



East Hampton Rowing Expectations, and Participation Guidelines

Rowers will be on time and dressed appropriately for all practices and competitions. This is for safety, but it will also make club activities more enjoyable:

- All members of the club should wear appropriate athletic wear: close fitting shorts, t-shirts, socks, running shoes, sweatshirt, sweatpants, rain gear, etc. It is highly recommended to have extra socks and extra footwear. We get wet! Hats and sunglasses are highly recommended.
- We will sometimes practice when it is still cold – prepare by bringing clothing that can be layered but still allow movement, have a set of extra clothes to put on after practice in case they get wet, have a couple pairs of socks, have shoes that can get wet, dirty.
- A healthy snack – you will need energy in order to exercise to your full potential!
- Water bottle – every club member should have his/her own water bottle. No rower will be allowed to participate without a water bottle.
- All club members will be cooperative by helping each other and/or coaches with whatever needs to get done.

All club members will work hard every day and have a positive attitude:

- Safety trumps every other consideration. Club members will not engage in behavior that puts themselves or others at risk. Examples include: running on a dock, shoving others into the water, rocking a boat intentionally, ignoring the coach, etc.
- All club members should be focused during practice.
- Put in maximum effort for both land and water workouts (including warm-ups and cool down exercises).
- Pay attention to the coach – do not talk when the coach is speaking, for example.
- Have fun in an appropriate way that supports each other and the club.

All club members should adhere to good sportsmanship; treating all members of the club, competitors, coaches, parents, facilities, equipment and oneself with the utmost respect:

- As a member of this club you are representing your school and your community.

- You are expected to act as an ambassador for the sport and the club at all times, both in and out of school, while at crew events and everywhere else.
- The use of social media, as it relates to crew, will be limited to advertising club events such as races, fundraisers or other club related activities.
- Posts will only pertain to general announcements with no specific individuals named.
- Social media will not be used to share information regarding other club members.
- There will be zero tolerance for any behavior/comments on social media that can be interpreted as bullying, hazing, or harassment.
- No form of hazing, harassment, and/or bullying will be tolerated in this club. We will develop a positive club culture that is accepting and inclusive; you row as a crew, you improve as a crew, you win as a crew.

The whole point of this club is to have fun and to learn the sport of rowing. The club will be what you, the club member, puts into it!