



Code of Conduct

I understand that my participation in the First Colonial Crew Club is a privilege and not a right. I recognize that as a member of the club I have a visible presence at school and in the wider community. As such I have a significant responsibility to behave as a respectful member of the club and the student body. I realize the actions of one student-athlete may result in a generalization applied to all members of the club and First Colonial High School. Consequently, my actions may reflect upon and impact the whole club and school. Accordingly, I will exercise good judgment and conduct myself with honesty, integrity, and respect for others at all times.

I further agree to conduct myself in accordance with the rules of the Virginia Beach School Board and the rules of the Club. Specifically I agree to the following:

1. I will not behave in any way which is detrimental to the good of myself, the Club or First Colonial High School. I will conduct myself in a manner which reflects favorably upon the Club, abiding by all laws, school policies and team rules.
2. I will demonstrate and exercise good sportsmanship at all times.
3. I will strive to do my best in my academic progress and achievement recognizing the Virginia High School league grade point average requirements.
4. I will abide by the Drug, Alcohol and Tobacco policy of the Club as outlined in the Club Handbook, recognizing that the use, possession or distribution of alcohol, tobacco, drugs and/or paraphernalia are prohibited while involved in any team related practices, competitions, parties, trips and all other such activities, no matter what age.
5. While traveling for competitions or practices I will be a good ambassador and portray a positive image of the Club and First Colonial High School.
6. I will not write, post or forward any offensive or vulgar notes, texts, photographs or other content on the internet or otherwise, which reflects negatively on me, my teammates, my coaches, the Club or First Colonial High School.
7. I will not engage in any hazing, bullying or violent actions towards others and I will not tolerate such actions by others.
8. I will not use any obscene gestures or profane or unduly provocative language or action towards my teammates, coaches, officials, spectators or any other individuals.
9. I will not possess, use, or distribute any object that is or could be considered a weapon while involved in any team related practices, competitions, parties, travel while at out of town events or any other such activities.
10. I recognize that any violations of the Club rules will be subject to the disciplinary procedures set forth in the First Colonial Crew Club Handbook.

Rower Agreement

MISSION

The First Colonial Crew Club Auxiliary, Inc. (auxiliary) is a 501(c)(3) charitable, non-profit organization dedicated to fostering amateur sports competition among student athletes in competitive rowing, or “Crew” as it is called. The Auxiliary sponsors two clubs: the Patriot Rowing Club in the fall (open to all high school students) and the First Colonial High School Crew Club whose competitive season is in the late winter and spring. The crew clubs (hereafter referred to as “crew”) are a school sanctioned, but privately financed, club sport that promotes team building skills, physical conditioning, and mental toughness by introducing First Colonial High School students to the sport of rowing.

ROWERS

Rowers represent the crew team and First Colonial High School. The rowers should reflect good sportsmanship during practices and regattas. Rowers should treat everyone with respect at all times, should not use profanity, and should take proper care of club equipment and uniforms. All persons associating themselves with the crew are to conduct themselves in a respectful manner, exemplifying sportsmanship when interacting with any person in any setting.

Rowing is a physically demanding sport. Although rowing is fun and there is ample opportunity for social interaction before, during, and after practices, as well as at the regattas, rowers are expected to join the crew with a willingness to physically exert themselves at all land and water practices.

Rowing is a team sport. Punctual attendance at practices and regattas is required. Because rowing is a team sport, a rower’s absence or tardiness to practice, unfairly affects the other members of the rower’s boat. Any tardiness, or absence, should be avoided. At the coach’s discretion, additional physical training may be required to resume a rower’s good standing and practice with their team mates. If you are sick or unable to attend practice or an event, you must notify the coaching staff via the website or phone **PRIOR** to practice or the event.

Members of the team are required to participate in team functions such as fundraising, recruiting, group activities and the end-of-the season banquet.

Rowers are not guaranteed a seat on boats at every water practice; there may be occasions that a rower rides in the coach boat during a practice. Although the crew club coaching staff will use their best efforts to assure that all rowers have an opportunity to row in regattas, a seat on a boat in the regattas is not guaranteed; it is earned by hard work, attendance at practice, skill level, and good attitude.

Rowers under school suspension will not be allowed to take part in crew activities for the duration of that rower’s suspension. In addition, rowers must be academically eligible according to the Virginia High School League Rules. Rowers are strictly prohibited from using, possessing, distributing or being under the influence of alcohol, tobacco products, nicotine vapor, marijuana, controlled substances or imitation controlled substances without proper prescription drugs during crew activities. Rowers violating this policy will be immediately removed from the team.

For all races, rowers are expected to remain at the race site until the event is concluded and all equipment is packed and loaded. Rowers may not leave the race site, hotel or planned activity without permission from the head coach or head chaperone.

Rowers may be asked to stay overnight as a team and must follow the specific travel rules for the out of town regatta as documented in the Crew Club Handbook.

Any infraction to the rower's code of conduct as documented above and in the Crew Club Handbook will incur the three strike rule. The three strike rule is as follows:

- STRIKE 1: Verbal Warning. Parents and Board Members notified.
- STRIKE 2: Suspended from the boating lineup for 1 week and/or additional physical training will be required at coach's discretion. Must still attend all practices but will not be boated. Parents and Board Members notified.
- STRIKE 3: **Cut from the team.**

Rowers are eligible to receive varsity letters as awarded by the coaching staff. Varsity letters will be awarded based on merit and number of years of participation and determined by the coaching staff to include considerations such as sportsmanship, skill level, team participation, personal growth, positive attitude, and attendance at practices, regattas, and fund raising functions.

PARENTS

All persons associating themselves with crew activities are to conduct themselves in a respectful manner, exemplifying sportsmanship when interacting with any person in any setting. Parents may not give their child permission to leave the race site, hotel or planned activity without consulting the head coach or head chaperone.

Parents are encouraged to contact Board Members and/or the coaching staff with concerns or suggestions. All parents are expected to volunteer their time and efforts in order to make the Auxiliary and crew club a success. The opportunities for parental involvement include: Equipment Maintenance, Trailer Driving, Fundraising, Food/Beverage, EVSRA Regatta Support, Parent Practice, Membership/Recruitment, and Uniforms/Spiritwear committees.

COACHES

All crew coaching staff will use their best efforts to teach rowers the sport of rowing in a constructive, competitive, and relationship-building environment. A coach will first address the rower directly with any issue that arises with respect to the rower's actions, as the crew rowers are young adults who should have the first opportunity to respond to a concern.

PRACTICES

Practices will generally run from 3:15 pm to 5:15 pm Mon-Fri. Weather permitting; practice will be each weekday afternoon, with the boats being loaded for the regattas on Friday afternoons on regatta weekends. On a rotating basis, rowers will be required to help unload the boats in the afternoon following a regatta, so that the boats are positioned and ready for a water practice the following Monday. The crew coaching staff will prioritize water practices, but conditioning, weather, and the number of rowers on the team, mean that land practice will always be an important and essential part of the sport. There will be strict rules about no parking at the practice site and rules to keep noise to a minimum – these rules will be provided later.

Photography Policy

The First Colonial Crew Club Auxiliary (FCCCA) recognizes the need to ensure the welfare and safety of our children. In accordance with our child protection policy, we will not permit photographs, video or other images to be taken of any child without the consent of the parents / guardian of the child.

Members of the FCCCA or the news media may photograph or video your child and their team while they are engaged in regattas, practices or other events. Your child's photographic image may appear in local newspapers or newscasts, FCCCA web site, published in a newsletter, etc.

The FCCCA will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform a member of the FCCCA board immediately.