



2009-2010 Commitments and Code of Conduct

The following commitments have been agreed to by the coaches and Booster Club and shall bind all participants (rowers and parents) on the Junior Crew.

Attendance

- Attendance at practice is critical to building fast boats and shows respect for ones teammates. One person missing practice affects the entire boat. 70% practice attendance is required to guarantee boating for races.
- A major component of boat selection will be based on practice attendance.
- If a rower has an excused absence from practice (mandatory school event, college visit, and doctor's appointment) they are to inform their coach at in advance, so substitutes can be arranged.
- If a rower is ill, he or she should call the boathouse (298-9456) to advise the coaches that they will not attend practice.

Financial Obligations

- The Junior Rowing Program is self-funded. All rowers must pay their dues and expenses in a timely fashion, or it becomes more expensive for all participants.
- Anyone who cannot meet their financial obligations should inquire about a scholarship or see Bernadette, who will work out a plan.
- Each rower is expected to participate in one IRC fundraiser per calendar year or to pay the opt out fee.
- Travel expenses will be due before a rower goes to an event. No rower will be allowed to race without payment. This is critical, as the hotel and travel bills must be paid at race time.

Race Conduct

- All rowers are to behave as the responsible young adults they are.
- Coaches, captains, other rowers, parents and spectators are to be treated courteously and with respect at all times.
- Foul language, smoking, drinking, drugs or inappropriate behavior will not be tolerated.
- A good night's rest is critical to a successful race day. Rowers must abide by all curfews, and allow their roommates to get the rest they need.

Volunteer Responsibilities

- The success of the Indy Rowing Junior Rowing program depends on the willing help of parents and rowers for home and away races, fundraising and events (such as the Indy Indoor Sprints Erg Race and the Annual Dinner).
- All families are expected to participate as willing volunteers.

I agree to abide by these codes and those laid out in the IRC handbook.

Rower _____

Date _____

Parent _____

Date _____