



Harriton High School

600 North Ithan Avenue, Rosemont, PA 19010 525-1270

HARRITON CREW GENERAL GUIDELINES

PRACTICE SCHEDULE:

Tuesday - Friday (Team Practice/Bus-to-Bus: 3:30pm to 6:15pm)

Saturday*

Sunday (Race Day)**

*All Crews will be scheduled for Saturday morning practice starting at 6:00am. Crews will be staggered to maximize boat usage; exact practice time/changes will be specified, if needed once the season begins. *Tentative: BV (6am – 8am); GV (8am-10am); BNov. & GNov. (10am-Noon)*

**There will be no Sunday practice following races held on Saturday.

Rowers are expected to attend all practices. Any known conflicts should be noted on the Crew Conflict Sheet. Priority seats will be given to those without conflicts. Any rower cited for an unexcused absence will not be permitted to row the first day back (in lieu of a water workout, a land workout will be assigned).

Any rower who misses pre-race day practice will not be permitted to race in that corresponding week's race.

SPRING BREAK: Attendance is **mandatory** for all participants.

BUS POLICY:

The Crew Bus will depart from Harriton for the Villanova Boathouse promptly at 3:30pm during the school week.

All team members **must** ride the bus to and from the boathouse for practice and to and from all out-of-state Regattas. Exceptions will be made only in extenuating circumstances and only with prior submission of the Parental Driving Release Form. **Forms must be submitted directly to the Director of Activities and Athletics for approval.**

Team members are expected to respect the authority of the bus driver and to behave in a mature manner. Unless permitted by the driver, eating and drinking are prohibited. Before leaving the bus, all windows will be closed and trash properly discarded. Rowers will be suspended from the team for inappropriate or disrespectful behavior while riding the bus.

ACADEMIC EXPECTATIONS:

School attendance is required any day a student-athlete expects to practice or compete in a race. ***Harriton Crew members are students first, athletes second.*** Any crew member who is academically ineligible for more than two weeks is subject to suspension. Furthermore, any rower/coxswain who appears on the “15 day ineligibility list” is subject to immediate dismissal. Crew members who are consistently deficient academically may forfeit the receipt of Letter Recognition (in lieu, a Participation Award may be issued).

LETTER REQUIREMENTS:

- 1) Maintain Academic eligibility.
- 2) Attend all practices, report on time, and leave only when excused.
- 3) Represent Harriton with high standards. Strive to win. But win or lose, exhibit sportsmanship.
- 4) Take pride in the care and return of all uniforms, supplies, and crew equipment.
- 5) Obey all rules of discipline set up by the Lower Merion School District, Harriton H.S., Harriton Athletic Department, Villanova Boathouse, and the Harriton Crew Coaching Staff.

Participation Award

To be given to those who, due to excessive Crew Conflicts or academic deficiencies, do not meet the requirements for the receipt of Freshmen/Novice, JV, or Varsity Award. Note: If excessive absences or ineligibilities exist an athlete may be dismissed from the team and no award will be given.

Freshman/Novice Certificate & Letter

To be awarded to all Freshman/Novice participants who do not compete on the JV or Varsity level. Recipients must compete in one half of the regattas open to Freshman/Novice competitors. *Special Note: 12th grade Novice will be awarded Varsity Letters if they compete in the top Novice Boat.*

Junior Varsity Certificate & Letter

To be awarded to participants who compete in one-half of the races in: the Junior Category and to “non-A-Boat” competitors in the Lightweight Category.

Varsity Certificate & Letter

To be awarded to participants who compete in one-half of the races in: the Senior Category and to “A-Boat” competitors in the Lightweight Category. May be given to Junior Category “A Boat” Rowers only if a Junior Category boat is clearly the top priority for that season. Varsity Certificates and Letters will also be given to Stotesbury (non-Freshman Category) and National Qualifiers (including subs) and to team managers (after 2 years of service) and to Varsity caliber coxswains who must row rather than cox due to uneven participation numbers.

SPECIAL NOTE: RETURNING ROWERS ARE NOT AUTOMATICALLY AWARDED VARSITY LETTERS.

Crew Categories:

All Crew participants must obtain a Medical Weight Certificate to be signed by a physician and submitted **prior** to the race season (included in PIAA Physical form).

PSRA, Stotes, and National standards for weighted categories are not necessarily the same and are currently being reviewed for the 2012 season. Rowers will be informed if there are weight limit changes.

Until further notice:

Girls Lightweight (130 lbs. maximum, no boat average)

Boys Lightweight (155 lbs. maximum, no boat average)

Weight-adjusted erg tests may be used as one of several means of gathering data to help determine boat line-ups. Use of such erg tests are not meant to imply that rowers should lose or gain weight; athletes are encouraged to maintain a healthy and natural weight.

The Harriton Crew Coaching Staff does not condone the use of dietary aids, laxatives, or starvation as appropriate means to lose weight. Any athlete who exhibits the signs of an eating disorder will be referred to the school nurse or other appropriate agencies for counseling.

NCAA CLEARINGHOUSE:

You **must** register with the NCAA Clearinghouse to be eligible to participate in crew or any other Varsity sport in college: eligibilitycenter.org. For more information contact your high school guidance counselor, call the NCAA at (877) 262-1492, or visit the official NCAA website at www.ncaa.org.

STUDENT-ATHLETE CONDUCT:

All Crew members are expected to abide by all policies as outlined in the Harriton High School Student Guide. All Crew members are expected to behave in a mature and becoming manner at all times including daily practice and scheduled race day events. Any member who exhibits severe inappropriate behavior including, but not limited to: use of foul language, unsportsmanlike conduct, or acts of vandalism will be immediately suspended from the team and subject to dismissal and other disciplinary action.

*****Any future additions/deletions to the Harriton Crew Guidelines will be made readily available to all team members. *****