



Nereid Boat Club Spring 2019 High School 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 Spring High School Rowing Program.

Practice Hours

- High School Practice hours are from 4 – 6 PM, Mondays – Fridays, and from 11 AM – 1 PM on Saturdays.
- Athletes are not to workout at the club outside of regularly scheduled practice times unless they have permission and supervision of a coach.
- If an athlete who does not practice 6 days per week misses a practice due to an excused absence then they are encouraged to make up that practice during a different scheduled practice time.

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. 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 48 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.
 - Absences during regattas are especially important. 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 not completed and athletes cannot leave until a coach has dismissed them.
- 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.

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 regattas will not be tolerated.
- Practices and regattas are not social time. 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.
- 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 Team, and Regatta Preparation

- Racing for Nereid is a privilege, not a right. Rowers must earn the right to race and are not guaranteed to race during the season.
- Boat line-ups will be made based on various selection metrics and are ultimately up to the coaches' discretion. Line-ups are made with the Nereid team in mind and as a result the coaches will create the race line-ups that they believe will be the most competitive.
- Athletes should understand what it is they must do to be in the most competitive boats, and as a result, we encourage the athletes to be self-advocates when it comes to questions regarding line-up selection. Line-up selection will not be discussed with parents.
- 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 for participation are in bold print in the regatta schedule below. Exceptions to this rule can be made based on a rower's performance at local 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.

Regatta Schedule

- Saturday, March 23rd: Metropolitan Youth Speed Order @ Kearny, NJ
- **Friday, April 19th – Saturday, April 20th: Mercer Lake Sprints @ West Windsor, NJ**
- Sunday, April 28th: Cooper Cup Regatta @ Camden, NJ
- **Saturday, May 11th – Sunday, May 12th: Mid-Atlantic Youth Championships @ West Windsor, NJ**
- **Friday, May 17th – Saturday, May 18th: Stotesbury Cup Regatta @ Philadelphia, PA***
- Thursday, May 30th: End of season regatta, Nereid Boat Club
- **Thursday, June 6th – Sunday, June 9th: USRowing Youth Nationals @ Sarasota, FL**

All rowers who race will be required to become members of USRowing. Instructions on how to accomplish this will be emailed to athletes and parents during the early part of the season.

There is also a local regatta (tentatively) during mid-May: the Passaic River Sprints. However, this regatta has not finalized a date, so it is not included in the above schedule. This regatta will be run out of Kearny, NJ and will be open to all rowers who are eligible to race (so long as the date does not conflict with another regatta).

*Stotesbury Cup will be for only a select few individuals who meet the time standards and are eligible to race for their school as well as Nereid

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.

Dylan Gould – Head Coach
headcoach@nereidbc.org
(631) 332 – 7563

Nyles Mendez – Assistant Coach
nylesmendez@gmail.com
(201) 681-9979

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 Spring 2019 High School 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