



## Athlete Expectations:

- **Safety.** Safety is first and foremost. Act in a manner that promotes safety both on land and on the water.
- **Code of Conduct and Sportsmanship.** Adhere to the Walt Whitman High School and Whitman Crew Codes of Conduct. Conduct yourself with the highest degree of integrity and exhibit the highest standards of sportsmanship. Treat all teammates, opponents, coaches, officials, parents, and volunteers with respect. Good sportsmanship is mandatory. Rowers are expected to accept victory and defeat with grace, support one another, and cheer on your teammates! The content of your character really shows in competitive situations.
- **Practices:** Attend all practices. Arrive on time and actively participate. Your success comes from the effort you put into training every day. The seasons are long, and the work is hard, but the only way to surpass expectations and achieve full potential, is to recognize each and every practice as an opportunity to compete and improve. If we practice with intensity and compete daily, we will be better prepared, both mentally and physically, for regattas.
- **Attitude.** Positive outlook and cooperation are things that greatly contribute to a team's success, and if a student athlete has an attitude that is detrimental to the group, it will be difficult for that particular student to achieve their full potential.
- **Communicate with coaches.** Notify your coach BEFORE practices and regattas if you will be absent for any reason. This includes for illness, doctor's appointments, major school/academic events, or college visits. Communication is the athlete's responsibility, not the parent's responsibility.
- **Fulfill academic requirements.** Do not use Crew as an excuse for neglecting school responsibilities. If you are struggling with time management, it is your responsibility to proactively speak with your coaches about finding reasonable solutions.
- **Respect coaching decisions.** Placement in boats will be determined by the coaching staff and will factor in fitness, erg scores, an athlete's ability to make the boat move (connection), seat racing, attendance, and sportsmanship. The coaches have full authority in all rowing matters. You may constructively seek feedback from coaches if you are unclear where you stand or do not understand a coaching decision, but you must accept a coach's decision once final.

- **Fall On-the-Water Practices.** Whitman Fall training is highly encouraged, but not mandatory. As with all athletic endeavors, the more practice and time on the water, the higher likelihood of improvement. Athletes who commit to rowing in the Fall are expected to be at practice every day.
- **Winter Fitness Expectations.** In general, athletes are expected to participate fully in the Club's Winter Conditioning program. Each athlete's fitness level directly affects the performance of the boat once water season begins and will be part of the coaching determination regarding boat placement once spring season begins. In addition, full participation in the Winter Conditioning program fosters team-building and improves the rowing stroke through erg training. Any reasons for not participating in the program (for example, some athletes participate in a Whitman winter sport) or for missing sessions should be discussed by athletes with their coaches in advance.
- **Spring On-the Water Practices.** Participate fully in all aspects of spring training and racing. During this time, practices are NOT optional. Your development will have a direct impact not only on your personal success but also on the success of the boat line-up and team. Whitman Crew practices rain or shine. Water practices that are cancelled due to lightening, high winds, flooding, or extreme cold will be replaced with land training for the day.
- **Spring Break.** Spring Break training for Varsity Rowers is not optional. The Varsity team traditionally travels to a training location during the Montgomery County Public Schools' scheduled Spring Break. Freshman athletes are expected to be at practice over Spring Break as it is an integral part of individual and team development. An athlete's position in a boat may be lost for missing Spring Break Training.
- **Regattas.** Attend regattas when selected for a lineup, including when selected as an alternate. Lineups are at the coaches' discretion. There is no guarantee that an athlete will return to the same seat/boat from week to week or that an athlete will row in every regatta.
- **Enjoy!** Whitman Crew is a great opportunity to increase fitness, build confidence, have fun, and make life-long friends with teammates.



## Parent Expectations:

- **Student-Athlete Expectations.** Assist your child in meeting their student athlete expectations.
- **Practices.** Support and expect your student athlete to attend all practices, especially water practice. Their attendance will have a direct impact not only on their personal success, but also on the success of their boat lineup and team. Encourage your student to be proactive in communicating to coaches well in advance of any anticipated absence.
- **Communication.** Encourage your athletes to communicate directly with their coaches. Coaches will communicate directly with athletes, not parents, as to any day-to-day changes in practice schedules.
- **Respect Coaching Decisions.** Coaches have full responsibility in training and rowing matters. Coaches seek to create the fastest lineups possible, which is a higher priority than team seniority. Decisions are not personal, but are based on what the coaches believe is best for the team as a whole. Parents should refrain from contacting coaches directly in regard to athlete selection and performance; it is a rower's responsibility to seek feedback on performance, seat selections, attitude, etc. If there are still concerns after the athlete has spoken to the coach, the parent may then reach out to the coach. If there continue to be concerns, the parent can contact the President of Whitman Crew.
- **Sportsmanship.** Treat all student athletes, opponents, coaches, officials, other parents, and volunteers with respect and exhibit the highest standards of sportsmanship. Be an example to your student. Gossip is counterproductive and undermines the integrity of the team.
- **Paperwork and Payment.** Complete and submit all required forms and payments by the given deadlines.
- **Regattas.** During regattas, the trailer area is designated for athletes and coaches only. Please use the tent area to rendezvous with the athletes and parents.
- **Volunteer.** Families are required to volunteer a minimum of 10 hours to support the operations of Whitman Crew. A wide-range of volunteer opportunities are regularly posted on the Whitman Crew website under DIBS.

- **Fundraising.** Families are responsible for actively participating in fundraising activities. Families are responsible for meeting a certain level of fundraising or participate in a full or partial buy out. Families are required to make an annual capital contribution. Fundraising goals and capital contribution levels will be set by the Whitman Crew Board of Directors. If a rower leaves the team for any reason, funds raised by the athlete will not be returned.
- **Enjoy!** Your child will experience significant growth and development through their commitment, dedication, and teamwork!



## Coach Expectations:

- **Safety.** Act in a manner that promotes safety first at all times.
- **Quality Coaching.** Provide consistent, quality coaching to ALL athletes to help team members to become the best athlete they can be no matter their boat placement.
- **Feedback.** Regularly provide specific feedback to athletes as to their progress, identify areas of improvement, and make suggestions for how to improve.
- **Communication.** Coaches will direct all their communication to their athletes. Communication is usually through Text, TeamSnap and Facebook Messenger. If athletes have concerns, they, not their parents, should reach out to the coach.
- **Athlete Expectations.** Coaches will clearly communicate with athletes about how boat placement decisions are made and when boat placement decisions will be made prior to each regatta.
- **Coaching structure.** Head Coaches primarily focus on the 1st and 2nd boats. Assistant Coaches primarily focus on 3rd and 4th boats.
- **Boat Selection.** Coaches are responsible for making boat and seat selections. The goal is to find the line-up that creates the fastest, most competitive boat. Decisions are not personal, not based on seniority, and can change week-to-week.  
**Boat selection will be based on, but not limited to:**
  - Erg score (a fast erg score does not necessarily lend to racing proficiency)
  - Technical proficiency/ability to increase the speed and efficiency of the boat and flow within a crew.
  - Attitude (tenacity, persistence, effort, intensity, confidence, concern for the welfare of the crew and the team)
  - Experience, including racing results in practice and at regattas
- **Share a Passion for Rowing.**