

SHAKER CREW - EXPECTATIONS FOR ATHLETES

The goals of the Shaker Rowing Association are to earn the respect of the Shaker High School, Section II, and US Rowing communities through demonstration of technical knowledge, sportsmanship, citizenship and the enthusiastic commitment to the challenge to excel. To accomplish these goals, we must first demonstrate respect for ourselves, our families, our teammates and our competitors.

Athlete Responsibilities

Athletes should recognize that membership in this association is a privilege, not a right.

Respect

- Athletes are to be respectful, in word and action, of themselves, their coaches, their teammates, officials, volunteers and their parents at all times.
- Athletes are to demonstrate respect for teammates and coaches by attending all scheduled practices and regattas: arriving on time, rested, with a positive attitude and appropriate gear.
- Athletes who need to be excused from practice or a regatta must let their coach know in a timely manner. Unexcused absences will greatly hinder your ability to be competitive.
- Athletes are to be respectful of other athletes of varying abilities. We are one team.
- Athletes are to be respectful of coaches who make decisions on line-ups and regatta plans based on the best interests of the entire program.
- Athletes should direct questions or concerns to the coaching staff.
- Athletes are to be respectful of their bodies. **Use of alcohol, tobacco, marijuana, and drugs, at any time, impede athletic performance, destroy the trust between teammates and families, are dangerous, and illegal; preceding a practice or competition it is one of the most disrespectful acts an athlete can commit. Distribution or use of the aforementioned is grievous and will be considered a basis for dismissal from the team.**

Integrity

- Athletes are expected to behave (verbally and physically) in a manner that exemplifies the highest ideals of good citizenship and is a credit to their family, team and school.
- Athletes are expected to participate fully in all activities and demonstrate commitment to the training program and racing plans developed by the coaches.

Trust and integrity are commodities that are hard-earned and easily lost. Success is knowing that you and your teammates have done the best you can to achieve the goal—win, lose, or draw.

Consequences

All actions carry consequences. Violations of these expectations will result in disciplinary action which may include suspension or dismissal from the team.

We have read the Expectations for Athletes and agree to abide by these expectations as a condition of participation in Shaker Crew. We agree to accept the consequences for actions that violate these expectations.

Athlete name

Athlete signature

Date

Parent name

Parent signature

Date