

Junior Crew Attendance Policy

Attendance at all practices and at all meets is extremely important to your coaches and team-mates

Missing even one day of practice may have an adverse effect on an entire boat lineup. It is our hope that athletes and parents will make every effort to schedule tutors, appointments and travel outside of practice times. School Vacation Days: while there may be optional practices during school breaks, these practices are not mandatory and will not affect lineups.

Athletes who become sick at school (feeling well enough to finish the school day, but too ill to row) should let their coach know and then go home. Please notify your coach ASAP and do not simply send word of your absence with a teammate, so that lineups can be planned in advance of practice.

Your level of fitness also impacts the success of your boat-mates. If you know in advance that you are going to miss one or more practices (not due to illness), speak with your coach about options for cross training to maintain your level of fitness.

Athletes with an injury or illness that prevents or seriously inhibits their running for more than one week must seek appropriate medical attention and submit a rehabilitation plan for the coach's approval (form found elsewhere on the team website) in order to establish communication among the runner, medical provider, parents, and coaches.

Expect to have your coach contact both rower and parent to discuss situations where repeated absences are concerning. Our coaches are committed to nurturing the very best out of our athletes. If there are extenuating circumstances that result in absentees, advanced communication with your coach is critical.