

Forest Hills Central Crew

# Athlete & Parent Contract

2024

## FHC Crew Coaches, Captains, and Contacts

	<u>Phone</u>	<u>Email</u>
<b>Peter Ross - Head Coach</b>	(616) 295-8903	pmross@comcast.net
<b>Men's Team Coaches</b>		
Noah Messner - Head Men's Coach	(616) 304-0023	noah.messner@gmail.com
Joel Fauson - Assistant Men's Coach	(616) 607-4760	fausonj@gmail.com
Hannah Skarli - Novice Men's Coach	(616) 901-0112	heskarli@gmail.com
<b>Women's Team Coaches</b>		
Zoe Niswonger - Head Women's Coach	(616) 856-5518	zniswonger12@gmail.com
Peter Ross - Novice Women's Coach	(616) 295-8903	pmross@comcast.net
Megan Hudson - Assistant Women's Coach	(616) 401-5777	megan.e.hudson@gmail.com
<b>Captains</b>		
Joey Sitarski	(616) 840-3627	
Ryan Brom	(616) 616-8685	
Megan Hackerd	(616) 888-9486	
Clare Sherman	(616) 788-3096	
<b>FHC Crew Boosters - Officers</b>		
Dan VanSkiver - President	(616) 862-4550	
Joe Brom - Vice President	(616) 350-4047	
Susie VanSkiver - Secretary	(616) 826-5271	
Leah Sherman - Treasurer	(616) 821-6299	
<b>Other Contact Information</b>		
<b>Boathouse Address</b>	8400 Grand River Drive Leblanc Row Grand Rapids, MI 49546	

## **FHC Crew Coaches, Captains, and Contacts (continued)**

### **Crew Boosters Address**

Forest Hills Crew  
Boosters  
P.O Box 960  
Ada, MI 49301

### **Athletic Department**

Jonathan Goei ( Athletic Director)  
5901 Hall St SE  
Grand Rapids, MI 49546  
(616) 493-8715

### **FHC Website**

[fhccrew.org](http://fhccrew.org)

### **US Rowing**

[usrowing.org](http://usrowing.org)

### **Regatta Central**

[regattacentral.org](http://regattacentral.org)

## Spring Season Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
<b>Regular Season Events</b>		
March 11	Mandatory Practice Begins	FHC
March 16	Dock-in (Tentative)	Boathouse
March 17	Boathouse opening and boat rigging	Boathouse
March 23	Spring Sprints Ergatta	FHC
April 20	Huron Sprints*	Kensington Park, MI
April 27	Grand Rapids Invitational	Grand Rapids, MI
May 4	Laddie Cup*	Orchard Lake, MI
<b>Championship Events</b>		
May 11-12	Midwest Regionals*	Kensington Park, MI
May 18	Michigan State Championships*	Kensington Park, MI
May 24-25	SRRA Championships (if qualified)*	Oak Ridge, TN
May31, Jun 1-2	CSSRA Championships*	St Catherines Ontario

(\*) These events include overnight travel with departure on team provided buses the day prior to the date(s) shown and return on the final day of the regatta. Athletes are expected to ride on team buses unless prior approval is received from the Head Coach.

### **Please Note:**

All Athletes participate in the “**Regular Season Events**” shown above. Each year we strive to include as many athletes as possible in “**Championship Events.**” Participation in these events is by invitation from the coaching staff based on athlete regular season performance, regatta rules (e.g. only one entry per team in races, Canada age rules), and transportation limitations (motor coach capacity).

### **Practice Schedule**

*Spring Practice Schedule (On Water) Monday – Friday*

All Athletes 5:30 – 7:30 PM

All Athletes should arrive no later than 5:10. Warmup and preparation to row should be completed to allow for a 5:30 launch.

**Please Note:** Monday practices often begin at 4:30 during regatta season to provide time to unload the trailer and rig our boats.

## Team Policies

### 1. *Student/Athlete Policy:*

Athletes are students first. We expect that focus and attention on academics is an athlete's primary priority. Athletes must plan and prioritize their time to complete their schoolwork and maintain good academic standing. Practice time cannot be missed to complete academic requirements. Exceptions to this policy must be coach approved.

### 2. *Health and Nutrition Policy:*

The FHC Crew coaching staff encourages all team members to maintain a healthy diet and avoid junk food and drinks to maximize their physical health and conditioning. Athletes are expected to avoid any methods or efforts to manage their natural/normal weight level to meet weight category limits for a position or event. Coaches and Athletes are strictly prohibited from any actions or efforts to pressure an Athlete to meet a weight target.

### 3. *No-Cut Policy:*

FHC Crew is a no-cut sport. All athletes that want to participate and agree to make a serious commitment to themselves and the team are welcome to join. We will continue this policy provided that adequate coaching and financial resources are available to support the team roster in an effective way.

**At the beginning of the Spring mandatory practice period athletes are expected to be in adequate physical condition to participate and compete. Training and competing in a FHC winter season sport or in our winter conditioning program is highly recommended. If an athlete is not in adequate physical condition they may not be permitted to participate or may see limited on the water time and racing opportunities.** The coaching staff also reserves the right to excuse athletes that do not maintain an adequate level of commitment or adherence to team policies.

### 4. *Conduct Policy:*

The **FHC Student Code of Conduct** and the **FHC Athletic Code Contract** will be followed. In addition, we emphasize the following:

- Athletes are expected to treat themselves and all others inside and outside of our organization with respect, courtesy, and kindness. Disrespectful or inappropriate behavior, foul language, or bullying will not be tolerated.
- FHC Crew athletes are ambassadors of our school, community, state, and country. As we travel and compete, we will follow all rules and laws and will never discredit ourselves or our organization
- Fellow athletes and coaches work hard. Successes should be celebrated but regardless of results, no one should be treated poorly.

***Failure to adhere to this Conduct Policy is grounds for immediate dismissal from the team at the sole discretion of the Head Coach.***

## **5. Practice Attendance Policy:**

Practice is **MANDATORY**. Rowing is a team intensive sport. Success comes from excellent conditioning, high levels of practice, and outstanding teamwork and collaboration. We cannot row partially full boats and we will not reserve seats. **Missed practice (particularly without prior notice and approval) may, and likely will, impact an athlete's position in a boat for the upcoming regatta.** While it may not seem fair that an athlete loses their seat because of an absence, it certainly isn't fair for the rest of the team to compromise their practice by dealing with the athlete's absence. **If athletes want to keep their seat, they need to be at practice every day.** As coaches, we will make our best efforts to give athletes opportunities to earn back their seats as time allows but due to time constraints and race schedule, we cannot guarantee them. Athletes with repeated attendance policy violations will be excused from the team.

Athletes are expected to manage their own attendance and to communicate directly with coaches about attendance issues. We ask that parents reinforce that policy by working to schedule other activities and appointments around our practice schedule whenever possible to give their athlete the best possible chance to succeed.

We understand that athletes are required to participate in other academic activities such as band, orchestra, and choir concerts to fulfill their academic requirements. These absences will be excused **if prior coach notification is provided.**

## **6. Regatta Attendance Policy:**

Regatta attendance is **MANDATORY**. Conditioning, practice, and planning are geared toward competitive performance and results at every regatta. Boat lineups are entered and paid for well in advance of the regatta date. An entire boat crew can be eliminated from an event if last minute changes to lineups cannot be made to adjust for an absent athlete. We understand that illness/injuries occur, and we will adjust as possible when needed.

Athletes are required to arrive at the scheduled time and participate in pre-regatta rigging and preparation. Athletes are not permitted to leave a regatta site during the event or until the entire team is released after completion of de-rigging of boats and loading of the boat trailer and equipment trailer. Parents and donors have invested thousands of dollars in boats and equipment. The entire team is responsible for ensuring that this equipment is handled, maintained and transported properly to preserve that investment. **Athletes that leave a regatta early without prior approval from their coach will be excused from the team.**

## **7. Travel Policy:**

Athletes are required to travel with the team to and from events outside of the Grand Rapids area on team provided buses or other vehicles. Any exception to this policy must be approved in advance by the Head Coach. Athletes are not allowed to drive to, or transport other athletes to out of town events under any circumstances.

Travel is for racing, not for vacation. Parents should not expect that athletes can be excused from a regatta site or hotel site to participate in family activities or sightseeing.

## 8. *Travel to and from Canada*

Approximately 50 athletes will be invited to compete at the CSSRA Championships June 2-4. To participate in this event the following requirements must be met:

- **Proof of US Citizenship**
  - A Passport or Passport Card or.....
  - An Enhanced Drivers License or.....
  - A birth certificate, a certificate of citizenship or naturalization, a U.S. Permanent Resident Card, or a Certificate of Indian Status **along with a government issued photo identification.** (School photo ID's are sometimes accepted but may not be adequate depending on the border agent).
- **All Athletes under 18 years old must also have a notarized letter of permission** signed by both parents or legal guardians or, a separate notarized letter from each (if not signed on the same letter) stating that the athlete is approved to travel with us. A form letter will be provided, and Notarization services offered.

## 9. *FHC Prom Policy:*

For many years, the FHC Prom date has coincided with a regatta date. For 2024, the Prom coincides with the Huron Sprints Regatta. All Athletes are expected to participate in this event. We recognize that the Prom is an important event in the lives of our athletes, but the regatta schedule traditionally has the key Varsity level events late in the day on Saturday making it impossible for Athletes to arrive at the Prom on time.

The FHC Crew Boosters is planning to host a Crew Prom event with a tentative date of May 19. This special event was well attended the prior two seasons and provides a wonderful alternative to the school sponsored Prom. All Varsity athletes and Novice Athletes that are Juniors or Seniors will be invited to attend and to bring a guest. Because this alternative event is offered, no special efforts will be made to excuse athletes early from the April 2 Huron Sprints regatta to allow for FHC Prom attendance.

**We expect that athletes and parents will fully support the Prom Policy and will not solicit the coaches or booster board members to grant an exception to the policy before or during the regatta.**

## 10. *Boat and Race Selection Policy:*

Lineups and race selections are ultimately determined by individual athlete and overall crew performance and can be influenced by other factors. While Erg scores are a key indicator of individual performance, they are not the final determinant. Likewise, past year performance, grade level, or other previous results do not provide any priority in determining crew lineups. The best performing athletes that can create the best performing boats through great conditioning, diligent practice, and strong and close teamwork and collaboration will be placed in the highest priority boats and events.

Every effort will be made to ensure that every athlete on the team can compete in a boat that is appropriate for their experience, skill, conditioning and individual performance levels.

## **11. Communications Policy:**

Per the FHC Athletic Department the following guidelines apply:

### **Coaches to Parents**

- o Practice and event locations and times and team requirements
- o Injury procedures
- o Team rules, guidelines, and requirements

### **Parents to Coaches**

- o Concerns expressed directly to the coach
- o Notification of schedule conflicts in advance
- o Specific concerns about a coach's philosophy and/or expectations

### **Athletes to Coaches**

- o Notification of schedule conflicts in advance
- o Specific concerns about a coach's philosophy and/or expectations
- o Injury or circumstances that may endanger the athlete when participating

### **Appropriate Parent Concerns to Discuss with Coaches**

- o The treatment of your athlete, mentally or physically
- o Ways to help your son/daughter to improve
- o Concerns about your son's/daughter's behavior

### **Issues Not Appropriate for Parents to Discuss with Coaches**

- o Playing time (for us, what boat or race your son or daughter is in)
- o Team or race strategy
- o Other athletes

## **Success Factors**

### ***For Athletes:***

- o Commitment to academic excellence
- o Commitment to attendance, conditioning, and technical skills development.
- o Full effort and focus every day
- o A positive attitude and team spirit
- o A willingness and desire to excel

### ***For Parents:***

- o Enthusiastic support and encouragement for your athlete in achieving his/her goals
- o Commitment to support your athlete's obligations for academics, attendance and conditioning
- o Volunteering to make the team work so that athletes and coaches have the equipment and support needed to succeed



## Administration and Costs

### **Requirements:**

- o Enrollment in FHC's Final Forms system and completion of all Athletic Department requirements:
  - o Sports physical per FHC Athletics Policy
  - o All other FHC Athletics paperwork
- o FHC Crew Boosters requirements
  - Registration form
  - Photo waiver
  - Individual event waivers as needed throughout the season
- o Enrollment in a Basic Membership in US Rowing

### **Costs\***

- o Payable to FHC Athletics Department
  - o Pay to Participate fee - \$140
- o Payable to FHC Crew Boosters
  - o Season Registration fee \$500
- o Payable to FHC Crew Boosters for athletes selected to attend championship events
  - o Midwest Regional Championships - \$180
  - o CSSRA Championships - \$300
- o Payable to US Rowing
  - o Basic Individual Membership - \$25 for new members, \$20 for renewal

*\* FHC Athletics and FHC Crew Boosters will work to accommodate athletes and their families that are unable to meet these financial requirements. Parents should contact Jonathan Goei – Athletic Director and Peter Ross – Head Coach for more information.*

## Signed Athlete & Parent Contract - 2024

### Student Athlete:

I have read and understand the schedule, policies, expectations, and costs outlined in the **2024 FHC Crew Athlete & Parent Contract**. As a member of the team I pledge to abide by them.

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature \_\_\_\_\_

### Parent:

I have read and understand the schedule, policies, expectations, and costs outlined in the **2024 FHC Crew Athlete & Parent Contract**. I agree to provide full support to the team's policies and expectations

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature \_\_\_\_\_