



Expectations and Behavior Policy for Youth Athletes

- _____ 3 **unexcused** absences will result in dismissal from the program for the remainder of the session. No seat will be held if an athlete is late to practice, absent, or leaves practice early. An athlete must tell a coach in person or by phone of any absence 48 hours in advance. Email is an unacceptable form of formal communication.
- _____ Athletes will be on time to all practices and regattas ready to work. Once practice begins, the men's and women's teams will not interact except at the behest of the coaches.
- _____ Athletes and Parents will follow the NRRA code of conduct, **including language use** at the boathouse and at regattas.
- _____ Athletes and Parents will respect and follow all local rules and regulations (Riverway Condominiums)
- _____ Athletes and Parents will follow all NRRA parking policies and traffic patterns (including speeding).
- _____ Athletes and Parents will follow all NRRA travel and trip rules.
- _____ Athletes and Parents will act in the spirit of good sportsmanship at all practices and at regattas. Athletes will be respectful of all teammates and competitors at all times. Athletes will never speak negatively of the competition.

Parents and Athletes, please initial each line above. For further elaboration of Youth Program Policies, please refer to the NRRA Student-Athlete and Parent Handbook at the NRRA webpage, www.norwalkriverrowing.org.

This agreement shall remain in effect, without pause, for one year. Violation of this Expectations and Behavior Policy statement, policies and rules set forth in the NRRA Student-Athlete and Parent Handbook, or policies presented to the student-athlete during the season may result in suspension or removal from the Youth Program without refund.

We the undersigned Athlete and Parent (Guardian) have read and initialed the above Policy Statement and agree to adhere by this statement and all it implies.

Printed Name of Athlete	Signature	Printed Name of Parent/Guardian	Signature	Date
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Drug and Alcohol Policy for Youth Athletes

Athletes who participate in the Youth Programs at the Norwalk River Rowing Association are expected to behave in a responsible manner and follow established rules, regulations, and laws. The spirit of this policy is two-fold: 1) to teach all of the athletes the proper care of their bodies; and 2) to teach all of the athletes commitment to their goals, their teammates, and their sport. In cases where the appropriate application of this policy is unclear, coaches have the discretion to act according to the spirit of this policy.

Performance Enhancing Drugs and Methods

Any athlete found and verified to be using performance enhancing drugs or methods will be immediately dismissed from the team and any team events for a period of 180 calendar days. On the second occurrence, the athlete will be banned from participation for the remainder of his/her high school career.

Drugs and Alcohol

1. Possession, use, or being under the influence of narcotics drugs, hallucinogenic drugs, amphetamines, barbiturates, marijuana, alcoholic beverages, or intoxicants of any kind, on or off NRRA grounds, will result in disciplinary action.
2. Knowingly hosting on your property those who are in possession of, using, or transmitting narcotics drugs, hallucinogenic drugs, amphetamines, barbiturates, marijuana, alcoholic beverages, or intoxicants of any kind will result in disciplinary action.
3. Being in a vehicle with those who are in possession of, using, or transmitting any unconcealed narcotics drugs, hallucinogenic drugs, amphetamines, barbiturates, marijuana, alcoholic beverages, or intoxicants of any kind will result in disciplinary action.

First Offense

- A. If the athlete admits to a violation in the initial meeting with a coach, the athlete shall be suspended from the team for a minimum of 20 practice sessions from the initial meeting with no refund. Local law enforcement officials may be contacted at the discretion of the coach and Director.
 - a. The athlete must attend all practices but is not allowed to participate. Volunteer service may be required at the coach’s discretion.
 - b. The athlete must attend all regattas during that period but may not compete and may not be in uniform.
 - c. The athlete will complete a reentry interview with the coach.
 - d. Suspensions that outlast a season will be continued from the start of the next season in which the athlete participates fully.
- B. If the athlete does not admit to the violation in the initial meeting, and it is subsequently verified that a violation did occur (see Drug Testing, below), the athlete shall be suspended from the team with no refund for a minimum of 30 practice sessions from the time that a violation was verified. Local law enforcement officials may be contacted at the discretion of the coach and Director. The suspension will be handled according to a, b, c, and d above.

Second Offense

Should a second offense occur, the athlete will be suspended with no refund from the team for whichever of the following is longer: 1) the remainder of the season; or 2) 40 practice sessions. In order to become eligible for reinstatement the athlete must complete a substance abuse counseling program approved by the coach. At the coach’s discretion, the athlete may be required to attend practices (as in a, b, c, and d above), complete a specific number of volunteer service hours, or meet other pre-conditions for reinstatement that the coach deems reasonable and appropriate.

Subsequent Offenses

For each subsequent offense, the athlete will be banned from participation with no refund for whichever of the following is longer: 1) the remainder of the academic year; or 2) 180 calendar days.

Tobacco Products

Tobacco products are not healthy and are detrimental to athletic performance. The first verified use of tobacco products will result in a suspension of 5 practice sessions from the initial meeting. The consequences for each subsequent violation will be doubled from the previous violation (5 practices, 10, 20, etc.). The suspension will be handled according to a, b, c and d above.

Property Searches

NRRA reserves the right to search without notice an athlete’s property (including but not limited to vehicles, bags, clothing, and personal items) located on NRRA grounds, at NRRA training locations, on buses, at hotels, and at regattas or events.

Commitment

I/ We understand and accept the above eligibility and participation rules, as well as the consequences for violation of those rules. I pledge to my teammates that I will care for my body in a manner expected for healthy athletic performance.

Printed Name of Athlete	Signature	Printed Name of Parent/Guardian	Signature

Date

Drug Testing

If a coach has a reasonable suspicion that an athlete is in violation of drug and alcohol policy, NRRA reserves the right to conduct a drug test on site by means of a urine sample. A parent or guardian is required to be present for the testing. In the event of a positive test, the athlete may request a second urine test to confirm the result. This test will be conducted before the athlete leaves the premises. If the athlete further wishes to contest a positive result, he or she may obtain a blood test from a doctor provided it is within 24 hours of the initial urine sample. NRRA will not be responsible for the expense of the blood test.

I (parent/guardian) _____ hereby give permission to NRRA to conduct a test of my child’s urine when a coach has a reasonable suspicion of a violation. I understand that a parent or guardian must be present during the test. If a parent or guardian is unavailable, a substitute adult must be provided.

I (athlete, if over 18 years of age) _____ hereby give permission to NRRA to conduct a test of my urine when a coach has a reasonable suspicion of a violation. I understand that a parent or guardian must be present during the test.

I/ We understand and accept the above procedures for drug testing. This consent is required prior to participation with the Norwalk River Rowing Association.

Printed Name of Athlete	Signature	Printed Name of Parent/Guardian	Signature

Date