



Policy Name: Athlete Handbook

Policy Number: AHB201907

Adopted: 10/02/2016

Revised: 07/24/2021

MISSION, VISION AND VALUES

Mission Statement

Central Ohio Rowing is established to provide competitive, amateur rowing opportunities in terms of organization, events, coaching and equipment for youth athletes.

Vision Statement

Fostering excellence & teamwork for life through rowing.

Values

1. High Standards
2. Action
3. Persistent Effort and Perseverance
4. Maturity
5. Appreciation
6. Unity

EXPECTATION

Athletes are expected to follow the Central Ohio Rowing Code of Conduct and the behaviors identified within this Athlete Handbook.

BEHAVIORS

Behaviors Reflecting our Values

1. High Standards
 - a. Striving for constant and never-ending improvement
 - i. Every day is an opportunity for you to improve. An improvement may not come in one practice, maybe not even in a season, but as a rower or coxswain you must make the effort whenever and wherever you can.
 - b. Routinely set challenging goals
 - i. These goals should be daily and long term.
 - ii. Think about what boat you want to be in, what time or split you want to go on your next erg test. Coxswains, ask how to motivate better, become a stronger leader.
 - iii. Make sure that the goals you take are realistic. If you're unsure, ask your coach.
2. Action
 - a. Walk the talk



- b. Be physically and mentally prepared everyday
 - i. Make sure you get enough sleep, which means you need to be organized with homework and/or your other extra-curricular activities.
 - ii. Eat foods and at intervals that are most beneficial for you. Have healthy snacks during the day if you get hungry before lunch and practice.
 - iii. DRINK WATER. If you are thirsty when you get to practice, chances are that you are already dehydrated.
 - c. Recover from failure
 - i. Everyone fails and it is okay to do so. Don't linger on the past. You must accept that it has happened and continue moving forward.
 - ii. If you struggle with a disappointment, let a coach know so we can help you.
3. Persistent Effort and Perseverance
- a. Work through fatigue and discomfort
 - i. Rowing can be an exhausting sport both physically and mentally. You need to embrace this, or rowing may not be the sport for you.
 - ii. Working through fatigue and discomfort leads to improved fitness, which means going faster and achieving your goals.
 - b. Consistent work ethic
 - i. Rowing is not a sport where there are days off. Every practice and regatta counts.
 - ii. Working hard *consistently* translates into going faster and meeting your goals.
4. Maturity
- a. Treat teammates, coaches, parents, opponents with respect
 - i. Disrespect of any kind towards any of the aforementioned will absolutely not be tolerated.
 - ii. When you are at a Central Ohio Rowing event, you must conduct yourself in a manner befitting a mature young person.
 - 1. You do not have to be friends with everyone, but you do have to work together. This is not an option.
 - iii. Public displays of affection during crew events will not be tolerated.
 - iv. Approved Central Ohio Rowing uniforms or apparel must be worn during competition; when on land at regattas, team apparel should be worn whenever possible. Athletes must be fully clothed, including



upper bodies, at all team events and practices including when not on the water at regattas. Appropriate attire is expected at all times.

v. Social Media

1. Any kind of bullying or slanderous behavior will not be tolerated.
2. Social media is not a place to air grievances. You must represent COR in a positive or neutral manner.
3. Representing yourself as COR via a handle or mock account is not allowed.

b. Accountability for your actions and effort

- i. It is your choice how to approach every practice or regatta.
- ii. If you choose to be lazy or have a bad attitude, this will reflect on your performance and may result in failure to meet your goals.
- iii. Hold *yourself* accountable for *your* actions and effort.

c. Entitlement

- i. No member of this team is entitled to any position in a boat based on age, grade or previous performance.
- ii. You are entitled to a position that you earn through your daily work ethic and attitude.

d. Show character and composure through difficulty

- i. Central Ohio Rowing is not a place for dramatics (temper tantrums, aggressive behavior, bad mouthing others, etc)
- ii. Words or actions that create a divide among teammates and/or coaches are not allowed.
- iii. See 2c.

5. Appreciation

- a. You must recognize that rowing is a privilege, not a right.
- b. Treat all Central Ohio Rowing equipment with respect.
 - i. You have been allowed the privilege of utilizing high priced equipment, you must always treat it with the utmost care and respect; following all equipment standards provided by your coach.

6. Unity



- a. Try to see your actions from the perspective of the larger group
 - i. When you come to practice or regatta unprepared (See 2b) you are making your teammates and yourself slower. Don't be the anchor that holds down your boat.
- b. Utilize your channels of communication
 - i. Your team captains are in place if you don't feel comfortable speaking with a coach or just need someone to talk to.
 - ii. Your coaches are always here for you.
- c. We need common action towards a common goal.

RULES AND CONSEQUENCES

Attending Practice

- Practice is mandatory.
- If you cannot attend a practice, you must notify your coach at the earliest opportunity. You must utilize approved team communication channels. Please do not wait until the last minute before practice is scheduled to begin to get in touch with your coach, it causes your teammates practice to start late. See 6a, 4a,
- If you are going to be late to a practice, you must notify your coach at the earliest opportunity. You must utilize approved team communication channels. Even if you do notify your coach, you may be left on land or put in the launch.
- Failure to inform your coach of an absence ahead of time will result in disciplinary action in accordance with the Central Ohio Rowing Code of Conduct.

Attending Regattas

- You are expected to attend all regattas.
- If you cannot attend a regatta, you must notify your coach as soon as possible.
- There are three reasons for you to miss a regatta:
 1. You are too ill to compete
 2. You have a family emergency
 3. You have an official college visit and the collegiate coach will only give you one weekend to attend.
 - a. An official visit means the university is paying for you and your parent's visit (transportation, lodging, meals) for the weekend.
 - b. This is still subject to your coach's approval.



- Failure to inform your coach of a regatta absence with appropriate advance notice will result in disciplinary action in accordance with the Central Ohio Rowing Code of Conduct.
- Consult your coach if you feel you have a different reason to miss.

WHAT TO EXPECT FROM YOUR COACHES

- We will be on time for practices and regattas. If we are running late, we will notify another coach or the captains and ask that the team still prepare for practice as usual.
- We will have practices designed to improve fitness, strength and technique. We want to go fast as much as the athlete!
- We will have line-ups ready for the day and a plan for practice. This is subject to change if people are late/not in attendance or the weather is uncooperative.
- We will follow Safe Sport guidelines regarding social media and communication.
- We will do our best to get all line-ups at least one practice before a regatta. It is the athlete's responsibility to remember what race, boat and seat they are in.
- An athlete may request a seat race at any time. This needs to be done at practice and in person. The athlete also needs to give reasons why they think there should be a seat race. This does not require the coach to grant a seat race. If we refuse a seat race, we will explain why we feel it is unnecessary. The seat race may also not occur the same day as requested.
- In the event of a seat race, we will announce the winners as soon as practical after seat races have been calculated.
- If we provide our cell phone numbers they must be used for rowing business only and a second adult must be copied on any messages.
- We are here to help, teach, and guide you.

WHAT COACHES EXPECT FROM YOU

- Show up ready to work hard and with a great attitude to every practice & regatta. Respect your coach's authority, on and off the water. We want you to have fun, but we also want to see your hard work pay off at regattas. Make every day count and let's go fast.

EQUIPMENT IS A VALUABLE TEAM ASSET – TREAT IT WITH RESPECT

New Erg - \$900.00

New Oar (1) - \$330 starting price (Concept2)

New Four - \$24,000



New Eight - \$44,000
Seat - \$155
Rigger - \$285