



Hingham High School Rowing Association

Team Expectations

Throughout the year the Coaches will reference four categories that align with our team values, attitudes and goals as decided by coaches and athletes. These categories are: **Health, Power, Impact, and Adaptability**. Your success on this team individually and as a whole will be a direct reflection of how you uphold, support, and meet the expectations of each of these categories. Failure to uphold or meet team standards will be grounds for disciplinary action (see below).

GENERAL

1. Rowers/Coxswains shall be expected to comply with the Hingham High School Code of Conduct.
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. When there is broken/missing equipment it 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.

HEALTH

This category refers to the overall health and well-being of each athlete.

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 & 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 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 athletics privileges in accordance with HHS/MIAA rules.

Year-round focus:

Nutrition	Hydration	Wellness
Sleep	Recovery	Mobility

Coaches will initiate conversations and information sessions on a regular basis about these six topics to ensure athletes have the resources they need to be in control of their own health. Athletes are encouraged to ask questions pertaining to these topics if they are in need of further information.

POWER

This category refers to your ability to move weight, move it with speed and continue moving it for extended periods of time. All athletic testing falls within this category (erg test, seat racing, running, etc.)

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, 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.

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: Technique, mobility, recovery, injury prevention

IMPACT

This category refers to team culture. You are expected to foster a positive team environment & create an inclusive environment in which all athletes, coaches, and staff feel safe, accepted, and comfortable.

Bullying, Hazing and harassment: Zero tolerance policy

Missing/late arrival to practice: If you anticipate that you will be missing practice, please give your coaches as much advance notice as possible so we may reorganize lineups accordingly. When aware of a pre-planned event, such as a band concert, that will result in you missing practice, coaches should be given at least 48 hrs notice.

Academics: You are students before you are athletes. Coaches and your teammates will always support school work remaining a top priority. You must remain academically eligible in accordance with HHS to participate on our team.

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.

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:

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

COACHES

The goal of the coaching staff is 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
- Have practices reflect race pace; developing competitive, intense habits
- Hold ourselves and the team accountable to uphold our values and meet our goals

DISCIPLINARY ACTION:

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 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 that has 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 as Staff and Board.

GO HINGHAM CREW!