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INTRODUCTION

Sec. 1.01

[a] General: Welcome to the Sarasota Scullers Youth Rowing Program, SSYRP. You have made an important decision, a choice, to become an elite athlete in an extremely demanding sport. You will be challenged physically and mentally on a daily basis and if you meet the challenge, you will be permitted to wear the uniform of the Sarasota Scullers and compete at the highest level in the nation. You might also have the opportunity to compete abroad against foreign crews and some of you might represent the United States on its Junior National Team as three of our former rowers have done. One, Bill Plifka, even went further and competed for the U.S. National Team in three different lightweight eights at the World Championships.

SSYRP began in 1991 as The Riverview High School Crew and quickly grew to include students from the entire Sarasota/Manatee area. Over the last thirteen years we have had athletes from Booker, Cardinal Mooney, Lakewood Ranch, Lemon Bay, Out-of-Door Academy, Pine View, Prew, Riverview, St. Stephens, Sarasota, Southeast and Venice.

[b] Team structure: The structure of SSYRP is flexible. SSYRP competes in some events that permit club participation to compete as a composite or club crew. Some regattas are limited to school crews only. Those schools within SSYRP that have enough athletes to do so, compete for their schools in these scholastic events. In the past, Cardinal Mooney, Pine View, Riverview, Sarasota and Venice have competed under their own banner.

[c] Administrative Structure:

- (i) Board of Directors: The Board of Directors oversees financial management of SSYRP, hiring of administrative staff, setting salaries and soliciting major contributors.
- (ii) Coaching Staff: The Head Coach assisted by assistant coaches, determines all matters involving training, racing, equipment and matters of summary discipline.
- (iii) Parents' Booster Organization: The Parents' Booster Organization under the leadership of the Booster President works with the Head Coach, the Administrator and the Board of Directors in matters of setting club policy. The Booster President, the Administrator and the Head Coach work together regarding fund-raising events, public relations and special events.
- (iv) Administrator: The Club Administrator assists the Booster President and the Head Coach, makes travel arrangements, and handles the bookkeeping.

GOALS

Sec. 2.01

[a] General: It is the goal of SSYRP to teach a love for the sport of rowing. SSYRP strives to develop the athletes' rowing skills to a level that will permit them to compete successfully at the interscholastic level and to capture the attention of collegiate coaches. Additionally, we hope that there will be some athletes who will go on to compete for their country on the international scene on the junior national team as well as the national team.

SSYRP intends through the sport of rowing to teach leadership, teamwork, responsibility, and initiative that will serve the athletes well in their college careers as well as later in life. Rowing is the ultimate team sport. The individual is subordinated to the good of the whole and it is a sport where it can truly be said that the whole is greater than the sum of its parts. SSYRP believes that through the rowing experience, young men and women learn to work together, to make personal sacrifices and to strive for something greater than each of the individuals involved.

[b] Academic requirements

(i) Minimum grade requirements: SSYRP takes great pride in the academic achievements of its athletes and insists on the athletes maintaining a solid academic record, according to that set by the local schools. In order to compete for the Sarasota Scullers, an athlete must have a GPA of no lower than 2.0 on his or her most recent report card. Failure to maintain a grade point average of 2.0 or higher will result in an athlete's suspension from the crew until the deficiency has been corrected.

(ii) Report cards: Within five days of the conclusion of a grading period, each athlete must provide a copy of the most recent report card to the Administrator. Failure to comply with this requirement will result in the athlete being suspended from the crew until the report card has been received.

[c] College Rowing Scholarships: Strong rowing skills in conjunction with a good academic record will greatly enhance the individual athlete's opportunities of gaining admission to leading universities and colleges. Frequently, a good rower is offered an athletic scholarship for rowing at many leading colleges and universities. A "good oar" generally attracts the attention of Ivy League coaches.

FINANCE

Sec. 3.01

[a] General: SSYRP is entirely dependent upon the athletes meeting their financial responsibilities and assisting in fundraising in order to sustain it. SSYRP receives no governmental assistance. The annual budget is funded in full through grants, dues, fund-raisers, donations and charitable gifts.

[b] Dues: Each athlete is asked to contribute a fixed sum from year to year as monthly dues. The dues that are charged to the athletes provide approximately 25% of the funds necessary to meet the budget of SSYRP. Athletes are expected to remain current in this obligation, as the timely payment of dues is important to the orderly running of the program. Monthly dues are not prorated for partial month participation. Dues are payable in ten monthly payments starting in August and ending in May and are due in the office by the 1st of every month.

[c] Scholarships: No athlete interested in participating in the SSYRP program will be denied participation due to financial hardship. Full and partial scholarships are available to those who wish to avail themselves of this opportunity. In exchange, a scholarship recipient and their parents will be expected to participate as volunteers in the program above and beyond that which is normally expected of all rowers. Scholarship athletes are required to participate in all fund-raisers and work details. The scholarship committee will work with the recipient's parents to determine the appropriate level of financial assistance and the number of family volunteer hours and fund raisers required. ****Please note that regatta expenses, travel expenses and clothing expenses are not included in the scholarships. Scholarships only cover the yearly dues expenses.**

[d] Fund-raising: Major fund-raisers held throughout the year include a car raffle, a garage sale and periodic car washes. Each athlete is expected to sell a predetermined amount of car raffle tickets. All athletes will be expected to participate in at least ½ of the car washes and will be called upon to assist in the garage sale & all other fund-raising events.

[e] Assessments: Fundraising events are held to meet the cost of monthly overhead including rent, taxes, insurance, maintenance, utilities, office expenses, salaries, equipment upkeep and repairs as well as the purchase of new equipment needed. Assessments are necessary for regatta expenses above those previously mentioned including the cost of busing, entry fees, food and hotels required in order to attend those regattas. These assessments must be paid in full PRIOR to the rower boarding the bus for the regatta. The total cost of the regatta is computed and then divided by the number of

rowers attending the regatta in order to determine the cost per rower. Therefore, the fee is the same for every rower regardless of whether the rower rides the bus or rides with their parent and regardless of whether they stay in the hotel room or not.* Rowers who are participating with SSYRP under scholarship are responsible for their own regatta assessment fees as they do not fall under the scholarship.

* All rowers are expected to ride the bus at all times and must stay in the team hotel.

[f] Charitable 501(c)(3) Corporate Status: SSYRP is a qualified 501(c)(3) charitable organization and your tax deductible contributions of cash or securities are treated as such under the Federal Tax Code. Our Non profit status has been very helpful in our fundraising efforts which are necessary for purchasing new equipment, maintaining current equipment and for special events.

CARE AND MAINTENANCE OF EQUIPMENT

Sec. 4.01

[a] General: SSYRP is fortunate to have the finest equipment available in the sport of rowing. It exceeds that of many collegiate programs. This is the result of the generosity of many enthusiastic supporters and foundations who believe strongly in our program and who want to see that we have every opportunity to compete at the highest level and to perform well.

[b] Damage to equipment:

- (i) Normal wear and tear: It is understood that there will be damage to the equipment through normal wear and tear in addition to the corrosive effects of salt water and weather. However, each athlete is expected to constantly strive to maintain the equipment in the best condition possible. This means cleaning the boats, oars, ergometers and other equipment after use. It includes keeping the clubhouse, oar-house and grounds clean, neat and free of debris.
- (ii) Careless damage: Careless conduct that directly leads to damage to equipment is not acceptable and can result in a fine being levied, said fine not to exceed \$100.00. Although this sum is generally not sufficient to cover the cost of repair, it is intended to reinforce the point upon the athlete the need to be careful and it helps defray the cost.

[c] Loading of trailers: **ALL** athletes are expected to participate in assisting in the loading and off-loading of the boat trailer at the regatta sites and at the clubhouse and boathouse. Packing for a regatta is an important undertaking that requires careful attention to the task at hand and should be conducted without unnecessary talk. Inattention to the loading process can lead to damage to equipment. Furthermore, inattention can lead to important equipment being left behind and therefore not available at the regatta. Each athlete is responsible to see to it that all necessary equipment is packed. Failure to do so could result in some athletes not being able to compete.

ROWING SEASON AND REGATTA SCHEDULE

Sec. 5.01

[a] General: Rowing is a sport that takes place during all the seasons of the year. SSYRP realizes that many athletes enjoy participating in other sports. They are not discouraged from doing so as long as the other sport does not conflict with the spring racing schedule. Those athletes, who have a strong desire to continue rowing in college or to try for the junior national team, should consider limiting their athletic pursuits to rowing in their last two years. This permits participation in the Head of the Charles in Boston and the other fall regattas. Thus, they are able to meet and to be seen by some of the college coaches.

[b] Fall Rowing: The fall rowing calendar includes as its core events Head Races, which may or may not include the Head of the Charles in Boston, the Head of the Hooch, and the Sunburn Regatta in Tallahassee as well as other Head races which will be made available as they become finalized. As of this writing the fall schedule has yet to be determined. Fall rowing is directed mainly toward conditioning, working on technique and teaching new rowers the fundamentals of the sport. Practices are five to six times a week, at the discretion of the coach, for varsity and novice rowers, and two days a week for the 7th & 8th grade rowers. Practice schedules are subject to change at any time. Saturday morning is always included in the practice schedule.

[c] Winter Rowing: There are no races scheduled for the winter. Because of the weather and early darkness, most of the training involves weight lifting and other forms of conditioning although there is some rowing. Practice is generally four weekdays and Saturday morning at which time every attempt is made to get on the water.

[d] Spring Rowing:

- (i) Regattas: Spring is the main rowing season for competition. Not all rowers attend all regattas. Some are for novices only, some for varsity only, and some for the entire crew. Some regattas such as the Florida State Championships and the Scholastic Rowing Association Championships are limited to school crews. Other events are open to club or youth programs. Both SSYRP and the individual school crews are permitted to compete in the open events. The major events for clubs and youth include the Florida State Youth Championships and the Youth Invitational held in Cincinnati to determine the National Champions.
- (ii) Practices: During the spring, there are six practices a week and attendance at all spring practices is mandatory. (Additionally, depending on the Spring Regatta schedule, the varsity and novice rowers may conduct a rowing camp during the Spring Break at which time there are two practices a day. This camp is vital for the crew to attain a top level of performance for the important races that constitute the remainder of the spring schedule.)

- (iii) Campus Visits: An athlete planning to visit colleges should do so in the fall, winter or summer. Do not do so during the spring and expect to row on the varsity crew.
- (iv) SAT/ACT Exams: An athlete should plan to take SAT or ACT exams during the fall or winter. Under no circumstances should an athlete schedule an SAT or ACT exam on a regatta weekend. Please plan ahead.

[c] Nationals: In prior years, SSYRP has qualified to compete in the Youth Invitational Regatta in Cincinnati. This is the Youth National Championship and is held during the first or second weekend of June. The Championships represent the pinnacle of high school rowing and is what SSYRP aims for each season. This regatta provides the opportunity to test us against the top crews in the country. However, it sometimes conflicts with some high school graduations. In the past, many athletes have willingly chosen to forego attending graduation. As a courtesy to the program and the rest of the crew, senior athletes are asked to indicate early in the spring season whether or not they would attend the National Championships if offered the opportunity.

ATTENDANCE AT PRACTICE

Sec. 6.01

[a] General: Crew is the ultimate team sport. For a boat to continue to improve, there must be regular attendance at all practices by all athletes. **The absence of an athlete from a practice is extremely disruptive to the development of a boat. It is also unfair and discourteous to the remainder of the crew and the coaches who are carrying out their commitment to the boat by being present.** In the course of a year, there are approximately 190 scheduled practices. Because of wind, storm, darkness, cold, etc., there are many times when the boats are not able to get on the water. There are roughly 150 hours of water time each year to produce a competitive crew. **Each time an athlete is absent from a practice it has a detrimental effect upon the entire crew's development. Remember this is a "TEAM" sport.**

[b] Attendance: Any athlete who anticipates not being able to attend a practice should clear the matter with the coach in advance. Telephone the clubhouse, (941) 966-2244, and leave word in the event there is a sudden acceptable reason for not being able to attend.

- (i) Reasonable requests: Reasonable requests such as religious holidays, serious illness, visits to college campuses (as long as not in conflict with the clearly stated meaning of paragraph 5.01[d](iii), SAT and ACT exams (as long as not in conflict with the clearly stated meaning paragraph of 5.01[d](iv), or a major family event such as a wedding, christening or funeral will be favorably entertained.
- (ii) Definition of reasonable: Reasonable is what the coach determines reasonable to be under the circumstances and based upon the athletes attendance record.
- (iii) Unacceptable requests: Requests to be excused from practice that will NOT be entertained as being reasonable include dates with a boyfriend or girlfriend, dinner or other events with the family that could reasonably be scheduled at a different time, birthday parties, surfing, conflicts with jobs or conflicts with other activities that could have been foreseen with careful planning.
- (iv) Monday practices: Missing practice on a Monday because of a claimed need to study for an exam will not be deemed acceptable. It is presumed that the athlete has known the date of the exam for a lengthy period of time and that the entire weekend was available for study. The athlete owes it to his or her teammates to plan better.

[c] Length of practice: Each practice is designed to be no more than two hours. Starting times are dictated by the hours of darkness. During EST, practice can start as early as 3:00 pm, but this is subject to change. During Daylight Savings, practice can start as late as 6:30 pm. Athletes should plan on arriving ten minutes before practice and begin stretching out. If

practice is started promptly, and if there is no waste of time in putting the equipment away at the conclusion of the practice, the two-hour schedule can be followed.

[d] Conflicting activities: Athletes who are engaged in other activities such as band, debate, drama, church, etc. that conflict with practice should make arrangements with the coach. Every effort will be made to permit participation in other activities. Cooperation from the head of the other activity will be expected. In some instances a choice will have to be made.

[e] Water time: Practice on the water is designed to run approximately an hour and a quarter, slightly more or less, depending upon the workout.

[f] Personal Care: Athletes are expected to protect themselves from rain, cold, heat, insects and objects on the ground that can cause injury by bringing to every practice (a) the proper clothing, (b) insect repellent and sunscreen, (c) shoes for running and ergometer workouts, (d) water shoes for carrying boats into the water, (e) their own water and (f) a 7/16th wrench. Be sure to label all of your property and clothing with your name. Every athlete is instructed to bring sweat pants, sweatshirt, rain gear, running shoes, insect repellent, sunscreen, towel and dry socks to every practice and each athlete will be expected to comply with this instruction at every practice. Failure to do so may result in disciplinary action being taken. Each athlete has the obligation to his or her boat mates to be fully prepared for every practice and to stay in good health. An athlete is expected to eat properly, get the necessary rest and to avoid situations that could lead to sickness.

PERSONAL DECORUM

Sec. 7.01

[a] General: Sarasota Scullers athletes are expected to conduct themselves in a respectful and courteous manner at all times. This applies to interaction with teammates, adults, opponents, race officials and family members. Foul and abusive language reflects poorly on the Sarasota Scullers program, is not acceptable and will not be tolerated.

[b] Behavior towards parents: Athletes will conduct themselves with the highest degree of respect in their actions, conduct, and speech with their parents and other athletes' parents.

[c] Definition of disrespectful behavior: Disrespectful behavior includes, but is not limited to language, tone of voice, body language, facial expressions and gestures.

[d] On matters of disagreement: If an athlete feels that he or she has a point of disagreement with a member of the administration, coach, volunteer parent or other adult, he or she will do so in a respectful tone of voice and manner. Every attempt will be made to find a fair and full audience to all grievances of athletes and in this way work for the general welfare and benefit of the club.

[e] Conduct on the racecourse: Disrespectful conduct or foul language on the racecourse or directed toward any race official will not be tolerated. Such conduct is not only unseemly; it can also lead to a penalty being applied toward the entire crew. Athletes will exercise self-control and the heat of the moment arising out of the contest is not an excuse that will be given the slightest credence.

[f] Conduct toward teammates: All athletes will treat each other with respect. The men and women athletes of the Sarasota Scullers are part of the same team and will behave towards each other with courtesy and consideration at all times. Directives, instructions or orders from coxswains, captains, and junior captains will be followed without complaint. If there is a grievance regarding any such directive, instruction or order, the matter should be taken up with the coach. Failing that, it is expected that there will be total compliance and cooperation.

[g] Romantic attachments: In the event some athletes should become romantically attached, they will behave in a tasteful manner. Public demonstrations of affection beyond the bounds of good taste will not be tolerated. If in doubt about a certain course of conduct, don't engage in it.

[h] Drug, Tobacco & Alcohol Use: Rowers will not consume alcohol or illicit drug substances or use tobacco products as long as they are a member of the crew. No tobacco, alcoholic or illicit drug substances are to be on one's person or among one's personal belongings. As a teammate, if you are aware of anyone drinking or using any illegal

substances, you are obligated to inform a Captain, your Coach, the Administrator or a Chaperone. Administration, Coaching staff or Head Chaperone has the right to perform random or specific bag and room checks including, but not limited to, all personal items.

[i] Sanctions: Sanctions for a breach of the standard of behavior set forth herein will be at the discretion of the administration, coaching staff, and Board of Directors who witnesses the transgression and who will be the sole arbiter of what constitutes a breach of the standards. Please refer to “the rules of the road”, “hotel rules”, and all items addressed in this handbook.

DRESS CODE

Sec. 8.01

[a] General: In preparation for college and life beyond college in the business world, and furthermore, proceeding upon the assumption that excellence in performance is enhanced through discipline and pride, SSYRP has adopted guidelines for the wearing of the racing uniform, attire at practice and the proper attire for travel and for attending formal functions. Every athlete is required to purchase from the program a crossed oars tee shirt, a unisuit, and a SSYRP polo shirt. For international events and other special occasions male athletes and coaches may be required to wear ties and blazers while traveling and for special events.

[b] Practice attire:

- (i) Wearing of tops: While at practice, all athletes will wear tops. Females will not be allowed to wear only sports bras. Athletes are required to race in tops and therefore they will practice in the same attire.
- (ii) Graphics and slogans on clothing: "T" shirts or other clothing that have obscene or improperly suggestive slogans, pictures or graphics will not be permitted. All clothing will be clean and of a proper fit. The determination of a breach of this standard will lie with the sole discretion of the administration, coaching staff, and Board of Directors. If in doubt, don't wear it.

[c] Racing Attire: Athletes will demonstrate proper respect for the racing uniform of SSYRP or any school crew within the organization by wearing it properly at all times at a regatta site. The top of the unisuits will not be lowered.

[d] Approved polo shirts: The approved polo shirt of the club is the SSYRP polo.

[e] Travel attire:

- (i) By bus: Athletes will dress in a manner that reflects well upon the Sarasota Scullers, aware that they will be eating in public restaurants. Male athletes will wear their pants up around their waist. Athletes will not wear clothing that displays offensive slogans and graphics.
- (ii) By air: Male athletes will wear approved club polo shirts over tan, beige or khaki long trousers. The clothing will be clean, pressed and fit properly. Female athletes will wear a tan, beige or khaki skirt or pants. The skirt will be worn at an appropriate, conservative length.

[g] Formal attire: At the Awards Banquet, athletes shall dress appropriately for the special occasions. No jeans or shorts.

SANCTIONS

Sec. 9.01

[a] General: Unfortunately, there is a need from time to time to take disciplinary action for the breach of club rules and procedures. It is extremely difficult to anticipate all possible circumstances when a sanction might have to be imposed. The purpose of any disciplinary action is (a) to maintain the standards of SSYRP, and (b) to reinforce in the athlete his or her obligation to the crew. Most disciplinary action is summary in nature and will be addressed accordingly by administration, coaching staff, and the Board of Directors.

[b] Disciplinary actions: Forms of disciplinary action include additional workouts, Saturday work detail, writing an essay or letter of apology, suspension for a week or less, suspension from participating in a regatta, fine or assessment for damage, suspension for more than a week or dismissal from the crew.

[c] Refund policy: In the event an athlete is suspended or dismissed, there will be no refund of any dues, assessments or contributions paid. The suspended/dismissed athlete will still be responsible for the payment of the balance of their financial obligation for the remainder of the season. (i.e. dues)

PARENT VOLUNTEER PARTICIPATION

[a] Parent Volunteer Participation: We need your help. It is expected that each rower's parents will participate in the running of the club. This participation can be in the day to day routine demands of the organization or with special activities such as President of the Parents Association, food, clothing, communications, advertising, publicity, awards banquet, car raffle, regattas, phone calls, mailings, printing, sponsorship solicitations, grant writing, maintenance, etc. There are many demands in the running of the club and in order to keep from missing any of them volunteers are necessary. If a parent does not volunteer on his/her own they will be called upon sometime during the year to help in any areas where there is a need. It is mandatory for all scholarship recipients and their parents/guardians to volunteer time to the club as predetermined by scholarship parameters. See section 3:01(c)

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