

Austin Rowing Club Non-Competitive Program

Who: 8th- 12 grade students

When: Tuesdays 5-6:30 PM and Sunday 2-4 PM

Start Date: February 19

Costs: \$150

Registration online: <http://austinrowing.org/>

Our non-competitive program is a great way to learn to row or sharpen your rowing skills with less of a time commitment. This is perfect for busy students who may be playing volleyball or football this fall, have a heavy academic schedule, or want to row without competing. No experience is needed!

The non-competitive program meets twice a week on Tuesday 5-6:30 PM and Sunday 2-4 PM. You can decide to row once or twice a week based on your schedule. The goals of the class include learning to row, building your skills, proper equipment care, water safety, total body conditioning, and having fun.

The spring program starts on February 19 and runs through May 20. There will be no class on Sunday, March 4 or on Sunday, April 8. The class is split into a novice and experienced class. Rowers with no experience join the novice class where we will teach you how to row. Attendance at the first two classes is required for new rowers as we go over information needed for the rest of the class.

Rowers with experience should register for the experienced class where we will build on prior rowing experience and move to intermediate boats and technique.

Space is limited and online registration is required to secure a place in the class. On the first day of practice please bring all registration forms and dress for rowing (see below).

Emergency Information Form:

Rowing is a very safe sport, but accidents can occur. This sheet would be used to provide medical personnel important information about your child in the event that he or she had to receive emergency medical attention. Also, please include any information that would be useful to us in planning safe, effective workouts (e.g. chronic back or knee injuries). This sheet is treated as confidential information.

If you have any questions or concerns, please contact a coach.

Jennifer de Haas
Juniors Head Coach
512-983-2825
juniors@austinrowing.org

Austin Rowing Club

Junior Team Registration Form

Spring 2012

please print clearly

Name: _____

Address: _____

City: _____ **Zip:** _____

Home Phone: _____ **Cell Phone:** _____

E-mail: _____ **Date of Birth:** _____

School: _____ **Grade:** _____

Parent's Name: _____

Parent's E-mail: _____

Parent's Phone: _____

Membership Agreement

Dues-paid ARC members and participants in club-sponsored classes may use ARC equipment; however, prescribed certifications must be met, Members are personally responsible for damage or theft of boats and other equipment caused by their own negligence or carelessness.

This form must be accompanied by payment of dues through online registration or with a check. Junior Team members will not be allowed to participate in the program until all completed forms and proper payment have been received. Fees are non-refundable if a rower leaves the program during the season or is dismissed from the team for violation of the code of conduct.

I agree to reimburse ARC for any equipment loss for which I am responsible, or repair, to ARC's satisfaction, any equipment damage caused by my neglect.

Signed: _____ Date: _____

Signed: _____ Date: _____

(Parent or Guardian's signature if member is under 18)

EMERGENCY INFORMATION 2011-2012

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Height: _____ Weight: _____ Sex: (circle one) Male Female

Date of Birth.: _____ / _____ / _____

Can you **swim** and **tread water** for **10 minutes**? (circle one) YES NO

IN CASE OF EMERGENCY, PLEASE CONTACT:

Parent or Legal Guardian

Name: _____

Address: _____

Home Tel.: _____ Work Tel.: _____

Friend or Relative (in case parent or legal guardian cannot be reached)

Name: _____

Relationship: _____

Home Tel.: _____ Work Tel.: _____

MEDICAL INFORMATION:

Date of last **Tetanus Shot**: _____ / _____ / _____ **Blood Type**: _____

Medications (you are currently taking):

Allergies: Are you allergic to **Penicillin**? (circle one) YES NO

Other Known Allergies: _____

Medical History: _____

Austin Rowing Club Waiver

Release and Waiver of Liability, Assumption of Risk, and Indemnity and Parental Consent Agreement

IN CONSIDERATION of being given the opportunity to participate in any Austin Rowing Club ("Club") activities ("Activity") until the end of the calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I

am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the

Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction;

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, members, volunteers and employees, other participating, regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption

of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim. understand that I have given up substantial rights by signing it and have signed it freely and with out any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

PRINTED NAME OF PARTICIPANT DATE

STREET ADDRESS

CITY STATE ZIP

PHONE HOME PHONE

PARTICIPANT'S SIGNATURE (ONLY IF AGE 18 OR OVER)

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cause any may incur as the result of any such claim.

PRINTED NAME OF PARENT / GUARDIAN DATE

STREET ADDRESS

CITY STATE ZIP

PHONE (HOME) PHONE (WORK)

PARENT / GUARDIAN SIGNATURE (ONLY IF PARTICIPANT IS UNDER THE AGE OF 18)

Austin Rowing Club • www.austinrowing.org • Office 512/472.0726 • Clubhouse 512/477.7168

Directions to Austin Rowing Club

Take I-35 and exit 1st Street (downtown).

Go West on 1st Street to Trinity.

Turn left on Trinity, and drive one block to dead end cul-de-sac at Town Lake.

The rowing center is a short walk down the path to the lake.

Parking can be found on the surrounding streets (1st street, San Jacinto, etc.) in any space you can find. Do not leave anything valuable in your car. Parents can drop off and pick-up their children at the cul-de-sac (Trinity and 1st street).

What to Wear

Rowers will need either spandex shorts or other form fitting shorts as well as t-shirts or tank tops.

Baggy shorts will get caught in the slide and can rip. Shoes are provided in the boat but all rowers will need workout shoes for land training and socks for in the boat. In cold weather rowers should dress in layers to keep warm and remember it is colder on the water than on land. We will row in light rain and so rowers should bring extra clothes to change into once we get on land.

Rowing Supplies

All rowers are required to have at least one 32 oz water bottle with them at every practice. Write your name on your water bottle. It is recommended in hot weather that rowers bring a second water bottle with them to practice.

Rowers should also keep band-aids and athletic tape in their practice bags for wrapping their hands.