



## Hingham High Rowing Association

### TEAM EXPECTATIONS

**\*\*This document must be read through carefully and signed by all rowers and parents for any rower to participate in HHSRA.\*\***

#### **GENERAL:**

1. Rowers/Coxswains shall be expected to comply with the Hingham High School Code of Conduct.

[https://core-docs.s3.us-east-1.amazonaws.com/documents/asset/uploaded\\_file/4900/HHS/4719901/Student\\_Handbook\\_Code\\_Discipline\\_2024\\_2025.pdf](https://core-docs.s3.us-east-1.amazonaws.com/documents/asset/uploaded_file/4900/HHS/4719901/Student_Handbook_Code_Discipline_2024_2025.pdf)

2. Rowers/Coxswains shall at all times exhibit kindness, good sportsmanship, and a mature demeanor towards their fellow teammates, coaches and competitors.
3. Rowers/Coxswains shall exhibit at all times respect and care for the equipment and boats in which they row, inclusive of ergometers, coxswain equipment, boats, and all extraneous parts of the boat. Any broken/missing equipment must be immediately reported to a coach.
4. Both parents and students understand the importance of attending all practices and races. Before the season begins, take a careful look at the schedule and inform your coaches of any conflicts. Please understand that boat priority will be given to those that attend practice on a regular basis.

#### **PRACTICE HOURS:**

	Monday	Tuesday	Wednesday	Thursday	Friday
Boys	3:30-5:45 pm	3:30-5:45 pm	3:30-5:45 pm	3:30-5:45 pm	3:30-5:45 pm
Girls	4:15-6:30 pm	4:15-6:30 pm	4:15-6:30 pm	4:15-6:30 pm	4:15-6:30 pm

Weather Days @ LP:

Boys- 3:30-5:15

Girls- 5:00-6:45

#### **RACE SCHEDULE:**

- Saturday April 12th- St. Johns (boys only)
- Saturday April 19th- Exeter Invitational (1-4V only)
- Sunday April 27th- Salty Bow vs Duxbury
- Sunday May 4th- Brookline, Tabor, Duxbury
- Saturday May 10th- Bedford, Boston Latin
- Saturday May 17th- Hanover, Tabor
- Saturday May 24th- NEIRA Championships (1-3V if qualify)
- Sunday May 25th- MPSRA Championships



## ATTENDANCE:

- Three unexcused absences will result in dismissal from the program for the remainder of the season without refund. Athletes can not expect their seat to be held due to tardiness, absence or having to leave early. We cannot guarantee that an athlete needing to leave early will be off the water on time.
- An unexcused absence is defined as an absence that has not been approved by a coach at least 48 hours ahead of time. Exceptions to this include an emergency situation such as an unexpected illness, injury, a death in the family, etc. **A note from a parent, or preferably a doctor, is required in the event of an unexpected absence.**
- All excused absences must be communicated at the start of season and in the weekly google forms or as soon as a parent and/or rower knows about it by emailing or messaging your head coach.
- Each week, a **Google Form** regarding attendance will be sent out. In order to participate, every athlete is expected to fill the form out by the given date and time. Athletes are expected to talk to parents/guardians prior to filling out the form for practice that coming week.
  - Google Forms are due each **Sunday by noon**
- Athletes will be on time to practices and regattas. All athletes are expected to be in proper workout attire and ready to work at the start of practice. Practice is not completed and athletes cannot leave until a coach has dismissed them.
  - Being on-time means that you are there early enough to help bring equipment down (oars, waterbottles, etc)
- If an athlete is going to be late to practice or a regatta due to traffic or other circumstances then they must message (on Band ) or email the coaches and give them an estimate of how late they will be.

## COMMUNICATION:

Step 1- Student-athlete speaks to their coach directly during “safe talk time” or a time scheduled with coach.

Step 2- If the athlete to coach conversation has not resolved the concerns, we encourage parents to THEN speak directly with the coach. Parents may email the coach to set up an appointment to talk about concerns.

Step 3-If the parent to coach meeting does not resolve the issue, we encourage parents to THEN email HHSRA Program Director to set up an appointment to discuss the situation.

If a student athlete or their family has a safety-related complaint that cannot be resolved directly with the coach, the complaint may be brought directly to the HHSRA Program Director.

## Health, Injury and Illness

The expectation is that you will take care of yourself throughout the entire year (in/out of season) by taking proactive steps to stay loose, increase flexibility, minimize tightness, and seek care from a medical professional when ill. **If you begin to experience pain of any kind during or outside of practice, please let a coach know ASAP so we may help seek and ensure proper care and recovery.**

## Drug, tobacco and alcohol use:

Refer to the student HHS handbook. We will have a zero-tolerance policy. Any student found to use or be in possession of alcohol, tobacco, or any drug or controlled substance will be subject to loss of athletic privileges in accordance with HHS/MIAA rules.



### **Bullying, hazing and harassment:**

Zero tolerance policy.

### **Academics**

It is every athlete's responsibility to keep up with their schoolwork while fulfilling their commitment to HHSRA. Rowers must learn proper time management and are encouraged to talk to the coaches and teachers if they are struggling to manage all their responsibilities. Athletes should be aware that **failure to maintain academic standards could result in dismissal from the team for the remainder of the season.**

**Social networking/cell phones:** Be mindful of what you post. Always put your teammates and Hingham rowing in a positive light. No cell phone use during practice with exception of playing music while on land with coach approval.

**Dress code:** We row rain or shine. It is imperative that our athletes dress for the weather. Layers are the name of the game. Clothing should be comfortable and snug (lycra/spandex) as baggy clothing tends to get stuck in sliding seats and oars. In an effort to always present ourselves in a professional manner, shirts must be worn at all times at practice and regattas. If you have your uni rolled down, you must wear a shirt to cover your torso. If athletes fail to arrive at practice without proper attire for practice or the weather, coaches reserve the right to dismiss an athlete for the day.

### **Individual Focus:**

Continue to build and improve your individual fitness. This will be measured several times throughout each season with various fitness testing.

**When testing (Erging, Seat Racing, Running, etc.)**, you must be supportive of your teammates by avoiding disruption (i.e. throwing erg handles, yelling, etc.), so those around you are not distracted during their tests. Always aim to keep a positive and supportive testing environment. Negative self/team talk may result in disciplinary action.

Line ups are made based on a combination of speed, your ability to move weight, technique, communication, and attitude. Your seat is never solidified.

### **Team Focus:**

Fall: Improving overall team endurance and base fitness

Winter: Strength training and muscle endurance

Spring: Sprint work and max power

### **Year-round focus:**

Positive team culture, welcoming environment, good sportsmanship

Technique, mobility, recovery, injury prevention

### **ADAPTABILITY:**

Adaptability is an athlete's ability to achieve success despite the circumstances. This means that whatever boat you are in, your goal is to make it better. This requires sound technique, adaptability to different boat speeds and stroke seats, and support of your teammates.

Adaptability also refers to:

- Your ability to successfully balance and prioritize your busy schedule
- Asking for help when needed and using your resources



## **COACHES:**

The goals of the coaching staff are to:

- Witness and promote individual growth in your athletic, academic and personal lives through values taught in rowing
- Display in attitude and action: Team first, self secondary
- Promote an environment of inclusivity, while rewarding healthy competition and hard work
- Appreciate the diverse personalities and support each member's unique role on the team
- Have all team members understand what we do as a team to be successful and develop trust in one another
- Ensure practices reflect race pace; developing competitive, intense habits
- Hold ourselves and the team accountable to uphold our values and meet our goals

## **DISCIPLINARY ACTIONS:**

Any violation of these rules, either reported, observed, or forwarded to any HHSRA program staff or board member will be grounds for disciplinary action. Multiple violations may result in suspension or removal from the team. Violations do not need to be of the same conduct offense.

First Offense: Verbal/written warning

Second Offense: Suspension from practice

Third Offense: Suspension from racing

Fourth Offense: Dismissal from the program

Any violation of rules with a zero-tolerance policy will result in automatic dismissal from the program for the season.

---

Above all, have fun! You have a unique opportunity with this program and your teammates! Take pride in your hard work and being part of such an amazing team. We all have good days and bad days, the important part is that no matter how rough the waters get or how many blisters we have on our hands, we keep showing up for our teammates and ourselves.

As HHSRA Coaching Staff and Board of Directors, we understand that athlete, parent, and coaching staff conduct is an important, but often uncertain area comprising situations that are not always black and white. This document serves as a basis for staff and board to react to situations as they arise. Situations may arise that fall outside of the scope of this document as it stands now. This document is a living document that may change based on new information or new situations. Staff and Board will work together so this document serves as the most accurate representation of the values of the organization. Any situation outside of the most concurrent scope of the document will be discussed by Staff and Board.

**GO HINGHAM CREW!**



By signing this form, you agree to the terms and conditions expressed in HHSRA's Team Expectations Contract. Violations of these policies, other rules set forth by HHSRA, or rules presented to the athletes during the season may result in suspension or dismissal from the program without a refund.

---

**Athlete Signature**

**Print Name**

**Date**

---

**Parent Signature**

**Print Name**

**Date**