

Code of Behavior & Expectations of WCC

Rower/Parent Code of Behavior Team Norms & Expectations

In order for us to function successfully as a unified coherent Crew, rowers and parents must agree to certain norms of behavior:

- NO BULLYING, NO CYBER BULLYING: put-downs, ethnic, sexual or culturally inappropriate comments.
- Respect for all persons and property.
- Politeness to all on the team and to everyone you meet.
- Support to all members of the team: varsity or novice members.
- No public displays of affection.
- Adhere to specific rules identified by the coaches. Coaches will promise to investigate thoroughly any known complaints or violations of these general rules. Investigative decisions will be reviewed with the known student, parents will be informed of coaches decisions. Consequences to these rules can result in anywhere from a discussion by the coach to removal from the team.

For the well-being and safety of the team when traveling, everyone agrees to the following:

- Rowers are not allowed to drive themselves or other rowers to away regatta
- ONLY ROWERS AND COACHES are permitted to be at or around the trailer and boathouse during races.
- Athletes are to be restricted to their assigned rooms. Team Curfew is at 10:00P.M.
- Do not leave your motel/hotel room without direct permission from a parent/chaperone or a coach.
- Lights out and quiet time must be respected.
- Athletes need adequate rest for top performance.
- Parents/chaperones and coaches are entitled to eight hours of sleep!
- Parents/chaperones take responsibility for ensuring that all athletes are accounted for.

Team Participation:

- All rowers are required to attend all practices, including during spring break (unless discussed with coaches beforehand).
- All rowers are expected to be at all regattas unless excused by coaches.
- All rowers are expected to work together as an efficient and powerful single team.
- All rowers are expected to follow the protocols identified by Wappingers Crew Club, Coaches, Regatta Officials and WCSD.

Wappingers Crew Club Team Members non-negotiable items*

No possession or use of alcohol, marijuana, or illegal drugs

No possession of weapons of any kind

No abuse of legal or prescription

*Any violation of these items, meaning behavior that is disruptive to the team behavior that threatens the safety of self or others will result in the offending athlete(s) being promptly removed from the team, without a refund.

Rower's Signature and Date

Responsible Parent/Guardian Signature and Date

Rower's name printed

Responsible Parent/Guardian printed name