

SAN DIEGO ROWING CLUB

Junior Crew

2009 – 2010 JUNIOR CREW SEASON

September, 2009

Dear SDRC Junior and Parents:

Welcome to the San Diego Rowing Club Junior Crew 2009 - 2010 rowing season! We are looking forward to another exciting year and the continued success of the Junior athletes. Last year saw continued success for the team, with three crews earning places at the National Invitational Regatta, coming away with a bronze medal in the Women's lightweight coxed four and a ninth place in the women's lightweight double. Our Novice crews also did very well at SW Regionals.

This handbook has been designed to share with you information as to how the program is organized, what is expected of the rower and of the parents, what the calendar looks like and general information about the Club. Please read it carefully. We hope you find it helpful.

Forms and initial payment for September are due the first week of practice for all rowers. All forms must be completed by returning rowers and new club members alike. Returning rowers need to return the medical information and release form and do not need a physical exam form. New rowers have until October 15 to complete the physical exam portion.

Without these forms, rowers will not be allowed on the water.

Sincerely,

SAN DIEGO ROWING CLUB

Art Sloate
Head Coach
Mens Coach
Coach

Guillermo Lemus
Womens Coach

Ryan Andre
Asst. Mens Coach

TBD
Asst. Womens

Richard Yocum
San Diego Rowing Club
President

Glenn Schweighardt
San Diego Rowing Club
Captain

Alleda Harrison
Parent Steering Committee
President

NOTE:

The forms necessary for participation in the Junior Crew Rowing Program are available online at www.sdrc-row.org/juniors_site/home under the members section.

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MISSION STATEMENT

The mission of SDRC Junior Crew is to provide young men and women the opportunity to train, race and win while building teamwork, dedication and respect in a safe, supportive and competitive learning environment.

Goals

- maximum development commitment.** Provide challenging physical training to achieve of individual rowers through determination and
- fundamentals and** Provide excellent coaching and training in the techniques of rowing.
- Develop a sense of shared purpose and teamwork.
- the SDRC Juniors in** Provide a competitive program that will put members of good standing to compete in a collegiate rowing program.

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JUNIOR CREW PROGRAM STATEMENT

MUTUAL VALUES, GOALS and EXPECTATIONS

The San Diego Rowing Club Junior Crew Program is composed of athletes from different schools, communities, families and backgrounds, but we, as a group, believe that there are certain common values upon which we all agree.

Rowing is a sport that develops independence, maturity, cooperation, team building and good judgment in its participants, and parents are encouraged to give their athlete rowers as much responsibility for their own participation as possible.

This means that each athlete rower shall cooperate fully with the Club and with parents in:

- 1) Returning waiver and participation forms as required;
- 2) Ensuring that all necessary program payments are made in a timely manner;
- 3) Staying on the training schedule;
- 4) Arranging their own carpools to Southern California away regattas as much as possible; and
- 5) Working out their issues and problems with coaches and fellow athlete rowers without parent participation, to the fullest extent possible.

Further, the San Diego Rowing Club has a long, proud history as a competitive club, a reputation for good sportsmanship, and recognized nationwide for its successes.

Rowers and parents should both recognize, that participation in the Junior Crew Program requires a significant commitment to travel, financial obligations, self and teammates. This Program is not intended to be a training ground for other sports or general conditioning.

Instead, rowers bond together as teammates and are expected to participate in the scheduled competitive events to the fullest extent possible. Less experienced rowers serve a valuable teammate function in being a part of the overall team, while they individually strive to develop into experienced rowers. Each individual can strive for excellence to the extent of his or her own ability, all the while working together as a team and making any necessary adjustments for the general good of the Team, as requested by the Coaching Staff.

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A Letter from the President of the Parents Steering Committee

Dear Parents,

On behalf of the Parent Steering Committee of the San Diego Rowing Club Junior Crew Program, I extend a warm welcome to you and your son or daughter. We are looking forward to a great year of rowing.

A significant part of our program is the participation of the team in several regattas. The main responsibility of the Parents Steering Committee is to coordinate the regattas. We collect fees directly from the parents and are responsible for paying all the costs associated with regattas (e.g. entry, trailer, race snacks/food, hotel, bus, and airfare). Total costs are outlined over the next two pages.

Policies

1. All rowers share equally in the total costs of regattas for their team.
2. Payments for club dues, coaching fees and regatta costs will be made monthly over nine months (September through, and including, May). For rowers desiring to prepay at the beginning of the season, a \$50 discount will apply to the annual program fee.
3. Monthly Payments must be made by automatic monthly charge by Direct Debit from a bank account.
4. Failure to make payments will result in your son's/daughter's suspension from training and racing.

Procedures

1. Club dues, coaching fees and regatta expenses for the FULL year racing season (9 months) can be found on the Fees addendum. If you plan to pay in advance for the full year, the payment is due by **October 1 of the current year and you will receive a \$50 discount.**
2. Second rowers within the same family will receive a **discount of \$20 per month; \$180 for full year payment, or \$100 for Spring payment.**
3. New rowers must pay a **\$100 initiation fee to SDRC. Returning rowers who have suspended payments for the summer must pay a \$25 re-instatement fee.**
4. **First month fees are due with all the forms the first week of practice and must be paid by check.**
5. For the rest of the year, you may pay by direct debit from your bank account.
6. Some scholarship support is available on a needs based basis. We do not want any rower to not participate due to cost. Applications forms are available from the Parent Steering Committee.

Feel free to contact me or any member of the Parent Steering Committee if you have any questions about the policies and procedures.

Thanks for your support,

Alleda Harrison

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PHONE NUMBERS – CONTACT INFORMATION

SAN DIEGO ROWING CLUB BOARD OF DIRECTORS

President	Richard Yocum	Email: richard82828@hotmail.com
Captain	Glenn Schweighardt	Email: glenn.schweighardt@sharp.com
Treasurer	Christopher Feuge	Email: pacificihc@sbcglobal.net
Secretary	Catherine Palmer	Email: cpalmer@san.rr.com

COACHING STAFF

Head Coach and Men's Coach	Art Sloate	(858) 357-7442 Email: apsloate@sandiegorc.org
Men's Assistant Coach	Ryan Andre	(203) 801-8230 Email: randre@ucsd.edu
Women's Coach	Guillermo Lemus	(619) 534-3456 Email: guillerrmo_lemus@yahoo.com
Women's Assistant Coach	TBD	(123) 456-7890 Email:

Boathouse Address and Phone Number

San Diego Rowing Club
P.O. Box 99856
San Diego, California 92169
Tel: (858) 488-1893
Web site: www.SDRC-row.org
E-mail: sandiegorc@sbcglobal.net

Physical location (NOT for mailing):
Coggeshall Rowing Center
1220 El Carmel Place
On El Carmel Point in Mission Bay off Mission Beach Blvd.

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San Diego Rowing Club Junior Crew Parent Steering Committee Guidelines

The Parent Steering Committee (PSC) consists of the following five members:

- President
- Vice-President (VP)
- Treasurer
- Two Lieutenants, chosen by the current PSC President, VP, and Treasurer with input from the incoming President, VP, and Treasurer from amongst all the volunteers for the following year who indicate a willingness to serve on the PSC.

The term of service on the PSC is one year and each year the PSC membership must be re-established. The President preferably should be someone who has volunteered in the program at least one year at some point. The PSC members should have a vested interest in the SDRC Junior Crew Program from either currently having or having had a Junior athlete in the program or being a member in good standing at SDRC.

The PSC for the following year is nominated by the outgoing PSC in the following manner.

All positions are open and a Volunteer Sign Up occurs during the month of April (e.g., at Long Beach Regattas, monthly parent meeting and posted on the Website). The current VP is responsible for recruiting and for maintaining the list of volunteers that is presented to the current PSC. From this list the current PSC will make a recommendation to the SDRC Board for the Board's final approval at the May Board meeting.

Should there be multiple candidates desiring the same position on the PSC, the current holder of that position will interview the candidates and suggest to the PSC his/her recommendations, and the current PSC will chose one candidate. Should there be an unresolved issue or conflict for a position, the candidates still have an opportunity to appear before the SDRC Board to make their case for nomination to the position. This can also be discussed at the parent meeting level. Ultimately, the SDRC Board makes the decision and votes to confirm the five-member PSC for the following year. If there are concerns about the PSC transition from one year to the next, all parents are welcome to discuss their concerns at the parent meetings, and/or may come before the SDRC Board.

The PSC meeting frequency will be flexible, generally occurring monthly or as needed to discuss and work on various issues. The five-member PSC will have voting rights to make recommendations to the SDRC Board on issues pertaining to the Junior Crew program with input from the full parent group when appropriate. A quorum of the PSC will consist of three members, though preferably with all five members present for discussion of Junior Crew concerns and voting when needed. Signatories for the financial account will be the President, Vice-President and Treasurer, with two signatures required on all checks and fund disbursements.

These guidelines are subject to periodic review to be sure they fit the needs of the SDRC Junior Crew Program, and may be amended by recommendation of the PSC and requiring approval of the SDRC Board.

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JUNIOR CREW MEMBERS' RESPONSIBILITIES

First, and most important...

Have Fun! !
not your coaches, not your

This is your responsibility -
parents.

Work Hard! !
hard will be apparent as days go by,
important come race time in the Spring.

The benefits of working
but will be the most

- Keep the best interests of your Team as your first priority! !**
- Keep an open mind and be willing to learn new things - adapt and grow.**
- Take responsibility for and maintain all rowing equipment.
- Show up, ready to row, at all workouts.
- Be on time.
- When traveling, ensure that **all equipment** is safely loaded and unloaded.
- Participate in SDRC functions.
- Obey Boathouse and Safety Rules.
- Keep Boathouse clean and tidy.
- Always represent SDRC in a proud and sportsmanlike manner and appearance.
- Think of the Boathouse as you would your own home.
- Recruit new junior members.
- Obey the Zero Tolerance Policy

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PARENT RESPONSIBILITIES

**THE ROWING CLUB AND PARENTS OF THE JUNIOR CREW MEMBERS
ENCOURAGE AND NEED PARENTS TO PARTICIPATE IN
THE JUNIOR ROWING PROGRAM
IN ANY OF THE FOLLOWING WAYS:**

First and foremost...

**GET INVOLVED with the Junior Crew Program and
ATTEND AS MANY REGATTAS AS POSSIBLE!**

- Attend Parent Meetings
- Serve on Parent Steering Committee
- Return payment for all Junior Crew Assessments and Travel Fees immediately upon receipt of billing from the Rowing Club
- Drive to Regattas
- Serve as Regatta Helpers and/or Chaperones
- Attend General Club Functions
- Cheer SDRC Juniors at Regattas
- Host Visiting Rowers
- Support Fundraising Activities
- Help organize and hold Social Activities
- Help recruit New Junior Members

- and their Parents!

If you can help, please contact any Steering Committee Member!!!!

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As the parent or legal guardian of a rower or rowers at the San Diego Rowing Club Junior Crew, I hereby understand my obligation to abide by the *Parent Conduct Guidelines* set forth below. I further understand that failure to follow these guidelines may result in my removal from any regatta or boathouse premises or may result in my rower's expulsion from any or all events. Violations will be determined by SDRC Board, coaches and members of the parent steering committee, including the Team Liaison, as appropriate. All decisions of this group are final.

PARENT CONDUCT GUIDELINES

INTERACTING WITH COACHES.

1. Do not criticize, belittle, question or otherwise interfere with the activities and decisions of any coach.
2. Do not pressure the coach to place any rower in a particular position or suggest seat or boat assignments or changes. The coach has complete control of his or her crew.
3. Do try to support the decisions of the coaches and work out your differences at a time and place that is convenient to you both.
4. Do encourage your rower to first try to work with his or her coach to arrive at a solution and if a solution cannot be reached, you, the parent may make contact with the coach. If a solution is still not reached, understand that you may take the matter to the Team Liaison.
5. Do respect a Coach's right not to communicate with you "on the spur of the moment" about issues that may be controversial or under the circumstances, not in the immediate best interests of your child or other rowers.
6. Do limit non-essential conversation with the coaches at regattas and practices. A coach cannot be expected to take coaching time away from the rest of the team to deal with an individual matter.
7. Do listen to your rower's complaints but be prepared to put them in perspective. Rowing is a demanding sport but know that it is unlikely that the coach is really "trying to kill" your rower.
8. Do not overburden coaches with excessive questions or requests for personal assistance with your rower either in person or via phone or e-mail. It is easy for the coaches to become overburdened with these inquiries which take away from his or her time coaching the team.
9. Do understand that the coaches seek to create a positive experience for as many rowers as possible and that while decisions may seem somewhat subjective at times, they are not personal and are always made with the overall goal of success for the team.

INTERACTING WITH ROWERS.

10. Do not yell at, belittle, taunt or otherwise criticize any rower.
11. Do attempt to control your emotions during practices and regattas and refrain from speaking negatively of any individual rower or group of rowers including your own rower, our team and our competitors.
12. Do not attempt to "coach" a rower or crew unless requested to do so by a coach.
13. Do not crowd or interfere when the coach is meeting with rowers at regattas.

BEHAVIOR AT REGATTAS.

14. Do not criticize, belittle, question or otherwise interfere with the activities and decisions of any regatta official.
15. Do not approach regatta officials about results or disputes but allow the coaches to do so if they deem appropriate.
16. Do not use foul language, smoke, drink alcohol or use illegal drugs at the regatta sites.
17. Do not yell, cheer or make loud noises in front of or near the officials' station. It affects their ability to call the results and they may ask you to leave.

PARENT RESPONSIBILITIES.

18. Do ensure that your rowers are on time for all practices, events and regattas and report all absences or late arrivals prior to the start of the practice or regatta.
19. Do ensure that all forms, waivers and fees, if any, are turned in on time.
20. Do willingly agree to volunteer at least 5 hours per year in service to the team.
21. Do not criticize or talk negatively about your fellow parent volunteers but work to support the team, its coaches and volunteers.
22. Do get involved with your child's rowing. You and they will benefit greatly from your participation.

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JUNIOR CREW PROGRAM RULES

The purpose of the following rules and regulations is to ensure the safety, health, welfare, and respectful treatment of all rowers participating in San Diego Rowing Club's Junior Program.

Every member of the Junior Crew Program and their parent or guardian will be required to sign a contract with the San Diego Rowing Club acknowledging their agreement and adherence to these rules.

I. SAFETY REGULATIONS AND BOATHOUSE PROCEDURES

General:

In order to protect the health and well-being of all participants, rowers are expected to exercise common sense and good judgment at all times.

Rowing Conditions:

- (a) Darkness: Junior rowers may not be on the water before dawn or after dark without coach supervision.
- (b) Lights: All boats rowing in the dark must be equipped with lights that meet Coast Guard requirements.
- (c) Wind conditions: Junior rowers may not be on the water if there are whitecaps on the bay.
- (d) Fog: The "Fog Safety Test" is easy. Stand at the northern tip of El Carmel Point and look east to North Ingraham Bridge. If you cannot see the bridge clearly, it is too foggy to row. Even if you can see the bridge, be very careful as foggy conditions can change rapidly.
- (e) Pollution: During regular practice hours, if the bay is posted as polluted, rowers shall not go on the water. If there is any question about pollution, call the S.D. Lifeguards at (619) 221-8907. Discretion is advised if a rower has any open cuts on extremities. At regattas, the Regatta Local Organizing Committee will decide if the water is too polluted for rowing.
- (f) **Rowers shall be familiar with the Rules of the Mission Bay Aquatic Park and the rowing traffic patterns established for all bodies of water within the Park.** With regard to traffic patterns and rights of way, never assume that another boat sees you or will get out of your way. If you do have the right of way, never enforce that right of way if that right of way is not recognized or is not given by the other vessel.

Boat and Equipment Use

- (a) Junior rowers must be **18 years of age** to take out boats without direct supervision of a coach.
- (b) Junior Members may not bring Guests to the boathouse, for the purpose of going out in rowing shells. Guests shall be allowed to row only under a coach's supervision.
- (c) **Every junior member is responsible for reporting to their coach any damage to Club boats, oars or equipment.** This responsibility includes the handling of boats and equipment in and around the boathouse, while using boats/equipment on the water, and while transporting boats and equipment to and from races and regattas, or any other official function for which boats, oars or equipment have been approved for use by the Club Captain or the Lieutenants or Junior Crew team events. Such damages shall be noted by the coach in the Rowing Club Repair Log located with the Rower's Sign out Logbook on the sign out podium. Failure to report damage to Club boats or equipment may result in suspension of Club privileges, at the discretion of the Board of Directors.
- (d) **Always log out properly in the Boathouse Log Book.** List the name of the boat, rowers in the boat (or coxswain for an eight) and time of launching. Log in the time of the return of the boat upon completion of your

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row. All cox boxes are to be logged out in the office. These log out procedures apply to regular practice as well as any other use.

(e) Launching:

Always keep the boat knee deep in water. Never let the bow, or the hull, or the skeg of the boat touch the sand.

Keep oar collars, handles, and sleeves out of the sand. Sand is the number one enemy of boats and oars.

Close all vents and oarlocks securely before leaving the beach.

Never leave boats unattended at the shoreline.

(f) Cleaning and Maintenance:

Prior to and after rowing, check to be sure that all nuts and bolts are tight on the foot stretchers, oarlocks, and riggers.

Review the entire boat hull, riggers, seat, foot stretchers, and tracks for any signs or indications of wear and tear.

Report any excessive wear and tear to your coach. Un-rowable boats should have an out of service sign attached.

Wash and dry boats, inside and out, and oars after use. Clean tracks and oarlocks. Leave vents open; drain any excess water that has collected in shell. Again, report any suspected leaks to your coach.

All team boats are stored in the boathouse in their proper location and either stern first or bow first according to the posted signs. All singles go in bow first, stern out.

(g) Boathouse Clean-up and Lock Up:

Wash your feet off BEFORE entering the boathouse. Please do not enter the boathouse with sandy feet. If you shower, rinse your feet again before entering the shower area. This is critically important to prevent plumbing bills to clean the sand out of the drains.

Be sure launches, oars, slings, chamois, and hoses are put away before leaving the boathouse. If you are the last person out of the boathouse, make sure that all equipment, slings, etc. are put away, that the back doors in the locker rooms and boat bays are closed, and turn off the lights.

Weight Area Rules

1. Spotters required for all lifting on all apparatus.
2. Re-rack/re-stack weights after each use.
3. Do not lift in bare feet or open-toe shoes
4. Wipe down benches after use.
5. Do not leave weights, bars, or any other lifting equipment in the aisle between the weight machines and the ergs.

The use of the weight equipment is at your own risk. The San Diego Rowing Club is not responsible or liable for damage or injuries resulting from use of weight equipment.

Transportation to regattas

Rowers may **not drive other rowers or themselves** to any of the out of town regattas.

Coach Safety Certifications: All San Diego Junior Crew coaches shall have at least Level 1 Coaching certification as well as CPR and Basic First Aid by the end of the fall season. Coaches who run our summer camps must also show documentation of the above certifications.

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II. CONDUCT OF MEMBERS OF THE JUNIOR CREW

1. Language:

- (a) Out of respect for our fellow rowers, coaches, parents, Club members and guests, obscene or foul language, name-calling, or derisive language is prohibited at all times. Junior Crew members, parents, and coaches shall always speak with language that would be acceptable to anyone.
 - (b) Racial, gender, or religious epithets by rowers, coaches or parents will not be tolerated. Individuals using such language will be subject to dismissal from the Junior Crew program by the Rowing Club Board of Directors.
2. Fighting and rough conduct are inappropriate to the spirit of the Junior Crew Program and may result in expulsion or suspension from crew activities.
 3. Alcohol/Drugs: See Zero Tolerance Policy on page 17. San Diego Rowing Club Junior Crew has adopted a zero tolerance policy regarding the acquisition, use or possession of alcohol, marijuana or any other illegal substance.
 4. Curfews during travel regattas: Coaches set curfews rules for rower safety and optimum performance. Rowers found violating curfew rules will be removed from racing during the regatta at the discretion of the coaching staff.

III. COACH SUPERVISION ON THE WATER

Coaches will be present at all rowing workouts. Rowers will generally be supervised on the water by coaches following in a launch. A launch will be available to each coach. As coaches are frequently coaching more than one boat at a time, a coach may not be in the immediate proximity of all boats at all times. Fours and Eights that are coxed by coxswains who have been in the program for a minimum of three months may at times be unsupervised on the water. Singles, doubles and pairs may not be supervised at all times.

IV. FINANCIAL RESPONSIBILITY

Each Junior Crew member and their parents or guardian shall be responsible for the payment of membership dues to the San Diego Rowing Club, as well as Junior Crew Program fees. After the first month's initial payment by check, the billing for the Rowing Club membership dues and program fees will be billed on a monthly basis through automatic debits from a responsible party bank account on record at SDRC.

The payment of any Rowing Club dues or fees shall be due upon receipt. Any dues and/or fees not paid by the 5th day of the month shall be delinquent.

Any Junior with delinquent dues or fees will not be allowed to practice with the team as of that day. Juniors who are delinquent in fees shall not be allowed to race and/or travel on any road trips or away regattas.

To make life simpler, and in respect to the parent and Club volunteers who help in the collection of fees, it is asked that all parents assure that all fees for their rowers are kept current.

Rowers participating in invitational regattas will be responsible for personal travel, lodging and food costs. The Junior Program will pay entry fees, boat transportation and coach expenses.

V. DISCIPLINE

1. Routine discipline of rowers is at the coach's judgment and discretion. Coaches have the authority to require a rower to do push-ups, "jumpies" or other similar or appropriate exercise activity as a consequence for safety or conduct infractions, or to suspend a rower for up to one week for more serious violations of safety or conduct rules. For serious violations, coaches may recommend to the Board of Directors the expulsion of a rower from the program.
2. Suspensions of greater than one day, or recommended expulsions, must be reported to the President of the Junior Club Parent Steering Committee and the Rowing Club President or Captain within 24 hours by the Head Coach. Recommended expulsions will go before the Rowing Club Board of Directors for review.
3. Unresolved grievance, or appeals made regarding coach discipline or behavior toward a rower, shall be addressed through the Coach Liaison. See Section VIII on page 16 regarding issue resolution.

VI. BOAT SELECTION FOR REGATTAS

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The Junior Crew is a competitive rowing program and while every effort is made to get as many rowers as possible on the water during regattas, it is also the focus of the program to put together the best and fastest boat possible in each race. As such, novice rowers may be offered the opportunity to row in varsity boats after the fall season.

First boats will be selected based on the coach's professional evaluation and judgment, and shall be solely their decision. Seniority within the Program, by itself, is not relevant to seat selection. A coach's decision is final in all boat selection and is not subject to parental influence or input.

VII. TRAVEL RULES

It is very important to realize that when you travel with the team, you are a representative of that team and the San Diego Rowing Club. We have the responsibility of living up to a very high standard of conduct and sportsmanship established by the San Diego Rowing Club. The following rules are intended to continue the winning traditions of San Diego Rowing Club:

- 1) All rowers are expected to travel with the team at the designated times unless permission is obtained from the coaches four weeks prior to the regatta. The appropriate form must be filled out, signed by the rower and parent and submitted to the coach for approval.
- 2) All rowers must participate in rigging/derigging/loading of boats during regattas. Separate travel, even if approved by coaches, does not excuse the rower from this responsibility.
- 3) SDRC travel shirts must be worn on all trips where transportation is provided by SDRC.
- 4) Hats OFF when inside.
- 5) "Please" and "Thank you" are a must.
- 6) No yelling and screaming, except to cheer on your teammates.
- 7) Obey chaperones.
- 8) A parent chaperone/or coach will be present at the hotel/motel when ever rowers are present.
- 9) Keep the hotel or home of local host in decent condition. If you break something, you pay for it, not the team.
- 10) Always address regatta officials as Ma'am or Sir.
- 11) Show respect to your teammates – those in your boats, and those racing in other boats.
- 12) Respect your opponents; treat them as you would like to be treated.
- 13) Help each other out. Make yourself a positive contributor to the team.
- 14) No excessive public displays of affection. This can make others on the team uncomfortable.

VIII. GENERAL GUIDELINES FOR PARENTS

Program Involvement

Get involved with the Junior Crew Program. The management of the Junior Crew Program and the San Diego Rowing Club is comprised almost exclusively of volunteers. Your involvement and participation in the Program and the Rowing Club is encouraged, welcomed and would be greatly appreciated.

Parental Behavior

Just as is expected from the Junior Members, respectful and civil treatment of other parents and Rowing Club volunteers is requested at all times, regardless of the circumstances.

Race and Regatta Boat Assignments

One of the most frequently asked questions by parents is why their son/daughter has a certain seat in a certain boat. Many factors go into this coaching decision. It is reasonable to ask a coach to explain this to you. In most situations, coaches will have already explained their decisions to the rowers. It is not reasonable or acceptable behavior, however, to argue with the coach for a different seat or to lobby on your son/daughter's behalf.

Issue Resolution

As stated in the Junior Crew Program Statement, rowers will strive to resolve all issues without parental involvement. If a parent has a problem with a coach, the parent should speak with the coach directly to see if the issue can be resolved.

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Should a parent have an unresolved issue with a coach, or wishes to appeal a discipline decision made by the coach, the issue should be presented in writing, and will be addressed by the Coach Liaison first. He/she will act as a mediator for these matters between the rower/parent and the coach. If the issues are still unresolved, they shall be addressed in addition by the President of the Parent Steering Committee and the Boathouse Captain. If issues are still unresolved, the matter will be presented to the SDRC Board of Directors.

JUNIOR CREW TRAVEL

The Junior Crew travels to approximately 10-12 regattas during the year. Several of the regattas involve plane travel and transportation in rented vehicles. Travel plans, including chaperones, are arranged by Parent Steering Committee. **One chaperone per team is always needed and greatly appreciated.** In order for these trips to run as smoothly as possible, the following rules must be observed.

Junior Crew Members' Responsibilities:

The rowers are expected to stay in their assigned rooms, not with their parents or any other party.

All rowers are expected to be in their rooms, with lights out, at the time designated by the Coaching Staff.

The rowers are expected to behave according to the SDRC code of conduct. The rowers represent SDRC.

All rowers will act responsibly, and will respect all directions and requests made of them by the Coaches and Chaperones or any Parent Steering Committee member.

Any serious violation of these policies and the rower will be disciplined. This may include not rowing in the event, return to the rower's home at parent's expense and/or dismissal from the team. Please observe the following rules at all times:

1. No swearing or inappropriate comments (including but not limited to racial slurs, sexual innuendo or comment, etc.)
2. Be polite. "Please", "Thank you" are appropriate - extend common courtesies to those assisting your travel; remove hats in restaurants.
3. No alcohol or drug use. Immediate suspension or dismissal from the team may result. See Zero Tolerance Policy.

As members of San Diego Rowing Club, team members are a part of and represent a long and honored tradition. Rowers shall recognize this, and honor themselves accordingly.

Proper attire is expected at all events as directed by the coaches.

SDRC Junior Crew Program Zero Tolerance

SAN DIEGO ROWING CLUB

Junior Crew

Alcohol and Substance Abuse Policy

San Diego Rowing Club (SDRC) Junior Crew has adopted a zero tolerance policy regarding the acquisition, use, or possession of alcohol, marijuana, or any other illegal substance. Simply stated, this policy provides that any SDRC Junior member who is found to have acquired, used, or to have been in possession of alcohol, marijuana, or any other illegal substance at any time during an SDRC activity or official event will have his or her membership immediately suspended pending a hearing before the SDRC Board. This policy applies to all SDRC Junior Crew activities, including all practices, regattas, and official SDRC Junior Crew social events. It also applies at all times during those activities, including from the time a member enters the SDRC parking lot, boards a team bus, or enters the premises of an official social event until such time as the member ceases to be engaged in the activity or event and has left the premises.

Any rower who becomes aware of such activity is expected to report this to their Coach or the Head Coach immediately.

At the time of an occurrence, the Head Coach and the Parent Steering Committee President or Vice-President (VP) and the Coach Liaison will immediately be notified. The Coach Liaison independently will gather information and create an incident report. The Head Coach, President, and VP will review the information and determine the need for immediate suspension. (If either the President or VP is not available, a third person from the PSC will participate. Also, this person will be disqualified if their child is involved). The incident will be reported to the SDRC Board, with review of the immediate suspension and determination of further action.

If found to be in violation of this policy, the suspension shall be effective for the rest of that racing season (fall or spring) and the racing season following the incident. The rower may petition the SDRC Board regarding the suspension and terms of return to the SDRC Junior Crew program, and the final length of the suspension will be at the discretion of the SDRC Board.

“Preponderance of evidence” will be the standard of proof used as the basis for all decisions.

In the event of suspension or termination of membership as a result of this policy, the affected member will not be reimbursed for previously paid membership dues. The member may re-apply for membership after the expiration of the set term, with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of the SDRC Board. No promise or assurance of re-admission is promised or made. Any application for re-admission must be accompanied by a letter from the applicant and the applicant's parent or guardian accepting responsibility for the past violation of the policy and providing appropriate assurances no future violation will occur.

This policy may be amended at the discretion of the SDRC Board of Directors.

By signing this page, I affirm that I have read, understand, and fully agree to this policy.

Rower

Date

Parent or Guardian

Date

CHAPERONE RESPONSIBILITIES

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The team pays all expenses for up to four parents to chaperone during away regattas. When chaperoning any SDRC activity, there are certain things for which you will be responsible and certain things for which you will not be responsible. Remember that your role is to help the coaching staff, so defer to the coaches whenever you have a question. In each circumstance, coaches should let you know what they expect of you and when they want you available.

General Guidelines

- First and foremost, remember that as a chaperone, your responsibility is for the safety and well being of the rowers.
- You are representing SDRC and should act in an appropriate manner. Set an example for those in your charge.
- You should feel comfortable ensuring that the kids are behaving in a manner that the coach deems appropriate; they are representing SDRC and should act accordingly. If you are feeling uncomfortable, talk to a coach.
- Any punitive discipline for improper activity is the responsibility of the coach. If a coach is not present when an activity occurs that you deem inappropriate, do what you feel is necessary to manage the situation, then report it to the coach and let the coach impose the discipline.
- Communicate with the coaches in as timely a manner as possible if you see anything that you feel is out-of-line, or questionable.
- Be sure you are accounting for each child under your supervision while traveling (air or bus travel, to and from regattas, etc.)
- Once the kids are in the hands of the coach, you are relieved of your chaperone responsibilities. Please help with food and any other ways to provide for the rowers during the regattas.
- Coaches are responsible for bed checks and room checks unless they specifically ask you to help them in this regard. However, you will be responsible for patrolling after curfew times. Please make sure you know which rooms the rowers are staying in.
- At meals, work with the coach to ensure that the bill is settled fairly and appropriately.
- It is permissible to have an alcoholic beverage while chaperoning at a meal, but remember you are responsible for the welfare of those in your charge and you need to be acutely aware of all legal limits. Particularly when driving, you should err on the side of caution and conservative behavior in this regard.
- All chaperones and coaches should have working cell phones with them at all times so that they can communicate with each other whenever necessary. Be sure you have the cell phone numbers of the coaches and other chaperones, and that they have yours.

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TRAVEL TIPS

REGATTAS - THINGS TO TAKE:

Racing unisuit, socks (and extra socks) and cover-up
Travel clothes – warm-ups pants and jacket
Polo shirt and khaki pants for air travel
Extra change of dry clothes
Sunscreen
Money for extra snacks and regatta T-shirt (usually \$15)
Raingear if appropriate

PLANNING AHEAD

Every effort is made to minimize and accommodate the school schedules of the rowers. However, for Northern California regattas, the team travels the day before and this is sometimes a school day to allow time to rig the boats and practice on the course. Please look for possible scheduling conflicts with tests, projects or SAT/ACT testing well ahead of the trip and tell your coach of any problems you foresee.

For the Parents –

Attend as many regattas as you can.

It is the best way for you to see the rowers in action, and to appreciate.....

ALL THEIR HARD WORK,

THEIR COMMITMENT AND EFFORT,

THE TEAM CAMARADERIE, and

THE ART OF ROWING!

For yourselves:

Lawn Chairs

Print race program if available

Binoculars – to see more of the race!

Something to read...

Hat, sunscreen etc.