



Nereid Boat Club

Fall 2020 Middle School/Recreational Rowing Contract

Practice Hours

- Middle School/Recreational Practice hours are from 6 – 7:30 PM Monday-Thursday.
- Athletes are not to workout at the club outside of regularly scheduled practice times unless they have permission and supervision of a coach.

Attendance

- Five unexcused absences will result in dismissal from the program for the remainder of the season without refund. We cannot guarantee that an athlete needing to leave early will be off the water on time.
- An unexcused absence is defined as an absence that has not been approved by a coach at least 24 hours ahead of time. Exceptions to this include an emergency situation such as an unexpected illness or injury, or death in the family. A note from a parent, or preferably a doctor, is required in the event of an unexpected absence.
- All excused absences must be communicated at start of season or as soon as a parent and/or rower knows about it.
- Athletes will be on time to practices. 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.

- If an athlete is going to be late to practice due to traffic or other circumstances then they must text or email the coaches and give them an estimate of how late they will be.

Communication

- Parents are expected to check their emails regularly so as not to miss any important notices that have been emailed out to the team. Parents are also expected to communicate any necessary information (whether it be regarding attendance or otherwise) to the coaches in a timely manner.
- In order to assist with mass communication, we will be making a SportsYou group for all the Middle School/Recreational parents. This will allow the coaches to notify the parents of any necessary information quickly.
- Rowers are expected to communicate all necessary information that is passed along to them at practice to their parents. Similarly, rowers are expected to communicate any relevant information from their parents to the coaches.

Behavior

- Athletes and parents are expected to at all times act with good sportsmanship towards both teammates and competitors as well as act responsibly and respectfully towards other club members, the boathouse and the equipment.
- Inappropriate use of language at the boathouse, on the river, and at Boathouse events will not be tolerated.
- 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 and parents will follow and respect all rules of the club.

- Conduct which results in harm, potential for harm, or the imminent threat of harm (including bullying, hazing, harassment, emotional misconduct, physical misconduct and sexual misconduct) will not be tolerated and will be grounds for immediate dismissal without refund, as well as reported to the appropriate authorities.

All athletes are encouraged to:

- Report honestly and immediately all incidents of bullying/cyber bullying/harassment to the Nereid coaching staff.
- Avoid becoming involved in bullying incidents, both in person or on the internet.
- Support rowers who have been or are subjected to bullying/cyber bullying/harassment.
- Talk to the Nereid coaching staff and/or parents about concerns regarding bullying/cyber bullying/harassment.
- As a member of the Nereid Boat Club Junior Program both athletes and parents recognize that they represent Nereid at the boathouse, at regattas, in their community, and online. As a result they are expected to be a role model at all times and take responsibility for their actions.
- Inappropriate behavior (such as illegal acts, unsportsmanlike-like conduct, theft, fighting, and vandalism) is prohibited. Illegal acts while on club grounds or while representing Nereid at a regatta will result in immediate dismissal without refund.

Boat and Equipment Expectations

- Every athlete is responsible for treating the equipment with care and respect.
- Every athlete is expected to wash down their boat, put their oars back in the appropriate spot, and properly strap their boat down in the boat racks.
- The last athletes to put their boats away are expected to put the goose guards back in place on the dock, put the boat slings away, and wrap the hose back up.

Academics

- It is every athlete's responsibility to keep up with their schoolwork while fulfilling their commitment to Nereid. Rowers must learn proper time management and are encouraged to talk to the coaches if they are struggling to manage all their responsibilities.
- Although this team is not associated with any school, all athletes must be in good academic standing with their school. Athletes should be aware that failure to maintain academic standards could result in dismissal from the team for the remainder of the season.

Contacting the Coaches

Most questions and concerns should be addressed to the head coach via email. Time sensitive issues or issues regarding tardiness at a practice or regatta should be communicated via text message. All phone calls should be scheduled ahead of time.

Zach Spitzer – Head Coach

headcoach@nereidbc.org

(518) 421 – 2562

Consequences

Athletes who violate the terms and conditions stated above will incur the following consequences:

First Offense:

The first violation will be a warning. Any Nereid coach can issue warnings. The head coach must be informed of all issued warnings. The head coach may request a meeting with the athlete and their parents as a result of an issued warning.

Second Offense:

The second violation will result in an immediate dismissal from the program, without refund.

If a coach judges that a violation is sufficiently dangerous or improper, they can dismiss an athlete from the program without a first warning and without refund.

By signing this form, you agree to the terms and conditions expressed in Nereid Boat Club’s Fall 2020 Middle School/Recreational Rowing Contract. Violations of these policies, other rules set forth by the club board, or rules presented to the athletes during the season may result in suspension or dismissal from the program without a refund.

Athlete Signature	Print Name	Date
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Parent Signature	Print Name	Date
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