



**Registration
Packet
and
Handbook**

Rowing Organization of Citrus County Students: ROCCS

Registration Packet and Handbook

The following forms must be completed and/or returned prior to participation:

- Rower & Parent Receipt of Information And Agreement Of Support
- Information Sheet
- Medical & Liability Release
- Authorization To Treat A Minor
- Participant Code Of Conduct
- Parent Responsibilities
- Media Waiver
- U.S.Rowing Waiver
- Substance Abuse Policy
- Rowing Tuition Payment and Refund Policy
- View Rowing Safety Video

- Mandatory Swimming Competency Test to be held 9/28/2013

****Physical Form completed by physician and returned by 10/19/2013

Rowers who have not turned in completed forms/releases will not be permitted to practice with the team.

WELCOME TO ROCCS!

Rowing Organization of Citrus County Students

Please read the following important information. Most of our communication to you will be sent via email. On a periodic basis, please check our website at www.crewroccs.com for updates and important information.

About ROCCS

ROCCS has been encouraging young people to experience the sport of rowing since 2002. In addition to learning basic boat handling, water safety, rowing techniques and race strategy, young rowers gain an appreciation for teamwork and sportsmanship through practice and competition.

ROCCS is a non-profit organization, managed by a volunteer board of parents. The board positions include: president, vice-president, treasurer, secretary, public relations/fundraising, and two members at large.

Contact Information

All board members may be contacted through the main #: 352-354-3ROW or the ROCCS email address: ROCCS.inc@gmail.com

Reza Zakaria, President

Jim Stafford, Vice President

Lisa Grotjhan, Treasurer

Lorraine Lemos, Secretary

Beth Carmain, Fundraising and Public Relations

Suzanne Nendze, Nancy Verdone, Members at Large

Coaches Contact Information

Coach Terry Davison: 352.422.7366, tdavison5@tampabay.rr.com

Coach Dave Brown: 352.464.2075, BrownD2@citrus.k12.fl.us

Coach Joe Davison: 352.613.5264, josephdavison@hotmail.com

Registration Fees and Payment Deadlines

Registration begins for the 2013-2014 rowing season on Saturday, September 7 , 2013 for high school rowers and Saturday, September 14, 2013 for middle school rowers.

Fees must be paid in full, or installment payment of 50% made by Monday, September 30, 2013 to secure your place on the team.

Any rowers must be paid in full by Thursday, October 31, 2013 or forfeit their place on the team. All Fees are NON-REFUNDABLE.

Fees

High School Team fees are \$450.00** for the 2013/2014 season (8 months).

Middle School Team fees are \$300.00** for the full season. Families registering more than one child may deduct \$25.00 for the second, third, etc. child they are registering.

**Rowers paying tuition in full by Monday, September 30 may deduct the \$50 registration fee from their tuition. (High school tuition becomes \$400 and middle school tuition becomes \$250)

Rowers wishing to pay in installments must pay 50% of their total tuition no later than Monday, September 30, 2013.

Tuition payment in full for ALL rowers is due no later than Thursday, October 31. Failure to pay in full will result in direct removal from all club practices and events.

Please contact the board directly with any fee payment questions or to establish a payment installment plan. Fees and paperwork should be given to Board Members. All questions should additionally be directed to the Board.

Uniform Cost

Rowers will be required to purchase a ROCCS uniform. Rowers will have the opportunity to see and try on samples of the uniform on Monday, September 30 at the rowing gym. The approximate cost for the uniform will be \$70. Each rower will also be required to purchase a club hat to wear during competition at a cost of \$20.

Regattas

For each regatta all participating rowers will be required to pay a seat fee. Seat fees for the 2013/14 rowing season will be \$50 per regatta for each rower. Seat fees cover the cost of regatta registration fees as well as trailering of boats and equipment to the regatta site.

Practice Schedules

High School Team **FALL SEASON** practices will be held Tuesday and Thursday afternoons from 3:15-5:00pm and Saturday mornings 9:00-11:00am.

Middle School Team **FALL SEASON** practices will be held Monday and Wednesday afternoons 3:30-5:30pm.

Novice (Rowers who have less than 1 year experience) High School Rowers **FALL SEASON** practices will be held Monday and Wednesday afternoons 3:30-5:30pm, and Saturday mornings 9:00-11:00am.

Properly fitting sunglasses and clean socks are required at all practices.

Please carefully review The Practice Section of the handbook. Rowers must arrive to practice punctually and be picked up directly after practice.

If a rower will be unable to attend practice at last minute, please contact his/her coach immediately.

Coaches Contact Information

Coach Terry Davison: 352.422.7366, tdavison5@tampabay.rr.com

Coach Dave Brown: 352.464.2075, BrownD2@citrus.k12.fl.us

Coach Joe Davison: 352.613.5264, josephdavison@hotmail.com

Goals and Objectives

The goals of the ROCCS program are:

1. **SKILLS** - To instruct the skills necessary for achieving the highest possible level of accomplishment.
2. **SPORTSMANSHIP** - To instill attitudes of sportsmanship, discipline, healthy competition, and team spirit.
3. **PHYSICAL FITNESS** -To teach health habits necessary for proper physical development and athletic participation. To develop each participant's conditioning and skills needed to row.
4. **EXCEL** -To meet the needs and interests of those students who desire to excel in the sport of rowing.
5. **COMMUNITY** - To develop good community relationships and attitudes toward athletics.
6. **SAFETY**- To teach safe and healthy habits on and off the water.
7. **ETHICS** - To develop each participant's moral, social, and ethical values.
8. **TEAMWORK** – Work hard to be part of a team and in the process develop lasting friendships.
9. **RESPONSIBILITY** - To give a student an early understanding that participation in athletics is a privilege that carries responsibilities.

Rower Requirements

Rowers must be at least 4 feet 10 inches tall.

Rowers must be able to carry a minimum of 25lbs over their heads (*divided weight of an eight boat by the number of rowers*)

Rowers must be able to swim and tread water for at least 10 minutes.

Rowing Levels

No prior rowing experience is necessary to join ROCCS. There are boats and performance levels for everyone! The first year of rowing, rowers are classified as NOVICE*

* US Rowing defines the Novice Year from the 1st of June to the 31st of May (the following year).

Weight Classifications

HEAVY WEIGHT

Men : Male rower weighing more than 160 pounds.

Women: Female rower weighing more than 130 pounds.

LIGHTWEIGHT*

Men: Male rower weighing less than 160 lbs.

Women: Female rower weighing less than 130 lbs.

COXSWAINS - Male or Female rower weighing no more than 120 pounds, although exceptions will be considered for talented coxswains.

*No rower will ever be asked to lose weight to make any weight category.

Uniforms

Regattas:

Club uniforms consisting of the club unisuit, and club hat are required attire for all regattas. (Rowers with tanks and shorts purchased in the 2012/2013 season may wear them for competition.) Rowers and their club uniform must be clean and in presentable appearance for competitions. Only authorized and approved ROCCS uniforms and apparel will be allowed during Regattas. ROCCS coaches, board, and team have worked hard to earn a positive reputation in the rowing community and expects all rowers to be mindful of maintaining that impression.

Practice:

Form fitting shorts, tights, tops, socks, and jackets are appropriate in the boats and on the ergs. All rowers and coxswains should come to practices properly attired. Apparel made of performance fabric is most beneficial allowing for movement, breathability, and wicking of moisture.

Properly fitting sunglasses and clean socks are required at all practices.

Ordering of Team Apparel

There will be an opportunity for all rowers to order team apparel in the fall and again in the spring. Information on emergent replacement of uniform pieces between fall and spring order dates is available from the Board Members. Ordering between fall and spring order dates will be possible at an additional fee to the individual. Please plan ahead when purchasing and take great care of team apparel!!!!

ROCCS's logo or name should not be used for independently designed items. All uniform items must be approved by the Board.

Practice

Practice includes but is not limited to: skills instruction and conditioning on the water; land training; video viewing; coach-led lectures on sportsmanship, nutrition, goal setting, focusing and coping strategies, etc.

Cancellations

Practice cancellations will be announced via text and email. Be sure to check email and text prior to questionable practices. If in doubt, confirm with a coach.

Attendance

Coaches set up practice workouts based on a specific number of athletes in attendance. (If an athlete fails to TIMELY appear at practice or a race, last minute changes consume precious time, and if several athletes fail to attend, the result may be a canceled practice or a missed race for the rest of the team.) Therefore:

- **Rowers and coxswains must arrive on time to practices and races. Those who are late will not be boated.**
- Consistent absence from practice is grounds for dismissal from the team.
- Parent/Guardian written notification may excuse an illness or injury.
- Written doctors release forms may be required to return to practice after missing more than 3 days of practice due to illness or injury.
- Known absences such as family vacations/other standing commitments need to be put in writing and given to the coaches at least 2 weeks prior to the absence for it to be considered excused.
- Three unexcused absences will be considered grounds for possible dismissal from the team or suspension from regattas. If proper notification of an athlete's absence is not received, the coach determines the penalty.

- Except for observed Religious Holidays, there are no scheduled holidays for crew practice. Any days off are at the coaches' discretion. Try to schedule family vacations around practice and race days.

- Participants are responsible for their own transportation, to and from the lake for practices and races. ROCCS is in no way liable for any members or guests once they leave the lake or regatta.

- Parents: please make sure you have made arrangements for your rower to be picked up on time at the end of practice.

- IF AN ABSENCE IS UNAVOIDABLE ROWERS MUST NOTIFY COACH BY TEXT, E-MAIL OR PHONE CALL.

Coach Terry Davison: 352.422.7366, tdavison5@tampabay.rr.com

Coach Dave Brown: 352.464.2075, BrownD2@citrus.k12.fl.us

Coach Joe Davison: 352.613.5264, josephdavison@hotmail.com

Regattas

Regattas are organized by the coaches and the ROCCS Board. Deadlines for registration and payment must be adhered to. Members who fail to timely register or pay seat fees will not be permitted to attend regattas.

A MINIMUM OF 20 PRACTICES AND COACH APPROVAL IS REQUIRED BEFORE A ROWER IS ELIGIBLE TO PARTICIPATE IN A REGATTA. Coaches will use their discretion in determining each rower's ability to ensure safety for all.

Race Day Transportation:

- No athlete shall drive him or herself to or from an away regatta.
- No athlete may drive another athlete to or from an away regatta.
- ROCCS Rowers are not permitted to drive or be driven by athletes from other teams.

Uniforms

Club uniforms consist of a ROCCS club tank, black spandex short or unisuit, and ROCCS hat. These are required attire for all regattas. Rowers and their club uniform must be clean and in presentable appearance throughout the Regattas.

Seat Fees

For each regatta all participating rowers will be required to pay a seat fee. Seat fees will normally be \$50 per regatta for each rower. Seat fees cover the cost of regatta registration fees to the host organization, as well as trailering of boats and equipment to the regatta site.

Regatta necessities:

When attending a regatta make sure to bring a bag of extra clothes in a Ziploc bag to keep clothes dry. Please pack extra items (socks, ROCCS sweatpants, ROCCS sweatshirt). A warm blanket might also be handy. Rowers are responsible for their belongings and should keep them tidy at all times. **Properly fitting sunglasses are required.**

Other Expectations of Rowers at Regattas

Members are expected to assist in any way requested by coaches or Board Members at Regattas. All Rowers are additionally required to cheer on all participants during Regattas.

At The End of The Day

The end of a race day is a very hard time for everyone. Rowers and their supporters have been out all day, and everyone wants to head home. Before rowers will be released to leave, all boats and equipment must be packed up and loaded onto the trailer for transport. Additionally all tents and club property must be dismantled and placed into the club trailer. After all gear has been seen to, a sweep of the team area must be done to collect all trash and to ensure the area is being left neat. When all of these things have been attended to, rowers will be high-fived and released to leave! Please support our efforts to close out the day successfully and with good team spirit!!!!!!!!!!

RegattaPacking List for Rowers

Team Uniform (ROCCS Tank and black spandex shorts)

Team Hat

Sunglasses

Sunscreen

Socks (to be worn in the boat)

Extra dry socks and shoes

Weather appropriate change of clothing

ROCCS Sweatshirt/Sweatpants

Optional Items

Blanket

Umbrella/rain jacket if rain is called for

Insect repellent

Money (optional)

*****All belongings should be labeled with name and fit into a single gear bag.

Fundraising

Fundraising serves a few very important factors for the ROCCS Club. Primarily, fundraising efforts help to maintain the current cost of participation for everyone. Rowing is an expensive sport requiring the use of boats and equipment valued at thousands of dollars. The club provides competitive boat and equipment usage to rowers above and beyond what can be covered by registration fees alone. The second very important function of fundraising is to raise money to purchase new, faster, and more competitive boats and equipment for our club. With use, all things need replacing. As the club grows, more boats are needed to help ensure everyone the opportunity to participate. Only through fundraising can the club continue to ensure our equipment is competitive and plentiful enough to meet all of our rowers' needs.

Fundraising also promotes the growth of team spirit and sense of community for club members. Spending time working with fellow rowers fosters healthful friendships that provide support and camaraderie. More than rowing in regattas, the club is about demonstrating success and enjoyment through effort, dedication and teamwork.

Finally, fundraisers allow the community at large to see ROCCS and spread information about our rowing club. Through greater community awareness, the club receives support from area businesses and individuals who are looking to contribute to local efforts. These contributions of funds and time help the club to meet goals that would be otherwise impossible.

Fundraising is essential for the growth and wellbeing of ROCCS and all members are expected to participate in any fundraising efforts undertaken by the club. Attendance will be taken at all fundraising opportunities. Any rower unable to participate must communicate to the club president or fundraising chair prior to the event. Without enough rower participation, fundraising events are not possible, and reduced participation detrimentally affects fundraising efforts.

Keep the FUN in FUNdraising. Participate and see the good that follows working together for ROCCS!!!!!!

******ROCCS is a Florida Non-Profit Corporation******

ROCCS Philosophy

The underlying values of ROCCS is fundamental to our rowers' development as athletes, students, and people. Although one of our goals is to develop crews that will compete for national and regional championships, the most important lessons extend far beyond the boat. The value of hard work is at the heart of everything we teach. We believe that: Rowing should be fun and educational; Everyone must put their own interests second to the teams; There is inherent value in hard work; One should strive to be their best and exemplify true sportsmanship; One should win and lose with equal grace, and always participate with joy; Every time you come to practice, you should learn something; Athletics should complement academics; Making your best effort takes courage; Courage is habit-forming; Having fun is as important as Winning.

ROCCS believes in winning, and we believe in enjoying the experience, but both are simply components and by-products of a more immediate and achievable goal: hard work. For ROCCS, the fun we seek is the deep satisfaction of knowing that you have tried your best and given your all, whether or not you win and whether or not you make the top boat. Things are more likely to go your way when you stop worrying about whether you're going to win or lose and focus your full attention on what's happening right this moment.

Fun is a by-product of hard work. What are the pleasurable things that come from hard work? To name a few: individual and team improvement, team spirit, more wins, the satisfaction of knowing you've challenged yourself, and the self-confidence of knowing that you were up to the challenge.

The coaches look to get the most out of the team, and they will try to get the most out of every rower. Competitive rowers all want to race, and ROCCS coaches want everyone to participate in regattas! The coach considers each rower as part of the whole. In an ideal situation, every rower will be proud of his or her contribution to the team's success.

Every rower receives the same opportunities in practice to earn a seat in a boat. Whether in competitions or practice, the coach is responsible for identifying the strongest line-ups, which means constant re-evaluation. Opportunities vary from group to group, depending on experience. The more experienced the rower, the more he or she will be expected to earn his or her place in the boat.

Every rower has a role. Only a few rowers can make the priority boats at any one time. Those who do not are vital parts of the team's success. They always have the opportunity to show they can help the team improve. They can raise the level of practice, and do their best to improve every boat they are in, and be ready to take advantage when opportunities are presented to them. When a rower is not happy with his or her role on the team, the appropriate action is to be sure he or she understands what he or she needs to do, then work as hard as possible to make it happen.

What does ROCCS represent besides rowing?

We do all we can to be aware of the big picture. This means keeping one practice, one erg test, or one competition in perspective. We recognize that there are values more important than winning which we must follow as we pursue rowing excellence. We believe our philosophy allows us to remain true to our principles and develop great crews and rowers. While we do not expect rowers and their families to put rowing above everything else in their lives, we know what it takes to be successful as a team or an individual. Goal setting, time management, prioritizing, making tough choices, and self-discipline are all skills that will allow rowers to grow as athletes and people. Crews are most successful, and individual rowers have fulfilling experiences, when the commitment level is highest.

We are preparing rowers for success as student-athletes. That is student first, athlete second. We have coaches who have rowed in high school, college, and beyond who understand just how difficult it is to balance academics, sports, family, and social life. However, this does not mean that rowers are encouraged to miss practices for academic reasons. Student-athletes must learn how to plan ahead, so we expect that rowers will not miss practices due to a lack of foresight. In the end, however, we would rather you miss a practice and invoke a modest penalty than fail to turn in an assignment.

At ROCCS we expect that the rower will do everything possible to fulfill his/her commitment to the team. The consequences for missing a practice or competition are more than obvious things like possibly losing your seat in a boat. When you miss an opportunity to practice, you will not improve. This will affect your performance, achievement of your goals, and thus your enjoyment of the sport.

There are a number of important lessons that come from participating in team sports, especially at the high level at which ROCCS crews perform. Here are a few of the things that we consider important: accepting responsibility, teamwork, communication, challenging yourself, discipline, and working passionately for something. We are aware of the big picture, and we try to make it a part of everything we do.

Practice in a way that inspires your teammates!

Guide for Parents

Parent Interaction with Coaches: Our ROCCS coaches in fact coach for the love of the sport as it certainly isn't for the money. After all, how much would someone have to pay you to spend your early mornings and late afternoons during the winter and spring in a boat on a cold river or lake, usually in the rain, trying to get eight or more high-school aged kids to do the same thing at the same time?

With that in mind, here is some advice for keeping good relations with the rowing coaches:

- Volunteer to help. ROCCS is successful because of lots of volunteer labor. Just ask what needs to be done, and offer to help. Throughout the year, we will need help in a variety of areas, including food preparation for regattas, boat and trailer maintenance & repairs, boathouse maintenance & repairs, travel arrangements, fundraising, banquet organization, newsletters, website maintenance, etc.
- Find out who does what in ROCCS, and direct inquiries accordingly. Avoid asking the coach about everything, eventually he or she gets overloaded with such inquiries and this contributes to coaching “burn-out”. Check with the Board Members and other parents.
- Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport, but it is unlikely that the coach is trying to “kill” the rowers.
- Coaches have complete charge of their crews. Avoid getting involved in seating disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience.
- Rowers and parents should request to meet with the coach to discuss sensitive issues. Before and after practice may be appropriate for brief unemotional discussions, but difficult or emotional situations require that separate meetings be requested. Dealing with difficult problems immediately before practice usually does not result in resolution and can disrupt practice for the rower, coach and entire team. A coach cannot be expected to give up practice time to meet with parents or a rower.

- Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay if the coach is temporarily not occupied, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc. Since the coach's mind is generally preoccupied, he or she won't be likely to remember anything you say.

Regattas

Hotel Stays

Many regattas will occur at a distance that may make staying over in a hotel the night before the race preferable.

Families frequently choose to stay over night if the regatta is more than two hours away, thus sparing themselves the hardship of a VERY early departure from home on race day. Some rowers may be required to be at the race site as early as 6:30 AM for official mandatory meetings.

Hotel arrangements are made individually though it is sometimes preferable for families to stay at the same nearby hotels for the enjoyment of rowers and parents alike. Please check the Regatta Schedule to know the number of nights a hotel stay may be preferable.

Seat Fees

For each regatta all participating rowers will be required to pay a seat fee. Seat fees will normally be \$50 per regatta for each rower. Seat fees cover the cost of regatta registration required by the host organization as well as the trailering of boats and equipment to the regatta site.

Race Day Advice

Plan to go early, stay all day, and bring everything you need with you. Here are the details:

- Check the Host Organization's Website or Regatta Central the night before the regatta or departure date for any last minute changes that may have been posted.
- Get a map to find your way to the regatta. Most race courses are listed in the "Locations" section of the website. These maps usually have driving directions, directions for parking, and where to find the best viewing.

- Be there on time. Most regattas start at 7:00 or 7:30 AM (with some rowers being required to arrive earlier). Schedules of events are often not available ahead of time, so it may be difficult to plan your arrival around when your rower will be racing. Last minute boating changes do occur, so the best bet is to be at the regatta from the start, unless you are sure that you won't miss anything by arriving later! At some regattas, schedules are posted, at some copies are available, at others (especially ones with just a few teams), nothing is printed or posted and you just need to ask someone who looks knowledgeable when your rower may be approaching the finish line.

- Rowers will need to be at the regatta for the entire event. Even when not racing or preparing to race, they are expected to be available to unload and rig boats, help cheer for their teammates, fill in for other injured or missing teammates in unexpected circumstances, help de-rig, load trailers, and assist in unloading the boats from the trailer and returning them to the storage site.

Interacting With Your Rower at the Regatta

Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when (s)he needs or wants something (food, clothes, money). It is best if you are not the one responsible for required equipment for your rower, there will be a time when (s)he needs it and you are not in sight. Prior to your rower's boat launching, the coach will meet with the entire boat and go over final pre-race information. Stay clear of your rower from the time of the pre-race boat meeting until your rower has been released from the post race debriefs. Your rower needs to be focused at this time, and unfortunately family and friends are a distraction.

Dress appropriately

Dress in layers, and expect the temperature to change throughout the day. Clothing that is breathable and dries quickly is very useful, but overall comfort is key. Hats, sunglasses, and good walking shoes are essential. Even on overcast days, the lakes can be bright. Umbrellas are especially nice to have on a rainy day, but bulky to carry if not needed. Most importantly, get in the habit of checking the weather for the type clothing and gear you will need. ROCCS gear can be bought and worn by parents to support the team. **DON'T FORGET SUNSCREEN and SUNGLASSES!**

Personal Items

Remember that there may not be a store nearby, and you might not want to give up your parking place to go search for one. The restroom facilities are usually port-a-johns. A roll of toilet paper and some sanitizing wipes might be helpful! Other items include insect repellent, extra plastic bags for wet socks, clothes, etc., FOLDABLE CHAIRS, hand sanitizer, and such.

Watching Races

After arriving at a race obtaining a copy of the race schedule is helpful in knowing when team events will be occurring. Even from the edge of the lake, a pair of binoculars is incredibly helpful in making out which boat is which during the race. Cheering is always acceptable!!!

Taking Pictures

Taking race photos is hard because of the distance. Your best chance to take pictures is when the boats are being prepared for a race, moving the boat to the water, loading the boat in the water, and taking a team picture after the boat has been returned to the stretchers.

For most regattas you will have a chance to purchase electronic photos of our team. Please watch our website for updates and availability.

During the Regatta

Regattas are hours of down time punctuated by a few minutes of excitement as your rower races. Regattas generally have areas where teams set up tents and supply food for their rowers. Rowers and families spend most of the day at the team tents eating, resting, and visiting. The team tents are a good place to set up chairs and get comfortable!

Food

Most regattas have food that can be purchased. As a club, ROCCS pools its efforts and provides a team lunch with every family making a contribution. In the week leading up to a regatta a food signup list will be emailed to all rowers and parents/guardians. Please encourage your rower to have a healthful diet and make a decided effort to contribute healthy foods for the rowers! Each rower should be sure to be well hydrated at all times, but particularly the days before and day of a race.

At The End of The Day

The end of a race day is a very hard time for everyone. Rowers and their supporters have been out all day; everyone wants to head home. Before rowers will be released to leave all boats and equipment must be packed up and loaded onto the trailer for transport. Additionally all tents and club property must be dismantled and placed into the club trailer. After all gear has been seen to, a sweep of the team area must be done to collect up all trash and be sure the area is being left neat. When all of these things have been attended to, rowers will be high-fived and released to leave! Please support your rower in their work to close out the day successfully and with good team spirit!!!!!!!

2013-2014 Season

ROCCS Rower Information Sheet

*****Please print clearly*****

Rower's Name: _____

Birthdate: ____/____/____

School: _____ Birthdate: ____/____/____ Grade: _____

Height: _____ Weight: _____

Primary Household

Parent/Guardian(s): _____

Address: _____ City/State _____

Zip _____ Home Phone: _____

Parent Name and Cell: _____

Parent E-Mail Address: _____

Rower Cell: _____

Rower E-Mail Address: _____

If your rower has two households, please provide further information below:

Name(s): _____

Address: _____

City/State: _____ Zip _____ Home

Phone: _____

Cell (____) _____

E-Mail Address: _____

Parent Responsibilities

Being an ROCCS parent entails certain responsibilities. I agree to:

1. Read The Guide for Parents and the program policies outlining the ROCCS goals, schedules, rules, regulations, expectations and general guidelines.
2. Ensure that all forms and fees are delivered on time.
3. Respect that the coaches have full responsibility for training the participants.
4. Respect that the coaches are the final authority on boat selection and rowing matters. (Remember coaches seek to create a positive experience for as many athletes as possible. Some decisions may seem subjective, but they're not personal.)
5. Not distract the coaches before, or during practice or regattas.
6. Attend all mandatory parent/guardian meetings.
7. Refrain from making disruptive or negative comments about any participants, coaches, the program, officials, or opponents. Lack of cooperation with this may result in my child and me being asked to leave the program.
8. Participate in all fundraising and service activities
9. Support my child and enjoy his or her growth and development through their commitment, dedication and teamwork!

Parent/Guardian signature: _____ Date: _____

***Rowing Organization of Citrus County Students: Rower and Parent
Receipt of Information and Agreement of Support***

We have received and read the program information and policy documents outlining the ROCCS goals, schedules, rules, regulations, tuition payment rules, expectations and general guidelines. As a rower on the ROCCS crew and as parent(s) of a member of the rowing program, we understand and support the rowing program in its philosophy and policies, including the Participant Code of Conduct, Parent Responsibilities, and Zero Tolerance Policy.

I, the parent/guardian of _____ certify that he/she is a competent swimmer and can tread water for ten minutes.

Rower
Name: _____

Rower Signature _____
Date _____

Parent/Guardian
Name: _____

Parent/Guardian Signature _____
Date _____

Alcohol, Tobacco, and Illegal Substance Policy

The Rowing Organization of Citrus County Students enforces a ZERO Tolerance Policy regarding the acquisition, use or possession of alcohol, marijuana, or any other illegal substance. Simply stated, there will be no possession and/or consumption of tobacco products, alcohol, illegal drugs, performance enhancing drugs, or other mood or mind altering substances for which the individual does not have a valid prescription, nor will there be attendance at any location or event where the same are being used illegally.

If a student-athlete attends a gathering or function where alcohol, drugs, or other controlled substances are illegally present, being consumed, or being dispensed, he or she must immediately leave the gathering or function. To remain in the presence of such illegal activities shall constitute a violation of the policy

If a student-athlete is hosting a legal gathering or function and others arrive with alcohol, drugs, or other controlled substances covered by this policy, the student must contact a parent, guardian, or law enforcement agency and have the person removed from the gathering. To continue the gathering or function in the presence of alcohol, drugs, or other illegal substances shall constitute a violation of this policy.

Student-athletes must be aware that any material on social networking websites which indicate a violation of this policy will be investigated and become grounds for immediate removal from the club.

Violation of this policy shall result in immediate suspension from the club pending termination proceedings before the ROCCS Board of Directors. A termination for violation of this policy shall be effective for an indefinite period. **In the event of a termination of membership as a result of this policy, the affected member will forfeit, without right of reimbursement, all membership dues.** The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of the ROCCS Board. Unfounded, malicious reporting of violations of the above policy will result in the indefinite suspension of the guilty party/parties.

Athlete's Name: _____

Athlete's Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Rowing Organization of Citrus County Students Authorization to Treat a Minor

I, the undersigned parent, hereby grant the Coaches and Board of The Rowing Organization of Citrus County Students, the authority to obtain medical treatment for the following child:

The above care provider(s) shall have the authorization to:

--obtain medical treatment and procedures for the child as may be appropriate in emergency circumstances, including treatment by physicians, hospital and clinic personnel, and other appropriate health care providers.

--obtain routine medical treatment from appropriate health care providers if symptoms of illness occur (e.g., fever, coughing, irregular breathing, unusual rashes, swallowing problems, etc.).

This grant of temporary authority shall begin on September 8, 2012, and shall remain effective until terminated by the undersigned.

In case of emergency, the care provider(s) should first try to contact the parent/guardian (s). If the parent/guardian(s) cannot be reached, the care provider should then contact the following person(s) in the order listed below:

1) Name: _____

Relationship: _____

Contact Number: _____

2) Name: _____

Relationship: _____

Contact Number: _____

3) Name: _____

Relationship: _____

Contact Number: _____

Parent/Guardian

Name: _____

Parent/Guardian Signature: _____

Date: _____

Media Waiver/Internet Publishing

Parent/Guardian Consent For Rowing Organization of Citrus County Students

***This form will apply to your rower during the time he/she is enrolled with ROCCS and will be kept on file.

Please do not make any notes, remarks, or qualifiers on this form.

Electronic/Print and Video Media/Internet

Because of interest in our club, the print and electronic media may want to visit our practices/ races for stories about our programs and current events. In accordance with such activities, we require parental approval to be obtained before the media may shoot close-up pictures of rowers, or use a rower’s photograph in publications. No confidential student information shall be released.

Additionally, in the interest of promoting our club and improving communications with the public, we might release photographs and video footage of students to the media.

This agreement constitutes permission to use any and all photographs and video footage of the rower named below in presentations in print form or via the Internet, about our club, programs, and events. All interviews, photographs, and video footage shall remain the sole property of ROCCS. I understand that no compensation will be made to me for this use.

Please indicate, by checking the appropriate box, whether or not you consent to the above-outlined conditions.

___Yes, I give my permission for the media to interview and photograph my child and/or for the Rowing Organization of Citrus County Students to use photographs/video footage/ Internet publication of my child for information and possible distribution about the Club, its programs, or people.

___No, I do not want my child interviewed or photographed by the media or to have photographs/video footage/Internet photographs of my child used by The Rowing Organization of Citrus County Students for information and possible distribution about the Club, its programs, or people. (PLEASE NOTE: Selecting this option may result in your child being excluded from team and social pictures).

I acknowledge by my signature below that I understand the above stated information.

Rower Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

ROCCS Code of Conduct

Participation in a crew program demands fitness, determination, strength, and a competitive instinct. It also bestows friendship, camaraderie, and an enormous sense of teamwork. It is with this in mind that the following Code of Conduct has been prepared.

1. I will participate in practice only after I've been fully registered w/ paid dues & fees. I will pay the required dues and fees on time
2. My family and I understand that if I am expelled from ROCCS for disciplinary infractions, or if I quit the team, I will forfeit any and all payments made to ROCCS.
3. I will participate in all mandatory ROCCS fund raising events.
4. I will demonstrate support for coaches & fellow rowers, and show team spirit at all ROCCS events and competitions.
5. I will be responsible for the proper care and use of equipment.
6. I will pay for any equipment willfully or negligently damaged or lost.
7. Removal of any equipment from the site without the approval of the coaches or board is forbidden.
8. I will be punctual for practices and meetings.
9. I will participate fully in all the aspects of training.
10. I promise to conduct myself with decorum and good sense, to behave courteously, considerately, and to refrain from vulgar language.
11. I will treat all teammates, opponents, coaches, officials, and parents with respect.
12. I understand theft at the site or at any ROCCS activity will not be tolerated.
13. I will respect the authority and decisions of the coaches as well as that of chaperones and other appropriate authorities.
14. My parents and I will observe the rules regarding transportation to and from away rowing events.
15. My parents and I understand that failure to let the coaches or any member of ROCCS Rowing Club Board know immediately if there is someone on the Team who is not adhering to the Participant Code of Conduct is in itself a breach of the Code of Conduct.

I/We understand the rules and the possible disciplinary actions for violations, which could range from a verbal warning to suspension or expulsion from the program.

Rower Name: _____

Rower Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

ROCCS

Rowing Organization of Citrus County Students

All tuition will be paid in full by date set each season. Upon tuition deadline any rowers delinquent in paying fees will be barred from practice and club participation until fees are paid. No exceptions will be made unless satisfactory arrangements have been made in advance of the deadline.

Tuition is non-refundable. Should there be a dispute, rower (and parent/guardian) may appeal in writing to the ROCCS Board of Directions for an exception to be made. These decisions will be made on a case by case basis. Tuition money at registration is immediately in use and removing it to refund a rower (for any reason) is a detriment to the club and other rowers. **Rowers (and parents/guardians) should expect refunds WILL NOT be approved save for the most dire of circumstance.**

Appeals should not be made to coaches as coaches have no ability to refund, or promise refund to any rower.

By signing, I acknowledge my obligation to pay tuition by set deadline and agree to the above regarding refund of tuition.

Printed name of Parent/Guardian

Signature of Parent/Guardian

Date

Printed name of Rower

Signature of Rower

Date

Important Dates

Saturday 9/7: High school season open date!!!! Wallace Brooks Park and ROCCS Site. 9:00am.

Saturday 9/14: Middle school season open date!!!! Wallace Brooks Park and ROCCS Site. 9:00am.

Saturday 9/28: *****Mandatory** swimming competence test for all NEW rowers. Whispering Pines Pool, Inverness. 10-11am.***

Saturday 9/21: FUNdraising Car Wash. Location to be set. 7am-noon.
Attendance is **mandatory** for all ROCCS rowers!!!

Monday 9/30: Uniform and ROCCS apparel fitting. Inverness Rowing Gym. 6pm ***This will be the **only** opportunity to see and try on uniform pieces prior to ordering!***

Monday 9/30: Any rowers paying tuition in full by this date may deduct the \$50 registration fee from their tuition.

Monday 9/30: Rowers wishing to pay tuition in installments must pay 50% of their tuition by this date.

Monday 10/19: All completed Physical Forms **MUST** be handed in at practice.

Saturday and Sunday 10/27-28: Cooter Festival FUNdraiser! Wallace Brooks Park, Inverness. Time TBA. ***All rowers **MUST** participate and sign up for blocks of time to be present to help!***

Thursday 10/31: Tuition deadline for all rowers. Any rowers delinquent in paying fees will be removed from practice and club events.

Fall 2013 Regatta Schedule

Sarasota 5k. Saturday, September 28, 2013 ****Select rowers only****

Gatorhead Regatta. Gainesville, FL. Saturday, October 19, 2013. High school and middle school teams.

Head of The Hooch. Chattanooga, TN. Saturday, November 3 and 4, 2013. ****Select rowers only****

Head of The Giblet. Orlando, FL. Saturday, November 16, 2013. High school and middle school teams.

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.

William Ernest Henley