



Mountain Lakes Rowing Club

Athlete/Parent Participation and Attendance Commitment

Please read and review thoroughly before signing. This commitment must be signed before any athlete will be allowed to row.

Participation

As an athlete and teammate, it is expected that each individual understands the importance of and agrees to use his/her best efforts and decision making in order to fully and actively participate in practice and regattas while in the best possible mental and physical condition.

Attendance

Attendance is integral to a positive rowing experience. Teammates rely on the participation of one another in order to practice and compete and therefore attendance at all practices is mandatory. If a practice must be missed due to illness or a family matter, advance notice must be given to the coach.

One (1) unexcused absence will result in the rower losing his or her seat through the next upcoming regatta. However that Rower will still be given an opportunity to practice and race. Two (2) unexcused absences will result in the rower losing his or her seat through all remaining regattas. This rower may be given an opportunity to race in a lower boat. Three (3) unexcused absences will be considered an inability to, on the part of the rower, to commit to this team. This rower may continue to attend practices, however, they may no longer be given an opportunity to row or compete.

Punctuality

Punctuality is also a mandatory part of attendance. Any rower that is more than 5 minutes late for any reason other than extenuating circumstances will affect the entire team's ability to conduct a practice. Therefore, the entire crew practicing with a rower who arrives more than five minutes late will be given additional land workouts before they can begin their water practice for that day. In the event of extenuating circumstances the coach must be contacted in advance.

By Signing This Athlete/Parent participation and Attendance Commitment, I/We as a MLRC Athlete/parent confirm that I/We have read, understand and agree to these participation and attendance policies.

Athlete (Printed) _____

Athlete (Signature) _____ Date: _____

Parent (Printed) _____

Parent (signature) _____ Date: _____