

GDS CREW: SPRING 2019

EXPECTATIONS OF ATHLETES:

GDS expects that all athletes who choose to participate on an athletic team will make a sincere commitment to the team. Our team can neither go up against strong competition nor meet the rigors of existing schedules without a commitment and understanding from all athletes of the coaches' expectations. The expectations of each athlete are as follows. (Please read and initial each line if you agree to these expectations).

Commitment:

_____ I recognize that practice is mandatory and failure to attend may affect my eligibility to race.

_____ I recognize that "other" extra-curricular activities are NOT excused absences from practice.

(NOTE: exceptions may be made on a case by case basis)

_____ I recognize that my seat in the boat is a privilege and not a right. I will put forth one-hundred percent effort at all times in order to earn my seat.

_____ I will attend all regattas and practices unless the coaches are otherwise notified in advance.

_____ I will work hard to improve essential skills and knowledge of the sport.

_____ I will come prepared and on-time for all practices, scrimmages, and regattas. This includes bringing appropriate layers, running shoes, water, and uniforms when necessary.

Respect

_____ I will display appropriate behavior toward myself, my teammates, coaches, opponents, officials, managers, bus drivers, athletic staff, spectators, and the sport.

_____ I recognize that failure to display appropriate behavior may result in disciplinary action, including but not limited to the suspension of racing privileges.

Responsibility

_____ I am responsible for my equipment, my uniform, the reporting of injuries, and attendance at all times, including at practice, scrimmages, and regattas.

_____ I recognize that *team responsibilities* will be shared equally by ALL team members.

I have read the above expectations and agree to follow them to the best of my abilities.

PRINT NAME: _____ SIGNATURE: _____

PARENT'S NAME: _____ SIGNATURE: _____

Spring 2019 Practice Schedule		
Day	Water Practice	Land Practice
Monday	5:30 – 7:30 AM	6:15 – 8:00 AM
Tuesday	5:30 – 7:30 AM	6:15 – 8:00 AM
Wednesday	No practice	No practice
Thursday	5:30 – 7:30 AM	6:15 – 8:00 AM
Friday	5:30 – 7:30 AM	6:15 – 8:00 AM
Saturday	7:00 – 9:00 AM	9:00 – 11:00 AM
Sunday	No practice	No practice
<i>*Schedule subject to change. Athletes should expect to attend practice on Wednesday the week before a regatta. Consult coaches for more information.</i>		

Spring 2019 Event Schedule		
Date	Event	Location
3/19	Erg-a-thon	GDS
3/22-26	Camp Bob	South Carolina*
4/6	Anacostia Sprints	Anacostia
4/13	James River Sprints	Richmond VA
4/27	Al Urquia	Occoquan
5/5	WMIRA	Away (TBD)
5/11	Scrimmage Bishop Ireton	Potomac
5/16	Stotesbury	Philadelphia
5/17	Stotesbury	Philadelphia

* Participation in Spring Break trip to Camp Bob is suggested but not required