

2020 FHE Crew Packet

Updated 2-15-20



Student Membership Application

Please return this packet to Clare Wolfe with the \$400 (Varsity) or \$300 (novice) fee
Payable to: FHE Crew Boosters. Mail to: Clare Wolfe, 2581 Lenwood Ln Ne, GR, 49525

Athlete Information:

Name: _____ Grade: _____ M / F T-Shirt size: S M L XL XXL
Date of Birth: _____ Height: _____ Weight: _____
Student email address: _____ Phone: _____
Address: _____ City: _____ Zip: _____

Parent/Guardian Information:

Name: _____ Phone: _____
Parent Email: _____
Name: _____ Phone: _____
Parent Email: _____

Rower's Code of Conduct Contract

Conduct

1. Athletes are representatives of FHE Crew and FHPS and are expected to conduct themselves in a respectable manner at all times, both in school and out.
2. All rules in the FHPS Athletic Code will be in effect
3. Discipline for misconduct will be dealt with on an individual basis.

Practices/Attendance

1. Practice is REQUIRED. Spring season practice will be held each day at a time and frequency determined by the Head Coach. Additional time commitments will be required for weekend regattas and fundraising activities.
2. Each athlete is expected to be ready to practice at the beginning of the scheduled practice time. They are responsible for dressing appropriately for the weather and bringing a full water bottle. It will be cold when we begin practice on the river.
3. Athletes are expected to schedule other obligations around practice times and coaches must be notified in advance of any reason for an unavoidable absence.
4. If an athlete misses school, that athlete is not allowed to practice that evening. Coaches need to be notified by noon of an absence from school.
5. An athlete who has unexcused and/or frequent absences from practice risks not being allowed to row at regattas at the coach's discretion.

Boathouse & Equipment

1. The boathouse is a shared and crowded facility. Rowers must show mature behavior at all times.
2. A coach must be present with any athlete in the boathouse.
3. Rowing equipment is very expensive and must be handled with care and focus. Follow coach and/or captain directions regarding equipment at all times.
4. Please no food inside the boathouse.
5. All rowers/coxswains are required to participate in routine cleaning of the boathouse and FHE equipment. Report any issues to a captain or coach.

Regattas

1. Rowers are required to attend all regattas unless previous permission has been given by the Head Coach. Rowers will arrive at the designated time and place and will stay with the team until the conclusion of the regatta and dismissal by the coaching staff. Even when not on the water, athletes are expected to be engaged in the regatta as supportive members of the team. This includes assisting the coaches, captains and parent volunteers in any way necessary.
2. If team transportation is provided for the regatta, rowers are expected to ride with the team unless prior permission has been given by the Head Coach.
3. The team will be staying in school gymnasiums when required. Male and female athletes will be assigned separate areas with chaperones. Coaches will conduct roll call at a designated time and all athletes are expected to be present and to retire to their assigned site.
4. Food is provided for the team at regattas. Spectators are asked to allow athletes, coaches, working parents and chaperones to eat prior to feeding themselves, siblings, relatives, etc.
5. Regatta policy mandates that when racing, every person in the boat, including coxswains, dress in identical uniforms. Team uniforms are to be worn appropriately and with pride at all times.
6. Even when not on the water, athletes are expected to be engaged in the regatta as supportive members of the team. This includes assisting the coaches, captains and parent volunteers in any way necessary.
7. Rowing is not a sport that tolerates any disrespect. Athletes will exhibit the highest standards of sportsmanship.

Safety Rules

1. Everyone must take and pass a swim test* before rowing. *The swim test includes: treading water while fully clothed for five min., ability to put on a personal flotation device while treading water, swimming 50 yds.
2. All boats must be accompanied by a coach in a safety launch.
3. If a boat swamps or capsizes, stay with the boat. It will help keep you afloat until a launch arrives.
4. When in the boat, follow the directions ONLY of the coxswain or coach.
5. Notify the coach immediately of any injury.

Acknowledgements:

I, _____, have read, understood and agree to this Rower's Code of Conduct Contract.
(Student's name) _____ *(Student signature)* _____ *(Date)*

I, _____, have read, understood and agree to this Rower's Code of Conduct Contract.
(Parent/guardian's name) _____ *(Parent/guardian's signature)* _____ *(Date)*

Liability Waiver:

I, _____, (parent/guardian) understand rowing is an aquatic sport and that there is a remote possibility that a person could fall from a dock, coaching launch, or bank, or that a boat could capsize or swamp, all requiring swimming ability to recover safely. I fully accept responsibility for my child's participation in this sport. He/she is participating with an understanding of the hazards inherent in this sport and I agree to hold harmless the Forest Hills Public Schools and any of its employees.

I have read and understand this statement and consent to the participation of _____
(Student's name)
_____ *(Student signature)* _____ *(Date)*

_____ *(Parent/guardian's signature)* _____ *(Date)*

Travel/Medical Permission

Please attach **photocopy of medical insurance info**. A copy of this form will be kept with the Head Coach at all practices and regattas.

Travel Permission

I give permission for _____ to travel with the FHE Crew Team with coaches
(Student's name)

and parent chaperones to and from each regatta event of the 2020 high school rowing season, **beginning March 23, 2020 and ending May 31, 2020.**

Medical Permission

Any coach or adult chaperone has permission to obtain emergency medical treatment necessary for my child throughout the duration of the season as outlined above. Students are required to have a current Medical History Form (sports physical) on file in the Athletic Office. Parents must include a copy of their insurance card with this form.

Please list any health concerns or physical restrictions for your child:

Please list any medications your child takes regularly or must have with him/her at all times (i.e., insulin, epi-pen):

Health Insurance Information

Name of Company: _____

Subscriber Name: _____

Parent Emergency Contact Numbers

Parent Name: _____ Phone: _____

Parent Name: _____ Phone: _____

Please provide one alternate emergency contact (other than parent)

Alternate: _____ Phone: _____

Parent Signature: _____ Date: _____

A copy of this form will be kept with the Head Coach at all practices and regattas