



FOREST HILLS CENTRAL CREW

ATHLETE & PARENT CONTRACT

2023

SCHEDULE
Spring Season 2023

Date	Event	Location
March 13	Mandatory Practice Begins	FHC
March 18	Dock-in	Boathouse
March 19	Boathouse opening and boat rigging	Boathouse
March 25	Spring Sprints Ergatta	FHC
April 22	Huron Sprints	Kensington Park, MI
April 29	Grand Rapids Invitational	Grand Rapids, MI
May 6	Laddie Cup	Orchard Lake, MI
May 13-14	Midwest Regionals	Kensington Park, MI
May 20	Michigan State Championships	Kensington Park, MI
May 26-27	SRRA Championships (if qualified)	Oak Ridge, TN
June 2-4	CSSRA Championships	St Catherines Ontario

Practice Schedule

Spring Practice Schedule (On Water) Monday – Friday
All Athletes 5:30 – 7:30 PM

Note: this is tentative. Changes to Men's Varsity and Novice are possible.

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

FHC Crew Coaches, Captains, and Contacts

	<u>Phone</u>	<u>Email</u>
Peter Ross - Head Coach	(616) 295-8903	pmross@comcast.net
Men's Team Coaches		
Noah Messner - Head Men's Coach	(616) 304-0023	noah.messner@gmail.com
Peter Ross - Novice Men's Coach	(616) 295-8903	pmross@comcast.net
Joel Fauson - Assistant Men's Coach	(616) 607-4760	fausonj@gmail.com
Women's Team Coaches		
Zoe Niswonger - Head Women's Coach	(616) 856-5518	zniswonger12@gmail.com
Hannah Skarli - Novice Women's Coach	(616) 901-0112	heskarli@gmail.com
Captains		
Sam Logan	(616) 469-8678	
Trevor VanSkiver	(616) 788-5224	
Sofie Brown	(616) 216-0920	
Caroline Logan	(210) 400-7481	
FHC Crew Boosters - Officers		
Michael Brown - President	(616) 240-1361	
Mike Sitarski - Vice President	(616) 283-2500	
Susie VanSkiver - Secretary	(616) 826-5271	
Leah Sherman - Treasurer	(616) 821-6299	
Other Contact Information		
Boathouse Address	8400 Grand River Drive Leblanc Row Grand Rapids, MI 49546	
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	
US Rowing	usrowing.org	
Regatta Central	regattacentral.org	

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.

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 either of these events 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 2023, the Prom coincides with the Laddie Cup 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 21. This special event was well attended last season 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 May 6 Laddie Cup 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 Athletics department the following guidelines apply:

Coaches to Parents

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

Parents to Coaches

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

Athletes to Coaches

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

Appropriate Parent Concerns to Discuss with Coaches

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

Issues Not Appropriate for Parents to Discuss with Coaches

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

12. Success Factors

For Athletes:

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

For Parents:

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

13. Administration and Costs

Requirements:

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

Costs*

Payable to FHC Athletics Department

- Pay to Participate fee - \$140

Payable to FHC Crew Boosters

- Season Registration fee \$450

Payable to FHC Crew Boosters for athletes selected to attend championship events

- Midwest Regional Championships - \$180
- CSSRA Championships - \$300

Payable to US Rowing

- 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 – 2023

Student Athlete:

I have read and understand the schedule, policies, expectations, and costs outlined in the **2023 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 **2023 FHC Crew Athlete & Parent Contract**. I agree to provide full support to the team's policies and expectations

Parent Name: _____ Date: _____

Signature _____