



Nereid Boat Club

Fall 2020 Varsity/Novice Rowing Contract

This document must be read through carefully and signed by all rowers and parents for any rower to participate in Nereid Boat Club's Fall Varsity/Novice Rowing Programs.

Practice Hours

- Varsity Practice hours are from 3:45 – 6 PM, Monday – Friday, and from 10 AM – 12 PM on Saturday.
- Novice Practice hours are from 3:45- 6 PM, Monday-Friday
- Athletes are not to workout at the club outside of regularly scheduled practice times unless they have permission and supervision of a coach.

Attendance

- Three unexcused absences will result in dismissal from the program for the remainder of the season without a refund. Athletes cannot expect their seat to be held due to tardiness, absence or having to leave early.
 - 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 cold or general fatigue does not qualify as an unexpected illness – 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.

- Regatta absences are to be communicated as soon as the Regatta schedule is posted. If a rower or parent does not inform the coaches about an absence from a regatta prior to a regatta entry deadline or one week prior to a regatta (whichever comes first), then they will be responsible for paying the forfeited entry fee and/or will lose the privilege to compete at the next regatta.
- If a rower misses practice during the week leading up to a regatta then they cannot participate in that regatta. Special exceptions can be made on a case-by-case basis.
- Athletes will be on time to practices and regattas. All athletes are expected to be in proper workout attire and ready to work at the start of practice. Practice is complete once the coach dismisses the athletes.
- If an athlete is going to be late to practice or a regatta 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. Planning to avoid these issues will be of the utmost importance.

Behavior

- Athletes and parents are always expected to 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 regattas will not be tolerated.
- Practices and regattas are not for socializing. Athletes are expected to behave with a certain level of professionalism and understand that practices and regattas are run on a strict schedule. Athletes must stay on task and do what the coaches require of them during practice and regatta times. We will practice and race with a purpose at all times.
- All athletes and parents must respect that our club is simultaneously used by other adult club members and junior teams 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 must 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.

Alcohol, Drugs, and Illegal Acts

- The use of alcohol, tobacco and illegal substances is prohibited at all times during the season. Use of such substances on club grounds or while representing Nereid at a regatta will result in immediate dismissal without refund.
- 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.

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.

Boat Selection, Travel, Regatta Preparation

- Racing for Nereid is a privilege, not a right. Rowers must earn the right to race and are not guaranteed a race during the season.
- Boat line-ups will be made based on various selection metrics such as attendance, work ethic, competitiveness, technical skill, boat moving ability, growth over the season, 2k/5k times, mentality, being a good teammate etc. As coaches we believe that athletes decided their own lineups through these factors and others, we simply put the names down.
- Athletes who wish to discuss boatings with the coach, and how to improve their current placement on the team must communicate with the coaches directly. We expect athletes to be their own advocates, not rely on their parents to communicate for them. Furthermore, lineup selection will not be discussed with parents at any time.
- Novices may race during their novice year of rowing but are not guaranteed to. Every rower progresses at their own rate and some rowers may not be deemed ready to race during their novice season or even year. The biggest concern when determining whether someone is ready to race is safety. For questions regarding whether you or your child is ready to race, please reach out to the coaches.
- In order to race at certain regattas rowers must meet certain time standards on the rowing machine. These standards will be clearly defined to the rowers and vary for age, experience level, gender, and weight. The regattas that will require time standards will be

communicated to the athletes at the start of the season. Exceptions to this rule can be made based on a rower's performance at other regattas, or if the coaches believe that a competitive boat can be made despite certain athletes not hitting the time standards. Meeting a time standard is not a guarantee that an athlete will race at any given regatta.

- Rowers will be required to be present at the boathouse during trailer loading for all regattas that require us to de-rig the boats and load them onto the trailer. This will typically occur on either a Thursday, Friday, or Saturday afternoon/evening, depending on the regatta. Similarly, the rowers will be required to help unload the trailer and re-rig the boats after a regatta. This will either happen immediately upon returning from a regatta, or during the next scheduled practice time.

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 a refund.

By signing this form, you agree to the terms and conditions expressed in Nereid Boat Club's Fall 2020 Varsity/Novice 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

Parent Signature

Print Name

Date