



NCC Junior Crew Code of Conduct

North Cascades Crew (NCC) expects a high standard of behavior from all athletes. The following guidelines set out are minimum expectations. You represent yourself, your coaches, your family, and all members of North Cascades Crew at all times.

- I understand and agree to adhere to NCC's zero-tolerance policy regarding the use of controlled substances. This includes but is not limited to alcohol, tobacco, and illegal drugs. I will abide by my coach's recommendations for a healthy lifestyle.
- I will follow the direction of my coach and NCC adult supervisors at practice.
- I will be responsible for myself and my equipment when launching and landing, making sure that I get on and off the dock quickly.
- I will respect the person in charge in my boat (coxswain or bowman) as the only person who should be talking or giving direction in the boat during practice.
- Since my coach and NCC adult supervisors are responsible for my whereabouts during practice, I will be ready for practice on time and will let my coach know in advance if I need to come to practice late or leave early. I will stay with the group at all times unless I have permission from my coach to leave.
- I will demonstrate good sportsmanship and respect towards my teammates, my opponents, my coaches, coaches of other teams, parents, regatta staff, and officials. I will accept the decisions of my coaches and referees. I will support my team in victory and defeat.
- I will accept and carry out the instruction of my coaches, regatta staff, officials, and designated chaperones in matters including but not limited to regatta rules, transportation, curfews and accommodations at all regattas.
- I will respect NCC property and equipment and the property of equipment of others. I will refrain from activities that could damage any property and equipment. I understand that I am financially responsible for any damage that I cause by disobeying this rule.
- I will use appropriate language at all times and make sure that any conversations or topics of discussion are appropriate for all ages at practice.
- I will encourage and support my teammates and opponents, and will not criticize them.
- I will show respect in my actions and in my words to all people regardless of gender, race, creed, or socio-economic status.
- I will abide by all rules and laws of the United States of America, the State of Washington, Snohomish County, the City of Lake Stevens, and the country, state, province, county and city where I may be participating in an event.

I understand that violating or ignoring these guidelines will result in disciplinary action, including dismissal from the team.

Signature of Athlete: _____ Date: _____

Signature of Parent / Guardian: _____