ROWING 2010 – 2011

Code of Conduct

- Commitment to the Rowing Program for the full season. Attend all scheduled training sessions. Let your coach know in advance if you cannot attend a training session.

- Be punctual in order to make the most of available training time.

- Maintain a professional training standard. Concentrate, work to your capacity, adhere to the rules and follow suggestions from the coach. Ask questions if you do not understand.

- Maintain a positive, supportive and open attitude.

- Inappropriate language is not acceptable at training or at regattas.

- No diving or swimming off the pontoon at the Rowing Club. (Swimming is only permitted under the direct supervision of the coach)

- Be courteous to team members, coaches and the opposing team. Act responsibly as a team when in public and attending regattas.

- Take care with rowing equipment. Report any damages immediately to the coach or Mosman Rowing Club.

- St Augustine's College uniform must be worn when training, travelling and competing.

- Attend rowing meetings. Regularly check notice boards and newsletters.