

# 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