

# Radnor Girls Crew Club

## Athlete Expectation Contract

**ACADEMIC ELIGIBILITY** – Same rules apply as to any other Radnor High School sport or activity.

**DRUG, ALCOHOL & TOBACCO USE** – Using any of these three items is detrimental to any athlete, illegal and will not be tolerated by your coaches and board members. Our policy for these infractions is the same as Radnor High School policy – not to mention the law.

**ATTENDANCE** – **Every** practice is important. You are expected to attend each one. Two *unexcused* (defined as ‘just didn’t show up’) absences and you will no longer be a member of the team. If you are not in school by 11:00 AM, you may not participate in practice. In order to compete in any regatta, you must participate in at least 4 of the 5 scheduled practices for that week. **Racing privileges and priority will go to those who make our training a priority. This means if you insist on missing large chunks of time throughout the season, you will still be welcome on this team, however, your racing may be compromised.**

**NOTICE OF LATENESS/ABSENSE:** If you know in advance that you cannot make it to practice or will be late, call or email a coach the night before or that day by 1 PM. We will not wait to boat you if you are late, nor will we rearrange to fill your seat. At a minimum, your boat mates for that day will remain on land and erg. Missed practices may result in the potential of losing your seat.

**ATTITUDE** – You are expected to come to practice and races with a positive attitude about your team and your training. If something comes up that is bothering you for 48 hours or more, it is officially a **problem**. Please see your coaches or captains in order to resolve the issue.

**SAFE DRIVING** – As young adults it is your responsibility to respect traffic laws and be sure you and your passengers arrive safely. You will have more than enough time to get to and from practice within the speed limit. Showing up late is bad; showing up with a ticket is unacceptable.

**RACE DAY COMMITMENTS** – Rigging and de-rigging boats are race day standards and team responsibilities. You will be expected to take part in both of these activities. Skipping these responsibilities will affect your racing opportunities. Athletes racing, other than your boat, are still part of your team. You will be expected to be around before and after your race to cheer on your teammates. Prior arrangements to leave may be made with the coaches through your parents, but should not be abused.

**OUTSIDE COMMITMENTS** – You are encouraged to partake in other activities, but please don’t stretch yourself so thin that you are detracting from your team. If you can already anticipate missing upwards of 5 practices due to other commitments – please reconsider joining this team.

I have read, understand and agree to follow terms stated above.

**SIGNED** \_\_\_\_\_ (Athlete) \_\_\_\_\_ (Date)

**SIGNED** \_\_\_\_\_ (Parent/Guardian) \_\_\_\_\_ (Date)