

# **Georgia State Rowing Club**

## **CODE OF GENERAL CONDUCT**

Athletes are to be on time for practice, travel, and regattas. Daily practice begins at 5 am and rowers are expected at the boathouse by 4:50am.

2. Athletes are expected to conduct themselves in social settings with proper behavior. Any public display of improper behavior which produces comments or actions towards the team will lead to sanctions.

3. Athletes will demonstrate respect toward coaches, parents, officials, spectators, and other rowers.

## **PRACTICE AND REGATTA CONDUCT AND POLICIES**

1. Rowers are expected to be at every practice and every regatta. Contact the team captains and head coach in advance if you know you will not be attending. Failure to contact the team captains and coach will result in disciplinary action. If you are sick, contact team captains or assistant coaches.

2. Repetition is a necessary part of the learning process. Each rower is expected to recognize the value of repetition training and accept its place in the program.

3. Successful rowers put tremendous effort into each practice and race. Matching your effort with perseverance will yield an enthusiastic, supportive, and accomplished team. There is no room for selfishness, cynicism, or pettiness within GaState Crew. Indeed, sportsmanship, optimism, and respect are the hallmarks of this team and only those who exemplify these qualities will have the privilege to row.

## **EQUIPMENT**

1. It is expected that rowers will take care of GaState Crew equipment and uniforms at all times. Any damage caused to equipment due to misuse will be paid for by the rower or coxswain at fault.

2. If uniforms are provided, each rower is responsible for his/her uniform, and will have to pay the replacement cost if it is damaged or lost.

## **DRUGS/SMOKING/DRINKING/BEHAVIOR POLICY**

GaState Crew operates under a no tolerance policy for violence or the use of illegal drugs, alcohol, and tobacco. Violations will result in rower being denied participation and possible dismissal from the team.

1. Smoking is prohibited.

2. The law prohibits drinking for those individuals less than 21 years of age. If a rower is found in violation of this drinking policy, disciplinary action will result.

## PRACTICE EXPECTATIONS

Members of GaState Crew will demonstrate:

- Enthusiasm for the team and for the sport.
- Responsibility for themselves each other.
- Maturity in social and team settings.
- Sportsmanship at regattas and practice.
- Commitment to one's boat.
- Support of diversity.
- Respect for team leaders.

\*Any student eligible for a varsity jacket that is ejected from the team or quits before finishing the season which earned them eligibility will NOT receive the jacket. Once a jacket is ordered, the money is non-refundable under any circumstance.

***The Georgia State Rowing Club enjoys a cordial relationship with the Atlanta Rowing Club. When arriving, during, and departing for practice, rowers are expected behave / drive respectfully. Disregard for this request may result in expulsion from the Georgia State Rowing Club.***

I have read this information and the handbook. I understand and will abide by these rules:

Signature \_\_\_\_\_ Date \_\_\_\_\_

Rower's Name \_\_\_\_\_

Rower's Email Address \_\_\_\_\_

Rower's Address \_\_\_\_\_

Zip Code \_\_\_\_\_

Home phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_