



## Athlete Expectations 2018 - 2019

### Attendance:

- As a staff, we are very understanding of academics and personal conflicts. However, school comes first when you're a Student Athlete. That being said, this does not give you an excuse to 'wait till the last minute' or 'Coach I forgot..'
- You will be allowed 3 unexcused absences to use at your discretion - ex: social events, personal reasons, vacation.
  - Illness/Doctor Appts/College Visits/Family Emergencies/Exams will not count towards unexcused if proper documentation/communication is provided.
  - Athletes with excessive absences will be reviewed by the Coaching staff
- Please email me if you are going to be late or miss practice:  
coachpeck@uacrew.org

### Conduct:

- Rowers/coxswains will abide by all UAHS code of conduct morals and expectations. If found to be exhibiting opposing behavior/character, the Athlete will be open to review under the Coaching staff and Board of Trustees.
- While traveling, you represent your school and team, please act accordingly.

### Responsibilities:

- Athletes will be accountable for their own rigger/seat while traveling **and** practicing. This means bringing your wrenches. There will be consequences for athletes who do not bring their tools.. If you notice something wrong with any equipment, tell a coach, **DO NOT WAIT**. Even if you aren't sure!
- Dress for the weather, you will be sent home if you do not have appropriate attire. All weather calls will be announced on teamsnap around 1:30-2PM.
- Coxswains will be responsible for bailing/preparing launches and double checking their designated boats (all hardware and equip). This includes:
  - At the boatyard: before trailer loading/de-rigging/rigging
  - At race sites: rigging/prior to launching/de-rigging for departure
- HYDRATE
- You will be responsible for your nutrition. Please do not obsess over your food/calories. Instead, be mindful of what you fuel your body with - Garbage in = Garbage out! You will not get what you need out of your workouts/training if you do not provide yourself with proper energy.
- You will be responsible for your goals. Only you can want to compete at a certain level and push yourself to get there.