

A.N. MYER ROWING
Rules and Responsibilities of Participants
2015-2016

Introduction

At A.N. Myer Secondary School, rowing is a long-standing tradition. We are a competitive team that begins training in November and ends the season with the Canadian Secondary School Rowing Association Regatta (CSSRA) in early June.

Coaches

The Myer coaching staff is made up of volunteers. This year we have our returning coach, Mr. John Egger who will be happy to have the help of parent volunteers.

Seasons

Rowing in our region has two seasons: the indoor training season (November through March) and the on-the-water season (April to June). During each season, participants are required to pay a fee to offset membership and equipment costs. All such fees are non-refundable, except as indicated below in the Team Tryouts/Cut section.

Fees

Brock Rowing Tank

Part of our land training has included participation at Brock University's rowing facility however the fee for this membership has changed significantly this year so we have opted not to do this.

Water Season

The St. Catharines Rowing Club membership fee for the on-water season was \$255 for 2015. This figure is not expected to change for the upcoming year. Costs for away regattas and erg competitions will be in addition to this membership fee.

Parent Involvement

In the past, we have been lucky enough to have a group of very supportive and dedicated parents that have helped the team significantly. Parents have been especially helpful at regattas providing tents, food, and drinks for the athletes. A regatta day can be very long and having this kind of support is necessary for the success of the rowing program.

Team Organization, Tryouts and Cuts

During the indoor season, rowers train on Concept 2 Ergometer machines as well as through weights and running workouts. Participation in the workouts scheduled at the school is mandatory in order to earn a spot on the team. Specific workout schedules can vary from year to year and are generally laid out by each individual coach. Each rower will be tested and evaluated

by their coach and cuts will be made on an ongoing basis. Rowers must achieve a set standard on the ergometer to continue with the team in the New Year and to be eligible for crew selections. Crews are generally selected in late March. Due to the nature of the boating process and the need for on-water seat racing, some rowers may be cut in April at the beginning of the on-water season.

Participating in previous years as a rower does not automatically guarantee a spot in a boat.

Fees for the St. Catharines Rowing Club Membership will be refunded on a season-by-season basis for those rowers who are cut. No refunds will be given to rowers who are terminated from the team for inappropriate behaviors. The coaching staff with the head coach shall make all boating decisions. All such decisions are final.

Practice Attendance

Land Season

All team members are required to attend every scheduled practice during the indoor season, except if legitimately absent from school. Unexcused absences from practice may impact rowing assignments. Each Program will have a set training schedule that will be laid out by the coach. Rowers should be prompt for scheduled practices. Failure to be punctual may affect boating assignments.

On-Water Season

During the on-water season, all practices are mandatory. Rowers are required to find a substitute if they are to be away from practice. The chosen substitute should be at the same level as or better than the crew. Failure to find a sub or alert the coach to absences will result in suspension from the team. Continuous absences will result in termination from the team. If you are going on a vacation for more than a week during the on-water season, you may only hold the position of a substitute on the team.

Rowers are expected to be punctual to practice. Rowers must assist their coach and crew with all pre-practice preparations, such as putting together the coach boat, hanging oars on trees, etc... Likewise, rowers must assist with cleaning and returning equipment after practice. Failure to assist with these duties may result in suspension from the team.

Pickups from Henley Island

When picking up rowers from practice, please be at the boathouse parking lot prior to the conclusion of practice. Parents who arrive early and are waiting to pick up rowers must not interfere in any way with the activities of the rowers or coaches at the boathouse.

Safety

Practicing safe procedures is of extreme importance in rowing. Failure to abide by the safety rules of A.N. Myer and the St. Catharines Rowing Club may result in suspension or termination from the team. All of the coaches or their drivers are required to have their boating license and their Level 1 coaching certification.

Safety Session

Before going on the water, a safety session will be held at the rowing club. Course traffic patterns, rowing club rules, how to handle the boats, oars, motors and aluminum coach boats will be covered. Rowers will watch two videos, one from the Ontario Rowing Association about safety rules and one from the St. Catharine's Rowing Club about safety specific to our club.

Weather and Clothing

We will row in all weather, except thunder and lightning, extreme cold and severe wind.

Decisions about getting on the water are made primarily by the Head Coach of the St. Catharines Rowing Club, and are passed down to our coaches. Unfortunately, it may be that practice is cancelled only when you arrive at the Henley. **Unless** you have received an email from your coach the night before, **attendance at practice is mandatory**.

It is important to dress appropriately for the weather conditions. It is recommended to dress in layers of fitted clothing and to have a waterproof jacket. Gloves are not worn in the boat ever. Instead of gloves, rowers should invest in a pair of pogies (\$10) or they can make their own out of old socks. A warm dry change of clothing is also a good idea. This is a water sport, you will get wet.

Regattas / Ergometer Competitions

Rowing in a regatta is a privilege that must be earned by each rower. All student members who are part of a crew entered into a regatta are required to participate in that regatta. Any team member who misses a regatta in which he or she has been entered without good reason, may be suspended from participating in the next regatta. Each parent must respect the needs of the coaches and rowers at these events and never interfere with the team when coaches are trying to hold crew meetings prior to and after each race. Parents are there to support the team and must let the coaches and rowers focus on their purpose for being there.

Rowing Assignments

The coaching staff will make all decisions regarding assignment of rowing seats during practices and regattas. Decisions on race lineups are based solely on the coach's assessment of a rower's ability and his or her overall contribution to the team.

All rowers and parents are required to abide by such decisions.

Coxswains

Boys and girls may apply to coxswain boats for either gender. Final decisions concerning who will coxswain which boat will be made by the coaches on the basis of the overall good of the team, but gender will not be considered.

Coxswains steer the boat and give commands to the crew on the water. Athletes will listen to what the coxswain calls and will respond appropriately. Failure to do so may result in suspension from practices. Coxswains will be responsible for the use of their assigned Cox box and headset. On the early morning shift they will also be responsible for putting safety lights on themselves and the boat, and removing them at the end of the shift.

Rigging/De-Rigging

Rowers assigned to a boat shall be responsible for rigging and de-rigging their own boats. In the event that more than one team uses a boat, it shall be the responsibility of the first team rowing in the regatta to rig and the last team to row to de-rig the boat.

Coaches may assign these duties to any rowers assigned to a boat. Lack of compliance can result in suspension from the team.

Loading/Unloading Boats

All rowers participating in a regatta shall be responsible for loading the boats onto the transportation vehicle to the regatta. They also shall be responsible for unloading and delivering the boats to the boathouse when the boats return from the regatta, whether or not this occurs during regular practice hours.

All rowers must arrive on time and must not leave until all loading or unloading is completed and the coaching staff dismisses all participants. If a rower who is assigned to perform this duty is not present or leaves early when scheduled for loading/unloading of boats, he or she may be suspended from all practice sessions (including participation in regattas, if scheduled).

Prohibited Activities

All rowers are expected to display responsible behavior at all times and to obey all rules and regulations of A. N. Myer Secondary School and the St. Catharine's Rowing Club. Violence, theft, smoking, use of illegal drugs or consumption of alcohol, yelling, swearing and not wearing a shirt during practice, on school grounds, or while participating in, or traveling to and from, regattas is strictly forbidden and will result in termination from the team and disciplinary action by A.N. Myer High School. While traveling with the rowing program you are representatives of the team, our school, and you are expected to be on your best behavior. Inappropriate behavior while away at a regatta will result in a crew scratch and possibly further disciplinary action including dismissal from the program.

Disruptive Behavior

By Rowers

A coach may immediately suspend any rower whose behavior at the boathouse, during practice on the water, on school grounds or on regatta trips is deemed by the coaching staff to be disruptive. Disruptive behavior includes, but is not limited to, the use of inappropriate language and/or gestures, prohibited activities, behavior that appears to show a lack of respect for the coach's authority, or other unsportsmanlike conduct. A suspension by the coaching staff may lead to termination from the team, depending on the circumstances and reason for the suspension.

By Parents

Any interference by parents with the decisions made by the coaching staff regarding the nature of practices, rowing assignments at practices and regattas, or other coaching decisions will be deemed disruptive behavior. The rower may be suspended or terminated from the team if circumstances so warrant. We welcome all parents to the island as spectators. However this is the coach's domain and no coach should be approached before, during or after practice at the Henley Island.

Suspensions

Any rower who has been suspended by the rowing team or the school for any reason will not be permitted to attend scheduled practices or regattas during the suspension.

Termination

Any rower who has been suspended may be terminated from the team, depending on the circumstances leading to the suspension. The coaching staff will make a recommendation for termination and present all relevant facts supporting that recommendation to the Principal of A.N. Myer Secondary School.

Complaint Procedure

The following procedure is available to all rowers and their parents or guardians to discuss issues related to the daily operation or the program. Any parent or guardian of a rower may, at any time, offer, in writing, comments, recommendations, or complaints regarding the operation of the program, or coaching to the staff advisor via email.

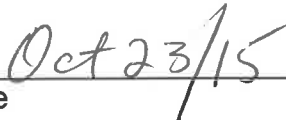
Complaints about coaching decisions or boat assignments based upon parent perception or comparisons of individual performances against that of other team members will not be entertained or responded to. Please remember that perceptions based on a lack of rowing expertise and knowledge is not always accurate. Polite questions or comments are appropriate, personal attacks are not.



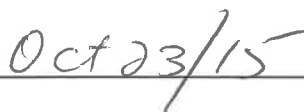
Principal's Signature



Staff Advisor's Signature



Date



Date

Please complete page number 6 and hand it to Mrs. Harper.
The rest of this package is for your records.

**A. N. MYER ROWING CLUB
CODE OF CONDUCT**

Please read the code of conduct carefully and return the following signature sheet after you have signed it.

I have read the A. N. Myer Rowing Code of Conduct and agree to abide by the terms stated therein.

Student Athlete:

Student Signature

Date

Student Email

Student Phone Numbers (home and cell)

Parent or Guardian:

Signature

Date

Parent Email

Parent Phone Numbers (home, cell, and work)