

MT. LEBANON ROWING

Team Rules & Attendance Policy

High School Rowing is a very competitive sport. We compete against teams that are club sports in their school and against school funded (varsity) teams. There is no distinction on race day, so we must approach training and competing no differently than any varsity program at Mt. Lebanon HS does.

Rowing is considered the ultimate team sport because no one rower is enough to make a boat a winner. For this reason you can expect that the team will be put before the individual when it comes to making decisions, so the coaches may need to make unpopular decisions at times. Outlined below are the rules and attendance policy for the team so you know what is expected of you as a member of the team.

General Rules

Training Rules

No alcohol, drugs, or tobacco

We follow the policy established by the school district. To learn more about the policy, please see the Athletics Handbook on the district site (www.mtisd.org/District/Athletics/athletichandbook.asp).

Watch out for each other

You have a responsibility to yourself and your teammates to refrain from being put in a position that could result in dismissal from the team. Look out for each other. You also are obligated to let the coaches or captains know if somebody is breaking the training rules.

Workout Rules & Land Training

- If you are not physically well enough to run and/or erg, then you are not well enough to row. You will not be on the water until you are able to demonstrate the ability to run and erg.
- If you are not able to practice every practice during the week you probably will not race. The final decision is up to the coach, but if you are not well enough to practice, you are not well enough to race. Your coach will make the decision regarding your race participation.
- Come prepared and ready to workout. If you do not have appropriate workout clothes, you will not be in the lineup. Inappropriate dress will result in an Absence.
- Always dress for the weather. If you are not dressed appropriately then you will not go out. You can take layers off should you get too warm, but when you are cold and don't have extra clothes, you're out of luck. This is a health/safety issue.
- Always bring running shoes, extra socks, sandals, and a water bottle to practice.
- Never share your water bottle with a teammate (he/she may be getting sick and not know).
- Always train in groups of no fewer than 3 rowers.

Boat House Rules

- Do not use, borrow, or move things that do not belong to you.
- All rowers must help in getting the launches on and off the water, and taking care of the oars. Practice cannot begin until these two tasks are accomplished. Time is limited – let's not waste it.
- Running and horseplay in the boathouse, bays, or on/around the docks and ramps is not permitted.
- Do not interfere with any other team's practice.
- We do not own the boathouse, so there will be many other people there the same time we are. To ensure you are not in anyone's way, be in the area designated by the coaches at all times. Do not wander off.

Misc. Rules

You are responsible for your own equipment. (shell, rigger, seat, oars, uniforms).

Should something happen there is no room to blame others. Check everything before you leave the dock.

Your racing uniform is for racing only

It is not to be used as a workout shirt, and it is not to be traded or offered up in a race bet.

Bring nothing valuable to the boathouse

There is a lack of secure places for your things. Do not leave your belongings inside the bay, put them in a locker. If you leave anything in a locker, be sure to lock it up. Many items have been stolen from unlocked lockers...do not let your stuff be next.

Always have dry clothes to change into after practice.

There are days when we will be in the rain or you may get wet from rough water. Respect the carpool driver's vehicle and have dry clothes to change into for the ride home.

Basic Rule

Be considerate of your teammates and coaches

Disrespect, abuse, improper behavior, or profanity directed towards a teammate, coach, parent, race official, or any competitor are violations of the MTL Code of Conduct, are grounds for disciplinary action (including dismissal from the team), and will not be tolerated.

ATTENDANCE POLICY

Rowing requires a significant level of physical conditioning, technical training and practice. A rower who does not participate regularly negatively impacts the training of fellow rowers, which compromises their ability to be competitive and race safely on race day. **Therefore, ALL practices and competitive events are mandatory for all team members.**

Important Notes

1. All practices are mandatory

Either you are at practice or you are not. If you need to miss, for whatever reason, then you simply need to let your coach know that you will not be there. By giving advanced notice your coach can work out a new lineup for that day's practice.

2. We have three (3) competitive seasons

- Fall – Head Racing
- Winter – Erg Racing
- Spring – Sprint Racing

All events during these seasons are mandatory. There is no event that is optional. If it is on the schedule, you are to be there.

3. We practice rain or shine

The only things that will keep us off the water are lightning, high winds, high flow, or extreme cold. When we are on the Fall or Spring Water Practice schedule, always plan to have practice at the boathouse. In the event that we know ahead of time that we will be unable to get on the water, we will have a land practice at the high school. We will use the team website and/or captains to communicate changes to the practice schedule.

In the event we are at the boathouse and it turns out that we cannot practice on the water we will have a land practice at the boathouse.

4. Practice and Race Schedules are posted in advance, so plan accordingly

It is expected that rowers are fully committed to the team and will make every effort to schedule other activities around practices & races. Emergency situations are generally unavoidable, so we will work with those as they come up. However, activities/appointments that you have control over scheduling should be arranged so they do not interfere with practices or races.

What To Do If You Will Be Absent

In the event you will not be at practice, *your coach* is to be notified via email as soon as possible. Unless it is an emergency situation, the email must be sent at least 3 days in advance. You are to let your coach know, not another coach, not a parent, not the carpool coordinator – your coach.

In the event of an emergency, you may only be able to let a teammate know beforehand. This is fine as he/she can deliver the message at practice that day. Please make sure to follow up with an email to your coach as soon as possible as well.

Definitions

There are two types of missed practices - *Absence* and *No-Show*.

Absence - you were not there, but you notified your coach ahead of time.

No-Show - you were not there and you did not notify your coach.

Regardless of why you may miss a practice, there is a limit to how many practices you can miss (either Absence or No-Show). Once you hit the limit your place on the team is in jeopardy. We want those who want to be here. If you have something that too frequently takes away from your ability to be at practice, then you should focus on whatever that other activity is.

Absence/No-Show Limits

Missed practice time is missed practice time and if you are not there you are not improving. Everyone on the team gets the same number of times they can miss practice (regardless of reason) in a season. If you go over the limit during any individual season, your place on the team is in jeopardy at that point. The coaches will make the final determinations about your standing should you go over the limit.

We determined that an average of about 2 absences per month is fair. However, the limits are based on the season. The Limit is not $2 \times \# \text{ Months}$ in a season.

<u>Season</u>	<u>Limit</u>
Fall	4 misses
Winter	6 misses
Spring	4 misses

You can use them all at once or spread them out, just make sure you do not go over the limit during any season.

There is no carryover from season to season. If you had 0 misses in the fall, you DO NOT get 10 misses in the Winter, you get 6.

Everyone starts back at zero with each new season.

Note: Extended illnesses and injuries are special cases and do not automatically count toward the absence threshold. See below for more details.

Illness and Injury

Being sick or having an injury is not necessarily a reason to miss practice. Your teammates are putting in time and effort each practice they attend. While you may not be able to participate, your presence demonstrates to your teammates that you are committed to the team and are willing to at least make the same time sacrifice that everyone else is making.

Unless your doctor says otherwise, you are expected to be at practice. The exception for this is for weight training sessions during the winter. There is limited space in the room, so you can either stay home those days or go as long as you will not be in the way. If you find you are in the way, head to the hall just outside the room.

Illness - if you are not contagious, then you are to be at practice. If you miss 4 or more consecutive practices, you must present a doctor's note stating that you were instructed to stay home.

Injury – this is similar to illness. If you have an injury and there is no medical reason for you to stay home, then you need to be there.

If your doctor says that you should not be at practice, just get a note from him/her to let your coach know. Medically related extended absences will not count toward the Absence Limit.

Penalties

Below are the penalties for missed practices. *Absences* are not good, but *No-Shows* are worse. Everything listed with **Absence** or **No-Show** is the penalty, they are not options from which to choose.

If you are late to practice it will be up to your coach to decide what the penalty is for you.

Water Practices

By giving advanced notice that you will be missing practice your coach can work out a new lineup for that day.

However, if you are a No-Show (you did not inform your coach ahead of time), then your coach does not have time to re-work the practice plan so the boat you were to be in will not go out. You have a responsibility not just to yourself, but to your teammates as well. A simple email is enough to avoid this issue.

Absence – Erg piece the following practice (your coach will give instructions)

No-Show – Your boat does not go out
– 2k test at the following practice (everyone else goes out)

If you have 2 or more No-Shows during the same week, you will be off the water for one week and be required to do a 2k test before being eligible to return. It will be at your coach's discretion when you get to return to the water with your teammates.

Race Week

Once we are in a race week we usually have much less practice time as compared to non-regatta weeks, therefore attendance is critical those weeks.

Absence – May be seated in a lower boat / not racing (coach's discretion)

No-Show – Seated in a lower boat / not racing (coach's discretion)
– 2k test on trailer loading day (will still help de-rig & load afterward)
– May be placed in a lower boat the following regatta (coach's discretion)

The coaching staff can review individual cases, so check ahead of time, but there is very little that will be acceptable for missing practice in the days leading up to a regatta.

Land Practices

Erg Practices, Weight Training, Captain's Practices

Absence – 10k erg piece at your next practice

No-Show – 10k erg piece at your next practice
– 10k erg piece at the practice after that

A piece of this length takes about 40-60 minutes. They are not the most fun that you will have on an erg, but a missed practice is a missed day of conditioning. The 10k is a long, low-rating piece used for conditioning work. This is not a 10k erg test; it is a long row at a low rating.

You cannot practice with the team until this has been completed, so make sure you complete the piece at your next practice. Each practice missed counts towards the limit.

Erg Tests

Absence – 2k test at the next erg practice.

No-Show – 2k test at next erg practice
– 10k piece at the erg practice after that

You will not be able to practice with the team until this is completed. Your teammates did one, it is only proper that you do yours ASAP.

Erg Races

Erg races are no less important than any regatta we attend in the fall or spring.

Absence – Perform a 2k at next practice
– Held out of first spring regatta (*may be waived in some circumstances*)

No-Show – Perform a 2k at next erg practice
– Do a 10k piece the erg practice after that
– Held out of first spring regatta

Other/Misc.

Practice *begins* at the time posted. This is not the time you are to arrive.

Boathouse

You should arrive 15 minutes prior to that time in order to warm up, stretch, and get the oars and launch out (i.e. if practice is 5:15-7:00 PM, be there no later than 5:00 PM; by 5:15 PM be at the bay ready to launch).

Ergs

You should arrive 5-10 minutes prior to your practice. We have a limited amount of time for each group and the workouts will be designed to make the best use of the time we have. Be considerate of the other groups and yourself by arriving in time to get your full practice completed.

If you are late to your erg practice, your coach will decide what you will do that day.

Attendance is more than just being there. If you arrive late, are not prepared, are not properly attired, or do not demonstrate expected effort during practice, this will be considered an Absence.

This also applies to land workouts given to those who do not have a seat in a boat at practice.

Taking shortcuts or taking it easy when you should be working only benefits the other teams you will be racing. When you are on land you will be given a workout to do and are expected to do it to the best of your ability. If your opinion of these workouts is that they are a good excuse to take it easy because the coaches are not watching, then you need to re-think why you are even showing up in the first place. Effort makes you better; laziness makes the other team better.

Failure to perform the workout as directed will be considered an Absence.

We cannot foresee every type of incident or scenario that may arise. We reserve the right to address situations that are not defined within this document as they arise.

It is only by having consistent rules and attendance that we can expect to reach our competitive potential. Our goal as coaches is to get you ready to race competitively all year. Our expectation is that it is your desire to do the same.

The rules in this document apply to everyone equally. However, your coach may have additional rules that apply to your squad specifically based on what he/she expects from you on a day-to-day basis.

If you have any questions about what is in this document or what missing a practice might mean for you, please ask your coach.

Rower/Parent Signature Acknowledgement

Please sign and return this page to your coach.

I have read and understand the Mt. Lebanon Rowing Team Rules and Attendance Policy. By signing below I agree to adhere to and uphold them as an athlete representing Mt. Lebanon High School.

Rower

Name: _____

Signature: _____

Date: _____

Parent/Guardian

Name: _____

Signature: _____

Date: _____