

St. Ignatius College Preparatory 2016 Freshman Boys Crew Syllabus

January 1, 2017

Dear Students, Parents, and Guardians,

Welcome to St. Ignatius Crew! You are entering a long tradition of personal, academic, and athletic excellence. The coaches of SI Crew deeply believe in the sport's ability to develop "men and women with and for others," and we are committed to developing the boys and girls in our care into oarsmen and oarswomen: men and women of integrity, humility, honor, and physical, mental, and emotional strength.

To you freshman or novice: this is a tough sport. You will work hard. By the end of your senior year, you will have done what few can claim: you will have pushed yourself and overcome barriers you never thought possible. In communion with all that St. Ignatius has to offer, you will have challenged yourself physically, mentally, emotionally, and even spiritually. But you will also walk away with a new-found sense of camaraderie and teamwork, and friendships that will remain with you the rest of your life. It is our hope that you will leave the program with the tools you need in order to face what life throws your way. This spring is the first step.

This season you will learn the fundamentals of rowing, experience the importance of teamwork, challenge yourself physically and mentally, be held to high academic standards, and will continue to learn what it means to exemplify and live the Ignatian Spirit.

We, the coaches, have been in your shoes. Generations have come before, and, God willing, generations will come after. Every SI scholar-athlete who has pulled an oar or commanded a crew through a coxswain's megaphone has come with his or her own set of unique experiences, beliefs, and inner challenges. The common thread, the glue, is the team - SI Crew - and the friendships, tools, and strengths that flow from it. Take hold, and make this your own. Gain - and give - what you can. Believe in yourself and your teammates, and find something to fight for. And never forget: you are an Ignatian!

Welcome aboard!

Sam Nelsen '06
Head Freshman Boys Rowing Coach



St. Ignatius College Preparatory 2016 Freshman Boys Crew Syllabus

ST. IGNATIUS ATHLETIC MISSION STATEMENT

An interscholastic athletic program as a co-curricular activity is an integral part of the total educational and growth experience at St. Ignatius. Athletics is designed to affirm and promote the Ignatian values as stated in the Graduate-at-Graduation document and engage student-athletes fully in mind, body, and spirit. Student-athletes, coaches, and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested, and proven relevant both to participants and the entire school community. Through participation in athletics at St. Ignatius, students will mature physically, emotionally, socially, and spiritually. They will learn to take responsibility for personal growth by developing loyalty, pride, integrity, and commitment. Athletics provides the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him/her to apply these skills and knowledge to new situations and a variety of learning formats. Through participation in athletics the student-athlete learns that God is active in all things and that individual and liturgical prayer will bring him/her closer to God. The student-athlete comes to trust that he/she is known and loved by God, and that this invites a personal response, which is an expression of movement within the individual beyond self-interest or self-centeredness. The student-athlete is called to be conscious of the call to be a leader in service and to acknowledge his/her active commitment toward fostering fairness and justice in society. Every member of the St. Ignatius school community must seek to encourage, instill, and foster such growth and development in all student-athletes.

THE SI ATHLETE WITHIN THE SI ATHLETIC PHILOSOPHY

The philosophy that guides the St. Ignatius Athletic Department has been shaped by the school's Graduate-at-Graduation document. As the Athletic Department exists because of and for the students, the purpose of the department must be defined through its effects upon the students; its goals and objectives must focus on the product of athletic participation — the St. Ignatius student-athlete.

OPEN TO GROWTH: Through participation in athletics, the St. Ignatius student-athlete matures as a person — physically, emotionally, socially, and spiritually.

ATHLETIC COMPETENCY: Through participation in athletics, the St. Ignatius student-athlete exhibits a progression of physical skills and a knowledge of his/her particular sport itself.

RELIGIOUS: Athletics at St. Ignatius includes a religious dimension that should permeate the student-athlete's life; thus, through participation in athletics, the student-athlete finds a value in sports as an instrument that can lead him/her closer to God.

LOVING: The St. Ignatius student-athlete is known and loved by God; that love invites a personal response which is an expression of movement within the human heart beyond self-interest or self-centeredness to relationships that insist upon individual care and concern for each teammate.

COMMITTED TO DOING JUSTICE: Participation in St. Ignatius athletics must not be for selfish reasons or for merely personal satisfaction; rather, such participation and commitment should prepare the student-athlete for further participation and an active life commitment in the church and community in the service of others.

PURSUIT OF LEADERSHIP GROWTH: Athletics, then, must provide an environment in which the student-athlete can develop his/her abilities for the betterment of the community and not for personal gain.

FRESHMAN BOYS CREW: TEAM GOALS & EXPECTATIONS

The primary goals of Freshmen and Novice members of St. Ignatius Boys Crew include:

- Exemplifying the Ignatian spirit
- Learning the fundamentals of rowing, and reaching a basic varsity level of proficiency in the sport
- Getting into top physical condition
- Experiencing the importance of teamwork within a boat, as part of the squad, as part of the entire team
- Applying discipline and dedication towards becoming a contributing Freshman oarsman, and eventually varsity oarsman
- Earning a seat in the highest priority crew possible
- Challenging oneself physically and mentally during practices and regattas
- Excelling at academics, and being among the top academic performers at St. Ignatius
- Winning the State/Regional Championship

COMPOSITION OF FROSH BOYS CREW

The Freshman Boys' rowing team is comprised of two boats, the Frosh A and Frosh B M8+. If factors allow, a third Frosh M8+ may also be included, but this will primarily be a "training" squad that may be entered into a limited number of races; depending on multiple factors, this may instead be a four+. The overall Frosh squad will consist of a minimum of 20 rowers and 3 coxswains, and regardless of seasonal records will enter both racing boats at the Southwest Junior Regional Championship. Regionals, also affectionately called "CJ's," is the primary event of the season and it is our goal to medal there.

Rower vs Coxswain

Rowers are the ones who physically move the boat down the course, and in our shells there are eight per boat. The team owns a number of smaller boats, but the Novice squad will generally not incorporate those shells into normal practices.

Coxswains are the "brain" to the rowers' "braun," and there is one per boat. They command and inspire the crew, provide safe steering, monitor and respond to all conditions within and outside of the boat, and relay instructions from the coach when necessary. They are generally smaller in size. Although historically for the boys squad these positions are generally held by boys, no girl will be turned away from trying out as a boys coxswain due to her gender. However, if the boys squad has met its quota of coxswain candidates or coxswains have already been chosen, and a girl is cut from the girls squad, it will be at the discretion of the boys and girls coaches whether that girl will be able to try out for the boys squad. Assessment of candidates and final choice of boys coxswains is gender-blind, and dependent on multiple other factors.

Novice vs Freshman

All freshmen rowers race and practice as Freshmen Crew, and we race in the Frosh 8+ event at Regionals (CJs). Throughout the year we also race in a limited number of Novice events, though in this case novices can also mean sophomores, juniors, and seniors. USRowing, the governing body of the sport in the US, defines "Novice" as "a Rower or Coxswain whose initial competition within that same discipline has been in the previous 12 months of the date of the Regatta. This category is advisory only" (usrowing.org > About > Rules of Rowing). For SI Crew, if a sophomore, junior, or senior joins the team without prior rowing experience, he will usually learn with the Freshmen and move up to the Varsity squad when the Freshman and Varsity coaches believe he is ready.

TRYOUTS

Initial tryouts run, at minimum, from **Monday, January 30th** through **Friday, February 3rd**, and will be held in accordance with the rules of the Athletic Department; initial tryouts may extend to a later date at the discretion of the coach. Additional tryouts, length of additional tryouts, and availability of space on the roster all depend on initial turnout, resulting initial cuts, and on factors specific to individual student-athletes (for example: trying out after a winter sport, trying out concurrently with another spring sport, trying out after being cut from another spring sport).

Among other factors, rowers will be selected based on fitness level, ability to learn and demonstrate the fundamentals of rowing, attitude, mental toughness / hardiness, and dedication to the team. Coxswains will be selected based on ability to follow instruction, comprehension of new material, leadership qualities, attitude, dedication to the team, and other factors.

Tryout Clothing

The student-athlete should be prepared to both sweat and to stay warm. Please see the section entitled Team Attire for details. If a rower or coxswain does not come prepared with the appropriate supplies, the coach may remove the student-athlete from the boat for the day and assign him or her to do an alternate land-based workout.

PRACTICE SCHEDULE

The Freshman Crew season begins on Monday, January 30, 2017, and concludes in late May.

Practice Times:

Monday	2:50 – 5:30 p.m.
Tuesday	2:40 – 5:30 p.m.
Wednesday	2:40 – 5:30 p.m.
Thursday	2:40 – 5:30 p.m.
Friday	2:40 – 5:30 p.m.
Saturday	7:30 – 11:00 a.m.
Sunday	OFF

Start times are “start” times, not “show up” times.

Practice times are subject to change if the need arises (i.e. activity schedules, midterms, retreats, adjustment of workouts, coaches’ work schedules, etc.), but all reasonable effort will be made by the coaching staff to provide prior notice as necessary.

All team members are required to attend EVERY practice, including those on holidays and practices that are scheduled in the mornings during the Easter break. **Rowers should NOT make plans during Easter Break (April 13 - 23) for vacation.**

ABSENCES AND TARDINESS

Excused absences

Illness*, unforeseen family emergency,** school activities (retreat, tutoring**), family obligations (wedding, confirmation), etc. – which cannot be done at any other time and is cleared with your coach at least two weeks in advance.

*A doctor’s note or an email or phone call from the rower’s parent(s)/guardian(s) will suffice.

**Unforeseen or emergent situations will be excused on a case-by-case basis. See below.

Unexcused absences

Situations where the coach is not given proper information due to lack of communication from the student-athlete, events that could have been avoided or planned for a different time, and family/personal/school obligations not cleared with your coach at least two weeks in advance. Examples: detention, retreats or other long-scheduled school activities that the student-athlete did not notify the coach of in a timely manner, and family vacations during the season. See the note below about teacher meetings and other after school commitments.

Tardiness

Excused – Tardiness out of the member’s control.

Unexcused – Tardiness resulting due to a lack of planning or that could have been avoided.

Due to the nature of crew being the ultimate team sport, all unexcused absences and instances of tardiness will have consequences affecting the entire squad.

A Note About Teacher Meetings, Tests, Etc

On occasion, student-athletes may need to meet with a teacher, take a test, or complete an assignment after school. At times it may not be possible to give the coach reasonable notice. In these instances, student-athletes must text message or email the coach as soon as he or she knows he or she will be late to practice or not attending practice. A text message or email sent once practice has begun, or after practice, will make the otherwise excused absence or tardiness unexcused (certain instances are permissible, such as if a test runs late or the student-athlete otherwise has no reasonable access to communication tools). Members of Frosh Boys Crew are expected to respectfully inquire with their teachers about the possibility of finding an alternative time that works for the faculty member, and that falls within school hours, but must agree to the time - after school or not - decided by the faculty member.

In instances where there is a significant complication with being tardy or absent, the student-athlete must alert the coach ahead of time so that the coach can attempt to find a way to resolve the issue; of primary example would be if the team must leave early from school for an away regatta (which occurs extremely rarely), and transportation to the event would be compromised.

EARLY DISMISSALS

Depending on the sport, some athletes will need an early dismissal from class in order to travel to a tournament or game. The Athletic Department will decide the time of dismissal and post that time on the Weekly Athletic Schedule every Monday, and the coaches will alert the student-athletes during practice and/or via email. It is the responsibility of the athlete to ensure he/she has communicated with his/her teacher prior to the day of the early dismissal. The student-athlete is responsible for any material covered and any work assigned. A teacher has the option of denying the athlete an early dismissal based on performance and/or behavior in the classroom. Playing a sport at SI is a privilege, not a right, and therefore it is essential that athletes communicate with teachers about missed class time and material covered in the classroom on the day of an early dismissal. To note, early dismissals are rarely needed for SI Crew.

PLAYING ON OUTSIDE TEAMS

A player is allowed to play on an outside sport club team *only with the varsity head coach's approval*, and, in the case of SI Freshman Boys Crew, also with the freshman head coach's approval.

Unless otherwise noted, no competition of any kind is permitted outside of that which is related to St. Ignatius Boys Crew.

Any club activity will not conflict with any function of the SI sport team. Additionally, as mandated by the California Interscholastic Federation, when a student-athlete is in season playing a sport for St. Ignatius, that student-athlete may not play the same sport for a club or other outside team.

If the athlete participates in an individual sport such as cross country, swimming & diving, or track & field, the athlete must never compete as an attached athlete with their club unless the event has been sanctioned by the CIF. If you have any questions about this please contact the athletic director.

FRIDAY MORNING LITURGY

FML/Other Liturgies Prior to Regatta Weekends

All members of the Saint Ignatius Prep Frosh Boys' Crew will attend FML as a team on the Fridays leading into Regatta Weekends, and will similarly attend other such liturgies if the liturgy falls on the last day of the week prior to said regatta. See Team Attire section for dress code. Note: the coaches fully recognize that our team is comprised of an enriching array of different faith traditions. However, we consider attending FML to be another way to exercise team unity.

TEAM ATTIRE

General Attire for Tryouts and Practices

During Tryouts: a shirt with the student-athlete's name on it in large lettering, non-baggy shorts or spandex shorts (basketball shorts get caught in equipment), hat/beanie, running shoes, and a jacket or sweatshirt for when it gets cool. The student-athlete should also have a reusable water bottle, sunglasses (cheap - but functional - are great), and wear sunscreen. Not attire: a snack stored away for after practice, to be eaten on the ride home, is highly recommended.

The Athletic Department will store belongings near their offices until Winter Sports' lockers free up for Spring Sports' use. Info will be available during the beginning of the season.

During normal practices: Normal shirts may be worn - no need for the ones with names all season. Also, light, waterproof jackets and/or windbreakers are recommended: sweatshirts are basically clothing-shaped sponges, and this is an outdoor sport that operates in almost all weather conditions.

Because rowing is both an outdoor sport and a water sport, rowers are exposed to quite a few elements, which generally means that student-athletes will need sunscreen, sunglasses, and hats on warm days, and beanies and waterproof/water resistant jackets on cold days. However, weather can shift at a moment's notice, so all student-athletes must be ready for changes. Note: those student-athletes who take the role of coxswain will need additional warm clothing.

The coach will further discuss attire with the student-athletes during their first few days together. See Racing Attire and Other Gear for ordering SI Crew racing and general apparel.

Friday* Attire for Regatta Weekends**

Essentially all races are scheduled for Saturday and/or Sunday. This means that on the Friday, or on the last school day preceding a race, all members of Saint Ignatius Prep Frosh Boys' Crew will follow the team dress code, unless otherwise advised. For boys: white dress shirt, tie, khaki pants, dress socks, and dress shoes. For girls: white dress shirt or blouse,

khaki pants or skirt, and dress footwear; additional flare reasonably comparable to the boys' ties is acceptable. The coaches may also require team members to wear this attire while traveling to certain away regattas.

*If the last school day before a regatta is a Wednesday or Thursday, for instance, the same dress code applies.

**If there is an afternoon race on a school day, the same dress code applies for that day.

Racing Attire and Other Gear

Early in the season, team members and their family/friends will have the opportunity to purchase team-specific attire. We will have an online store through Boathouse Sports, where you will be able to purchase racing spandex and tanks, sweatshirts, and other gear. We will have options for parents, alumni, and fans as well, so please keep an eye out for more info as the season progresses.

Required Items: Currently, at minimum, when they become available, all members of the Frosh / Novice Squad are required to obtain the team-specific **spandex shorts, tank top, and cold weather long sleeve racing shirt** for racing. An SI Crew sweatshirt or other warm long sleeve item is highly encouraged as well, and there will be t-shirts, hats, and some other optional items available for purchase. Jackets and racing unisuits are reserved for the Varsity Squad, unless otherwise noted. Similarly, the Frosh racing tank tops are reserved for the Frosh / Novice Squad. **Do not buy gear marked only for another squad (aka varsity): you will not be allowed to wear the gear until you become part of that particular squad.

TRANSPORTATION

All rowers and coxswains are responsible for their own transportation to and from the boathouse for all practices and home races. Rowers and coxswains will use school transportation when traveling to and from 'away' races. In addition, all rowers and coxswains are required to return to the St. Ignatius campus or Lake Merced Boathouse (whichever is designated by the coaching staff) to unload the trailer and wash/re-rig the boats. Rowers/coxswains who wish to return from a race with their parent(s) or guardian(s) need to supply the coaches with a note and receive permission from that coach to do so.

For Freshmen: *All Frosh are expected and required to run to and from the boathouse for weekday practices, unless otherwise noted.* Injuries are an example of what may warrant an exception. Uber, Lyft, other car sharing systems, rides from varsity athletes, and rides from parents / family members / friends, are NOT ALLOWED unless specifically approved. The run to and from the lake is part of your fitness regimen.

Per school policy, a rower or coxswain may never leave an away race in a vehicle driven by another student.

PARTICIPATION FEES & DUE DATES

All dates and instructions below will remain in effect unless otherwise noted by the coach.

Due Dates for Team Dues*

Crew Dues: Date to be announced.

USRowing Membership: February 27, unless otherwise noted.

Due Dates may change pending shifts in tryout schedules.

The deadline includes registering with **USRowing for a \$45 "Championship Membership."** The *student-athlete* must email the coach with his or her USRowing Member ID number at the close of the due date. See below for info.

*No student-athlete will ever be turned away from SI Crew due to an inability to pay. However, please communicate financial difficulty or payment plan to the coach by the aforementioned due dates, so the coach is updated and alternative arrangements can be planned as necessary.

Team Dues and USRowing Membership

Crew Dues: Amount to be announced; expect between \$275 and mid \$300s - Playing sports can be expensive, and many teams at SI have related expenses. Due to the high cost of rowing equipment and specialized racing shells, St. Ignatius Prep Crew requires a participation fee. No Saint Ignatius rower will be excluded from the program because of non-payment. Those families requiring scholarship or a payment plan should contact Coach Sam Nelsen.

To Pay: The school will be utilizing an online system. Information will be provided.

USRowing Membership: \$45 - In addition, all rowers must pay a **\$45** “Championship Membership” fee to the United States Rowing Association and sign a release of liability waiver in order to participate in any races this season.

To register: Go to <http://www.usrowing.org/join>, choose “Join,” enter “St. Ignatius College Prep (USR Member #765) in the Club or Team Name section, and purchase the \$45 “under-27” “Championship Membership.” Finally, the *student-athlete* must email the coach with the Member ID number that is generated before the coach considers this requirement complete.

If there are financial reasons you are unable to pay the \$45 at this time, please choose the “Basic Membership.” There is a fee of \$7.75 being assessed by USRowing for the Basic Memberships, though you may have the option not to pay during registration. Let us know if the cost is an issue, or if you run into any problems. If necessary, we will work out payment for the Championship Membership at a later time. Email the coach your ID number, with a note.

Hospitality Tent / Food Tent Dues: TBA - This will be handled by the parent board. These dues/fees pay for supplies for the food table / tent at regattas, and other related items. More info to come at the beginning of the season.

Other Fees and Costs

SI Crew has very few overnight “away” regattas, but those we do have generally have associated lodging costs. At this time, the only overnight away regatta for the Frosh Squad is the Regional Championship near Sacramento, CA. **The Varsity Squad may utilize non-SI transportation options (flights, etc) for distant away regattas, but this should not affect the Frosh Squad.** Coaches and/or the Athletic Department will notify the rowers and coxswains with details about these costs when the information becomes available. As with Team Dues, please contact Coach Sam Nelsen if you require scholarship or a payment plan.

A note about the participation fee:

Prior to 2016, this amount had not changed since before 2003, and is over \$1000 less than the average spring dues of local Bay Area rowing clubs. It does not fully meet the needs of the program. We expect to increase the fee gradually over the next few years, to a number that better reflects the rise in equipment costs, while still being less than the average for the region.

We pride ourselves on being able to provide a top-notch rowing experience for the young men and women of SI, and we are extremely efficient in allocating dues and donations. With that said, the cost of new equipment is substantial, and we are humbled by the generosity of parents, family members, alumni, and friends who are able to give money or time, who help ensure the scholar-athletes have the tools they need to succeed. Almost all of our major equipment (racing shells, boat racks, etc) is donated. You saw the price of an eight+. A set of new oars is \$4,000. A new erg, \$1,000. Each has an effective lifespan of a number of years, but eventually needs to be replaced (to note, racing shells and oars get moved down to lower squads once they are replaced, and can be sold when ready to cycle out). The Crew Dues provide a vital component of these efforts.

VOLUNTEERING AND SUPPORTING THE TEAM

As we mentioned earlier, the team would not be where it is today without the generosity of parents, family members, alumni, and friends. From helping organize or supply the Food Tent at regattas or cheering on the boys and girls, being a contact person for fellow parents and guardians, to giving funds for new equipment or even supporting a capital campaign for a new rowing facility, there are a myriad of ways to support the team. We have a wonderful and involved parent group, and we hope you will join them.

MEDICAL CLEARANCE, PARENTAL PERMISSION, & OTHER FORMS

The following forms must be completed and turned in by the dates listed below:

Medical Clearance and Parental Consent Form - “Ticket to Play”

This is due by the beginning of practice on the student’s first day of tryouts, if it is not already on record with the school. See the Boys Crew webpage for more details.

If the student-athlete has participated in a fall or winter sport, this form is already on file.

“No student may try out, practice, or play with a team until his/her “Ticket to Play” Medical Clearance and Parental Consent Form has been completed and turned in.” - 2016-2017 Athlete and Parent Handbook

This form is available online on our SI Boys Crew webpage at <http://www.siprep.org/page.cfm?p=4925>.

Athletic Acknowledgement Page & Transportation Form

This is due one week after the student-athlete begins tryouts, unless otherwise noted.

This form is available online on our SI Boys Crew webpage at <http://www.siprep.org/page.cfm?p=4925>.

Athlete and Parent Handbook (reference)

Please review this handbook for further team and school policy surrounding alcohol, drugs, behavior, general operations, and other important topics.

This handbook is available online on our SI Boys Crew webpage at <http://www.siprep.org/page.cfm?p=4925>.

ACADEMIC POLICY

The provisions of AB2613, "C" average law, have been incorporated in the CIF Bylaws and are applicable to all CCS schools. The basics of this academic requirement are as follows: 1. The student must have passed 20 semester periods of work in the previous grading period. 2. The student must be currently enrolled in 20 semester periods of work. 3. The student must be meeting school "progress toward graduation" requirements. 4. The student must have attained a 2.0 GPA on a 4-point scale the previous grading period. Grading periods do include quarter grades.

DRUG & ALCOHOL POLICY

All St. Ignatius athletic teams are expected to be alcohol and drug free. Participation in athletics at St. Ignatius is a privilege. As a member of the athletic program a student's actions affect others in addition to himself/herself. Therefore, the athlete is held to the highest standards of behavior.

St. Ignatius athletes are bound by the school alcohol and drug policy, which appears on pages 11 and 12 in the Athlete and Parent Handbook.

HAZING POLICY

St. Ignatius College Preparatory affirms the dignity of every student - hazing is not permitted at St. Ignatius College Preparatory. No individual, student organization, club, team, or any other St. Ignatius-affiliated student group is permitted to plan, engage in, or condone hazing, on or off the St. Ignatius campus.

St. Ignatius College Preparatory expects its students to conduct themselves in socially responsible and respectful ways. Thus, participation in hazing, either as an individual or as part of any student group, may result in serious individual and organizational consequences including, but not limited to: disciplinary action up to and including expulsion and loss of eligibility to remain a member of any club, team, or other St. Ignatius-affiliated student group. Consent, implied or expressed, is not a defense to any complaint or charge alleging a hazing violation.

A number of St. Ignatius offices may take institutional action, including the Offices of the President, the Principal, the Deans, the Academics, the Student Affairs and the Director of Athletics.

CHEATING, VANDALISM, THEFT, & VIOLENCE POLICY

Cheating, vandalism, theft, and violence of any kind will not be tolerated. Any infraction may result in removal from the team and other disciplinary and correctional actions.

INJURIES

If a doctor, or the SI trainers, have diagnosed an SI student-athlete with an injury, the student-athlete will need to do the following:

1. Take the rehab program seriously throughout the course of the recovery, whether short or long term.
2. Communicate to the head coach the full extent of the injury.
3. Work in conjunction with the coaching staff and the SI trainers to design and implement a rehabilitation program.
4. Receive medical clearance from the SI trainers and/or doctor prior to being allowed to participate in any practice or game.

CONCUSSION PROTOCOL FOR ATHLETES

Please review the concussion protocol for athletes found on the Parental Permission to Play Sports Form, which addresses AB 25, recently passed by the California Legislature on January 1, 2012, and states the following: A student-athlete who is suspected of sustaining a concussion or head injury in a practice or a game shall be removed from competition at that time for the remainder of the day and will not be allowed to return to play unless cleared by a licensed health care provider.

MEDIA

When addressing the media, always put the team first. Speak humbly. Speak positively about our team, program, and its members, as well as our opponents. Keep all team information within the team. If you do not feel comfortable answering a question, say that you “respectfully decline to comment.” Do not feel pressured to answer all questions. Finally, “Think BEFORE you speak.”

Social Media: All members of our program will handle themselves in a mature manner and use social media in a mature manner. It is important now more than ever that all involved in our program understand the ramifications of our social networking habits. We need to remember that we represent our families, the St. Ignatius community, and the program. We also need to understand the wide scope of social networking, and that once something is posted it is out there forever. Not only is it out there forever, it is out there worldwide. It is not just limited to the circle of friends for which it was intended. We must “think before we post.” Ask yourself, “is this something we want ANYBODY else to read or see?” Things can spiral out of control and take on lives of their own very quickly.

COMMUNICATION WITH THE ATHLETIC DEPARTMENT

Conflict Resolution Procedure

In order to support our mission, the coaches and athletic staff need the support of the parents. We ask that parents remember the following:

- Good sportsmanship is expected of everyone at St. Ignatius. The coaches and players are expected to and are held responsible for representing St. Ignatius with dignity and class. We expect the same high standards of behavior from our parents.
- Not all players get the same playing time. The nature of high school athletics and competition means that we try to field the most competitive team. It is the coach’s job to decide who the most qualified players are in order to give the team its best chance at success. It is also the coach’s job to determine team strategy and play calling. Part of any student-athlete’s maturation process includes putting one’s personal desires aside for the good of the team.
- Coaches are to be treated with the same respect accorded any other professional. We need parents to model the respect for coaches that is expected from the student-athletes.
- If a parent has a concern, it should be expressed at the appropriate time and place.

From time to time, a parent may have a concern that he/she would like to bring to the attention of the coach - appropriate concerns to discuss with coaches include the treatment of a son or daughter, psychologically and physically, and concerns about a son’s or daughter’s behavior.

The following matters should be left to the discretion of the coach:

- Decisions regarding which athletes make or do not make a team.
- Playing time.
- Team strategy and play calling.

If a parent does have a concern, the parent’s son or daughter should first talk with the coach about his/her concerns. If the matter is not settled, the parent should call the coach to discuss the matter by phone or, if necessary, in person. Parents should avoid approaching a coach before or after a contest or practice. These can be emotional times for both the parents and the coach. Meetings at this time usually do not work well for the coach, the parent, or the player. If the discussion with the coach or coaches does not provide a satisfactory resolution, the parent should contact the Athletic Director.

Parents should follow this route in bringing their concerns to the school:

1. Coach
2. Head Coach
3. Athletic Director
4. Assistant Principal For Student Affairs
5. Principal
6. President

ST. IGNATIUS BOYS CREW COACHING STAFF - 2017

Head Varsity Boys Coach:	Dan McDonnell '02	dmcdonnell@siprep.org	415.203.5024
Assistant Varsity Boys Coach	Tom Abbott '83		
Assistant Varsity Boys Coach	Tyler Buxton		
Assistant Varsity Boys Coach	Steve McEvoy '09		
Head Freshman Boys Coach	Sam Nelsen '06	snelsen@siprep.org	415.342.2284



ROW LIKE A CHAMPION!