



# NEWPORT ROWING CLUB

## Parent Handbook

### Abstract

This manual is intended as a guide for new Newport Rowing Club Parents. It includes all the information you'll need to assist in the success of your athlete. It also includes some introductory information about the sport and a list of ways to get involved. Contact information can be found on the last page.

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# Table of Contents

Season Start-up Checklist .....	2
Rowing Benefits .....	3
Practices .....	4
Regatta 101 .....	7
Speaking “Rower” .....	9
How to Get Involved.....	10
Resources .....	11
Contact Information.....	13

# Season Start-up Checklist

- Register on the Newport Rowing Club Website ([www.newportrowingclub.org](http://www.newportrowingclub.org))
- Purchase Unisuit (\*\*REQUIRED FOR RACING\*\*); If you already have one, confirm it's in good condition
- If paying with a check or trying out the program for 1 week free email our Administrator, Karen Cunningham ([newportrc.office@gmail.com](mailto:newportrc.office@gmail.com))
- Sign USRowing Waiver (<http://www.usrowing.org/membership/>)
- Submit documentation of recent physical (must be within 1 year of season end date)
- Submit signed code of conduct
- Join Newport Rowing Club Facebook Group (only for current members!)
- Follow Newport Rowing Club on Instagram (@newportrowingclub)

# Rowing Benefits

## Skills Development

During their first year of competition, athletes will be considered “novice.” Novice rowers and coxswains will spend most of the first-year learning boat safety on and off the water, becoming familiar with rowing terms, learning the broader body movements of the rowing stroke, and practicing basic bladework. They will spend the majority their time on the water but should expect at least 1 day per week on land. First-year coxswains (see page 10 for description of a coxswain’s role) will learn to steer and run drills while helping to maintain the technique of the athletes in their boat. They will also learn to execute a race plan and keep their crew rowing their best through the full length of the rowing course.

After their first year of competition, athletes will be considered “varsity.” They will compete against other varsity rowers with anywhere from 1 to 4 years of high school rowing experience. Varsity athletes will fine-tune their blade work and power application while continuing to build their aerobic and anaerobic systems. They will row in all boat sizes, sculling (two oars per rower) and sweep (one oar per rower), and on port and starboard. Varsity rowers will have the opportunity to compete for a bid to the USRowing Youth National Championships. Athletes who qualify at the USRowing Mid-Atlantic District Championships will participate in an extended season ending in mid-June.

## How to Develop Consistently

At NRC, the coaches believe in a long-term approach to learning rowing. Athletes will spend a lot of time developing their rowing technique while building base-level fitness. This method does not lend itself to immediate speed early in the season. Instead it sets a solid foundation to build on year after year making it possible for them to find success later in high school or with any team they may join later in life. Because of this approach, many NRC athletes have gone on to compete in USRowing Youth National Championships, be invited to U19 and U23 national teams, receive rowing scholarships to the colleges of their choice, and compete around the world.

There are many ways athletes can develop quickly and consistently through Newport Rowing Club’s program. A few tips are outlined below:

- **Be patient.** No one is born a rower. The movements we use are not found in other daily activities and they can feel quite unnatural at first. The more patient rowers and coxswains can be with their progress, the more quickly they will see gains.
- **Be present.** Like any skill-based sport, more consistent practice leads to quicker progression. We do not require athletes to participate in all 4 seasons. However, we have found that athletes who decide to pursue rowing as their main sport perform best by participating year-round. Similarly, athletes who miss the fewest practices throughout the season tend to perform the best.
- **Be mentally engaged.** Rowing is a repetitive sport. Similar to golf, rowing consists of a series of motions repeated hundreds of times per practice. It is easy to let the mind wander. Being engaged during practices and races, critiquing each stroke, and actively striving to improve will lead to faster development.

- **Be nerdy.** Watch rowing videos on YouTube. Follow rowers and rowing teams on social media. Read rowing blogs. Subscribe to a rowing magazine. When athletes become engaged in the world of rowing, they not only learn quicker, they develop a zeal for the sport that will carry them through hard workouts, long races, and occasionally tedious practices. They are also more likely to keep rowing through their adulthood.

### **Benefits of Rowing**

Due to the demanding nature of the sport, rowing can result in many life-long benefits. Possibly the most obvious, rowers can become very physically fit. Rowing is a full-body strength-endurance sport. It uses a majority of the major and supporting muscles throughout the body and requires athletes to develop both their aerobic and anaerobic fitness. Rowers who compete at a high level, including the top athletes at NRC, develop healthy living and eating habits early on that will carry through the rest of their lives.

High school athletes are still learning their ability to impact the world around them. Like many team sports, rowers will work together to accomplish a common goal. However, unique to rowing, even the smallest adjustments made by a single rower can be felt by the entire boat. This teaches young athletes they have the ability to change and effect their environment with the smallest decisions.

NRC athletes are students first and rowers second. Through their time at NRC, they will develop the time management skills needed to carry them through high school, college, and their adult lives.

One of the greatest benefits to rowing is developing grit. Grit is defined as courage, resolve, and strength of character. Through practicing grit daily, rowers learn to be courageous in the face of a challenge. They learn to set lofty goals and be resilient in their journeys to achieving them. They begin to appreciate failures as opportunities to grow.

# Practices

## A Typical Practice On The Water

Athletes will go through a similar routine every day. At the start of practice, athletes will perform our dynamic warm-up as a team. They will then check their line-ups for the day to see what boat and seat they are rowing, grab anything they need for practice, and head down to the boat yard. They will bring the coaches' launches and oars down to the boat ramp then head back to the boat yard and bring their boats to the dock. Practices will typically consist of a combination of slow technical work, drills, and/or a workout. At the end of the workout, athletes will return to the dock, bring the boats, oars, and coaches' launches back to the yard, and return to the boathouse for a core circuit with the entire team (time permitting).

## Weather

On the water practices will proceed as planned unless the weather creates unsafe conditions. These may include high winds, lightning, and extreme cold. Athletes should be prepared to row in rain, snow, and mild winds and be dressed appropriately. Coxswains should bring extra layers and dry clothing to practice during colder months. As they are not doing any physical activity on the water, they will be much colder than the rowers.

## What All Athletes Need to Bring

- Temperature-appropriate athletic clothing (multiple layers for colder weather)
- Running shoes
- Slides, crocks, waterproof boots, or old shoes for on-the-water practices (These will get dirty!)
- Reusable water bottle (if metal, put a sock around to avoid scratching the boat)
- Rain coat (good thing to leave at the boathouse)
- Sunglasses (reflective for coxswains)
- Visor, bucket hat, or baseball cap (bucket hats encouraged for style)
- Set of tools (7/16" wrench, 10mm wrench, adjustable wrench, small phillips head screw driver)

## Specific Gear for Coxswains

Coxswains should have all of the above gear *plus* a draw-string bag or small backpack to take on the water every day containing the following:

- Small waterproof notebook
- Pen
- Bag for tools (listed above)
- Watch (preferably with stopwatch functions)
- 1 roll of electric tape
- A few bandaids
- A small emergency whistle, easily accessible

## **Attendance Policy**

Newport Rowing Club does not have a strict attendance policy. Athletes are required to contact his or her coach as soon as they know they will be missing or late to a practice. During racing seasons, the coaches prepare line-ups daily and an unexpected absence can affect the entire crew, even delaying the start of practice. In order to develop into independent and reliable young adults, athletes should communicate absences and tardiness directly with coaches, instead of relying on their parents to do it for them. Contact information for the head varsity and novice coaches can be found on the last page of this manual.

## **USRowing Safety Video**

All novice athletes will watch the USRowing safety video in their first week of practice before rowing on the water. The NRC coaches and staff encourage all parents to view this infamous piece of cinematography as well.

[https://www.youtube.com/watch?v=Rx5SUe\\_RdgQ&t=1667s](https://www.youtube.com/watch?v=Rx5SUe_RdgQ&t=1667s)

# Regatta 101

## **Boatings, Schedule, and other Event Information**

All regatta information can be found on the Newport Rowing Club website. Coaches will release regatta information as soon as it becomes available. Typically, regattas do not release an official schedule until 2 or 3 days before the event. Races can begin as early as 7am and end as late as 6pm. Prior to the regatta, the NRC website will be updated with boatings, event numbers, line-ups, race times, arrival times, parking information, and any other available regatta details. Parents can also look to the following websites for more information:

[www.regattacentral.com](http://www.regattacentral.com) – All regattas use this site. Includes schedule, results, and regatta details.

[www.rowtown.com](http://www.rowtown.com) – Results for select regattas. Look for a link from the NRC website if relevant.

[www.herenow.com](http://www.herenow.com) – Results for select regattas. Look for a link from the NRC website if relevant.

## **Last Minute Updates**

All last-minute updates will be communicated to the team via the Facebook group, on Instagram, through the athletes' group text, and through the parents' GroupMe. To be added to the GroupMe, you can either download the GroupMe app, look for the group titled "NEWPORT ROWING CLUB 2018/2019", and join the group **OR** text Kim Nuzzaci at (302) 563-0115 with your first and last name.

Athletes who have not been added to the athletes' group chat should talk to any returning NRC athlete about joining. Coaches use the athletes' group chat to communicate periodically throughout the season.

The trailer location will always be posted on Facebook and Instagram, and sent to the athletes' group chat.

## **What Your Athlete Does at Regattas**

When your athlete arrives at the regatta venue, they should come immediately to the team trailer. They will rig their boat and help other NRC crews getting on and off the water. About 1 hour before their race time, they will do their dynamic warm-up, meet for a team talk with their coach, and walk their boat to the dock. Coaches do not go on the water with the athletes on race day. The coxswain will be responsible for getting the boat warmed up and to the start line on time, getting the boat down the race course, and navigating back to the dock. One of the coaches will meet the athletes at the return dock and walk them back to the trailer where they will discuss the race, derig their boat, and put it back on the trailer. At that time, assuming they are finished racing for the day, they will be released to the parents' tent. Coaches will release athletes as soon as possible. Athletes are encouraged to stay until all NRC boats have finished racing but are permitted to leave once their boat is on the trailer.

## What Parents Do at Regattas

Regatta days are a lot less hectic for parents. You should expect to be at the venue for several hours and only see your athlete for a few seconds in each direction. At most regattas, there will be a parents tent located along the race course. There is a parents' tent trailer brought to every regatta that has paper products, a grill, a tent, and a couple coolers. While the coaches would like you to bring healthy food options for the athletes, feel free to bring other food for yourselves. There is more information attached about the parents' tent.

## Basic Rules of Regatta Day

The NRC coaches would like to ask that you **do not visit your athletes at the trailer**. Trailer areas at regattas are busy places. If you're not used to attending regattas as an athlete, it's easy to get hit in the head by moving boats and oars. The trailer is also used as the team "locker room." Coaches hold pre-race talks and post-race break downs with the athletes. Having parents and siblings around disrupts the focused and competitive atmosphere around the trailer. Coaches will release the athletes as soon as their equipment is put away and they have discussed their race.

Athletes understand that horsing around at the trailer will not be tolerated for their safety and the preservation of a competitive environment.

## What Your Athlete Needs on Regatta Days

Athletes should bring the following with them to the trailer for every regatta:

- **Uniform** – Athletes should arrive to the trailer wearing their uniform. The novice uniform will be black spandex and a white NRC t-shirt until all athletes have received their unisuits. The varsity uniform will be the NRC unisuit. Unless weather dictates otherwise, athletes in each boat should wear matching gear including hats or visors, should they choose to wear them.
- **Appropriate Layers** – Bring spare layers for before and after racing, as well as an extra pair of dry socks.
- **Water**
- **Post-race Snack** – Athletes will not be released to the parents tent until their boat is on the trailer. They should have healthy snacks with them for after their race to tide them over until they are released.
- **Homework** – Rowers are students first and athletes second. We recognize regattas take a lot of time. Athletes are encouraged to bring homework to the regatta for down-time.
- **Tools** – Listed on page 5
- **A Positive Attitude** – Attitudes are infectious. Even if they are nervous about a particular race, rowers should present a positive attitude to the team.

## What You Will Need

- **Binoculars** – At most regattas, only a small portion of the course can be seen up close. Binoculars are a must-have to see your athletes early in the race.
- **Chairs** – The venues will be public parks. You'll want to bring a camp chair or two to sit in between races.
- **Cowbells** – One of the few items rowers can hear while they are on the course! Please do not bring air horns as they can cause a distraction from the race and may be used by officials for emergencies.

## Race Format

Spring races are 1500m to 2000m long. Depending on the regatta, events may be broken into flights or heats and finals. If your athlete is racing in a flight, they will race only one time. Some regattas give medals to the top 1 or 2 places in each flight and some do not. If your athlete is racing in a heat, the top rowers from each heat in their event will race again later that day in a final. Bigger regattas (districts and nationals) may have an additional intermediate race like a semi-final or repechage.

Fall races are 4500m to 5000m long. These are called head races. Boats will start at 10 second centers (intervals) and race for time instead of starting all at once. It is difficult to estimate how a boat is doing during a head race. However, a boat that is approaching and passing the boats ahead of it will be more successful than a boat being approached or passed from behind.

# Speaking “Rower”

Rowing has its own language. Once your child becomes familiar with rowing terminology, it can feel as though they are speaking to you in tongues. Below is a list of common rowing terms and their definitions to get you started:

**“Crew” vs “Rowing”** – The term *crew* is used in American schools and colleges to designate the sport of *rowing*. When outside of the academic sphere the sport is known as rowing (as in the United States Rowing Association). The British and European universities and schools have *rowing clubs* and not crew clubs or varsity crew.

**“Crew Team”** – When you say the term *crew* you don’t need to use the term team. To say *crew team* is redundant. This is a very common error!

**“Rowing” vs “Sculling”** – *Rowing* can be a general term to mean rowing a boat with one oar per person or two oars per person. If you really want to get it right, when a person is rowing with one oar, he or she is *rowing*. When rowing with two oars he or she is *sculling*.

**“Boat” vs “Shell” vs “Scull”** – It is perfectly correct to call the boat a *boat*. Another term that is commonly used is *shell*. Traditionally, a shell refers to an empty boat with no rowers in it. Do not make the mistake of calling a shell/boat a *scull* as in “They rowed an eight-man scull or single-scull.” A pair of sculls (oars used specifically for sculling) is used to propel a sculling shell/boat (single, double, quad). One never uses a scull and you can’t row in or on a scull.

**“Weigh-enough”** – Nearly all the terms used in rowing are easily understandable except for one. When a crew is to stop rowing, the coxswain (pronounced cox-in), coach, or race official will call “way-enough” or “way’nuff”. This is a 19<sup>th</sup> century American naval term that has carried on through to today.

**“Crab” or “Catching a crab”** – Don’t worry! It’s not what you think. A *crab* is an event when a rower or sculler is unable to extract the oar blade from the water at the finish of the drive (pushing phase of the stroke). This can happen when a rower loses grip of the oar handle, makes an error in judging when to extract or *release* the blade from the water, or if the boat tips to the side and there is nowhere for the rower to lower their hands to extract the blade. The result is usually a falter and some timing problems for a stroke or two. However, in extreme cases, the oar handle can force the rower onto their back and the handle can go over their head. This usually causes the boat to stop rowing, recover the oar, and then start up again. Very rare is an “ejector crab”. This may happen when the boat is moving quickly, for example during a race. The rower catches a crab and the oar handle gets caught in the stomach causing the rower to be catapulted out of the boat. The crew must stop to collect the swimmer and then go on.

**“Bow”** – The forward end of the boat.

**“Stern”** – The rear end of the boat.

**“Port”** – For the coxswain, who faces forward, port is on their left. For the rowers, who face backwards, port is on their right.

**“Starboard”** – For the coxswain, who faces forward, starboard is on their right. For the rowers, who face backwards, starboard is on their left.

**Seat Numbers** – The positions in the boat are numbered according to seating. The seat closest to the bow is #1, next #2, and so on. The rowing seat closest to the stern is called *stroke seat*. The person in this seat, called the *stroke*, sets the tempo for the rest of the boat.

**“Coxswain”** – The coxswain, pronounced “cox-in,” steers the boat and executes all practices and race plans. They become the link between the coaches and rowers and are often called the the “brain” of the boat. Great coxswains typically have a smaller build (not necessarily athletic) and have a strong desire to perform at their best. They are inquisitive, good communicators, focused under pressure, and have a strong, confident personality.

**“2k”** – The standard spring racing distance for rowers. A 2k is a 2000m race. On the water, boats race in separate lanes down the race course, starting at the same time, much like a track race. 2k’s are also the standard test distance on the ergometers and are used to gauge fitness.

**“Erg” or “Ergometer”** – This is the proper term for a rowing machine. They can be called an *erg*, *ergometer*, or *rowing machine*, but never a *rower*. Rower refers to the person doing the rowing.

# How to Get Involved

There are many ways to get involved as an NRC Parent.

- **Get Connected.**
  - Join the private Newport Rowing Club Facebook group to chat with fellow NRC parents and follow us on Instagram for regular pictures of from practice.
  - Join the parents' GroupMe. GroupMe is a messaging program that allows you to text an entire group of people at once. It is the main method of contact between the parents. To be added to the GroupMe, you can either download the GroupMe app, look for the group titled "NEWPORT ROWING CLUB 2018/2019", and join the group **OR** text Kim Nuzzaci at (302) 563-0115 with your first and last name.
  - Add the NRC calendar to your iCal or Google calendar. Head to the website for instructions.
  - Make sure the email addresses on your athlete's registration are up to date. These emails are used for periodic program updates and regatta communications throughout the season.
- **Help with the Parents Tent.** For each regatta, parent volunteers help set up and tear down the parents tent, bring food for parents and athletes, prepare food throughout the day, and tow the parents' trailer to and from the regatta venue. Look for an email and a link on the website with the parents sign-up genius to volunteer to bring supplies. This link typically gets posted 1-2 days before the regatta, after the schedule is posted. If you have a vehicle with a hitch, help out by towing the trailer to or from a regatta. Splitting up the work allows families with early races to leave mid-day and families with later races to sleep in a bit more.
- **Help us Plan Fundraisers.** Each year Newport Rowing Club holds a fall and a spring fundraiser. Fundraising committee meetings are open to everyone and do not require any previous experience. The meeting dates will be posted on the NRC calendar, available on the website.
- **Sport our Logo Often.** NRC gear is available for purchase all year round and gear orders are placed regularly. Wear clothing with our logo or stick a magnet on your car to let your friends and coworkers know you support NRC. If you have clothing you would like an NRC logo printed on, the coaches can connect you with a representative at Unique Image to avoid design fees.
- **Tell Your Friends.** Believe it or not, word of mouth is our most successful marketing tool. Your word and your child's word about our program will go farther in promoting the club than that of the coaches and staff.
- **Financial Support.** Donating to the Newport Rowing Club is easy. Head to the "Support NRC" tab on the website for more information on easy ways to donate and for an updated "wish list."
- **Facilitate Team Bonding Activities.** Getting the athletes together for team bonding events outside of practice is crucial in building a tight-knit and happy team. As parents, you can help facilitate teamwide activities outside of practice.

# Resources

Rowing is a lifelong sport. If you are interested in learning to row, Wilmington Rowing Center has learn-to-row programs, recreational rowing, novice rowing, and competitive rowing for adults. Check their website for more information: [www.wilmingtonrowing.org](http://www.wilmingtonrowing.org)

## **Important Websites**

**Newport Rowing Club Website** ([www.newportrowingclub.org](http://www.newportrowingclub.org)) – All regatta details specific to NRC crews will be posted on the website. The regatta information is updated as we receive it.

**Regatta Central** ([www.regattacentral.com](http://www.regattacentral.com)) – This is the main hub for all official rowing regattas. Every regatta we attend throughout the year will have a page on this website. Most regattas post results on Regatta Central, but they may not be posted instantaneously.

**RowTown** ([www.rowtown.org](http://www.rowtown.org)) – Some regattas post regatta results on RowTown before posting them on Regatta Central. The NRC website will contain a link to the results page for any regatta that uses RowTown.

**HereNow** ([www.herenow.com](http://www.herenow.com)) – Some regattas post regatta results on HereNow before posting them on Regatta Central. The NRC website will contain a link to the results page for any regatta that uses HereNow.

**Row2k** ([www.row2k.com](http://www.row2k.com)) – This website is one of the most widely read rowing publications in the world. It contains race photos for select regattas, rowing news, regatta results (not for immediate results), information about rowing camps, and much more.

**USRowing** ([www.usrowing.org](http://www.usrowing.org)) – This website contains information about regional and national championships, national rowing news, and national team information. You will need this website to update your athlete's USRowing waiver and membership status regularly.

## **NRC on Social Media**

**Facebook** – [www.facebook.com/newportrowing](http://www.facebook.com/newportrowing) (this is the company page and is public)

**Facebook Group** – search “Newport Rowing Club group” (this is a private group for current athletes and parents to communicate, post photos, plan team events, etc.)

**Instagram** – [www.instagram.com/newportrowingclub](http://www.instagram.com/newportrowingclub) OR @newportrowingclub (public account; practice and race photos posted regularly)

# Thank You!

The coaches and staff at Newport Rowing Club would like to thank you for allowing us to coach your child. We take great pride in the opportunity to foster the growth of positive, resilient, hard-working, and respectful individuals.

## Contact Information

**Address:**

Newport Rowing Club  
301 Harvey Dr, Suite 8  
Wilmington, DE 19804

**Phone:**

(302) 998-4000

**Email:**

[newportrowingclub@gmail.com](mailto:newportrowingclub@gmail.com)

(\*\*Email is the best method of contact\*\*)

“Although talent feels and looks predestined, in fact we have a good deal of control over what skills we develop, and we have more potential than we might ever presume to guess”

– Dan Coyle, *The Talent Code*

# Appendix:

# NRC Code of Conduct

All NRC athletes and parents/guardians are expected to have a full understanding of the Code of Conduct. It has been attached here for your convenience.

## Contents

Summary and Sign-off (1)
Cover Page and Abstract (2)
Conduct Policy Statement (3)
The NRC Team (3)
Athlete Behavior (4)
Family / Parent / Legal Guardian Responsibility (4)
Drugs, Alcohol, and Illegal Performance Enhancing Substances (5)
Bullying, Harassing, and Hazing Policy (5)
Social Media (6)
Regattas and Travel (6)
NRC Equipment and Facilities (7)
Reporting Violations of the Conduct Code (7)
Retaliation (8)
Wrongful Accusation (9)



## *Code of Conduct Summary and Sign-off*

Please initial the following sections to indicate that you have read and understand each section as described in the NRC Code of Conduct. In the case of athletes, the athlete and parents/guardians should initial each section. In addition, NRC coaches and administrative staff are required to sign the NRC Code of Conduct and complete the Summary and Sign-off sheet by initialing each section.

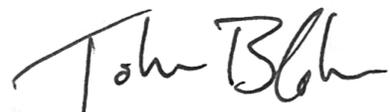
- |  |  |  |       |
|--|--|--|-------|
| <b>1. Conduct Policy Statement</b>   |  |  |       |
| <i>Description of the Newport Rowing Club mission and policy summary</i>                               |  |  | _____ |
| <b>2. The NRC Team</b>   |  |  |       |
| <i>Definition of and expectations for the NRC Team</i>   |  |  | _____ |
| <b>3. Athlete Behavior</b>   |  |  |       |
| <i>Expected behavior of the individual athlete as well as behavior that is not condoned</i>            |  |  | _____ |
| <b>4. Family/Parent/Legal Guardian Responsibility</b>  |  |  |       |
| <i>Relationship expectations of staff and athletes' families for the mutual benefit of the athlete</i> |  |  | _____ |
| <b>5. Drugs, Alcohol, and Performance Enhancing Substances</b>   |  |  |       |
| <i>Use prohibited and consequences outlined</i>  |  |  | _____ |
| <b>6. Bullying, Harassment and Hazing Policy</b>   |  |  |       |
| <i>Specific behavior defined and consequences outlined</i>   |  |  | _____ |
| <b>7. Social Media</b>   |  |  |       |
| <i>Prohibited behavior described with consequences outlined</i>  |  |  | _____ |
| <b>8. Regattas and Travel</b>  |  |  |       |
| <i>Expectations outlined for proper conduct and responsible behavior at regattas</i>                   |  |  | _____ |
| <b>9. NRC Equipment and Facilities</b>   |  |  |       |
| <i>Expectations for the proper care and maintenance of building and equipment</i>                      |  |  | _____ |
| <b>10. Reporting Violations of the Code of Conduct</b>   |  |  |       |
| <i>Process for filing grievances or reporting violations</i>   |  |  | _____ |
| <b>11. Retaliation</b>   |  |  |       |
| <i>Definition of and prohibited use described</i>  |  |  | _____ |
| <b>12. Wrongful Accusation</b>   |  |  |       |
| <i>Process for filing grievances if wrongfully accused</i>   |  |  | _____ |



# *Code of Conduct*

*It is essential that NRC athletes, coaches, administrators, members of the Board of Directors, parents, guardians, family members, and friends work together as a cohesive team to demonstrate the qualities of sportsmanship required in competitive rowing. This Code of Conduct provides members of NRC guidance in fulfilling these goals. All athletes, parents / guardians, coaches and staff are required to read, sign, and date a copy of the Code of Conduct. Signed documents will be kept on file at NRC.*

***Adopted by the Newport Rowing Club Board of Directors on July 19, 2011.***

  
John Cohn, NRC Head Coach

## **I. Conduct Policy Statement**

The mission of Newport Rowing Club is:

“...to provide education, training, instruction, and participation in amateur rowing , while developing the healthy minds, bodies, and characters of student athletes and master athletes, to encourage sportsmanship, teamwork, and the principals and standards expected of participants in national and international sports, to advance the sport and art of rowing on the Historic Christiana River in Newport, Delaware and the surrounding communities, and to educate the public about the benefits of lifetime participation in rowing. To further these purposes NRC will organize and sponsor amateur competitions and regattas on the Christiana River and other venues and promote participation in such events by student athletes, master athletes, and the public.”

To achieve NRC’s mission, it is essential that our student athletes, their families, our coaching staff, our administrators, and Board of Directors all train, work, compete, and represent the Club as a cohesive team, both on and off the water. All participants and members are expected to act with honesty, integrity, civility, and respect whether they are in an academic, athletic, or social setting.

The actions of NRC members, particularly our student athletes, parents, and coaches, are often under review by other clubs, coaches, referees, representatives of USRowing, and the general community. The actions of a single individual often result in a generalization to the entire Club. Positive actions will result in positive generalizations. Negative actions will result in negative generalizations. The following Code of Conduct has been prepared to provide policy and guidelines for acceptable behavior while a member of NRC. In addition to these guidelines, all members are expected to comply with USRowing Rules and Regulations, as well as all local, state and federal laws.

Student athletes and members of NRC who fail to adhere to the Code of Conduct will be subject to disciplinary actions. Depending on the severity of the violation, disciplinary actions may include, but are not limited to: a warning, suspension, dismissal from the Team and Club, and, if appropriate, reporting to appropriate authorities. Newport Rowing Club grants the Executive Director broad discretion in choosing and imposing disciplinary actions of athlete or members who violate the Code of Conduct. The imposition of disciplinary actions by the Executive Director may consider input from the coaches, Board, other administrators, USRowing referees, and parents.

## **II. The NRC Team**

Rowing is described as the ultimate team sport. Whether on or off the water, it is essential that student athletes, coaches, administrators, parents, and Board members work together to establish a cohesive NRC Team. Focusing on civility, honesty, and respect, members of the NRC Team can help our student athletes become better rowers, while developing as responsible young adults. The individual and collective actions of the Team are witnessed and judged by members of the greater rowing community. It is important that each

individual member of the Team recognize the impact of their actions, both positive and negative, and individually and collectively do their part to create and maintain trust and respect, throughout the rowing community, by accepting the responsibility of their actions as well as the actions of other members of the Team.

### **III. Athlete Behavior**

NRC Athletes, both student and master, are the spokespersons for the Club. Whether they are on the water, at practice, in school, in the greater community, or at a competitive regatta, the actions of NRC athletes will be viewed by their team mates, family and friends, other competitors, coaches, referees, and the public. Displays of good sportsmanship will reflect positively on themselves, their team mates, their coaches, the NRC program, and the Team. Integrity, fairness, and respect are inherent principles of good sportsmanship. On the water, competition may be fierce, but should always be fair. Courteous relations and graceful acceptance of the outcome of the competition is paramount to good sportsmanship. Off the water, athletes must maintain a proper decorum of civility with the recognition of the greater brother/sisterhood of the sport of rowing.

NRC Athletes are expected to respect their fellow athletes, whether they are members of NRC, or members of an opposing rowing club or team. NRC athletes will not: cause unnecessary tension among team mates, engage in exaggerated or melodramatic behavior, use inappropriate language, swear, make obscene or inappropriate gestures, lie, cheat, or steal. Further, they will not condone these actions in their team mates and will take appropriate steps to limit such inappropriate actions as required.

NRC Athletes will respect the property of others as well as the property and equipment of Newport Rowing Club.

### **IV. Family/Parent/Legal Guardian Responsibility**

The safety and well-being of our athletes is of primary importance to NRC. At the boathouse, on the water, at school, or at a regatta, we all have a responsibility to protect our student athletes while encouraging them to excel in the sport of competitive or recreational rowing. Our NRC families and parents are expected to share this responsibility by working cooperatively with the coaches and administrators to ensure the safety and well-being of the student athletes in our mutual care. To that end, parents and family members are encouraged to bring issues to the attention of the coach or an administrator. However, personal verbal attacks are forbidden and may result in appropriate sanctions.

The rights and privacy of all athletes, their families, and parents will be maintained by the administrative and coaching staff, as appropriate. Families and parents must comply with local laws, USRowing, FISA and IRA regulations, and the regulations, codes, and programs that NRC has instituted to ensure the safety of our athletes. This includes, and is specific to, laws concerning substance abuse (alcohol and drugs) as well as illegal performance-enhancing substances. NRC expects that parents, families, and legal guardians will use

common sense and responsibility as designated chaperones during NRC events as well as at non-NRC events in which NRC athletes participate.

## **V. Drugs, Alcohol, and Illegal Performance Enhancing Substances**

The use of drugs, alcohol, or illegal performance-enhancing substances by student athletes prior to, following, or while involved in any NRC-related event, practice, competition, banquet, travel, or other NRC team-related activity is strictly prohibited. Consequences for violating this policy may include any or all of the following:

1. Discussion of the infraction with offender, appropriate parent or guardian;
2. Required chemical dependency assessment and/or treatment program;
3. Suspension from the NRC Team;
4. Loss of eligibility to participate at practice and/or a regatta or regattas;
5. Dismissal from the NRC Team without refund;
6. Reporting of the incident to the appropriate authorities.

## **VI. Bullying, Harassment and Hazing Policy**

Bullying, Harassment and Hazing (collectively referred to as “Bullying”), by any member of the NRC Team - whether student athlete, master athlete, parent, family member, guardian, or friend - is strictly prohibited. Bullying is defined as an act that endangers the mental or physical health or safety of an individual, is intended to cause personal degradation or humiliation, or that damages or may damage, destroy, or remove public or private property for the purpose of initiation in, admission to, or as a condition of continued membership in NRC, a specific boat, or a squad. Bullying activities and situations may include, but are not limited to the following:

1. Physical punishment, contact, exercise, or sleep deprivation that causes excessive fatigue and/or physical or psychological shock;
2. Forced or coerced consumption of food, drink, alcohol, tobacco, and/or illegal drugs;
3. Forced or coerced transportation of individuals;
4. Public humiliation, ridicule, indecent exposure or ordeal;
5. Coercing or forcing of illegal acts;
6. Coercing or forcing acts that are immoral or unethical;
7. Blocking an individual’s academic, athletic, health, or personal success;
8. Personal servitude;
9. Mental harassment;
10. Sexual harassment;
11. Using electronic media (including cell phones, the internet, social media sites) to harass, denigrate, or otherwise comment negatively on an individual, a group of individuals, or a class of individuals;
12. Deception;
13. An act of, or threat of social exclusion;
14. Conduct that is deliberately detrimental to team morale or cohesiveness.

A person shall have committed an offense of Bullying if he or she:

1. Engages in Bullying;
2. Solicits, encourages, directs, aids, or attempts to aid another in bullying activities;
3. Intentionally, knowingly, or recklessly permits bullying to occur;
4. Has firsthand knowledge of the planning or execution of an incident or event of bullying and fails to report the incident or event to NRC administrators or coaches;

Individuals involved in any form of bullying will be held accountable for their actions and will be subject to disciplinary actions. Disciplinary actions may include, but are not limited to:

1. Discussion of the infraction with with offender, appropriate parent or guardian;
2. Suspension from the NRC Team;
3. Loss of eligibility to participate at practice and/or a regatta or regattas;
4. Dismissal from the NRC Team without refund;
5. Reporting of the incident to the appropriate authorities.

## **VII. Social Media**

No member of NRC will use any social media (Facebook, Twitter, or similar network media) as a venue to denigrate, harass, or negatively comment on any competitor, teammate, coach, administrator, board member, parent, or other member of the NRC family. In addition, no member of NRC will use any social media to post comments which negatively reflect on an individual's or group's race, religion, ethnic origin, or sexual orientation. Information placed on social networking sites may become available to coaches, parents, family, administrators, college admissions offices, or future employers. It is extremely important that each member of NRC is mindful of the image they present on social networking sites and how that image may reflect on NRC. Inappropriate postings on any social networking site may result in any or all of the following disciplinary actions:

1. Discussion of the infraction with offender, appropriate parent or guardian;
2. Suspension from NRC;
3. Loss of eligibility to participate at practice and/or a regatta or regattas;
4. Dismissal from NRC without refund;
5. Reporting of the incident to the appropriate authorities.

## **VIII. Regattas and Travel**

Participation in regattas is an earned privilege. While at regattas, members of NRC are expected to conduct themselves with proper decorum, to act courteously, and to use good judgment. Each member must accept the responsibility of their own actions and recognize that their actions represent the entire NRC organization. While at regattas:

1. Appropriate NRC uniforms are to be worn while on the regatta race course.
2. Members of NRC are expected to observe all USRowing rules and regulations.

3. Race officials, regatta volunteers, coaches and members of other rowing clubs and teams are all to be treated with respect and courtesy.
4. Crews are expected to be on time for their events, including any pre-scheduled weigh-in, boat preparation, coaching, or other pre-race activities. It is the responsibility of the individual members of the crew to assure that all race requirements have been met. It is up to the individual members of the crew to assure their boat is properly rigged and ready to race.
5. Coaches are expected to assist their crews through pre-race instruction and administration as well as day of race preparation, in meeting any regatta entrance requirements, including registration, sign-in, coach and coxswain meetings, weigh-in, rigging, boat equipment checks, and launch. Coaches are to receive boats and crews returning from the race course.
6. Crews, with proper instruction from the coaches, are expected to assist in de-rigging and storage of boats and all equipment on the boat trailer in preparation for the return trip to the boathouse.
7. NRC recognizes and accepts the concept of sportsman-like conduct. All athletes, coaches, administrators, Members of the Board, parents, guardians, family members, and friends will act in a sportsman-like manner. The outcome of regattas and rulings of race officials will be accepted graciously. Protests, if required, will be coordinated between the crew, their coach, and the Head coach, as appropriate. Parents, guardians, family members, and friends are not permitted to participate in the protest of any NRC event. Prior to any race, the coach will review with the coxswain or stroke, the rules of protest for a particular event.

While traveling to and from regattas, crews are expected to conduct themselves with proper decorum, to act courteously, and to use good judgment. While at overnight accommodations, crews will follow the direction and instruction of their coaches.

## **IX. NRC Equipment and Facilities**

The use of NRC equipment and the NRC facilities is considered a privilege, not a right. Each member of NRC recognizes that the success of the crew is dependent on well maintained, properly functioning equipment. Boats, oars, and equipment are routinely monitored for wear and tear and when required repaired. Members of NRC are expected to treat all NRC equipment and facilities with care. NRC boats, oars, and equipment are not to be removed from the boathouse, fenced area, or grounds without the approval of an NRC administrator or coach. Broken equipment is expected to be reported immediately to a coach. A damage report is required for all on and off the water mishaps. The report is to be signed by the coach and crew. Any equipment that is willfully or negligently damaged or lost will be paid for by the individual responsible for the damage or loss.

## **X. Reporting Violations of the Code of Conduct**

Any athlete, parent, guardian, family member, or friend may file a grievance or report any violations to the NRC Code of Conduct. The rights of the individual reporting a violation are to be respected. All information shall be kept confidential to the extent reasonably

possible to handle a given issue. If witnesses are to be interviewed, they will be informed of the confidential nature of the issue, and instructed to not discuss the matter with others. Such discussion would also be considered a breach of the NRC Code of Conduct. The following is the proper procedure for filing a grievance or reporting a violation of the NRC Code of Conduct:

1. Coach – An athlete’s coach is generally the first point of contact. A description of the issue should be brought to the coach’s attention as soon as possible after the issue is identified. The coach will consider the issue, obtain additional information as required, and determine an appropriate course of action. The Coach may choose to resolve the issue or raise it to the next level for action. Any issue brought to a Coach will be presented to the Head Coach. However, if the situation demands an alternative approach, the issue may be brought to another of the crew coaches and/or directly to the Head Coach.
2. Head Coach – The Head Coach may be approached directly or through a Coach. The Head Coach will consider the issue, obtain additional information as required, and determine an appropriate course of action. The Head Coach may choose to resolve the issue directly, work with the Coach to resolve the issue, or raise the issue to the next level for action. However, any issues brought to the Head Coach for resolution, will be reported to the Executive Director.
3. Executive Director - The Executive Director may be approached directly or through the Head Coach. The Executive Director will consider the issue, obtain additional information as required, and determine an appropriate course of action. The Executive Director may choose to resolve the issue directly, work with the Head Coach to resolve the issue, or raise the issue to the Board of Directors.
4. Board of Directors – The Board is the highest level of review for any infractions of the NRC Code of Conduct or grievances. The Board, working with the Executive Director, may ask for additional information, interview athletes, parents, coaches, or the Head Coach in trying to resolve the issue.
5. Code of Conduct Disciplinary Board – If required a coach, the Head Coach, the Executive Director, or the Board of Directors may request an *ad hoc* Disciplinary Board to review an infraction of the Code of Conduct or a ruling. The Disciplinary Board shall at a minimum include the Head Coach, Executive Director, and one Member of the Board. Additional members may be asked to serve on the Disciplinary Board as required. If called, the Disciplinary Board must report its findings in writing to the Board of Directors.

## **XI. Retaliation**

The initiation by an individual of an allegation, grievance, or violation of the NRC Code of Conduct, will not subject that individual, nor any witness called to provide additional information, to any retaliation or penalties, nor in any way affect the individual or witness’s dealings with NRC. It is a violation of the NRC Code of Conduct to engage in retaliation for such reporting.

## **XII. Wrongful Accusation**

Any individual accused of an allegation, grievance, or violation of the NRC Code of Conduct has the right to challenge the accusation and may follow the same procedures described in *Section IX - Reporting Violations of the Code of Conduct* to appeal the accusation to their coach, the Head Coach, the Executive Director, or the Board of Directors. No individual shall be considered in violation of the NRC Code of Conduct without due process.

### ***Athlete / Parent Acknowledgement:***

I have read and the NRC Code of Conduct and agree to act in a manner consistent with its policies and requirements.

\_\_\_\_\_

Athlete

\_\_\_\_\_

Date

\_\_\_\_\_

Parent / Guardian

\_\_\_\_\_

Date

\_\_\_\_\_

Parent / Guardian

\_\_\_\_\_

Date

### ***Coaches / Staff Acknowledgement:***

I have read the NRC Code of Conduct and agree to act in a manner consistent with its policies and requirements.

\_\_\_\_\_

Name

\_\_\_\_\_

Position

\_\_\_\_\_

Date