

# Mill Town Rowing

## Athlete Code of Conduct

### **The Ultimate Team Structure**

To be successful in achieving our mission, it is essential that families, athletes, coaches, staff, and the Board work together as a cohesive team. Working together, we will have a strong influence on our relationships that can be based on civility, honesty, and respect, and by helping young people become educated, mature, and responsible young adults. We will, individually and collectively, do our part to create and maintain trust, respect, and care throughout the Club by accepting responsibility for our own actions and those of others. We make this commitment to ensure that each of us may grow both in knowledge and in wisdom and that we may leave this organization having enriched it by our presence. Failure to adhere to the conditions and rules as outlined below may result in disciplinary action. Depending on the severity of the violation, consequences may include a warning, removal from a race line-up, removal from all regattas until behavior improves, or expulsion from the team. A rower can and will be held financially responsible for any damage that occurs due to disobeying rules. No refunds will be issued if an athlete is removed from the team for a failure to abide by the Code of Conduct. Mill Town Rowing grants the Head Coach(es) and the Operations Director broad discretion in choosing and imposing consequences of athlete violations.

### **Family Responsibility**

Our athletes' safety and well-being are of principal concern, whether at the boathouse, at regattas, on their school campus, or off-campus in their private moments. In this spirit, we ask that Mill Town Rowing families, as members of this community, work cooperatively with Mill Town to ensure the well-being of the athletes who are in our mutual charge. Families must comply with laws designed to safeguard young people, such as those governing health codes, consumption of alcohol and other drugs. Mill Town Rowing presumes the use of common sense and responsibility by Mill Town Rowing parents or guardians. We presume that parties are properly chaperoned; that families confirm where children will be and under what specific conditions; and that athletes are guided to respect and obey the laws of the land, and the rules of the Mill Town Rowing.

### **Athlete Behavior**

Athletes are the spokespersons for our organization when they represent us in the community, on the water and in athletic competition. Their actions are viewed by family and friends, opposing rowers, the local community, and the media. Their display of good sportsmanship will show the most positive things about themselves, their team, their coaches, and our program. Honesty, integrity, fairness, and respect are fundamental principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results. Swearing and inappropriate gestures are not allowed. Athletes will base their actions on honesty, integrity, and concern for the welfare of others; in doing so they will not lie, cheat, or steal and will not condone such actions on the part of others. Athletes will respect the person, the property of others, and the equipment of all rowing clubs. Athletes will behave respectfully toward one another and toward our competitors. Athletes will refrain from all hazing.

### **Drugs and Alcohol**

The use of alcohol and illegal and performance enhancing drugs is prohibited at all times. Those found in violation of this will be immediately removed from the team.

## Social Networking

Mill Town Rowing athletes who access social networking sites (Facebook, Instagram, YouTube, etc.) should act responsibly and demonstrate respect for the rights and feelings of others. Gossip, insults, libelous, slanderous, demeaning, or derogatory pictures or comments about others, especially teammates, coaches or the Mill Town Rowing community are prohibited. Threatening or harassing statements or pictures are also prohibited. Athletes should exercise appropriate discretion when using social networks for personal communications with the knowledge that behavior on social networks may result in disciplinary action.

## Acknowledgment

As an athlete at Mill Town Rowing, I understand that my behavior and conduct will always reflect the club. I understand it is a privilege and not my right to be a part of the team. By signing below, I agree to following Code of Conduct and understand that failing to comply, depending on the severity of the violation, consequences may include a warning, removal from a race line-up, removal from all regattas until behavior improves, or expulsion from the team.

1. I will refrain from all illegal activities including, but not limited to, underage drinking, drugs, bullying, harassment (sexual, physical, and emotional), and any criminal acts.
2. I will protect the team and uphold Mill Town Rowing's values of good sportsmanship, commitment, teamwork, community and camaraderie, respect for our surroundings, and a love of rowing.
3. I will always exhibit respect towards coaches, teammates, equipment, the boathouse, my opponents, parents, and referees.
4. I will always maintain safe and appropriate behavior.
5. I will hold myself responsible for my own actions regardless of the situation or individuals involved.

**Athlete Printed Name** \_\_\_\_\_

**Athlete Signature** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

As the parent or guardian of a Mill Town Rowing athlete you are a valued member of our community and a representative of our club. Therefore, it is important that you agree to support your athlete in upholding this code of conduct and leading by example. By signing below, you are acknowledging your understanding of our code of conduct and the disciplinary actions set forth for failure to comply with it at all times.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_