



“Building Long Island’s Rowing Tradition”

P.O. Box 248, Oyster Bay, NY, 11771 • (516) 714-3247

MEMBER RULES AND CODE OF CONDUCT

Sagamore Rowing Association is a rowing club whose mission is to foster a sense of community by supporting and promoting scholastic and community-based rowing programs and other activities associated with non-motorized boating; to teach and train oarsmen and oarswomen without preference to race, creed, religion, color or physical disability; to provide equitable means for both recreational and competitive rowing, locally, regionally, nationally and internationally; to maintain the natural beauty of the waterways used for rowing; and to provide a means for community and charitable involvement in Nassau County. SRA serves the middle school, high school, college and adult community.

Toward this end Sagamore Rowing Association (SRA) has established the following rules and guidelines for our members (youth and adult) to follow when participating in the various activities offered by SRA.

CONSEQUENCES OF MISCONDUCT

Disciplinary decisions are at the discretion of the Coaching Staff and President. Consequences may include, but are not limited to:

1. Suspension of on-water activities and/or land training, including practices & regattas.
2. Removal from regatta roster.
3. Permanent dismissal from Sagamore Rowing Club - with no refund.
4. Reporting of illegal activities to the proper authorities.

GENERAL CONDUCT

As a member of SRA it is expected that you always conduct yourself in a manner representative of the best of SRA. While practice for junior rowers may only consume a few hours a day - you are always a member of Sagamore Rowing. It is expected that SRA athletes never engage in activities that can be construed as inappropriate. *Bullying, the use of profanity, tobacco, alcohol, drugs, sexual harassment/misconduct/assault and gender discrimination is strictly prohibited.* In acknowledgement of the long-standing traditions of Sagamore Rowing you must pledge to always conduct yourself in a positive manner. As a proud member of SRA, you will strive to set a positive example while interacting with each other, our opponents, and our spectators.

SAFETY

From the moment each athlete arrives at the boathouse or a regatta, safety is of paramount importance and takes precedence over everything. All members are required to strictly follow safety guidelines as directed by coaches and our published safety guidelines. For a more detailed explanation of SRA safety protocol, please refer to Sagamore Rowing: Coaching & Safety Guidelines.

BEHAVIOR

1. All athletes are expected to conduct themselves in a safe and 'sportsmanlike' manner at all times. When attending any rowing practice or event, each athlete is expected to help or ask for help whenever and whenever necessary. Athletes shall treat each other, the coach, President, members of the Board, all parents, SRA members, and all other crew teams with the utmost regard and respect at all times. If any member shows disrespectful or disruptive behavior as determined by the coach, the President or any member of the Board, that athlete shall correct or change the offending behavior immediately.
2. Any athlete or their parents/chaperon shall not act or behave in such a way as could cause, attempt or threaten physical injury to any other athlete, coach, management or parent/chaperon or competitor.
3. Any athlete or their parents/chaperon shall not demonstrate or manifest disrespect towards any other athlete, coach, SRA management or parent/chaperon of a competitor. Actions may include, but are not limited to, verbal or nonverbal disrespect, psychological, material abuse, or lying.
4. Athletes or their parents/chaperon shall not threaten any other person. Threatening behavior consists of any words or deeds that intimidate or cause fear concerning a person's health or physical well-being.
5. No athlete or his or her parents/chaperon shall commit libel or slander. Libel is defamation expressed by print, in writing, by photographs or video, or signs while slander is verbal and/or spoken defamation.
6. Athletes or their relatives shall not engage in cheating or misrepresentation of the facts. Violations include, communication to any other party, including but not limited to, other clubs, coaches, crew members, parents, athletes, and officials.
7. Athletes or their relatives shall not harass by exacting unnecessary or disagreeable work, ridicule or playing abusive or



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humiliating tricks by way of initiation toward other athletes, coaches, the President, board members, or any other person conducting business for the Sagamore Rowing.

8. Athletes or their relatives shall not use social media to commit misconduct (e.g. emotional, sexual, bullying, harassment, & hazing). Such communications will not be tolerated and will be considered a violation of the Participant Safety Policy.
9. Any other inappropriate action, like possession of weapons or other dangerous instruments, theft or possession of stolen property, damage to private property, damage to SRA property, disruptive behavior, and other disorderly conduct, use of obscene language or gestures, public display of affection, will be subject to the Consequences of Misconduct.
10. Athletes are not permitted to practice or row in any capacity with any other organization while belonging to SRA. Exceptions are collegiate summer crew camps, collegiate weekend training camps and U.S. National Team try-outs. For any other event, the athlete is required to inform the President and head coach in writing at least 2-weeks before the event, and await consent that no conflict of interest exists.
11. Registration, payment and regatta waiver deadlines are to be strictly met.
12. Details of training plans and workout routine are property of the coaches and/or club and may not be communicated or shared with anyone.
13. No communication with the press by any athlete or their relatives about Sagamore Rowing Association is permissible without the consent of the President.

PRACTICE

The purpose of team practice is to:

1. Prepare the team for every situation that will occur in competition
2. Develop trust, communication, and respect amongst teammates
3. Provide an environment that individuals and crews can continuously work on improvement
4. Learn a high level of technical proficiency
5. Develop confidence, focus, and composure skills
6. Prepare all boat for self-defined success

PRACTICE RULES

1. Practice begins promptly at the announced starting time. Being late negatively impacts your boat and teammates and will not be tolerated.
2. Maximize practice time. The goal of practice is to continuously develop and build upon the previous practice/race. When you come to practice, you should be prepared to push yourself (mentally, physically, or emotionally) further than the day before.
3. Bring drinking water and snacks to consume before, during and after practice. Athletes who are under-nourished, under-hydrated, or are not recovering properly will not obtain their peak potential.
4. Expect the best of yourself, every day.
5. Be a good teammate
6. Attendance at practice is mandatory unless you are sick or have a school related activity that cannot be scheduled for an off-practice time.
 - a. **Absence Notification**
 - i. If for the above reasons you are not able to attend practice, you must notify your coach, via email, no less than 24 hours before practice.
 - ii. It is also required that your parent or guardian also verify your absence with your coach via email, either before or up to 24-hours after the missed practice.
 - iii. If your coach does not receive parental confirmation of the absence within the specified period, you will not be permitted to row until such parental notification is provided.
 - b. **Unexcused Absence** is defined as any absence not outlined in the Excused Absence section. Excessive Unexcused Absences will, result in dismissal from the team.
 - i. Any notification with less than 24-hours’ notice, except for Emergencies and same-day illness, will be considered an Unexcused Absence
 - ii. **Varsity & JV Program** - athletes enrolled in the Competitive training program may not take more than 2 Unexcused Absences during the Spring or Fall training seasons.
 - iii. **3V/Recreational Program** - There are no attendance requirements for the Recreational Program.



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- iv. **Freshmen Program** -- athletes enrolled in the Competitive training program may not take more than 3 Unexcused Absences during the Spring or Fall training seasons. Freshmen who cannot meet this standard will be re-assigned to the JV/Recreational Program.
 - v. **Modified Program** -- There are no attendance requirements for the Recreational Program.
 - c. **Excused Absence**
 - i. Athletes will be excused from practice for religious observances, court appearances, mandatory after-school requirements and illness.
 - ii. In the event of illness, the athlete is required to inform the head coach by phone the same day and provide a doctor’s note if requested by the coach. Illness is defined as absence from school on a particular day(s).
 - iii. If on-water practice attendance is poor, creating safety concerns for the athletes, even if absences are excused, the coach may eliminate individual members and potentially the absent athletes entire boat(s) from practice and from competing at a regatta
 - d. **Emergency Absence** will be handled on an individual basis and must be reported to the head coach by the athlete and/or the parent.
- 7. Upkeep and maintenance of our rowing equipment is your responsibility. All boats must be washed after each use and put on their designated racks. ERG’s must be wiped down after each use. Keep the practice area neat. All trash, including water bottles, must be removed from the beach and the boathouse after each practice.
 - 8. All athletes shall remain at the boathouse, training facility, or trailer site until dismissed by the coach. Before dismissal, each athlete shall make sure all rowing equipment, regardless of ownership, has been properly stored and locked-up in its designated place
 - 9. Dangerous driving is prohibited while traveling to and from any club activity, including the boathouse parking lot and on the road to the boathouse. In the event of a violation, your parents/guardian will be notified and the Coaches shall determine the appropriate consequence.
 - 10. All athletes shall be prepared for any type of practice, either on-water or land training. This includes proper apparel for the weather, running sneakers, & athletic attire. Athletes who are unprepared will be sent home and have an Unexcused Absence (as outlined in Section 6), for that day.
 - 11. If for any safety related reason the coach determines an athlete should not row during a practice or event, that member will be notified accordingly.
 - 12. Parents shall not approach coaches with training remarks and/or complaints from 30 minutes prior to practice until practice dismissal or on regatta day. Parents may email the head coach to set up an appointment to discuss concerns if they arise.
 - 13. Parents shall not approach the boathouse or training facility before, during or after practice or the crew trailer during equipment loading, unloading and regatta activities.

TRAVEL AND REGATTA RULES

- 1. Each athlete is responsible for arriving to each regatta on their own, on time, as designated by the regatta itinerary.
- 2. At all times, athletes are expected to show proper courtesy, cooperation and respect for the guardians, fellow athletes and coaches, and must be willing to abide with their decisions.
- 3. Athletes are expected to follow the itinerary, participate in planned activities and practices.
- 4. Athletes will be held responsible for any damage or loss of property at all times on the trip.
- 5. There will be no drinking alcoholic beverages, drug use or smoking at any time on the trip.
- 6. Any athlete who finds it necessary to call a doctor in case of illness will be responsible for paying the bill.
- 7. There will be no mixed groups in hotel rooms; any meeting of mixed groups will take place in neutral meeting rooms.
- 8. Athletes shall not allow strangers to enter their rooms nor enter the room of strangers.
- 9. Money and valuables should not be left in unattended rooms.
- 10. Athletes may not go off on his or her own.
- 11. When assigned to a group, coach or chaperon, athletes - under no circumstances - shall leave that group, coach or chaperon.
- 12. By agreeing to these rules athletes acknowledge that coaches and guardians are permitted and may enter and inspect an athlete’s room at any time that coaches or chaperon feels such entry is necessary.
- 13. Punctuality, arriving on time, is mandatory for all team functions.
- 14. Only SRA uniforms may be used for racing. Only SRA gear may be worn on regatta day.
- 15. Upon completion of each race, you are required to stay until your equipment is de-rigged and you are authorized to leave



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by your coach or designated SRA representative.

16. Prior to, during and after regatta activities, athletes are responsible for:
 - a. De-rigging and loading boats onto the trailer at the boathouse.
 - b. Offloading and rigging boats at the race event.
 - c. De-rigging and loading upon completion of the regatta.
 - d. Rigging and securing the boats back at the boathouse as determined by the coach and trailer driver and announced to all athletes at the end of each event.
17. You are encouraged to stay and support your teammates.
18. Travel attire should be neat at all times
19. Regatta Attendance
 - a. **Competitive Program** - All Competitive Program athletes must attend all assigned regattas.
 - b. **Recreational Program** - Recreational program athletes will be assigned to race in certain regattas if their experience level warrants participation. If assigned to race in a regatta(s), Recreational Program athletes are required to participate

BOAT AND SEATING ASSIGNMENTS

It is the goal and mission of SRA Coaches to field the absolute fastest boats possible. While ERG scores and fitness are components of boat and seat selection, primary factors in determining the effectiveness of a boat are the crew’s cohesion, ability and skill to move the boat as efficiently and quickly as possible. The SRA coaching staff considers all of these factors when selecting crews. All seating assignments are FINAL.

COMMUNICATION

1. SRA holds a monthly board meeting on the 3rd Wednesday of every month. Coaches give updates regarding the progress of the team status of equipment and all things pertinent to the running of our Junior rowing programs. Athletes and parents are always welcome to attend.
2. Coaches are available by phone and by email. Athletes and Parents should check their emails on a daily basis. Social media is also utilized for updates and notifications.
3. Preliminary Itineraries and Final Itineraries will be communicated as early as possible. There are multiple factors that go into itineraries, specifically race attendance and race schedule.

Athlete roles can change throughout the season. They are affected by factors such as performance, health, attendance and the eligibility of the athlete’s teammates. The Head Coach will keep athletes posted on their roles as the season progresses. **If** the athlete, at any time, wishes to receive an update or clarification of their role, discuss this with the head Coach at your earliest opportunity. Understanding roles is a key component to the cohesiveness of our team.

ATHLETE HEALTH AND WELL BEING

1. ALL HEALTH RELATED CONDITIONS HOWEVER INSIGNIFICANT OR SERIOUS MUST BE REPORTED TO THE SRA HEAD COACH
2. When an athlete has a health related condition, e.g., diabetes, asthma, allergies, etc., that requires medication of any kind (EpiPens, inhalers), the athletes physician must certify in writing that despite the condition, the athlete is physically fit to participate in strenuous athletic activities.
3. Parents are responsible for providing new unopened, labeled medication and/or medical supplies that their child requires to the Head Coach with verbal and written direction on their use or application. All medications will be held by the Coach and if unused during the season, returned to the athlete at the end of the season.
4. All athletes shall maintain, at a minimum, good physical condition throughout each season. Any evidence to the contrary as interpreted by your coach, may result in suspension of rowing privileges. The coach will present any health related concerns and his/her corresponding recommendations to the Head Coach for final ruling. Rowing privileges will be restored only after the subject athlete has had their good physical condition re-certified to the satisfaction of the Head Coach.

By signing this form, you agree to abide by and follow the SRA Rules and Code of Conduct outlined above. Failure to do so will result in disciplinary action, including suspension or dismissal from the team.



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MEMBER ATHLETE

Signature: _____

Printed Name: _____

Date: _____

PARENT/GUARDIAN OF MEMBER ATHLETE

Signature: _____

Printed Name: _____

Date: _____