

Rower Contract

- I. I understand that as a member of the team, I represent the school, my parents, teammates, coaches, and *lastly*, myself. My conduct is important both on and off of the water. If I act irresponsibly, I will be letting down the entire team, and they will share the consequences of my actions.
- II. I understand that both parents and coaches dedicate time and effort into running this team so that I may succeed. I will treat them with dignity and respect at all times on and off the water.
- III. I understand that all equipment is the property of the team. It is fragile and expensive and must be handled carefully. If I break something, I must tell a coach. I understand that my teammates and I will be held responsible for all equipment damaged or broken.
- IV. I understand that the coxswain has full authority as a coach at races and at practice, both on and off of the water. I will respect the coxswain's authority at all times.
- V. I understand that attendance and punctuality is mandatory. I will attend every practice on time or risk losing my seat.
- VI. I understand that I must earn my seat through hard work and dedication throughout the year. Better erg times do not equal better rowers and discipline and technique are equally as important as power. Seat races are meaningless if I have not shown my dedication throughout the season.
- VII. I understand that self-discipline includes resting and refueling as well as pulling hard in practice and on race-day. I will do my best to stay healthy through proper nutrition and will abstain from unhealthy habits throughout the crew season. Improper eating, drinking, and sleeping habits hurt my teammates as much as they hurt me.
- VIII. I understand that a team is only as strong as its weakest link. I promise to give my full effort at all times: in practice as in races; in rain as in sunshine; in winter as in spring; on the erg as in the boat; on land as on water; in school as in practice.
- IX. I will conduct myself with integrity, pride, respect, and humility. I promise to treat my teammates, as well as my opponents, with the same respect I show my own family. In both victory and defeat, I will maintain my composure and greet my opponents as friends.
- X. This contract presents rules that apply in addition to the student handbook. I understand that by breaking this contract, I break my covenant with the team and may be removed from my seat or from the team entirely.

Name: _____ Date: _____