



Cedar Creek High School Crew – Code of Conduct

Rowing provides an excellent pathway for high school students to learn new skills, become more confident, and maximize their own potential. There is not another sport that will reward athletes for their hard work as much as rowing.

Through your participation in Crew, you will develop the character and skills to overcome life's biggest obstacles, you will learn about yourself and about how to work as part of a team, and you will make friends for life.

Cedar Creek Crew's goal is for everyone to be safe, to have fun, and to ensure that all rowing and training activities takes place in the spirit of sportsmanship. In taking this approach, you are expected to...

- Do your best at all times.
- Improve and develop your skills year-round.
- Play by the rules.
- Treat other athletes, coaches, committee members, and volunteers from all teams with fairness and respect at all times.
- Congratulate and encourage both teammates and opponents when they deserve it.
- Help teammates and opponents when they need it.
- Act as role models for younger teammates and for other students in school and at the race course.
- Be humble in victory and gracious in defeat.
- Be responsible for your actions and help your teammates realize the consequences of their actions.
- Do everything you can, through fundraising and through volunteering, to support Cedar Creek Crew.
- Keep an open line of communication with the coaches regarding problems or ideas for bettering the team.



Cedar Creek High School Crew –

Rower/Parent Compact:

By signing below, rowers and parents/guardians agree that:

- They have read and understand the Cedar Creek High School Crew Code of Conduct.
- Rowing is a life sport that requires athletes to stay in shape and to improve their athleticism and their rowing skills year-round.
- Rowing and racing are privileges and not rights. Everyone will need to earn their seat for each race.
- There will be times when rowers will not be in direct contact with a coach, but that they are ALWAYS governed by school rules and the Cedar Creek Crew Code of Conduct.
- Fundraising is a priority and all efforts are to be made to meet fundraising goals. If a rower and his/her family cannot meet their fundraising goal, they need to contact the Head Coach or a Booster Club Board Member ASAP.
- Although races do not occur on school grounds, any public or private racing venues (including our boathouse grounds) are to be treated as if they are Cedar Creek High School grounds. Rowers, parents and spectators must follow rules of the venues. All must be a respectful representation of Cedar Creek High School, whether it is to each other, other teams and their spectators/club members, and venue volunteers.
- Should there be any concerns with other rowers or coaches such as placement decisions or personality conflicts, rowers are to address with their immediate coach or Head Coach if the matter cannot be resolved on its own. Parents are not to address a problem with the coach if the rower has not already done so. Booster Club Board Members do not interfere with coaching matters.

Rower's Name

Rower's Signature Date

Parent's Name

Parent's Signature Date