

# R O W E R   C O N T R A C T

As a participant in the Freedom Rowers Program, I, \_\_\_\_\_ agree:

To commit myself to this program and the relationship with my coaches, teammates and other staff

To engage in the learning process with an open and cooperative mind

To meet with my team and coaches at the designed times and places each week

To contact the coach at least one day in advance if unable to attend a training session

To wear appropriate clothing for rowing

To care for and maintain the equipment

To abide by the rules of the YMCA

To abide by the rules of Evergreen Cove and respect their mission

To listen to and cooperate with all coaches and other staff

If I, \_\_\_\_\_ choose to act in a manner that is contradictory to the above statements, I acknowledge that I will be asked to leave the practice session and will not be able to participate with Freedom Rowers, Inc. until the coaches or owners approve my return.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date