

Xavier Prep Crew Regatta Rules

These rules were designed to establish a safe and organized environment while also enabling the team to enjoy and have a memorable trip.

Traveling:

1. Bring identification! Those who fly will not be allowed on the plane without proper ID.
2. Each rower may bring **only** what she can carry. *Do not over pack.*
3. Rowers must wear Xavier Prep Crew travel shirt to and from the competition site and while traveling/participating as a team. Team unitards (and sleeves if necessary) will be worn at all competitions. When flying, pack race uniform in carry-on bag in case your luggage doesn't arrive.
4. Once the rowers arrive and meet the team at the designated place of departure (school, Tempe Town Lake Marina or airport), they must stay with the team until returned to the custody of their parents at the conclusion of the trip.
5. Girls are required to attend Mass as a team.
6. All rowers are expected to act responsibly and be on their best behavior at all times. Cursing or swearing at others on the team is not permitted – remember who you represent – Xavier College Preparatory. This includes your Coach. Disruptive behavior, running/screaming in hotel hallways, excessive noise in rooms, will not be tolerated. Breaking the rules may result in you not being allowed to travel with the team in the future. **Xavier Prep Crew is the only sports team representing Xavier College Prep to have this privilege and can be revoked at any time!!!**
7. Any / all medications shall be sent in their original container and marked with the rower's name. These are to be turned in to the chaperone. Anyone involved in dispensing medications* without permission will be disciplined. (*this includes over the counter and herbal medicines).
8. If there is a situation or severe discipline problem with a rower, she may be sent home at her parent's expense.
9. Please bring adequate money and supplies for these trips. Remember that you are sometimes responsible for dinner (at least \$15.00). Chaperones and parents will make sure you do not go hungry, but you must also be responsible for your meals.
10. All Xavier College Preparatory handbook rules apply at practice as well as while traveling and at race sites.

Hotel:

1. All rowers must room with the team in the same hotel. All team members will eat together for all meals unless given permission otherwise by the coach or chaperones. These requests must be in writing in advance of the trip with notification going to both the Travel Coordinator and the Head Coach. Remember this is a team trip – even though we try to be accommodating to all, it is important to remember that meals are planned for the good of the team – not to meet individual tastes and preferences.
2. Once room assignments are designated, no switching is allowed. If for any reason prior to leaving or after you have returned from a race and a rower feels uncomfortable or unsafe with her room assignment she can contact the travel coordinator via email or phone, and she will try accommodate her. However, once moved the room assignments will remain the same.
3. No smoking, drinking or boys! There are to be no male visitors in the hotel room at any time. Male visitors will be allowed to visit the lobby or other public area, or with a chaperone in the hotel room.

4. If it is decided to watch a movie in the hotel, anyone who watches will pitch in to pay the viewing fee. (Movies will be PG 13 or lower).
5. Phone calls prior to 10:00pm only- (this includes cell phones). Please be considerate of your roommates sleep. If there is an emergency, please get in touch with your chaperones. Any phone calls placed by the rowers must be paid before leaving the hotel.
6. If there is a situation or severe discipline problem with a rower, she may be moved to another room (head chaperones' room) or sent home at her parent's expense.
7. Rowers are not permitted under any circumstances to go to a coach's room without a chaperone in attendance.

Race Site:

1. Stay with the team. Always have another teammate with you when you are out and about. If you need to go anywhere you must go with a buddy and get prior permission from the chaperones. No exceptions.
2. Check in with chaperones at appointed time.
3. All rowers will arrive at the events at the designated time and remain at the event until their coach has dismissed them. Do not assume if you have finished racing that you are free to leave. Do not change out of your uniform after your race. Coach may need to make a last minute substitution. When you do change, it needs to be Xavier crew clothing (jeans are okay). It is important to support all team members in their efforts. You may not leave until your coach has dismissed the team. Please plan on meeting with the coach for evening arrangements.
4. Please bring to the race site a backpack or small crew bag with everything you will need for the day. The weather can change so be prepared. Also try and take only a wallet that can be kept in a backpack while at the race site. There is a lot of activity at the races and purses can be easily stolen.
5. When a Xavier boat is launching, or racing, all team members are to be present and supporting the team.
6. Good sportsmanship is part of rowing. Please be respectful and courteous. Especially encourage other Arizona Association teams. Please follow Xavier etiquette at all times- it is a great feeling when we win but be considerate of those around you. Remember, your behavior reflects upon Xavier and the entire team.

PARENTS

1. Volunteer parents must have completed the Safe Environment Training provided by the diocese. Safe environment procedures will be followed as much as possible. Ex: if a rower needs to go back to a restaurant or race site to locate a lost item, she must first tell the chaperone and a driver and another adult will be provided. Ex: there are times when the coxswains must travel with the coach to an early morning coxswain meeting.
2. The ability of Xavier Prep Crew to travel is dependent on chaperone and race host volunteers. If there are not chaperones and race host signed up at least two weeks prior to a travel trip, the trip will be in jeopardy of being cancelled.
3. Parents attending the races should not drink alcoholic beverages in front of the girls. If you are off to dinner by yourself, that is fine, but if eating dinner with the team it is discouraged.
4. Arrival after some out of town races are late on a Sunday evening, it is crucial that girls attend class the next morning. The school requires it for all other sports and we do not want to jeopardize our entire crew program.
5. Parents are responsible for informing the Travel Coordinator of special dietary requirements for their athlete at least two weeks before an away race.