Policies, Guidelines, and Expectations for Haverford School Crew

Fall/Spring Crew Participation Policy

The main season for Haverford School Crew is in the Spring.

Fall Crew is an opportunity for students to try rowing for the first time in their freshman or sophomore year to see if they want to row spring crew. It is also for experienced rowers to row in both the fall and spring seasons.

- Athletes trying crew out for the first time (Freshman/Novice) can participate in Fall Crew to see if it is a good fit, and see if this is something that they want to continue in the upcoming spring
- Athletes DO NOT have to row Fall Crew in order to row during the Spring season, but if they do not row Fall Crew it is required that they play another sport
- After the athletes first year of fall/spring crew, if they choose NOT to row during the spring season, they **CAN NOT** row in the fall season again in the future due to race eligibility

Attendance

- Attendance is required at all practices and races
- Athletes will be allowed (2) excused absences in each of the set spring or fall season. If they exceed these absences, they can be removed from the team and can rejoin during the next crew season *(special circumstances may occur and be discussed on a case-by-case basis)*
- **College Visits** ***(seniors only)*** – Seniors are allowed up to (5) college visits. While during the fall season, these visits should be done prior to Oct 1 or after Nov 1. ALL college visits should be done prior to the start of spring crew – crew starts after Presidents Day Weekend
- ***College visits for Juniors are NOT excused absences and should not occur during the spring season*** *(March 1-May 30)*

Requirements/Standards

Fall Crew:

- Athletes that are experienced high school rowers and returning to participate in Fall Crew must meet the following erg standard to participate on the river and in races
    - Athletes must hold below a 1:55 average split for 2500 meters
    - Any athlete that weighs less than 130 lbs and does not meet the erg standard can stay on the team as a coxswain
    - Freshman/Novices are NOT required to meet a Fall Crew erg standard

Spring Crew:

- Athletes that are experienced high school rowers and returning to participate in Spring Crew must meet the following erg standard to participate on the river and in races
    - Athletes must hold below a 1:50 average split for 1500 meters
    - Any athlete that weighs less than 130 lbs and does not meet the erg standard can stay on the team as a coxswain
    - Freshman/Novices are NOT required to meet Spring Crew erg standard