ ___ Use of alcohol, drugs, tobacco, or performance enhancing substances is not permitted at any time. Usage will result in immediate dismissal from the team.
- ___ ___ Inappropriate behavior such as theft, fighting or vandalism is prohibited and will result in dismissal from the team.
- ___ ___ inappropriate use of language at the boathouse, on the river, or at regattas will not be tolerated.
- ___ ___ Athletes and parents are expected at all times to act with good sportsmanship towards both teammates and competitors.
- ___ ___ Athletes must inform their coach in person, by phone, or by leaving a note in the coach's mailbox of an absence **48 hours in advance**. Athletes cannot expect their seat to be held due to tardiness, absence or having to leave early. We cannot guarantee that an athlete needing to leave early will be off the water on time.
- ___ ___ Athletes will be on time to practices and regattas. Practice time is not social time. All athletes are expected to be in proper workout attire and ready to work at the start of practice. Practice is not completed and athletes cannot leave until a coach has dismissed them.
- ___ ___ Athletes and parents will follow and respect all rules of the club and river. This is a Federal channel and water safety rules are enforced.
- ___ ___ Athletes and parents will follow all parking policies and traffic patterns including no pick up at the front door of the club.
- ___ ___ Athletes' belongings must be stored on the shelves in the boathouse and should not be touched by any other rower. Disrespect of another's personal property could result in a dismissal from the team. Please do not leave valuables unattended.
- ___ ___ All athletes and parents must respect that our club is simultaneously used by other adult club members and thus act responsibly and respectfully at all times.
- ___ ___ Athletes will follow proper Protocol at regattas to include keeping shirts on and proper dress in representing our team.

A violation of policy or other rule presented herein during the season may result in suspension or dismissal from the program without a refund. This agreement shall remain in effect for one year.

Athlete signature

Print name

Date

Parent signature

Print name

Date