

PARENT / ATHLETE CONTRACT
GRANBY HIGH CREW TEAM BOOSTER CLUB, INC.
FOR THE 2018-2019 SCHOOL YEAR

The Granby High School Crew Team Booster Club. (“GHSCTBC”) is organized to support GHS Crew (participation in the sort of rowing by the students of Granby High School, Norfolk Virginia). The following Articles and the GHSCTBC Bylaws present the structure and procedures of the GHSCTBC and policies for the team. Please read these articles and the Bylaws, and then please print and complete the forms on the last two pages to accept the terms so your student athlete may participate in GHS Crew.

Website: www.granbycrew.com

Bylaws: www.granbycrew.com/parents/ghsctbc-bylaws/

ARTICLE I -- OVERVIEW AND WELCOME

Crew at Granby High School is an incredible sport, challenging your athlete both mind and body, spanning over fall, winter, and spring sports seasons. Practices are held at the Robinson Rowing Center boathouse after school and some Saturday’s morning. The boathouse is located at Lakewood Park (1612 Willow Wood Drive Norfolk, VA 23509). Practice schedule time will be announced as the season progresses. Generally, athletes will run from the Granby High School (2.3 miles) to the Boathouse (at Lakewood Park). Coaches and /or volunteers supervise the athletes as they run, while their book bags and personal items are driven. Athletes must be picked up at Lakewood Park at the designated “pick-up” time.

Crew is a sport requires heavy physical conditioning. In addition to water time, the athlete must be prepared to spend a great amount of time working on the ergs (rowing machines), running, and keeping fit and strong. Since Crew is a physically demanding sport conditioning is key. This can make the difference at the tail end of a race-the athlete will need to pull reserved energy when they think they have none. This is accomplished with top-notch conditioning and is expected from every athlete.

Crew is year-round training. The GHS crew season spans the academic year with three training phases (fall, winter, and spring). Novice Athletes are encouraged to join in the fall to learn rowing techniques, enhance skills, develop teamwork, and expand their knowledge of the sport. Attendants is very important to Crew; each rower has a very important roll. The athletes are expected to attend every practice and participate as fully as possible. Crew is open to all GHS students. Crew being a team sport it is crucial the rowers in a boat work together. Athletes making a commitment to crew must be willing to work together without exception.

ARTICLE I -- DUES AND FINANIAL ASSISTANCE

Crew as a sport at Granby High School, is not operationally funded by Norfolk Public Schools (NPS sport is limited to insurance coverage as a spring varsity sport). Accordingly, the GHSCTBC purchases and owns the necessary equipment and uniforms along with operating expenses like regatta entry fees rent of the boathouse, equipment insurance and organizational fees. The money to support this wonderful sport is raised entirely though dues, donations, and fundraising activities. The GHSCTBC does its best to keep expenses to a minimum.

A prime component for a successful crew season is keeping the athletes “in good standing” – essentially: pay due, submit necessary paperwork and waivers.

Schedule of due dates for Crew dues are as followed (totaling \$700.00)

1. Due Dates

- a. Sept 7th, Friday first week of school
 - i. \$50 = first month of rowing for novices
 - ii. \$200 = First payment for Varsity
- b. October 12th
 - i. \$150 = remainder of fixed cost of rowing in fall for Novices
 - ii. \$100 = Cost of rowing in Fall (never charged to those who join in winter or Spring)
- c. February 1st
 - i. \$200 = Fixed cost of rowing 2nd payment
- d. March 1st
 - i. \$200 = Cost of rowing in the Spring

NOTE: Dues are to be paid by cash (no coins), check or money order made out to GHSCTBC. No refunds for academic ineligibility or dropping from the team. Rowers ineligible to row due to a season-ending illness or injury may be refunded on a prorated basis.

Financial assistant is available

The Board of Directors recognizes that many families may have difficulty paying their Rower’s \$700 dues. The board invites families needing financial assistance to complete a financial assistant application. This application is found on Granby Crew website: <https://granbycrew.com/parents/financial-assistance/> . The GHSCTBC (3members only) will review the applications in a close session and will keep the identities of the applicants and all information submitted with the application confidential. This program is here help, so there is no athlete that is not able to join to Crew. We believe every any one who want to be on the team should be able to do so.

DUES BREAK DOWN
FOR 2018-2019

1. Budget of the approximately \$30,000 around \$20,000 in fixed costs, which are not dependent on number of rowers
 - a. Not all athletes row in all seasons
 - b. But all athletes must help cover fixed costs

 2. Dues split into two “categories”
 - a. Fixed Cost
 - b. Rowing Season

 3. Estimated number of rowers impacts cost (45est)
 - a. 40 returning varsity (possible attrition could be less)
 - b. Estimate 5-10 novice (hopefully more)

 4. Need \$31,000 to cover budget
 - a. 45 @ \$700 = \$31,500

 5. \$700 dues per rower
 - a. \$400 = fixed cost of team. Must cover no matter when joining
 - b. \$100 = rowing in the Fall
 - c. \$200 = rowing in the Spring

 6. Novice rowers joining after October 15th will be given 4 weeks at \$50 cost but must make up the previous fixed costs to be “in good standing” after the 4 weeks are over.
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ARTICLE III – COMMITTEES

Committee chairperson will report to the GHSTBC Vice president every month. These reports will include committee meeting dates and attendance numbers, plans, recommendation to the board, and the names of all committee members.

****Spirit wear/ Uniform-** Responsible for procuring official team uniform and spirit wear for GHS Crew rowers, coaches and parents. This includes team jackets and team end of the year presents. This committee will track, keep inventory and distribute and collect team uniforms.

****Food Committee-** Responsible for setting up the food tables. Assure that crew meals are ready to be served by 7:00am on the day of regattas. Assure that food attendants are present throughout the regatta to maintain the food tables. Purchase and maintain food inventory, prepare and serve food. As well as having the knowledge of the roles at each regatta venue for the preparation and distribution of food.

****Maintenance committee-** Works with the coaches to maintain GHS rowing assets such as Shells (boats), launches and food trailer/ tents. This includes enlisting and training food trailer drivers. Keeping the trailer maintained, repaired, cleaned and stored before and after the rowing seasons. Member may be asked to transport motors to and from repair shop as needed. The maintenance committee will advise the Board of Director about equipment requirements, revisions and deletion of capital assets and recommend improvement projects: specifically, budgetary requirements.

****Transportation/logistics committee-** Arranges transportation for crew members and assures timely arrival at regattas (carpools or buses). Arranges bus chaperones, NPS parent driver approval, and coordinates towing of the Food committee's trailer to and from regattas. Coordinate with EVSRA to provide volunteers for parking for regattas (as needed) at Norfolk Botanical Gardens.

ARTICLE IV – RULES, WAIVERS AND AGREEMENTS

All person's association themselves with the GHSCTBC/GHS Crew are expected to conduct themselves in a respectful manner, exemplifying sportsmanship when interacting with any person in any setting.

******* RULES*******

GHS Crew is a sport at Granby High School, so the athletic rules of Granby High School, Norfolk Public Schools, and the Virginia High School League apply.

GHS Crew has a contract in place to support affiliation with the Hampton Roads Rowing Club (HRRC).

GHS Crew will abide by the rules and principles endorsed by EVSRA and US Rowing. GHS Crew students will follow the rules and policies laid out by the Head Coach.

Students who fail to follow these rules may be subjected to appropriate disciplinary measures by the GHSCTBC Board and head Coach, reduced participation at practice or regattas, removal from the team, and/or referred to the school system.

ISS (in school suspension): Students assigned to in-school suspension may participate in extracurricular activities if the meet all requirements of the in-school suspension must be reported to the coach, who may choose to take additional action.

OSS (out school suspension): Students suspended from school will not e permitted to participate in extracurricular activities or attend any school sponsored activity during the time of suspension. At the discretion of the coach, more severe action, including dismissal, might be administered.

Alcohol: Students are not to use, possess, or distribute any alcoholic beverage, or come to school /sport activities after drinking alcohol.

Drugs: Athletes/Students shall not possess, use, transmit, or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, intoxicant, look-like/imitation, controlled substance, or drug paraphernalia.

Tobacco Products: Athletes/Students are not to use or have in their possession any tobacco products. All tobacco products and electronic cigarettes will be confiscated.

Self-Administration of inhalers and epi-pen: Students with a diagnosis of asthma or anaphylaxis, or both, are permitted to possess and self-administer inhaled asthma medications or auto-injectable epinephrine, or both as the case may be, in accordance with the policy the school day, at school-sponsored activities, (in this crew practices, and regattas) or while on a school bus or other school property. NOTE: Sharing, Borrowing, Distributing, Manufacturing or Selling and medication is prohibited.

WAIVER/RELEASE FORMS

In addition to the rules above, there are several organizations that have interests (legal and financial) in the sport of rowing and require acknowledgement in the form of releases and waivers. Many of these forms are located at the end of this contract. The following informational list (which is not necessarily complete) outlines additional requirements. Those highlighted in yellow must be turned in with the nine (9) pages of forms that follow.

- VHSL Sport Physical
- NPS concussion Waiver (in order to participate in athletics, the parent/guardian, along with the student athlete, must annually review information on concussions and sign a statement acknowledging receipt).
- NPS Athletic Handbook for Athletes and parents (must read and sign sportsmanship pledge and volunteer driver information forms).
- US Rowing Online Waiver (for participation in US Rowing sponsored events/in GHS Crew)
- EVSRA Waiver (for participation in regattas sponsored by the Eastern Virginia Scholastic Rowing Association) Novices will complete this waiver in the Spring when email out to the team.
- GHS IB Freshmen students that are **out of district**, must mail a letter to the Senior Athletic Coordinator to get a sport wavier that allows the IB student to play in Granby High Sports
- Parents: DMV form completed if planning to volunteer to drive athletes to and from crew activities.

Parents/ Athletes should be aware of this paperwork and recognize that submitting the completed forms (found on Crew website under “Athlete’s” section, “The Right Form” page) on time is a requirement to be “good standing.”

******* Please note all paper work should be handed in by September 7th 2018*******



Parent / Athlete Contract
With the
Granby High School Crew Team Booster Club, Inc.
For the 2018-2019 Season

We, the undersigned parent/guardian(s) and athlete, have read and agree to the following.

- 1) Adhere to the standards set forth in the Parent/Athlete Contract
- 2) Adhere to the GHSCTBC Bylaws.

Parent/Guardian#1 Signature: _____ Date: _____

Printed Name: _____ Phone#: _____

Parent/Guardian#2 Signature: _____ Date: _____

Printed Name: _____ Phone#: _____

Athlete Signature: _____ Date: _____

Printed Name: _____ Phone#: _____

Address: _____ Grade: _____

City: _____ State: _____ Zip Code: _____

Athlete's Date of Birth: _____ T-Shirt Size (Adult:S,M,L or XL) _____

Number of Year on GHS Crew (Include this year- if this is your first year; ex:1) _____

Emergency Contact#1(not a parent/guardian listed above: _____

Relationship to Rower _____ Phone#: _____

Emergency Contact#2(not a parent/guardian listed above: _____

Relationship to Rower _____ Phone#: _____