

Appendix A Statement of Expectations for Rowers

Participation in Mercy Crew is both a privilege and a responsibility. Rowers earn recognition for their achievements as representatives of their school, team, and the community. Though a separate organization, Mercy Crew is sanctioned by Our Lady of Mercy High School and rowers at all times represent Our Lady of Mercy High School as well as Mercy Crew. Rowers are expected to follow the requirements and code of ethics set forth in the Our Lady of Mercy High School Student-Athlete Handbook as well as comply with established team rules, procedures, and instructions of the coaches and the following Statement of Expectations for Rowers.

1. It is expected that a rower will attend all scheduled practices and regattas in their entirety. Absences dictated by academic requirements are understood, but rowers should otherwise plan schedules around practice and regatta times. Absences can affect more than just one boat. Rowers are not guaranteed a seat in the boat and must earn the right to row at regattas. Advance notice of absences should respectfully be made in writing, time permitting, requesting permission for the absence as soon as the rower becomes aware of a conflict.
2. If a rower has more than three (3) unexcused absences from practice, the coaching staff may remove that rower from the team for that season. An **unexcused absence** is defined as an absence that occurs without prior notification to the coaching staff. The notification process is outlined in the "Missing Practice" section of Rower Expectations.
3. All rowers are expected to remain at practices and regattas until dismissed by their coach.
4. Rowers should report daily, prepared for practice. Weather appropriate clothing (for both land and water practice) should be worn.
5. Rowers are expected to treat the equipment with respect and handle all equipment carefully.
6. Rowers are expected to maintain the boathouse and property; personal items will be picked up daily.
7. Rowers are not to bring cell phones in the boat.
8. Rowers are expected to completely clean their site at all regattas.
9. All rowers are responsible for de-rigging and loading the trailer prior to regattas and unloading and re-rigging the boats after regattas.

10. Rowers are expected to stay at a regatta and actively participate in de-rigging and loading until the trailer is fully loaded and ready to depart and the coach has dismissed the team.
11. Rowers are expected to be in uniform at regattas. If the rower wishes to remove the shoulder straps of her uniform, she should wear a t-shirt or sweatshirt. Walking around in a sports bra is not considered appropriate attire.
12. Rowers are expected to participate in scheduled Boathouse workdays.
13. It is expected that rowers will participate in team fundraising that are planned as group activities.
14. Rowers are expected to advocate for themselves. If rowers have questions about workouts and boat lineups or have other concerns, they should speak with their coach. All written communication between a rower and a coach will include another coach.
15. Rower will not use cell phones, cameras, computers or other electronic devices in a manner which violates the privacy of others, or for any purpose other than that for which they are intended.
16. Rowers will not use Internet blogs or websites, instant messaging, personal pages (such as Facebook, Instagram, Snapchat or Twitter) or email to violate the privacy of others, or to make disparaging statements about others, including coaches and other members of Mercy Crew.
17. As a team sport, the primary focus of Mercy Crew is on developing and preparing rowers for participation in multiple-rover team events. Further, rowers should expect that regatta entries and scrimmages will be based on equipment under ownership of Mercy Crew, Inc. Requests by rowers or the parents of rowers to use boat types that differ from those owned by Mercy Crew, Inc. will not be considered for reasons of fairness and liability.

Coaches have the authority to suspend an athlete temporarily for displaying behavior that violates the Our Lady of Mercy High School Student-Athlete Handbook and this Statement of Expectations or when the athlete's safety or safety of others requires such actions. The athlete's parents will immediately be notified upon such action. Consequences for inappropriate behavior or behavior which is dangerous to oneself or others in violation of the Code can result in a suspension ranging from one race to one year based on the nature and level of severity as determined by the crew coaches. Permanent removal from the team may occur only after consultation with the Board of Mercy Crew and the Our Lady of Mercy Athletic Director.

I pledge to abide by the foregoing Statement of Expectations for Rowers.

Date: _____

Rower Signature