



1888

2017 – 2018
SEASON HANDBOOK
(RED BOOK)

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LETTER FROM THE JUNIORS PRESIDENT

Dear SDRC Juniors Program Athletes and Parents,

On behalf of the San Diego Rowing Club Board of Directors, I would like to extend a warm welcome to the Juniors Program 2017 - 2018 rowing season. We're looking forward to another great year of rowing on beautiful Mission Bay and the continued success of the Juniors Program athletes!

This handbook has been designed to provide information about the program, what is expected of the athlete and of the parents, general information about the Club and the Juniors Program, as well as the forms required for participation. Please read it carefully. Additionally, we have prepared a Parent Manual with information about the sport of rowing, regattas, volunteering and other related information. Both the Red Book and Parent Manual are available online at SDRCjrs.com. We hope you find them helpful.

Rowing is a wonderful opportunity for kids to have fun, develop lifelong skills and habits, create strong friendships, and position themselves for success in college or wherever their future takes them. Rowing is a year-round sport and the SDRC Juniors Program runs for four months in the Fall (September – December, inclusive) plus five months in the Spring (January - May). Our competitive events are regattas, usually consisting of longer 5,000 meter “Head” races in the Fall and shorter 2,000 meter “Sprint” races in the Spring. Details of the regatta schedule are included later in this document, in the Parent Manual and updated online.

Last season, we saw terrific performance and great participation by all Juniors athletes at regional, national and international events. At our most important event, the Southwest Regional Championship in Sacramento in May, we had 7 crews reach the finals. The Women's Novice Quad earned silver, and the Men's Varsity Quad earned bronze. SDRC qualified a boat to attend Youth Nationals and the Men's Varsity Quad raced very well against the top boats in the country. We've also seen our athletes invited to and succeed on the USA Junior National Team, where SDRC boys and girls have competed at the US Junior National Team Camp, the CanAmMex regatta against Canada and Mexico, and the World Rowing Junior Championships. The Juniors Program has terrific momentum and we look forward to increased success this season.

Academically, we are very proud that all high school seniors in the SDRC Juniors Program successfully graduated and were accepted to colleges of their choice in 2017. Many of the SDRC graduates will continue rowing in college. Congratulations, graduated seniors—we will miss you!

The Juniors Program is a non-scholastic program funded by parent contributions in the form of initiation fees, season dues and occasional fundraising. In our annual budget of approximately \$400,000, the fees and dues are primarily allocated to salaries for coaches and regatta costs. The program fees and dues enable Novice and Varsity athletes to attend regional regattas and cover all the associated costs (entries, bus, boat trailer, food, hotel, uniform, polo shirt, hat, spandex shorts and SDRC tank top). The intent is for all athletes to share equally in the cost of their participation in regattas, either through fees and dues for the included regattas or pro-rata for the selective regattas. Some events, such as the Head of the Charles or Youth Nationals, are by invitation only, so these selective regattas are not included in the overall dues. The costs for the invitation only events are applied to those athletes who participate in them. Fundraising primarily occurs during our annual Erg-a-thon to raise money for new equipment, such as rowing shells, launches and oars.

For full details on the cost of the program, please see the Membership Agreement Form in the Forms section of the Red Book. Discounts are available for returning athletes, for second athletes within the same family, and for those prepaying for the full year or at the beginning of the Fall and Spring season. Some scholarship support is also available on a needs-based review. Please let me know if you would like a scholarship application form.

Again, welcome! Please feel free to contact me if you have any questions. Go SDRC!

Sean Aiken
SDRC Juniors President
jrspres@sandiegrowing.org

MISSION STATEMENT

The mission of the San Diego Rowing Club (SDRC) is to support and encourage rowing in the greater San Diego community.

The mission of the SDRC Juniors Program is to support and encourage rowing for youth in San Diego by providing young men and women the facilities, equipment and coaching necessary to give them the opportunity to learn the sport of rowing in a safe and fun environment. We want SDRC Junior athletes to be able to train, race and win in a safe, supportive and competitive learning environment where they can develop their leadership and teamwork with commitment, dedication and respect.

GOALS

The goals for the SDRC Juniors program are to provide:

- excellent coaching and training in the fundamentals and techniques of rowing;
- a sense of shared purpose and teamwork;
- a competitive program that will put members of the SDRC Juniors in good standing to compete in a collegiate rowing program; and
- challenging and appropriate physical training to achieve maximum development of every athlete to meet individual, team and overall program goals.

MUTUAL VALUES AND EXPECTATIONS

Rowing is a sport that develops independence, maturity, cooperation, team building and good judgment in its participants to understand and meet expectations. So, parents are encouraged to give their athletes as much responsibility for their own participation and development to meet expectations, as possible.

San Diego Rowing Club has a long history as a competitive club, a reputation for good sportsmanship, and is recognized nationwide for its successes. The SDRC Juniors Program is composed of athletes from different schools, communities, families and backgrounds in San Diego who mutually support shared values of determination, commitment, teamwork, respect and excellence. Athletes and parents should be aware that participation in the Juniors Program requires a significant commitment of time, travel and financial obligation for every rower and their teammates.

This program is not intended to be a training ground for other sports or general conditioning – although it may have that added benefit. The SDRC Juniors program is intended to help athletes bond as teammates and all rowers are expected to participate in the scheduled competitive events to the fullest extent possible. Each individual should strive for individual excellence, while working together with the other rowers in the team and making any necessary adjustments for the general good of the team, as requested by the coaching staff.

This includes the expectation that athletes and parents fully cooperate with the SDRC Juniors Program in:

- returning waiver and participation forms as required;
- ensuring that all necessary program payments are made in a timely manner;
- attending practices and staying on the team training schedule;
- attending scheduled regattas both as competitors and to support their teammates, including arranging their own carpools where bus transportation is not provided;
- learning and following rules and guidelines set down by SDRC and this handbook; and
- working out any issues and problems with coaches and fellow athletes first, without parent intervention, to the fullest extent possible.

CONTACT INFORMATION

Physical Location

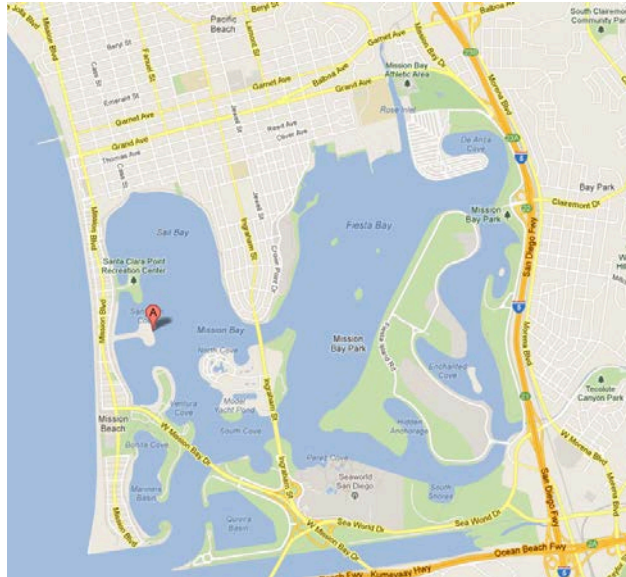
Coggeshall Rowing Center
1220 El Carmel Place
San Diego, CA 92109 (NOT for mailing)

Mailing Address and Phone Number

P.O. Box 99856
San Diego, California 92169
Tel: (858) 488-1893
Fax: (858) 488-1893

Web site

www.sdrcjrs.com (Juniors program)
www.sandiegrowing.org (Overall Club)



Juniors Program

President: Sean Aiken Jrspres@sandiegrowing.org
Program Director: Patrick Hurley Patrick@sandiegrowing.org
Men's Varsity Coach: Benton Sparks Benton@sandiegrowing.org
Women's Varsity Coach: Carmen Slack Carmen@sandiegrowing.org
Men's Novice Coach: Patrick Hurley Patrick@sandiegrowing.org
Women's Novice Coach: Ryan Hemelt Ryan@sandiegrowing.org
Middle School Coach: TBD
Assistant Coaches: Patrick Kington Kington@sandiegrowing.org Peter Simeone Peter@sandiegrowing.org

SDRC Board of Directors

President: Dan O'Neill
Vice-President: Janet Fagan
Treasurer: Jeff Evans
Secretary: Ed Parrish
Captain: Jane Pederson
Lieutenants: Rosanna Collorafi, Rob Hibler, Donna St. Aubin Vehar
[Email ENTIRE Board (please use with discretion) Board@sandiegrowing.org]

SDRC Staff

Director of Operations: Chris Callaghan Chris@sandiegrowing.org
Juniors Program Director: Patrick Hurley Patrick@sandiegrowing.org

JUNIORS PROGRAM COMMITTEE

The Juniors Program Committee consists of volunteers from the parents of the Juniors Program athletes and is run by the Juniors President with assistance from the Juniors Vice-President.

The term of service on the Committee is for one year. Each year, Committee membership must be re-established. The President and Vice President should be individuals who have volunteered in the program for at least one year. All Committee members should have a vested interest in the SDRC Juniors Program from either currently having or having previously had a Junior athlete in the program. Committee membership shall be adjusted as needed to meet the needs of the Program and the availability of qualified volunteers and may include specific responsibility for food, treasurer, fundraising, recruitment or travel. The President of the Committee is also a member of the SDRC Board.

Selection of the Juniors President position for the following year is by nomination during the month of April. The current Vice President is responsible for recruiting and for maintaining the list of candidates that is presented to the current Committee. From this list, the current Committee will make a recommendation to the SDRC Board for the Board's final approval to at the May Board meeting.

Should there be multiple qualified candidates desiring the President position, the current President will interview the candidates and make a recommendation to the Committee. Should there be an unresolved issue or conflict for the position, the candidates still have an opportunity to appear before the Committee, or subsequently even before the SDRC Board if necessary, to make their case for recommendation to the position. Ultimately, the SDRC membership votes to confirm the Juniors President for following year, as a member of the SDRC Board.

Selection of the Juniors Vice-President position for the following year is by nomination and approval before the end of the spring season. After the President's selection process above is complete, the new President is responsible for recruiting and recommending a candidate for the Vice President position to the current Committee for approval.

All other positions on the Juniors Committee are subsequently recruited by the new President and new Vice-President from a Volunteer sign-up list at, or before, the start of the new fall season.

If there are concerns about the Committee transition from one year to the next, all parents are welcome to discuss their concerns at the parent meetings, and/or may come before the SDRC Board.

Signatories for the financial account will be the Juniors President, and other SDRC Board members, with two signatures required on all checks and fund disbursements.

These guidelines are subject to periodic review to be sure they fit the needs of the SDRC Juniors Program, and may be amended by the Juniors Committee and approval of the SDRC Board.

JUNIORS PROGRAM RULES

The purpose of the following rules, regulations, policies and guidelines is to ensure the safety, health, welfare, and respectful treatment of all athletes, coaches and volunteers participating in the SDRC Juniors Program, as well as to improve the performance of the teams and overall success of the Program.

Every member of the SDRC Juniors Program and their parent or guardian is required to sign agreements with the San Diego Rowing Club acknowledging their willingness to accept and adhere to these rules as a condition of membership (see Forms).

SAFETY REGULATIONS AND BOATHOUSE PROCEDURES

In order to protect the health and well-being of all participants, athletes and parents are expected to follow the Club's code of conduct through the exercise of common sense, good judgment and responsibility at all times.

Rowing Conditions and Practice Cancellation

- (a) **Darkness:** Junior athletes may not be on the water before dawn or after dark without coach supervision and with lights.
- (b) **Lights:** All boats rowing in the dark must be equipped with lights that meet Coast Guard requirements.
- (c) **Wind:** Junior athletes may not be on the water if there are whitecaps on the bay.
- (d) **Fog:** Junior athletes may not row if conditions do not pass the "Fog Safety Test". Stand at the northern tip of El Carmel Point and look east to North Ingraham Bridge: if you cannot see the bridge clearly, it is too foggy to row. Even if you can see the bridge, be very careful as foggy conditions can change rapidly.
- (e) **Pollution:** During regular practice hours, if the bay is posted as polluted, athletes shall not go on the water. If there is any question about pollution, call the S.D. Lifeguards at (619) 221-8800. Discretion is advised if an athlete has any open cuts on extremities. At regattas, the Regatta Local Organizing Committee will decide if the water is too polluted for rowing.
- (f) **Traffic pattern:** Athletes shall be familiar with the Rules of the Mission Bay Aquatic Park and the rowing traffic patterns established for all bodies of water within the Park. With regard to traffic patterns and rights of way never assume that another boat sees you or will get out of your way. If you do have the right of way, never enforce that right of way if that right of way is not recognized or is not given by the other vessel.
- (g) **Storms, electric power and water:** all Junior team practices will be cancelled if there is either no power or water is shut off at the boathouse or if storm weather conditions are forecast. Decisions will be made and notifications sent out by 2 PM on the weekday in question by the Head Coach. Both on-the-water as well as land training shall both be affected by cancellation due to storms, lack of power or water supply.

Boat and Equipment Use

- (a) **Supervision:** During the Juniors season (fall and spring) Junior athletes may only take out boats (both during practice and outside normal practice hours) when a coach is both on site and on the water to supervise. Junior athletes must be 18 years of age, must have graduated High School, maintain a full SDRC membership, and be checked out by the Head Coach or Club Captain to take out boats during the off-season. The full Club liability for the use of boats and equipment shall apply in any unsupervised situation. No Junior Team athletes under 18 years of age may take out boats in the off-season.
- (b) **Guests:** Junior Members may not bring guests to the boathouse except by prior approval from their coach.
- (c) **Damage:** Every Junior member is responsible for reporting any damage to Club boats, oars or equipment to their coach. This responsibility includes the handling of boats and equipment in and around the boathouse, while using boats/equipment on the water, at the boathouse and at races and regattas and while participating in the transportation of boats and equipment, or during any other official function for which boats, oars or equipment have been approved for use by the Head Coach or the Juniors President for Juniors team events. Such damages shall be noted by the coach in the Rowing Club Repair Log located with the Athlete's Sign-out Logbook on the sign-out podium. Failure to report damage to Club boats or equipment may result in suspension of Club privileges, at the discretion of the Board of Directors.
- (d) **Launching:** Close all vents and oarlocks securely before carrying the boat down to the beach. Set the boat gently into the water and always keep the boat knee-deep in water. Never let the bow, or the hull, or the skeg of the boat touch the sand.

Never leave boats unattended at the shoreline.

- (e) **Cleaning and Maintenance:** Prior to and after rowing, check to be sure that all nuts and bolts are tight on the foot stretchers, oarlocks, and riggers. Review the entire boat hull, riggers, seat, foot stretchers, and tracks for any signs or indications of wear and tear. Report any excessive wear and tear to your coach. Un-rowable boats should have an out of service sign attached. Wash and dry boats, inside and out, and oars after use. Clean the tracks and oarlocks. Leave vents open and drain any excess water that has collected in shell. Again, report any suspected leaks to your coach.
- (f) **Storage:** All team boats are stored in the boathouse in their proper location and either stern first or bow first according to the posted signs. All singles go in bow first, stern out.
- (g) **Boathouse Clean-up and Lock Up:** Please do not enter the boathouse with sandy feet: wash off your feet at the same time that you wash the boat. If you shower, rinse your feet again before entering the shower area. This is critically important to prevent plumbing bills to clean the sand out of the drains. Be sure launches, oars, slings, chamois, and hoses are put away before leaving the boathouse. If you think you are the last person out of the boathouse, confirm using the Sign-in log entries. Make sure that all equipment, slings, etc. are put away, that the back doors in the locker rooms and boat bays are closed, and turn off the lights.

Weight Area Rules

- (a) The use of the weight equipment is at your own risk. The San Diego Rowing Club is not responsible or liable for damage or injuries resulting from use of weight equipment.
- (b) Spotters required for all lifting on all apparatus.
- (c) Re-rack/re-stack weights after each use.
- (d) Do not lift in bare feet or open-toe shoes.
- (e) Wipe down all equipment including benches and handles after use.
- (f) Do not leave weights, bars, or any other lifting equipment in the aisles or outside.

Additional Safety Rules for the Juniors Program

- (a) **Transportation to Regattas:** Athletes may NOT drive themselves, or other athletes, to any regattas unless launching from the SDRC boathouse.
- (b) **Coach Safety Certifications:** All San Diego Junior Crew coaches shall have at least Level 1 Coaching certification as well as CPR and Basic First Aid by the end of the fall season. Safe Sport Certification is also required. Coaches who run our summer camps must also show documentation of the above certifications.
- (c) **Coach supervision:** Coaches will be present at all rowing workouts. Athletes will generally be supervised on the water by coaches following in a launch. A launch will be available to each coach. As coaches are frequently coaching more than one boat at a time, a coach may not be in the immediate proximity of all boats at all times. Fours and Eights that are coxed by coxswains who have been in the program for a minimum of three months may at times be unsupervised on the water. Singles, doubles and pairs are generally supervised but since all boats are of different speed, sometimes they will be left alone but with knowledge of what and where they are supposed to do/stay.

SDRC GUIDELINES FOR JUNIORS TEAM RUNNING

The following guidelines are recommendations for all San Diego Rowing Club Juniors who run as part of their conditioning. Coaches will provide the athletes with the course(s) used for practices and/or meets. Prior to the start of the season, the coach and athletes will go over the courses. These guidelines are intended to bring structure and consistency to the program. Athletes and parents will be notified of these guidelines and are expected to comply with the following:

- Always run the instructed course as designated by the coach.
- Run on concrete paths or sand as directed by the coach, not on the street.
- While we encourage athletes to run in pairs, if you find yourself running alone, please be extra mindful of your surroundings.
- Stop at stop signs to make sure you are clear before continuing through the intersection. DO NOT assume a driver/biker has seen you. Every runner must stop and look; do not cross as a group.
- Make eye contact with the driver of any car that is in or crossing your running path. This is particularly important when a car is turning right. In this situation, drivers frequently look only to their left. They may not see you approaching from their right.
- NEVER push, shove, or “horseplay with” another runner.
- If you are running with headphones, keep the volume low enough that you can hear your surroundings including any people or bikes passing you.
- Acknowledge your presence with a command, such as “runner approaching.” when you approach another runner or pedestrian.
- Watch for bicyclists and in-line skaters; use the same precautions as you would with a vehicle.
- Avoid confrontation with others you encounter on the course. Never comment or gesture inappropriately. Report any incidents to your coach immediately.

Program Running Rules:

- Runs from the boathouse will not be longer than 5.2 miles (Boathouse to North Ingraham Bridge and back)
 - BH to 1st stop sign and back - .5 mile
 - BH to 2nd Stop Sign and back – 1 mile
 - BH to Catamaran Dock and back – 2 miles
 - BH to Fanuel (Dolphin) Park and back – 3.1miles/5k
 - BH to Paved Ramp and back – 4 miles
 - BH to North Ingraham Bridge and back – 5.2 miles
- Runs not on the Baywalk path will include coach’s presence
- While runs are typically done at the beginning of practices, athletes may find themselves running in the dusk or dark.
- Athletes are expected to wear appropriate clothing for the current weather conditions.
- If you find yourself unable to continue running but can walk, walk back to the boathouse and report the injury to your coach.
- If you become injured while running and cannot return to the boathouse, you can flag a bystander down for help. If you have your phone, call your coach, other athletes, or 911 if emergency care is needed.
- Runs may be timed, individual, or team orientated. We ask that all athletes bring running shoes each and every practice. Great for running, weights, and erging when a part of scheduled practice or if weather requires land training.

SDRC Emergency Plan



SDRC Emergency Plan

In case of earthquake, tsunami, high winds, etc. Boats and athletes can land at these recommended beach locations for pick up.

Coaches, coxswains, and athletes in small boats, are encouraged to have cell phones in water proof cases or zip lock bags to help facilitate pick ups in the event of an emergency.

A) San Diego Rowing Club

1220 El Carmel Place
San Diego, CA 92109
858-488-1893

B) Crown Point Park

3751 Corona Oriente Rd
San Diego, CA 92109

C) Ski Beach

1600 Vacation Rd,
San Diego, CA 92109

D) Mission Bay Park - Boat Ramp

2688 East Mission Bay Drive
San Diego, CA 92109

E) South Shores Boat Launch

South Shores Parkway
San Diego, CA 92109

San Diego Life Guards

2581 Quivira Ct
San Diego, CA 92109.
619-221-8899

Call 911 in Medical Emergencies

Junior Athletes Responsibilities

First, and most important...

Maintain a positive mental attitude and ENGAGE! This is your responsibility - not your coaches, not your parents. By this we mean that it is up to you to take advantage of this opportunity and look to see how you can get the most out of it. If you seek out the rewards and take part in every activity, you will make great friends and have a lot of fun. Sure it will be hard work: but the benefits of working hard will become apparent as you get stronger and fitter, and will be really important for success at race time in the Spring. Overall, keep an open mind and be willing to learn new things - adapt and grow.

In addition to your specific commitments (below), here is a brief list of 10 very important athlete responsibilities:

1. Show up, prepared and ready to row, at **ALL** workouts and races: ON TIME! Failure to notify your coach when absence is necessary may result in loss of race privileges.
2. Respect and obey your coaches, as well as race referees and officials.
3. Read, understand and learn the SDRC Club boathouse and safety rules and the Juniors Program rules - especially the Zero Tolerance Policy
4. Keep the best interests of your Team as your first priority: always do your best and look out for your teammates!
5. Take responsibility for and maintain all rowing equipment.
6. When traveling, ensure that **ALL EQUIPMENT** is safely loaded and unloaded.
7. Keep boathouse clean and tidy: think of the boathouse as you would your own home.
8. Participate in SDRC functions.
9. Show good sportsmanship at practices and races and always represent SDRC in the best manner and appearance. Avoid any verbal abuse or poor conduct towards competing crews, coaches or officials at all times.
10. Recruit new junior members and support the program.

Junior Athlete Conduct Commitments and Penalties

- (a) **Varsity Rower Pledge:** all Varsity rowers must read, understand and sign the Varsity Rower Pledge.
- (b) **Language:** Out of respect for our fellow athletes, coaches, parents, Club members and guests, swearing, obscene or foul language, name-calling, inappropriate comments or derisive language is prohibited at all times. Racial, gender, or religious epithets by athletes, coaches or parents will not be tolerated. Individuals using such language frequently and consistently will be subject to dismissal from the Juniors Program.
- (c) **Good conduct:** Fighting, hazing, bullying, rough conduct and involvement in any illegal activities is unacceptable and may result in expulsion or suspension from crew activities.
- (a) **Alcohol/Drugs:** See Zero Tolerance Policy: the SDRC Juniors Program has adopted a zero tolerance policy regarding the acquisition, use or possession of alcohol, marijuana or any other illegal substances. Immediate suspension or dismissal from the team will result from violations.
- (d) **Discipline:** Routine discipline of athletes is at the coach's judgment and discretion. Coaches have the authority to require a athlete to do push-ups, "jumpies" or other similar or appropriate exercise activity as consequences for safety or conduct infractions, or to suspend an athlete for up to one week for more serious violations of safety or conduct rules. For serious violations, coaches may recommend to the Juniors President and the SDRC Board the expulsion of an athlete from the program. Suspensions of greater than one day, or recommended expulsions, must be reported to the Juniors President and the SDRC President or Captain within 24 hours by the Head Coach. Recommended expulsions will be reviewed by the SDRC Board.
- (e) **Appeals:** Unresolved grievances or appeals concerning coach discipline or behavior toward an athlete shall be addressed through the Head Coach or the Juniors President.

REGATTAS AND TRAVEL

Seat Selection for Regattas

The Juniors Program is a competitive rowing program and while every effort is made to get as many athletes as possible on the water during regattas, it is also the focus of the program to put together the best and fastest boat possible in each race. As such, novice athletes may be offered the opportunity to row in varsity boats after the fall season.

One of the most frequently-asked questions by parents is why their son/daughter has a certain seat in a certain boat. Many factors go into this coaching decision. It is reasonable to ask a coach to explain this to the athlete. It is not reasonable or acceptable behavior for parents to argue with the coach or petition for a different seat selection.

First boats will be selected based on the coach's professional evaluation and judgment, and shall be solely their decision.

Seniority within the program, by itself, is not relevant to seat selection. A coach's decision is final in all boat selections and is not subject to parental influence or input.

Travel Rules

It is very important to realize that when you travel with the SDRC Juniors team, you are a representative of that team and the San Diego Rowing Club. Everyone involved has the responsibility to meet the high standard of conduct and sportsmanship established by the San Diego Rowing Club. The following rules are intended to continue the winning traditions of San Diego Rowing Club:

- (b) **All athletes travel with the team:** all athletes are expected to travel with the team at the designated times unless permission is obtained from the coaches prior to the regatta. The appropriate form must be filled out in advance, signed by the athlete and parent and submitted to the coach for approval.
- (c) **Rigging:** All athletes must participate in rigging/derigging/loading of boats during regattas. Separate travel, even if approved by coaches, does not excuse the athlete from this responsibility.
- (d) **Attire:** SDRC Juniors polo shirts must be worn on all trips where transportation is provided by the Juniors Program. Approved crew attire must be worn at all races as directed by coaches.
- (e) **Courtesy:** "Please" and "Thank you" are a must. Always address regatta officials as "Ma'am" or "Sir". Be courteous to all persons assisting in your travel and rowing experiences. Language rules (see above) are especially important when traveling.
- (f) **Loud behavior:** No yelling and screaming, except to cheer on your teammates at the race course.
- (g) **Chaperones:** A parent chaperone/or coach will be present at the hotel/motel whenever athletes are present. Their requests are to be obeyed by athletes.
- (h) **Curfews during travel regattas:** Coaches set curfews rules for athlete safety and optimum performance which may be enforced by parent chaperones. Athletes found violating curfew rules will be removed from racing during the regatta at the discretion of the coaching staff. All athletes are to be in their rooms, with lights out, at the time designated by the coaching staff.
- (i) **Respect your accommodations:** Keep the hotel room or home of your local host in decent condition including picking up trash and keeping individual areas neat and clear of clutter. If you break something, notify a coach or chaperone: it is the athlete's responsibility to pay for breakages not the team.
- (j) **Respect and other athletes:** Show respect to your teammates – those in your boats, and those racing in other boats. Also respect your opponents and treat others as you would like to be treated. Help each other out and make yourself a positive contributor to the team. No excessive public displays of affection. This can make others on the team uncomfortable.
- (k) **Alcohol/Drugs:** See Zero Tolerance Policy: the SDRC Juniors Program has adopted a zero tolerance policy regarding the acquisition, use or possession of alcohol, marijuana or any other illegal substance. Immediate suspension or dismissal from the team will result from violations.
- (l) **Travel Tips:** consider bringing: racing uni-suit, socks (and extra socks) and cover-up or sleeves; travel clothes – warm-up pants and jacket Polo shirt and khaki pants for air travel; raingear and warm layer; extra change of dry clothes; sunscreen, sunglasses and hat; water bottle; money for extra snacks and regatta T-shirt/souvenirs; blanket for resting on ground or lawn chair; homework, reading book and games.

PARENT RESPONSIBILITIES

The SDRC Juniors Program encourages parents to participate – we need you!

First and foremost...

Get involved with the Juniors Program and **attend as many regattas as possible!** While this is primarily your child's activity, it will be much more successful for them and much more enjoyable for you if you are an active supporter. You and they will benefit greatly from your participation. If you can help, please contact any Juniors Committee Member!!!!

In addition to your specific commitments (below), here is a brief list of 10 other very important parent responsibilities:

1. Read, understand, learn and follow the Parent Responsibilities as updated from time to time.
2. Support and encourage your athlete to meet their responsibilities and expectations.
3. Be fiscally responsible for your financial commitments to the program.
4. Be logistically responsible for your athlete's travel and your commitment to the activities of the program.
5. Be responsible for the health, safety and welfare of your athlete.
6. Attend all Parent Meetings.
7. Drive to regattas and consider serving as a Regatta Helper and/or Chaperone.
8. Attend general SDRC Club Functions and consider learning to row!
9. Support Fundraising activities, help organize and hold social activities and consider serving on the Program Committee.
10. Promote the Program, consider hosting visiting athletes and help recruit new Junior athletes... **and their Parents!**

General

Just as is expected from the Junior Members, respectful and civil treatment of other parents and volunteers is requested at all times, regardless of the circumstances.

Parent or legal guardian of a Junior athlete(s) at the San Diego Rowing Club, must understand and agree to meet their obligations to and responsibilities set forth below. They understand and agree that failure to follow these guidelines may result in their removal from any regatta or boathouse premises or may result in their athlete's expulsion from any or all events. Violations will be determined by the Head Coach and the Juniors President, and potentially by the SDRC Board, as appropriate. All decisions of this group are final.

- (a) **Forms and payments:** Please complete all forms and submit payments promptly, including fees, dues and travel costs. This will help reduce the significant administrative burden on the Head Coach and volunteers as well as ensuring full eligibility for your athlete.
- (b) **Attendance:** Do ensure that your athletes are on time for all practices, events and regattas and notify all necessary absences or late arrivals prior to the start of the practice or regatta: this is not the responsibility of the coaches.
- (c) **Transport:** Arrange for transportation for your athletes to and from practices at the appropriate times. Consider arranging carpools. One parent must always be able to be contacted in case of an emergency.
- (d) **Medical:** Notify coaches of any medical problems that may affect the health and safety of your athlete.
- (e) **Non-participating children:** Parents are responsible for non-participating children at any regattas and practices they attend. They are not to be left unattended at any time. The boathouse, trailer, boats or equipment are not to be played on or in.
- (f) **Volunteer requirements:** Willingly agree to volunteer at least 5 hours per year in service to the team.
- (g) **Non-disparagement:** Do not criticize or disparage your fellow parent volunteers, coaches or any members of SDRC: please work to support the team, its coaches and volunteers and do not dispute decisions excessively.

Financial Responsibility

- (a) **Payment:** The parents or guardian of each Juniors Program member shall be responsible for the timely payment of membership dues and fees. Details of dues, fees, monthly options, discounts, late starts and bank payment refusals are all in the Membership Agreement Form in the Forms section.
- (b) **Delinquency:** Any Junior athlete with delinquent dues or fees may not be allowed to practice with the team as of that day and shall not be allowed to race and/or travel on any road trips or away regattas until their account is current.
- (c) **Invitational travel costs:** Athletes participating in invitational regattas (those for selected athletes only and those not included in the fees for participation by all SDRC Juniors Program athletes) will be responsible for personal travel, lodging and food costs, and coach travel and hotel expenses. The Juniors Program will pay entry fees, boat transportation and other coach expenses.

Interacting with Coaches

Parents agree to follow these guidelines when interaction with any SDRC Juniors Program coaches:

- (a) Do not criticize, harass, question or otherwise interfere with the activities and decisions of any coach.
- (b) Do not pressure any coach to place any athlete in a particular position or suggest seat or boat assignments or changes. The coach has complete control of his or her crew.
- (c) Support the decisions of the coaches and encourage your athlete to work out any differences either of you may have directly with the coach rather than involving a parent.
- (d) If your athlete cannot reach a solution with their coach, understand that the best approach may be to work with the Head Coach, team liaison (if any) or Juniors President first, rather than the specific coach involved.
- (e) Do respect a coach's right not to communicate with you directly about issues that may be controversial or under the circumstances, in their opinion not in the immediate best interests of your child or other athletes.
- (f) Do limit non-essential conversation with the coaches at regattas and practices. A coach cannot be expected to take coaching or preparation time away from the rest of the team to deal with parents.
- (g) Do listen to your athlete's complaints but be prepared to put them in perspective. Rowing is a very demanding sport but know that it is highly unlikely that the coach is unaware of an athlete's capabilities or is actually trying to hurt your athlete.
- (h) Do not overburden coaches or the Head Coach with excessive questions or requests for personal assistance with your athlete either in person or via phone or e-mail. Managing these inquiries directly take away from coaching time for the whole team.
- (i) Do understand that the coaches seek to create a positive experience for as many athletes as possible and that, while decisions may seem somewhat subjective at times, they are always made with the overall goal of success for the team as a whole.

Interacting with Athletes

Parents agree to follow these guidelines when interaction with any SDRC Juniors Program athletes.

- (a) Do not yell at, disparage, taunt or otherwise criticize any athlete.
- (b) Do control your emotions during practices and regattas and refrain from speaking negatively of any individual athlete or group of athletes including your own athlete, our team and our competitors.
- (c) Do not attempt to "coach" or assist an athlete or crew unless specifically requested to do so by a coach.
- (d) Do not crowd athletes or interfere between athletes and coaches when the coach is meeting with athletes at any time, especially at regattas.

REGATTA TRAVEL

The Juniors Program attends up to 16 regattas during the year. Several of the regattas involve airplane travel and/or transportation in rented vehicles. Travel plans, including chaperones, are arranged by the Head Coach. One chaperone per team is always needed and greatly appreciated. At the regatta location, all athletes are expected to stay in their assigned hotel / host rooms, and should not with their parents, or any other party.

Chaperones

Chaperones have a very important role in the SDRC Junior program. The team pays travel expenses for parents to travel with teams to chaperone during away regattas as needed. When chaperoning any SDRC Juniors activity, your primary role is to assist the coaching staff, so please defer to the coaches whenever you have a question. In each circumstance, coaches should let you know what they expect of you and when they want you available.

In general, your first responsibility is for the safety and wellbeing of the athletes. Keep the kids happy and comfortable: for many of them this is a rare occasion to travel without their parents. You should feel comfortable ensuring that the kids are behaving in a manner that the coach deems appropriate. If you are uncomfortable, talk to a coach about the appropriate behavior. Any punitive discipline for improper activity is the responsibility of the coach, not the chaperone. If a coach is not present when an activity occurs that you deem inappropriate, do what you feel is necessary to manage the situation, then report it to the coach and let the coach impose the discipline. Please communicate with the coaches in as timely a manner as possible if you see anything that you feel is out-of-line, or questionable. Once the kids are in the hands of the coach, you are relieved of your chaperone responsibilities.

Chaperone principles:

- Safety – we want to keep the kids safe and not lose anyone!
- Coach support – chaperones are there to make life easier for the coaches and coaches are in charge
- Happy kids – chaperones should get to know the kids and be helpful and supportive, especially for the younger kids away from home

Chaperone guidelines:

1. Chaperones assigned to kids and buses: at least 1 chaperone per bus – chaperones need to know which kids they are responsible for and which room each kid is staying in.
2. Chaperones stay in the same hotel as athletes.
3. Coaches set the curfew – be sure you know what time coaches want kids to be in their rooms and when they should turn the lights out and be asleep.
4. Chaperones do room check at curfew – no kids in rooms alone; all kids in assigned rooms; in bed, lights out.
5. Chaperones monitor lobby and corridors for 1 hour after curfew.
6. Chaperones attend meals with kids – no kids eat without adult supervision and any bills are settled fairly and appropriately.
7. Chaperones should set high standards and not consume any alcoholic beverage while responsible for athletes, for example when chaperoning at a meal.
8. Chaperones help with getting their kids where they are needed promptly with no-one left behind or unaccounted for.
9. All chaperones and coaches should have working cell phones with them at all times so that they can communicate with each other whenever necessary. Be sure you have the cell phone numbers of the coaches and other chaperones, and they have yours, and when on duty please let the coaches know anytime you leave the hotel.

Behavior at Regattas

Parents agree to follow these guidelines at any regattas attended by the SDRC Juniors Program.

- (a) Be aware that you are seen as representing our Club and so your conduct and behavior and should be appropriate and be an example to the athletes.
- (b) Follow the directions of any regatta official. Do not criticize, disparage, question or otherwise interfere with the activities and decisions of any regatta official. If asked to leave by a regatta official or coach for any reason, you agree to do so immediately.
- (c) Do not approach regatta officials about results or disputes: allow the coaches to do so, if they deem appropriate. Respect the decision of coaches not to dispute any results or regatta activities.
- (d) Support your team and cheer loudly at regattas, but do not yell, cheer or make loud noises in front of, or near, the officials' station as this may affect their ability to call the results.
- (e) In particular, you should refrain from any unsportsmanlike conduct, such as the use of foul language.
- (f) You agree to support the Program's zero tolerance policy and absolutely refrain from personal use of illegal drugs, tobacco or alcohol at regatta sites.

Travel Tips

- (a) **Schedule conflicts:** every effort is made to minimize and accommodate the school schedules of the athletes. However, for Northern California regattas such as the Regional Championship for Juniors (CJs), the team travels one or two days before to allow time to rig the boats and practice on the course. This is often a school day, so please look for possible scheduling conflicts with tests, projects or SAT/ACT testing well ahead of all regattas and especially those in Northern California. It is the responsibility of athletes to notify coaches of any potential scheduling problems well in advance.
- (b) **Travel waivers:** Also, please remember, that the coaches and chaperones must have individual travel plans for athletes that cannot travel with the team documented and approved by a travel waiver. The waiver must be submitted to the coach BEFORE travel dates. Forms are available at the SDRC boathouse or online.
- (c) **Parents should bring:** parents should consider bringing the following items for their own use: lawn chair; cash for snacks or donation to food tent; pre-printed race program, if available; water bottle/beverages; sunscreen and hat; camera; binoculars – to see more of the race; something to read – and a sense of excitement and pride with an SDRC shirt or red and white/black colored clothes

Issue Resolution

Athletes are expected to resolve all issues with their coach without direct parental involvement. If a parent has a problem with a coach, the parent should first talk with their child to better understand the issue and see if the issue can be resolved between the athlete and the coach first.

Should a parent still have an unresolved issue with a coach, or wishes to appeal a discipline decision, the issue should first be presented to the Program Director, then the SDRC Director of Operations, and then the Juniors President. He/she will act as a mediator for these matters between the athlete/parent and the coach. If the issues are still unresolved, they can be presented in writing to the Captain and President of the San Diego Rowing Club.

TRAVEL CONTRACT AND PARENTAL/GUARDIAN TRAVEL PERMISSION

SDRC Juniors Program requires parents/guardians to give permission for their child(ren) to attend and/or participate in rowing events entered into by the SDRC Juniors Program. They understand and agree that they will be notified in advance of any rowing events and that these events may be local, in or out of state, and that travel to and from such events may be by car, bus or air.

Parents/guardians understand that regatta fees will be paid for by the SDRC Juniors Program and that these entry fees are included in the monthly dues. For most regattas, travel, lodging, and some meal expenses are included in monthly dues, however this does not include the selective / invitational regattas. For most single day regattas in Southern California, the SDRC Juniors Program members and families will be responsible for transporting their children to and from these regattas or coordinating car pools with other rower families. No Junior rowers will be permitted to drive themselves to or from out of town regattas.

Parents/guardians understand that the Southwest Regional Junior Rowing Championship is the culmination of the rowing training year for all our Junior athletes. Thus, the primary focus of the SDRC Juniors Program is to compete at the highest level possible at this regatta. All athletes are expected to compete at this Regatta. Parents/guardians understand that by committing to participation in the SDRC Juniors program, they assume full responsibility for any and all non-refundable costs incurred by the SDRC Juniors Program in preparing for this Championship Regatta (transportation, race entry fees, lodging, etc). they agree to discuss and meet this commitment with their rower(s) and are aware of the time commitment that is required in preparing for this Regatta, by both the athletes and the athletes' parents.

Parents/guardians understand that rowing is an inherently demanding sport in terms of time, energy and money and agree to make preparations in advance to allow for these commitments.

Parents/guardians understand that for selective / invitational regattas such as US Rowing Youth Nationals or other special invitational regattas, their rower(s) will be responsible for the cost of their own transportation, lodging and food. For these invitational regattas, the SDRC Juniors Program will cover costs of entry fees, boat transportation or rental and coaching expenses.

Parents/guardians understand that whenever their child(ren) attends a rowing event it is his/her responsibility to obtain all the regatta information that will be available either via email from the SDRC Juniors Program coaches or at the SDRC Boathouse prior to a rowing event detailing: the event, location, dates of departure and return, SDRC Juniors Program participants, travel and lodging arrangements, person in charge and local parent contact.

SDRC JUNIORS PROGRAM ZERO TOLERANCE POLICY

San Diego Rowing Club (SDRC) Juniors Program has adopted a zero tolerance policy regarding the acquisition, use, or possession of alcohol, marijuana, or any other illegal substance. Simply stated, this policy provides that any SDRC Juniors Program member who is found to have acquired, used, or to have been in possession of alcohol, marijuana, or any other illegal substance at any time during an SDRC Juniors Program activity or official event will have his or her membership immediately suspended pending a hearing before the SDRC Board. This policy applies to all SDRC Juniors Program activities, including all practices, regattas, and official SDRC Juniors Program social events. It also applies at all times during those activities, including from the time a member enters the SDRC parking lot, boards a team bus, or enters the premises of an official social event until such time as the member ceases to be engaged in the activity or event and has left the premises.

Any rower who becomes aware of such activity is expected to report this to their Coach or the Head Coach immediately. At the time of an occurrence, the Head Coach and the Juniors Program President (and the team liaison as applicable) will immediately be notified. The Head Coach or the Juniors Program President will gather information and create an incident report. The Head Coach and President will review the information and determine the need for immediate suspension. (If the President is not available, a third person from the Juniors Program Committee or SDRC Board will participate. Any person will be disqualified if they or their child is involved in the incident.) The incident will be reported to the SDRC Board, with review of the action taken any determination of further action.

Suspension of a rower found to be in violation of the Zero Tolerance policy will be effective for the rest of that racing year (fall and/or spring seasons) following the incident. The rower may petition the SDRC Board regarding the suspension and terms of return to the SDRC Juniors Crew program, and the final length of the suspension will be at the discretion of the SDRC Board. “Preponderance of evidence” will be the standard of proof used as the basis for all decisions.

In the event of suspension or termination of membership as a result of this policy, the affected member will not be reimbursed for previously paid membership dues. The member may re-apply for membership after the expiration of the suspension, with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of the SDRC Board. No promise or assurance of re-admission is promised or made. Any application for re-admission must be accompanied by a letter from the applicant and the applicant's parent or guardian accepting responsibility for the past violation of the policy and providing appropriate assurances that no future violation will occur. This policy may be amended at the discretion of the SDRC Board of Directors.

FUNDRAISING

The SDRC Juniors Erg-a-thon is only fundraising commitment each year for parents and athletes. This event is held each year in January or February near or at the boathouse. Our annual fundraising goal is for each athlete to raise \$300 for a total of approximately \$30,000 primarily in order to purchase new equipment for our Junior athletes. Equipment typically purchased as a result of our Erg-a-thon includes rowing shells, oars and coach launches.

The intent of our fundraising is for our athletes to leverage their social networks and the extended community using our Classy.org online account so that this burden does not fall just on the athletes parents. Details of the Erg-a-thon will be made available closer to the date of the event.

WEB SITE

The SDRC Juniors web site is located at: www.sdrcjrs.com.

News, general information and sign-up forms are all located on the home page; there are also public pages provide specific information on our event calendar, joining the program, uniforms, coach bios, parent general info, fundraising activities, news, history, camps, FAQs, links to other rowing-related sites and how to contact us.

SCHOLARSHIPS

There is a very limited amount of Scholarship money available to its members. If you would like to request the scholarship form, please email Coach Hurley. There will be a scholarship meeting with the parent board in mid to late September and families will be notified personally either way after that meeting. No more than 50% fee reduction will awarded. September's payment is expected to be made in full and if scholarship is rewarded, October's payment will reflect the change going forward, taking into account September's full payment.

UNIFORMS – JL Racing

Every SDRC rower (Novice and Varsity) will need a full racing uniform which will be provided by JL Racing this year. All athletes, including returning varsity rowers, will get a new uniform package. JL has put together a gear package for SDRC which will include a racing uni, hat, polo shirt, tank top, and t-shirt. Uniforms will be ordered by SDRC and the costs are included in the membership dues. We will have samples and will be taking orders for all athletes at the registration BBQ so that we can put in one bulk order to JL shortly after the BBQ.

General requirements for practice attire are specified by coaches.

USROWING and REGATTACENTRAL

USRowing is the national governing body for the sport of rowing in the United States. It serves to promote the sport on all levels of competition, including the selection and training of those who represent the US at international level. The USRowing web site, www.usrowing.org, is an excellent resource for more information on rowing in general as well as all levels of competition, including the 5 Regional/District Junior Championships and the Youth National Championships (for Juniors).

So, in order to compete in many regattas, all SDRC Junior Novice and Varsity rowers are required to obtain individual membership of USRowing that will result in their USRowing number. There are two levels of USRowing membership- Basic and Championship. The annual cost for the Championship Membership is covered in the program dues for all novice and varsity athletes and is processed in the spring before the Regional Championship Regatta. Middle school rowers do not compete and do not need to become members of USRowing.

To enter many of our races, we are required to use RegattaCentral.com. This allows us to register you for our events and enter our line-ups online, saving paper and time. RegattaCentral is also a very good resource to find details of almost all of our regattas, including venue, competition, entries and schedules.

Please follow these steps that will give the coaches access to enter you into the races:

1. Please visit: <https://membership.usrowing.org/>
2. Under Individuals, Click the Join Button
3. Continue to fill out your information by entering you first and last name, date of birth, sex, email, and enter SDRC as your club. You will need the SDRC club code which is Q7ERJ (all CAPS or it won't work)
4. Info will appear below and you can choose your name if you are already have an account (USRowing #) or you can complete a new registration.
 - a. If New, please select Basic Membership which now has an administrative fee of \$5.75. The Junior Program will pay for upgrading to the Championship Membership in the spring when needed.
 - b. Fill out the remaining information.
5. If you HAVE done this before, your name will come up. Please select your name and click next.
 - a. If you have multiple names come up, please select the one that has a Paid Membership first. If no paid membership appears then select the one with a signed waiver.
 - b. Please update your info if needed and click Submit. Make sure you have entered an Emergency Contact.
 - c. You're done!

PRELIMINARY SCHEDULE

Preseason Training/Tryouts

Varsity: August 21 – September 1st: 4:00-6:00 pm

Novice: August 28 – September 1st: 4:00-6:00 pm

Season Start Date

(a) Varsity teams: Tuesday, September 5th

(b) Novice Team: Tuesday, September 5th

(c) Middle School: Wednesday, September 6th

Practice Schedule (subject to change by coaches, as needed)

Varsity teams: Monday – Friday: 4 – 6:30 PM and Saturday: 8:30 – 11 AM

Novice teams: Monday – Friday: 4 – 6:30 PM and Saturday: 8:30 – 11 AM

Middle school: Monday, Wednesday and Thursday: 4 – 6:00 PM

Mandatory Kick-Off Registration, Parent Meeting and BBQ

All teams: Sunday, September 10th, 12PM - 3 PM

The Juniors Program will be hosting a MANDATORY parent's kick-off meeting and registration to orient parents and give everyone an opportunity to get fully informed, understand the commitments, and more involved in the program. You will be able to ask questions, make comments, meet each other and start providing your support to create a better environment for our athletes.

Fall Regattas (2017) - Tentative

Row for the Cure, San Diego (Novice and Varsity not racing at HOOCR): October 14th

Head of the Charles, Boston (invitational varsity regatta only, not for all athletes): October 21-22nd

Head of the American, Sacramento (Select Varsity athletes): October 28th

Fall Classic, San Diego (Novice and Varsity): November 12th

Christmas Regatta, Long Beach (Novice and Varsity): December 2nd

The Winter Classic, San Diego (Novice and Varsity): December 10th

Spring Regattas (2018) - Tentative

Indoor Classic, San Diego (2K erg) (All athletes): Jan 27th

President's Day Regatta, Long Beach (Novice and Varsity sculling): Feb 17th

Faultline Faceoff, Oakland CA (Novice/Varsity): Feb 24th-25th

Crew Classic, San Diego (Invitational regatta only, not for all athletes): March 24th-25th

Long Beach Invitational (Novice and Varsity): April 7th-8th

Southwest Regional Junior Championships, Sacramento (Novice and Varsity): May 4th-6th

Youth Nationals (invitational varsity regatta only, not for all athletes), TBD

FORMS

Important Note on Forms

All forms and initial monthly payment for September are due the first week of practice for all athletes for registration into the SDRC Juniors Program. All forms must be completed by returning as well as new Juniors Program athletes, except returning athletes do not need to provide a physical exam form and athletes have until October 16th to complete the physical exam portion. So, please be prepared to complete these items at the initial parent kick-off meeting.

Without these forms and payment, we regret that athletes will not be allowed on the water.

- Application information form
- Membership agreement form
- Permission forms and agreements
- Medical Information and release
- Physical Examination form
- SDRC Waiver and Release form
- SDRC Payment Form – Turn in with registration

APPLICATION INFORMATION FORM

Rower Name: _____ Birthdate: _____ Gender: M / F

Street Address: _____ City, State, ZIP _____

Home Phone: _____ Rower Cell: _____

Rower email: _____ School: _____

Year in school: _____

Rower weight: _____ Height: _____

Previous Rowing Experience: _____

USRowing Number (for novices this will be obtained by registering with Regattacentral): _____ Page 18 instructions

Mother Name: _____ Mother Cell: _____

Mother email: _____

Father Name: _____ Father Cell: _____

Father email: _____

Additional Person(s) if desired

Name: _____ Relationship: _____

Phone: _____ Email: _____

IN CASE OF EMERGENCY NOTIFY:

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

The SDRC Juniors Program provides rower contact information internally to facilitate carpooling and other team coordination. Do you provide approval for your contact information to be used for this internal SDRC purpose?

Yes: _____ No: _____

MEMBERSHIP AGREEMENT FORM (NOVICE AND VARSITY TEAMS)

The SDRC Juniors Program membership requires an initiation fee, plus dues payable for Fall and Spring seasons. Dues should be payable in full at the start of each season. To complete your membership application and before your rower can begin practice, the initiation fee and season dues should be paid by check payable to “San Diego Rowing Club”. If there are outstanding dues from a previous season, these must be paid before participation will be allowed in the new season.

Club Initiation fee: \$100 for new members; \$25 for returning members of the team + Pick an option below.

Full Season dues: \$3,420 total for the full year or Sept through May at \$380/month

Discounts: A) Full year pre-payment: \$3215 for the full year (both Fall and Spring seasons) (6% discount)
For families with an additional athletes in the program, rates are reduced as follows for the Additional member(s): \$1,410 (Fall season) and \$1,735 (Spring season) or \$3,145 (Full year).

Fall/Spring Season A) Pay Fall Season dues in one payment of \$1,470 + appropriate initiation fee. (4% discount)
Pay Spring Season dues, after paying Fall Season dues, in one payment of \$1,810.

Monthly option: C) Season dues may also be paid monthly by Bank Auto Debt (ACH), with the first month paid by check in advance and subsequent payments by preauthorized ACH withdrawal by the Club, at the regular fee of \$380 per month.

Late start dues: Fall season: October start: 3 months at \$390 per month; November start: 2 months at \$400 per month; December start: 1 month at \$410 per month
Spring season: January start: \$2,000 (full season payment) or 5 months at \$425 per month; February start: 4 months at \$435 per month.

The initiation fee and season dues may be combined for payment with one check. There will be a \$25 handling fee for any bank refusal of payment and subsequent resubmission (check or ACH). ACH will be run between the 5th and the 10th of each month. Please plan accordingly.

I, _____, parent / legal guardian of _____, a rower or rowers at the SDRC Juniors Program, have carefully read the terms of SDRC Membership Agreement and discussed these with my rower. I fully understand and agree to its contents, and I have either (check one, please):

- (a) submitted payment of full year (both seasons) dues, plus membership initiation fee: \$3,240 or \$3,315 or:
- (b) submitted payment of Fall season dues separately, plus membership initiation fee: \$1,495 or \$1,570 or:
- (c) submitted payment for the first month of season dues, plus membership initiation fee, and hereby authorize the San Diego Rowing Club to initiate ACH entries of \$380 per month during the period October 2016 – May 2017 to my (our) account indicated below. **Sept Check should be for: \$405 or \$480.**

Signature _____ Date _____

Account information:

Account name _____ Account number _____

Bank name _____ Branch _____

Bank address _____ City, State, ZIP _____

Routing number _____ (Note: The routing number is the (9) digit number, reading from left to right, on the bottom, left hand side of your check. The next several numbers to the right is your account number, and in most cases, the final three or four numbers correspond to the check number.)

MEMBERSHIP AGREEMENT FORM (MIDDLE SCHOOL TEAM)

The SDRC Juniors Program membership requires an initiation fee, plus dues payable for Fall and Spring seasons. Dues should be payable in full at the start of each season. To complete your membership application and before your rower can begin practice, the initiation fee and season dues should be paid by check payable to “San Diego Rowing Club”. If there are outstanding dues from a previous season, these must be paid before participation will be allowed in the new season.

- Club Initiation fee: \$100 for new members; \$25 for membership reactivation + Pick an option below
- Full Season dues: \$2,250 total for the full year or Sept through May at \$250/month
- Discounts: A) Full year pre-payment: \$2,115 for the full year (both Fall and Spring seasons) (6% discount)
For families with an additional family member rower, rates are reduced as follows for the additional member(s): \$920 (Fall season) and \$1,150 (Spring season) or \$2,070 (full year).
- Fall/Spring Season B) Pay Fall Season dues in one payment of \$960 + appropriate initiation fee. (4% discount)
Pay Spring Season dues, after paying Fall Season dues, in one payment of \$1,200.
- Monthly option: C) Season dues may also be paid monthly, with the first month paid by check in advance and subsequent payments by preauthorized ACH withdrawal by the Club, at \$250 per month.

Please refer to Page 28 for a payment chart to help with what is due in September.

The initiation fee and season dues may be combined for payment with one check. There will be a \$25 handling fee for any bank refusal of payment and subsequent resubmission (check or ACH). ACH will be run between the 5th and the 10th of each month. Please plan accordingly.

I, _____, parent / legal guardian of _____, a rower or rowers at the SDRC Juniors Program, have carefully read the terms of SDRC Membership Agreement and discussed these with my rower. I fully understand and agree to its contents, and I have either (check one, please):

- submitted payment of full year (both seasons) dues, plus membership initiation fee: \$2,140 or \$2,215 or:
- submitted payment of Fall season dues separately, plus membership initiation fee: \$985 or \$1,060 or:
- submitted payment for the first month of season dues, plus membership initiation fee, and hereby authorize the San Diego Rowing Club to initiate ACH entries of \$250 per month during the period October 2016 – May 2017 to my (our) account indicated below. **Sept Check should be for \$275 or \$350**

Signature _____ Date _____

Account information:

Account name _____ Account number _____

Bank name _____ Branch _____

Bank address _____ City, State, ZIP _____

Routing number _____ (Note: The routing number is the (9) digit number, reading from left to right, on the bottom, left hand side of your check. The next several numbers to the right is your account number, and in most cases, the final three or four numbers correspond to the check number.)

PERMISSION FORMS AND AGREEMENTS

Travel Contract and Travel Permission

I, _____, parent / legal guardian of _____, a rower or rowers at the SDRC Juniors Program, have carefully read the terms of SDRC Juniors Program Travel Contract and Travel Permission and discussed these with my rower. I fully understand and agree to its contents.

Signature _____

Date _____

Zero Tolerance Policy and Parent Responsibilities

I, _____, parent / legal guardian of _____, a rower or rowers at the SDRC Juniors Program, have carefully read the complete SDRC Juniors Program Handbook (Red Book), including the details about the Zero Tolerance Policy, have discussed these with my rower, and fully understand and agree to its contents.

I hereby understand and agree to meet my obligation to abide by the Parent Responsibilities set forth in the SDRC Juniors Program Handbook. I further understand that failure to follow these responsibilities may result in my removal from any regatta or boathouse premises or may result in my rower's expulsion from any or all events and that violations will be determined by the SDRC Juniors President, Head Coach, team coaches and team liaison as appropriate.

Signature _____

Date _____

Publicity Waiver: 2017 - 2018

I, _____, parent / legal guardian of _____, a rower or rowers at the SDRC Juniors Program, hereby give the San Diego Rowing Club and its parents, coaches, members and volunteers permission to take photos and videos of my child(ren) at regattas, practices, and other SDRC-related events and post them on public access websites and submit them to the media along with racing results in the form of articles and press releases. Articles and press releases may contain the names of the individual rowers, their grade in school, school affiliation and other related rowing facts.

I understand that members of the press may request interviews with rowers and that the rowers have the right to decline such interviews. This agreement is in effect for all regattas and events for the 2017 - 2018 racing year.

By this authorization, I understand and agree that no athlete shall receive remuneration for such publicity.

Signature _____

Date _____

SDRC SWIM TEST FORM

Instructions:

1. Write Name of Participant on the Swim Test Form
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below
 - Test can be performed at SDRC, YMCA, or anywhere with a certified Lifeguard.
3. Make a copy of your form for your records
4. Bring this form to the boathouse on the first day of program; or mail a copy to: San Diego Rowing Club
PO Box 99856
San Diego, CA 92169

Name of Participant / Rower: _____

Location of Test: _____

Phone Number of Location: _____

Swim Test Certification:

I hereby certify that the participant can **swim 100 yards** in a competent manner and can **remain afloat for at least 5 minutes.**

Lifeguard/Water Safety Instructor Name (print): _____

Lifeguard/Water Safety Instructor Signature: _____

Date of Test: _____

Keep a copy of the completed swim test for your records.

MEDICAL INFORMATION AND RELEASE FORM

Family Doctor: _____ Phone: _____

Health Insurance Company: _____ Policy Number: _____

Name of Insured: _____ Social Security: _____

Name and dosage of any Medications: _____

Drug allergies: _____ Blood type (if known): _____

Any other medical information – in particular anything that might affect this rower’s participation in specific training and rowing activities that the coach should be aware of: _____

Medical Release

I, _____, parent / legal guardian of _____, a rower or rowers at the SDRC Juniors Program hereby consents to any emergency x-ray, anesthetic medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or specific supervision of any physician and surgeon licensed under the provision of the Medical Practice Act. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care begin required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agent or any organization involved assumes any financial responsibility for exercising this action. This authorization is given pursuant to the provisions of Sections 25.8 of the Civil Code of California.

My child is in good health, and I know of no reason why he/she would be incapable of participating in activities. My child knows how to swim. I understand that I am responsible for informing the coaches of any health condition that may limit the named rower’s participation in this sport. If a change in this condition occurs, I will immediately inform the coaches in writing.

Signature _____

Date _____

PHYSICAL EXAMINATION FORM

San Diego Rowing Club – Juniors Program 2017 – 2018 Season

Rower Name: _____

Review of Medical History:

Pertinent past medical history:

Current medical disorders:

List all medications (both routine and p.r.n):

Physical Examination:

BP _____ HEIGHT _____ VISION _____

NEUROLOGICAL _____ HEAD/NECK _____ CHEST/AIRWAY _____

SKIN _____ CARDIOVASCULAR _____ ABDOMEN _____

GENITALIA/HERNIAS _____ MUSCULOSKELETAL _____ STRENGTH _____

TANNER STAGE (1-5) _____ AGE OR MENARCHE (females) _____

Description of abnormalities above: _____

Recommendations:

_____ There are no restrictions or special considerations to participation in the crew/rowing athletic program.

_____ The following are limitations or special considerations:

_____ This person is disqualified from sports until further evaluation.

Physician or Nurse Practitioner Statement/Signature:

I, the undersigned am licensed to elicit and interpret the medical history, pharmaceutical history and clinical findings of a complete health assessment for participation in an athletic program. I have completed this assessment and recorded all pertinent findings above.

Physician or Nurse Practitioner Signature

Today's Date _____
Date of Exam

Printed Name

License Number

Address

RELEASE OF ALL CLAIMS AND ASSUMPTION OF ALL RISKS FORM and VARSITY ROWER PLEDGE

(A separate release form is required from every rower. Please initial each paragraph – 6 places and sign.)

I, the undersigned, represent as follows:

I am a qualified, competent swimmer and am physically able to participate in and withstand with ease and without supervision the rigors of participating in water sports, which may involve rough water swimming in low water temperatures, in the dark and against strong currents. _____

I understand that my participation in activities related to rowing/swimming sponsored by or associated with the San Diego Rowing Club (SDRC) may expose me to certain risks of serious injury, including death, and it is my express intent to assume all responsibility and risk for such participation regardless of the outcome, including injury or death resulting from the negligence of the SDRC, its members, directors, officers, employees, and/or volunteers. _____

I hereby FOREVER release and hold harmless the SDRC and its members, directors, officers, employees, and/or volunteers of any and all responsibility and liability of any kind or nature whatsoever for the loss or damage to property or personal injuries sustained or occurring during participation in any capacity in any activity sponsored by or associated with the activity of rowing/swimming in any related to, affiliated with, or sponsored by the SDRC or use of the facilities or equipment of the SDRC. _____

If I choose to store or leave any personal property items including, but not limited to, boats, sculls/oars, etc. (Personal Items) at SDRC, I freely do so at my own risk. I agree that SDRC, its members, directors, officers, employees, and/or volunteers, for any damage, theft, maintenance, safety, injury, death or any other liability, costs, or damages consequential or otherwise incurred directly or indirectly associated with or incurred through the use on or off the water, whether authorized or unauthorized, of the Personal Items or as a result of storage of Personal Items. I agree to maintain at all times my own necessary and appropriate insurance coverage of such Personal Items. _____

This shall serve as release and assumption of the risk for not only myself, but my heirs, executors, estate, administrators, and anyone acting on their behalf. _____

If the member is currently under the age of 18, his or her parent or legal guardian shall execute this document with its full intent and effect in force on behalf of the minor. The fact that this release is executed by the parent or legal guardian of a minor does not in any way minimize or negate the effect of same. _____

Print Name: _____ Date of Birth (mo/day/yr): _____

Team: MV _____ WV _____ MN _____ WN _____ MS _____ (initial one)

Signature of Parent or Guardian: _____ Date: _____

Varsity Rower Pledge: as a varsity rower (only), I pledge to commit to my team and attend all practices and races on time, unless I have a pre-approved absence (e.g. illness). I pledge to organize my schoolwork, exams and other extra-curricular activities with good time management, in order to meet my rowing team commitment.

Signature: _____ Date: _____

2017 -2018 SDRC Season Dues				Rower Name: _____								
Middle School Costs												
Paid In Full												
Payment Option A	Initiation Fee	Full	Total									
Returning	\$25	\$2,115	\$2,140	6% Off								
New	\$100	\$2,115	\$2,215									
September Check												
Pay Fall and Spring Separately												
Payment Option B	Initiation Fee	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Total	
Returning	\$25	\$960			\$1,200			\$1,200			\$2,185	4% Off
New	\$100	\$960			\$1,200			\$1,200			\$2,260	
September Check												
Monthly ACH Option *												
Payment Option C	Initiation Fee	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Total	
Returning	\$25	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$2,275	\$0 Off
New	\$100	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$2,350	
September Check		ACH	ACH	ACH	ACH	ACH	ACH	ACH	ACH	ACH		

Novice and Varsity Costs												
Paid In Full												
Payment Option A	Initiation Fee	Full	Total									
Returning	\$25	\$3,215	\$3,240	6% Off								
New	\$100	\$3,215	\$3,315									
September Check												
Pay Fall and Spring Separately												
Payment Option B	Initiation Fee	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Total	
Returning	\$25	\$1,470			\$1,810			\$1,810			\$3,305	4% Off
New	\$100	\$1,470			\$1,810			\$1,810			\$3,380	
Additional Athlete	\$25	\$1,410			\$1,735			\$1,735			\$3,170	8% Off
Additional Athlete	\$100	\$1,410			\$1,735			\$1,735			\$3,245	
September Check												
Monthly ACH Option *												
Payment Option C	Initiation Fee	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Total	
Returning	\$25	\$380	\$380	\$380	\$380	\$380	\$380	\$380	\$380	\$380	\$3,445	\$0 Off
New	\$100	\$380	\$380	\$380	\$380	\$380	\$380	\$380	\$380	\$380	\$3,520	
September Check		ACH	ACH	ACH	ACH	ACH	ACH	ACH	ACH	ACH		

* - ACH will be run from Oct through May. Typically ACH will be run between the 10th and the 15th of each month.
 - No discount for family paying monthly with multiple athletes in the program.

Check Off Please	Payment	Pg 21	Pg 22	Pg 23	Pg 24	Pg 25	Pg 26	Pg 27	Pg 28
Pages Turned in									
Payment Option Choice:	A			B			C		
Check Amount: \$					Check: #				