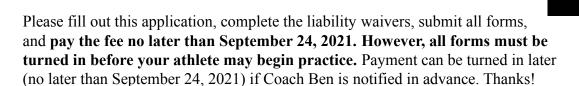
FALL 2021 - FHE Crew Packet

Student Membership Application



Fall Program Fees: \$350 for Varsity rowers (\$300 if everything turned in by 9/3/21), \$200 for middle school rowers (\$150 if everything turned in by 9/3/21). Please return payment to coach Ben or to Ruth Brinks (FHE Crew % Ruth Brinks, 750 Purple Creek Ct. SE, Ada, MI 49301) Checks can be made out to FHE Crew Boosters.

Forest Hills Easter

Athlete Information:			
Name:	Grade:	Gender:	_
Date of Birth:		Weight:	
Student email address:		Student Phone:	
Address:		City:	Zip:
T-Shirt Size			
More than one athlete in this household?	Name		
	Name		
Parent/Guardian Information:			
Name:	_ Phone:		
Parent Email:			
Name:			
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. 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 may stay 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. For the spring season, everyone must take and pass a swim test before rowing. The fall season does not require a swim test. *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:** _____, have read, understood and agree to this Rower's Code of Conduct Contract. (Student's name) _____ (Student signature) _____ (Date)

l,	, have read, understood and agr	_, have read, understood and agree to this Rower's Code of Conduct Contract.				
, Parent/guardian's name)	(Parent/guardian's signature) _	(Date)				
Liability Waiver:						
possibility that a person cou which all requiring swimmir my child's participation in th	ald fall from a dock, coaching launch, on agability to recover safely, and be injur his sport. He/she is participating with a nis rmless Forest Hills Public Schools and a	I rowing is an aquatic sport and that there is a r bank, or that a boat could capsize or swamp, red or harmed. I fully accept responsibility for in understanding of the hazards inherent in this any of its employees or volunteers, as well as				
I have read and understand	this statement and consent to the par	ticipation of				
		(Student's name)				
	(Student signature)	(Date)				
	(Parent/guardian's signature) _	(Date)				
Travel/Medical Perm	ission					
Travel Permission						
I give permission for	to trav	vel with the FHE Crew Team with coaches				
(Studen	t's name)					
and parent chaperones to a	nd from each regatta event of the Fall	2021 high school rowing season.				
Medical Permission						
throughout the duration of		y medical treatment necessary for my child s are required to have a current Medical				
Please list any health conce	rns or physical restrictions for your chil	ld:				

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

Please list any medication or other	allergies, the reaction, and required treatment:	
Dietary Restrictions:		
Parent Emergency Contact Nun	nbers	
Parent Name:	Phone:	
	Phone:	
Please provide one alternate e	mergency 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.