

## Travel Guidelines and Expectations

Student-Athletes traveling with the Princeton National Rowing Association (PNRA)/Mercer Rowing Program are representatives of the program and their behavior while travelling with the team is a reflection upon PNRA and Mercer Rowing. On team trips for training or competition, Student-Athletes should be guided by the principle that they are there to row, and their boat and their team are their top priorities. As such, they are expected to represent themselves and the program with honesty, integrity, and character.

The full expectations and behavior required of a Mercer Student-Athlete are found in the Mercer Junior Rowing Club Code of Conduct. These Travel Guidelines and expectations are supplemental to and incorporated within the Code of Conduct, and are meant to highlight the expectations and standards found therein:

- Unless explicitly specified by the coach responsible for their boat, there is a 9:00 p.m. Curfew for all Student-Athletes (Curfew means that athletes must be in their assigned rooms by 9:00 p.m.).
- While social interaction between team members of the opposite gender is an important part of a team, it should only take place in public areas. Student-Athletes are not permitted to have members of the opposite gender in team arranged hotel/motel rooms.
- During practice and race times, Student-Athletes are required to stay with their team unless the coach responsible for their boat approves an alternate activity (e.g. no exploring/shopping unless approved by their coach).
- PNRA/Mercer has a zero tolerance for Alcohol and Drug consumption. Student-Athletes will not possess alcohol or illegal drugs or drug paraphernalia. Sharing of medication (prescribed or over the counter) is strictly prohibited.
- Student-Athletes agree to comply with directions and instruction from all coaches and chaperones.

I \_\_\_\_\_ have read and agree to the above Travel Guidelines and Expectations. I understand that any violation of these guidelines and expectations may put my ability to race in this regatta at risk and have other consequences that impact my continued participation in the Mercer Rowing Program including suspension or dismissal from the program in accordance with the Code of Conduct.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Athlete Printed Name

\_\_\_\_\_  
Parent Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date