



## **2009-2010 Commitments and Code of Conduct**

The following commitments have been agreed to by the coaches and Booster Club and shall bind all participants (rowers and parents) on the Junior Crew.

### **Attendance**

- Attendance at practice is critical to building fast boats and shows respect for ones teammates. One person missing practice affects the entire boat. 70% practice attendance is required to guarantee boating for races.
- A major component of boat selection will be based on practice attendance.
- If a rower has an excused absence from practice (mandatory school event, college visit, and doctor's appointment) they are to inform their coach at in advance, so substitutes can be arranged.
- If a rower is ill, he or she should call the boathouse (298-9456) to advise the coaches that they will not attend practice.

### **Financial Obligations**

- The Junior Rowing Program is self-funded. All rowers must pay their dues and expenses in a timely fashion, or it becomes more expensive for all participants.
- Anyone who cannot meet their financial obligations should inquire about a scholarship or see Bernadette, who will work out a plan.
- Travel expenses will be due before a rower goes to an event. No rower will be allowed to race without payment. This is critical, as the hotel and travel bills must be paid at race time.

### **Race Conduct**

- All rowers are to behave as the responsible young adults they are.
- Coaches, captains, other rowers, parents and spectators are to be treated courteously and with respect at all times.
- Foul language, smoking, drinking, drugs or inappropriate behavior will not be tolerated.
- A good night's rest is critical to a successful race day. Rowers must abide by all curfews, and allow their roommates to get the rest they need.

### **Volunteer Responsibilities**

- The success of the Indy Rowing Junior Rowing program depends on the willing help of parents and rowers for home and away races, fundraising and events (such as the Indy Indoor Sprints Erg Race and the Annual Dinner).
- All families are expected to participate as willing volunteers.
- In particular, drivers are needed for away races, but there are many volunteer opportunities for families.
- The drivers, although they are not coaches or teachers, have responsibility for and authority over the student athletes. Rowers should obey them and treat them with the same respect as their coaches.

**I agree to abide by these codes and those laid out in the IRC handbook.**

**Rower** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent** \_\_\_\_\_

**Date** \_\_\_\_\_



## HOW TO GET STARTED!

### REGISTER

Please visit [www.regattacentral.com](http://www.regattacentral.com)

Choose the CLUB tab

Scroll down to the Indianapolis Rowing Center

Select Novice (new rowers) or Varsity (returning).

Join!

SIGN YOUR WAIVER ONLINE (required each calendar year)

<https://www.regattacentral.com/athletes/>

Enter the roster code **IN-693956**

RETURN YOUR SWIM TEST (required every 4 years)

USRowing requires this of all participants before they can row.

We will be offering a swim test at IRC early in the season.

RETURN YOUR EMERGENCY CONTACT CARD

We keep these on file. If no contact information has changed, you do not need to update it.

RETURN YOUR CODE OF CONDUCT FORM

Please sign and bring to your coach the first day of practice.

PAY

You may pay your fee online or submit a check to IRC.

Payment plans are available. Please send a check to the boathouse for the first payment (\$200).

Scholarship applicants should make their first payment of \$50 at the time of registration.

COME TO PRACTICE

***See you soon!***



## **Swim Test**

In accordance with US Rowing safety guidelines, all IRC rowers and scullers (excluding private boat owners) must pass a swim test. No rower will be allowed on the water in an IRC boat unless she or he has completed the simple swim test and submitted the signed form. Without a successfully completed swim test, participants must wear a life vest. Once completed, a form can remain on file for 4 years.

The swim test consists of

- Staying afloat wearing long pants (or sweat pants) and a t-shirt for five minutes
- Putting on a PDF while in the water
- Swimming 50 yards (2 lengths of most public pools).

Take this form to any pool with a Red Cross-certified lifeguard is on duty. Ask the guard to observe that you can do the tasks. When you are finished, ask them to sign the form for you.

***Rower's name (as appears on photo id):***

\_\_\_\_\_

***Lifeguard name printed:*** \_\_\_\_\_

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

***Pool at which testing completed:*** \_\_\_\_\_

***Phone number of pool or guard:*** \_\_\_\_\_

***Date passed:*** \_\_\_\_\_

**+++Please note, if you are unable to swim, you may still row. IRC has PDF's available for those who do not have a swim test on file. Talk to your coach.**

Rower's Full Name \_\_\_\_\_

Circle: Male female novice varsity

DOB \_\_\_\_\_ School \_\_\_\_\_

Rower's cell phone number: \_\_\_\_\_

Relevant Emergency Medical Information/ Allergies:

Parent's emergency numbers (one completed call will be made, please order the numbers accordingly)

| Name | Number |
|------|--------|
|      |        |
|      |        |
|      |        |

Non-parent emergency contact (to be used if above numbers are unavailable)

Name \_\_\_\_\_

Phone Number \_\_\_\_\_



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