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| Forest Hills Central Crew |
| Athlete & Parent Contract |
| 2021 |

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 **Schedule**

Spring Season

Date Event Location

March 15 Mandatory Practice Begins FHC

TBD Dock-in Boathouse

March 27 Spring Sprints Ergatta FHC

April 17 Belted Galloway Boathouse

April 24 Grand Rapids Invitational Grand Rapids, MI

May 1 Open

May 8 Laddie Cup Orchard Lake, MI

May 15 Wy-Hi (tentative based on space availability) Wyandotte, MI

May 22 State Championships Grand Rapids, MI

May 29 Northern Sprints Invitational (tentative) Traverse City, MI

June 5 TBD

## Practice Schedule

Winter Training Schedule (Indoor) (Monday-Thursday)

Novice Women 3:40 – 4:45

Novice Men 4:45 – 5:50

Varsity Women 5:50 – 6:55

Varsity Men 6:55 – 8:00

Spring Practice Schedule (On Water) Monday – Friday

TBD

## Team Policies

1. ***Student/Athlete Policy:***

Athletes are students first. We expect that focus and attention on academics is an athlete’s primary priority. Athletes must plan and prioritize their time to complete their schoolwork and maintain good academic standing. Practice time cannot be missed to complete academic requirements. Exceptions to this policy must be coach approved.

1. ***Health and Nutrition Policy:***

The FHC Crew coaching staff encourages all team members to maintain a healthy diet and avoid junk food and drinks to maximize their physical health and conditioning. Athletes are expected to avoid any methods or efforts to manage their natural/normal weight level to meet weight category limits for a position or event. Coaches and Athletes are strictly prohibited from any actions or efforts to pressure an Athlete to meet a weight target.

1. ***No-Cut Policy:***

FHC Crew is a no-cut sport. All athletes that want to participate and agree to make a serious commitment to themselves and the team are welcome to join. We will continue this policy provided that adequate coaching and financial resources are available to support the team roster in an effective way. The coaching staff reserves the right to excuse athletes that do not maintain an adequate level of commitment or adherence to team policies.

1. ***Conduct Policy:***

The **FHC Student Code of Conduct** and the **FHC Athletic Code Contract** will be followed. In addition, we emphasize the following:

* Athletes are expected to treat themselves and all others inside and outside of our organization with respect.
* FHC Crew athletes are ambassadors of our school, community, state, and country. As we travel and compete, we will follow all rules and laws and will never discredit ourselves or our organization
* Fellow athletes and coaches work hard. Successes should be celebrated but regardless of results, no one should be treated poorly

1. ***Practice Attendance Policy:***

Practice is **MANDATORY**. Rowing is a team intensive sport. Success comes from excellent conditioning, high levels of practice, and outstanding teamwork and collaboration. We cannot row partially full boats and we will not reserve seats. **Missed practice (particularly without prior notice and approval) may, and likely will, impact an athlete’s position in a boat for the upcoming regatta.** While it may not seem fair that an athlete loses their seat because of an absence, it certainly isn’t fair for the rest of the team to compromise their practice by dealing with the athlete’s absence. **If athletes want to keep their seat, they need to be at practice every day.** As coaches, we will make our best efforts to give athletes opportunities to earn back their seats as time allows but due to time constraints and race schedule, we cannot guarantee them.

We understand that athletes are required to participate in other academic activities such as band, orchestra, and choir concerts to fulfill their academic requirements. These absences will be excused **if prior coach notification is provided.**

1. ***Regatta Attendance Policy:***

Regatta attendance is **MANDATORY.** Conditioning, practice, and planning are geared toward competitive performance and results at every regatta. Boat rosters are entered and paid for well in advance of the regatta date. An entire boat crew can be eliminated from an event if last minute changes to rosters cannot be made to adjust for an absent athlete. We understand that illness/injuries occur, and we will adjust as possible when needed.

Athletes are required to arrive at the scheduled time and participate in pre-regatta rigging and preparation. Athletes are not permitted to leave a regatta site during the event or until the entire team is released after completion of de-rigging of boats and loading of the boat trailer and equipment trailer. Parents and donors have invested thousands of dollars in boats and equipment. The entire team is responsible for ensuring that this equipment is handled, maintained and transported properly to preserve that investment.

1. ***Travel Policy:***

Athletes are normally required to travel with the team for events outside of the Grand Rapids area on team provided buses or other vehicles. Any exception to this policy must be approved in advance by the Head Coach. For 2021, bus service may not be available due to school district restrictions. As a result, we will be asking parents to provide carpool transportation for our Athletes. We appreciate those volunteers that will get our Athletes to and from our events. Athletes are not allowed to drive to or transport other athletes to out of town events under any circumstances.

Travel is for racing, not for vacation. Parents should not expect that athletes can be excused from a regatta site or hotel site to participate in family activities or sightseeing.

1. ***FHC Prom Policy****: (We don’t have a travel regatta scheduled for the possible date for the 2021 Prom. As a result, this policy doesn’t apply for 2021. If we do have an event on May 1, it will be a smaller, local event that will not impact Prom attendance. The policy below will apply for future years)*

For many years, the FHC Prom date has coincided with a regatta date. All athletes are expected to attend and actively participate in a regatta scheduled on Prom date. We recognize that the Prom is an important event in the lives of our athletes, and we will modify our policies to allow athletes to participate in the Prom. The following will apply:

* No athlete will be allowed to leave the regatta site until all FHC events are completed. We expect all athletes to support their teammates through to the conclusion of the regatta
* Loading of the boat trailer requires full support of the team to place boats on the upper levels of the trailer. No athlete will be allowed to leave until the upper levels of the boat trailer have been loaded
* Early release from the site will be prioritized by class. (Seniors, Juniors, Others)
* The Head Coach will determine when athletes may be released
* Athletes may travel home from the regatta site with parents rather than on the team bus. **Pre-notification to the coaches must be provided**

**We expect that athletes and parents will fully support the Prom Policy and will not solicit the coaches or booster board members to grant an exception to the policy before or during the regatta.**

1. ***Boat and Race Selection Policy:***

Lineups and race selections are ultimately determined by individual athlete and overall crew performance and can be influenced by other factors. While Erg scores are a key indicator of individual performance, they are not the final determinant. Likewise, past year performance, grade level, or other previous results do not provide any priority in determining crew lineups. The best performing athletes that can create the best performing boats through great conditioning, diligent practice, and strong and close teamwork and collaboration will be placed in the highest priority boats and events.

Every effort will be made to ensure that every athlete on the team can compete in a boat that is appropriate for their experience, skill, conditioning and individual performance levels.

1. ***Communications Policy:***

Per the FHC Athletics department the following guidelines apply:

**Coaches to Parents**

* Practice and event locations and times and team requirements
* Injury procedures
* Team rules, guidelines, and requirements

**Parents to Coaches**

* Concerns expressed directly to the coach
* Notification of schedule conflicts in advance
* Specific concerns about a coach’s philosophy and/or expectations

**Athletes to Coaches**

* Notification of schedule conflicts in advance
* Specific concerns about a coach’s philosophy and/or expectations
* Injury or circumstances that may endanger the athlete when participating

**Appropriate Parent Concerns to Discuss with Coaches**

* The treatment of your athlete, mentally or physically
* Ways to help your son/daughter to improve
* Concerns about your son’s/daughter’s behavior

**Issues Not Appropriate for Parents to Discuss with Coaches**

* Playing time (for us, what boat or race your son or daughter is in)
* Team or race strategy
* Other athletes

# Success Factors

***For Athletes:***

* Commitment to academic excellence
* Commitment to attendance, conditioning, and technical skills development.
* Full effort and focus every day
* A positive attitude and team spirit
* A willingness and desire to excel

***For Parents:***

* Enthusiastic support and encouragement for your athlete in achieving his/her goals
* Commitment to support your athlete’s obligations for academics, attendance and conditioning
* Volunteering to make the team work so that athletes and coaches have the equipment and support needed to succeed

# Administration and Costs

***Requirements:***

* Sports physical per FHC Athletics Policy
* All other FHC Athletics paperwork
	+ FHC Crew Boosters requirements
		- Registration form
		- Photo waiver
		- Individual event waivers as needed throughout the season
* Enrollment in a Basic Membership in US Rowing

***Costs\****

* Payable to FHC Athletics Department
	+ Pay to Participate fee - $140
* Payable to FHC Crew Boosters
	+ Season Registration fee - $350 (For 2021 only. Normally $450)
* Payable to FHC Crew Boosters for athletes selected to attend championship events
	+ Midwest Regional Championships - $250 (not applicable for 2021)
	+ CSSRA Championships - $335 (not applicable for 2021)
	+ Fall Season - $150
* Payable to US Rowing
	+ Basic Individual Membership - $9.75

\* *FHC Athletics and FHC Crew Boosters will work to accommodate athletes and their families that are unable to meet these financial requirements. Parents should contact Clark Udell – Athletic Director and Peter Ross – Head Coach for more information.*

## Signed Athlete & Parent Contract – 2021

**Student Athlete:**

I have read and understand the schedule, policies, expectations, and costs outlined in the **2021** **FHC Crew Athlete & Parent Contract**. As a member of the team I pledge to abide by them.

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent:**

I have read and understand the schedule, policies, expectations, and costs outlined in the **2021** **FHC Crew Athlete & Parent Contract**. I agree to provide full support to the team’s policies and expectations

**Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**