



LYMAN ROWING ASSOCIATION • 5703 Red Bug Lake Road, Suite 156, Winter Springs, FL 32708

Athlete Responsibilities & Code of Conduct

The upcoming crew season will offer many challenges to our athletes; physically, mentally and emotionally. Crew is a very demanding sport, one that exercises all the major muscle groups of the body as well as the brain. Athletes will be required to maintain an extensive training schedule, with races almost every Saturday during the spring season. Athletes are expected to be organized-from being on time to every practice to having their uniforms and proper supplies for each regatta. Athletes must also keep up their grades (**maintain no less than a 2.0 GPA unweighted for each grading period**) and meet other school and family responsibilities. As importantly, athletes must adhere to the LRA Code of Conduct and follow the rules and policies described below (subject to change with notice). The Code of Conduct will be enforced throughout the school year.

Every student athlete participating in LRA is expected to engage only in those activities that will promote the reputation, character, health and welfare of the individual, other student athletes, the team, the LRA organization and the community. Therefore, every student athlete, as a condition of membership in LRA, must agree to comply with the following:

1. I accept and acknowledge that membership and participation in LRA is a privilege, not a right, and as such, membership and participation are dependent upon my adherence to these promises and commitments;
2. I will be fully and personally responsible for keeping these promises and commitments, and will endeavor to persuade other LRA student athletes to do the same;
3. I will abstain from the use of alcohol, tobacco, vapor pens, illegal substances and/or weapons, whether on LRA property or at LRA related events;
4. I will not use abusive, disrespectful, offensive or otherwise inappropriate language while (i) on LRA property, (ii) representing LRA in the community or (iii) participating in any event as a student athlete for LRA;
5. I will not use or demonstrate abusive, disrespectful, offensive or otherwise inappropriate behavior (including, but not limited to, kissing, inappropriate touching) while (i) on LRA property, (ii) representing LRA in the community and/or (iii) participating in any event as a student athlete for LRA;
6. I will pay attention to, listen to, and demonstrate respect for, LRA coaches, parents, Regatta Program Directors and Board members;
7. I will give all due and proper respect and assistance (when requested) to other teams, their coaches and regatta officials;
8. I will give all due and proper respect and assistance (including the protection of privacy) to my teammates, on and off the water;
9. I will not utilize any form of electronic media to threaten, intimidate, harass, or entice other students or coaches of LRA or members of any other rowing team;



10. I will not utilize any form of electronic media to post images depicting the use of alcohol, drugs, or suggestive behavior that is not deemed conducive to the image of an LRA team member;
11. I will be considerate and careful when using LRA property and never cause deliberate damage to LRA equipment or property;
12. I will be punctual for practice, regattas and other rowing functions;
13. I will take responsibility for learning, and then abide by, any and all policies and rules established by the Regatta Program Directors and/or the Board of Directors;
14. I will abide by and follow the LRA Rules, which are attached hereto and made a part of this code along with the responsibilities covered in the LRA Handbook, and which I have read and fully understand and accept.
15. I understand, accept and acknowledge that a violation of the Code of Conduct, or the attached Rules, may result in disciplinary action as determined by the coaches, the Regatta Program Directors and/or the Board of Directors.

The signing of the Code of Conduct by all rowers and their parents/guardians is of paramount importance and critical to the proper functioning of LRA. Adherence to, and enforcement of the Code is for the benefit of all members of the Association and central to the Association's vision of excellence in character and excellence in rowing. As such, it is understood and accepted that this Code of Conduct is not meant to mirror the Seminole County Public School or any private school code of conduct and may contain different provisions and reflect different standards, expectations, and consequences.

Coaches or others who learn about a violation will consider the severity of the violation in the context of its impact to the team or safety of individual(s). A violation discovered by someone other than a coach shall initially be reported to a coach unless it would be inappropriate to do so. The coach will discuss the violation with the rower, unless it would be inappropriate to do so. At the coach's discretion, and based on the severity of the case, the coach will report the violation to the LRA Executive Committee and to the rower's parents. The LRA Executive Committee will review the case and if they find the rower to be in violation of the code, they will take appropriate action. In this context, appropriate action may include, but shall not be limited to, verbal warnings, written warnings, probation, and suspension from the team and/or dismissal from the team. Parents shall be kept apprised of the status of the matter, including the decisions of the Executive Committee. In the case of dismissal, no refund of dues or fees that were previously paid will be granted.

Parents/guardians may appeal any such disciplinary decision in writing, sent to the LRA Executive Committee. The Executive Committee's decision is considered final. We hope that it will not be necessary to use this procedure. We publish this notice to remind rowers and parents/guardians that adherence to the Code of Conduct is imperative to the future of LRA. This Code of Conduct supersedes any previously executed form of LRA Code of Conduct.



Athlete Responsibilities & Code of Conduct

I acknowledge that I have read and agree follow the
Lyman Rowing Association Athlete Responsibilities & Code of Conduct.

Printed Rower's Name	Rower's Signature	Date
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Printed Parent/Guardian's Name	Parent/Guardian's Signature	Date
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