

# Radnor Boys Crew Club (RBCC)

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## Our Mission

At Radnor Boys Crew Club, our mission is clear: **speed on the water.**

We chase speed not for its own sake, but as the outcome of something greater—**developing young RHS men of character, grit, and purpose.** Through rowing, we learn discipline, consistency, and accountability.

Crew is the ultimate team sport. Success demands **selflessness, trust, and total commitment.** We move together, pull for one another, and lead with humility—on and off the water.

We hold ourselves to a higher standard than the average high school student. Excellence, integrity, and respect are not optional. The habits we build here shape how we show up—in school, in college, in life.

**We train to win. We race to grow. We pull together.**

## Our Core Values

### 1. Discipline & Hard Work

We show up ready to train—focused, resilient, and committed. Half effort doesn't move boats. We push ourselves and each other, knowing that excellence demands serious work every day.

### 2. Respect & Integrity

We respect our coaches, teammates, equipment, family supporters and ourselves. That means using positive language, following direction, making healthy choices, and owning our actions—on and off the water.

### 3. Teamwork & Commitment

Crew is the ultimate team sport. We support each other, communicate honestly, and share responsibility in pursuit of one goal: **pull to make the boat go faster.**

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## Athlete Code of Conduct and Family Agreement

### Expectations & Policies

When a student accepts the responsibility of competing with the Radnor Boys Crew Club ("RBCC"), they must live up to a code of conduct as outlined below. As a prerequisite for participation with RBCC, athletes and parents/guardians must review the RBCC Athlete Code of Conduct and Family Agreement ("RBCC Athlete Agreement"), sign and return it before the first day of practice.

Athletes must meet the eligibility standards of Radnor High School, (*as outlined in the Radnor High School student handbook, section III part 4,*) to participate in RBCC practices or competitions.

### RBCC Athlete Code of Conduct

#### 1. Substance Use

We can only achieve our mission by caring for our bodies through choices we make every day about nutrition, training with purpose, and rejecting anything that weakens us. This especially includes alcohol or illicit drugs. Use, possession, or distribution of drugs, alcohol, tobacco, vaping devices, or related paraphernalia is strictly prohibited. Violations will be handled in accordance with Radnor High School policy. In addition, the use of performance-enhancing drugs is prohibited as defined by US Rowing (<https://usrowing.org/race-for-team-usa/frequently-asked-questions>)

#### 2. Attendance & Commitment

Racing privileges and priority will go to those who make our training a priority. You are expected to attend every practice and race, even if you are not racing.

- You must attend at least 4 of 5 practices in each week to compete in that week's regatta.
- Two unexcused absences (defined as no prior communication and no valid reason) may result in dismissal from the team.
- Academics always take precedence, and RBCC adheres to Radnor High School rules regarding after-school practice eligibility. According to Section III, Part 1 of the RHS Student Handbook, students must be in school by 10:30 AM in order to participate in any extracurricular activities that day, including crew practice. If an absence or lateness is excused by the school, the student will be permitted to participate in RBCC practice.

Excused absences from RBCC practice include serious illness, family emergencies, academic conflicts, and religious observances (with prior notice). Athletes should notify coaches as early as possible with the reason for the absence so we can support your needs and plan accordingly.

Note on OUTSIDE COMMITMENTS – You are encouraged to partake in other activities, but please don't stretch yourself so thin that you are detracting from the team. If you can already anticipate missing upwards of 5 practices due to other commitments – please reconsider joining this team. Discuss any concerns with your coach.

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## 3. Sportsmanship, Conduct & Attitude

RBCC athletes are expected to demonstrate leadership through their conduct. Athletes should come to practice and races with a positive attitude and a commitment to their training and team. We strive to maintain the highest ethical and conduct standards—on and off the water—and all athletes are asked to lead by example.

All athletes are expected to:

- **Demonstrate leadership** through their words and actions
- **Treat all individuals with respect**—including coaches, captains, teammates, opponents, officials, parents, and volunteers—during practices, regattas, outside of practice and online
- **Never engage in** bullying, hazing, hate speech, discrimination, foul or disrespectful language, or harassment in any form
- **Avoid any action**—careless or intentional—that could physically or mentally harm another team member
- **Communicate positively and directly** with coaches, captains and teammates
- **Follow coaching directions** with focus and respect
- **Take responsibility** for your behavior and choices
- **Model good sportsmanship** in both victory and defeat

Athletes who engage in unsportsmanlike conduct may be deemed ineligible for practices or regattas. Repeat violations may result in removal from the team.

## 4. Technology & Online Conduct

You represent RBCC in all public technology forums—whether you're posting, texting, snapping, or commenting. Any message, image, video, or interaction that is harmful, offensive, discriminatory, or damaging to an individual or the team is considered a violation of this agreement. Misuse of social media or other digital platforms will result in disciplinary action, up to and including suspension or dismissal from the team.

Represent yourself and your team with integrity, always.

## 5. Training & Effort

Every practice is an opportunity to grow—so show up with a positive attitude, commitment, and a willingness to put in full effort. Athletes are expected to be fully engaged, whether on the water, during land training, or completing workouts at home.

Each athlete's ability to race is determined not only by their fitness and technical abilities, but also by their attitude and effort, all of which directly affect the boat's performance. Consistent focus and dedication build personal strength—and contribute to the success of the team.

Put in the effort. Stay consistent. Every workout. Every race.

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## 6. Race Day Expectations

All athletes are expected to:

- Show up on time
- Rig and derig boats
- Follow all captain and coach directions
- Support teammates by cheering on your teammates staying for other races based on coach or captain guidance

## 7. Equipment and Facility Use

Respect our rowing home, equipment, and all shared spaces. This includes but is not limited caring for and storing our gear properly. Never use equipment without coach permission. No horseplay on or off the water, near the dock or on the property.

We are guests of Villanova University, and their generosity makes our training possible. All athletes are expected to treat all members of the Villanova community and property, as well as their neighbors, with courtesy and respect — whether on the property, dock, or water. Any inappropriate behavior may result in disciplinary action, including loss of practice privileges.

## 8. Driving & Transportation

Athletes driving themselves must follow traffic laws. Arriving late is discouraged—arriving with a ticket is unacceptable. Speeding, reckless driving, or carpool irresponsibility may result in disciplinary consequences.

## RBCC Family Agreement

RBCC values parent/guardian support and partnership. From hospitality, to volunteering at our fundraising events, to serving on the Board and committees, our club is possible only because of parent/guardian involvement.

To ensure our coaches can focus on athlete development, parents/guardians are asked to:

- Foster a positive, respectful atmosphere
- Encourage their rower to communicate directly with the coaching
- Refrain from coaching or interfering with coach decisions
- Communicate their own concerns constructively and outside of practice time

The Board President should be a parent/guardian's first point of contact for any issues or concerns. Privacy and respect will always be maintained.

Please keep in mind that boat lineups or other matters concerning coaching style or methods are the sole discretion of the head coach and coaching staff. Parents should not contact coaches to discuss:

- Boat or seat assignments
- Lineup decisions

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- Race selections
- Coaching style or methods
- Other athletes or families

If a parent/guardian has serious concerns about these issues, they should contact the RBCC Board President to determine how to address. The Board will review the situation while maintaining confidentiality and will consult with the coaching staff as needed.

If a parent/guardian has concerns about their child's health or experience in the program (e.g., mood changes, stress, health concerns), they are encouraged to contact the coach directly to arrange a time for a respectful conversation. Coaches will respond within 48 hours.

Please do not approach coaches before, during, or after practice or regattas, as these are often emotional or high-focus moments and not appropriate for individual problem-solving discussions.

## **RBCC Disciplinary Policy & Procedures**

Radnor Boys Crew Club holds athletes to a high standard of conduct, both on and off the water. Coaches have the authority to address discipline issues with rowers for failure to comply with rules and procedures, for displaying poor sportsmanship, or when the rower's safety or the safety of others requires such actions.

If an athlete violates the RBCC Athlete Code of Conduct the following procedures will be implemented:

1. Coaches will directly address issues. Repeated or serious violations will be escalated
2. Serious or repeated violations will include notification of athlete's parent/guardian.
3. If an athlete is found to have violated any part of this RBCC Athlete Agreement, the Head Coach has full discretion, in consultation with the RBCC President and Board, to determine appropriate consequences. These may include, but are not limited to:
  - Verbal or written warning
  - Loss of racing privileges
  - Temporary suspension from practices or regattas
  - Reassignment or removal from boat lineups
  - Permanent removal from the team
4. A formal meeting may be held which may involve the athlete, their parent(s)/guardian(s), members of the coaching staff, and/or the RBCC Board President. A member of the Radnor High School Athletic Department or administration may be notified and/or attend meeting if necessary.
5. If an athlete is suspended or removed from the team for any reason, reinstatement is not guaranteed and is at the sole discretion of the Head Coach and the RBCC Board. As a condition of reinstatement, the Head Coach and Board may impose specific requirements, including but not limited to a zero-tolerance agreement.

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## **RBCC Athlete Agreement**

By signing below, I affirm that I have read and understand the expectations outlined in the RBCC Athlete Code of Conduct and Family Agreement. I agree to uphold the values of Radnor Boys Crew Club and to honor my teammates, coaches, and community through my words, actions, and effort. I understand that failure to adhere to these expectations may result in suspension from the team, which will be at the sole discretion of the Head Coach and the Board.

Athlete Name (Printed): \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **RBCC Parent Agreement**

As a parent/guardian of a Radnor Boys Crew Club student-athlete, and in consideration of RBCC providing a scholastic rowing program and allowing the student to participate, the undersigned parent/guardian confirms their acceptance of this RBCC Athlete Code of Conduct and Family Agreement and agree that each provision applies to them in their individual capacity and as a parent/guardian of the student. The undersigned accept full responsibility for their child's conduct and compliance with team expectations.

Parent/Guardian Name (Printed): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_