



Dear Rower,

We are thrilled to welcome you to the Austin Rowing Club Juniors team for our Fall 2017 season! The team is entering its 29th year and we are very excited to welcome returning varsity members and any and all new novices! If you are new to the club or the sport, don't worry, we've been there. Let's get this

Coaching Staff:

Austin Work (Head Coach)
Annie Gardner Novice Girls
John Kolenda (Novice Boys)
Ethan Nussdorfer (Novice Boys)

Parent's Meeting:

On August 26th at 12:15, we open our doors to all new and returning parents to meet our coaching staff, receive more information about carpooling, and ask any questions that may come up. The coaches and boosters will hold separate meetings that run concurrently. Lots of great new info to share.

Cost

Fall dues are \$500. The fall cost includes club membership dues, coaches pay, programming fees and entry fees for "local" regattas (Brazos and Pumpkinhead). All travel regatta fees will be charged separately to participating athletes. Need-based scholarships are available, see website for scholarship application. Payment can be made through the online registration system or by a check made out to the Austin Rowing Club. The first payment deadline is Sunday August 20th. Families needing to pay in installments should follow the schedule listed below.

Fee Payment Deadlines:

Date	Full Payment	Installment Plan
August 20 th	\$500	\$250
September 20th		\$250

NEW THIS YEAR:

PARENTS

- When you sign up on Mind Body Online and make an account with your credit card details, you will be able to charge both your seasonal dues and regatta fees to the credit card on file.

ROWERS

- Our first practice (8/21/2017) will consist of a swim test at the YMCA Town Lake Pool, Please bring a swimsuit, towel, and \$10 cash. Thanks!

NEW! Fall Practice Schedule:

Varsity Boys	Varsity Girls
Monday 5:15-7:15 PM	Monday 5:15-7:15 PM
Tuesday 5:15-7:15 PM	Tuesday 5:15-7:15 PM
Wednesday 5;15-7:15 PM	Wednesday 5;15-7:15 PM
Thursday 5:15-7:15 PM	Thursday 5:15-7:15 PM
Saturday 9:30AM-12:30 PM	Saturday 9:30AM-12:30 PM

Fall Regatta Schedule:

Event	Date	Location
Parent's Meeting	8/26	Waller Creek Boathouse
First Day of Practice	8/21	Waller Creek Boathouse
Head of the Oklahoma	10/7-10/8	Oklahoma City, OK
Head of the Brazos	10/14	Waco, TX
Head of the Charles *	10/20-10/21	Boston, MA
Head of the Colorado	10/28	Austin, TX

*** Selected Athletes Only (If racing bid is accepted)**

Estimated cost for travel regattas:

Head of the Oklahoma: \$275.00

Head of the Brazos: \$15.00 (for booster food)

Head of the Charles: \$680.00 (This regatta will be for qualifying varsity athletes only).

If you have any questions or concerns, please contact Coach Work. We look forward to seeing you at the end of August.

NEW UNIFORM INFO: All members of the Junior team will be required to purchase a practice uniform which will consist of Navy Blue JL Trou, a Grey top, and a white hat or visor. The price of that gear will be \$75 per rower. The uniforms will be worn every Saturday, and will be worn on the practice course at any out of town regattas. This money will be collected by the Boosters during the first two weeks of the season.

Austin Work
Head Coach
312-375-6579

Austin.work@austinrowing.org

John Kolenda
Novice Boys
415-297-8043
kolendajohn@gmail.com

Ethan Nussdorfer
Novice Boys
517-282-2451
ethan.nussdorfer@gmail.co

Annie Gardner
Novice Girls
609-751-6030
agardner11@gmail.com

Austin Rowing Club

Junior Team Registration Form

Fall 2017

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 Home Phone: _____ **Parent's Cell 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)

ARC JUNIORS CODE OF CONDUCT
PLEASE READ!

While at the Austin Rowing Club:

1. I will demonstrate good sporting behavior. I understand respect for other rowers, coaches, officials, volunteers, other teams, and spectators is essential for amateur competition and fair play.
2. I agree to attend and take part in scheduled practices and activities.
3. I agree to accept and follow the instructions of the ARC coaching staff, and/or chaperone(s).
4. I will be respectful of the possessions and property of others and will refrain from activities that cause damage or theft.
5. Alcohol, cigarettes and illegal drugs are not permitted at the club or on rowing related trips and possession or being under the influence will result in immediate dismissal from the team.
6. I understand that I am financially responsible for any damage I may cause when disobeying rules.
7. I understand that the Austin Rowing Club is a volunteer organization and that I will be expected to volunteer as a member of the club.
8. I understand that discrimination based on race, religion, gender, or sexual orientation will **not** be tolerated at the Austin Rowing Club.

When traveling with the team, I agree to all of the above, as well as:

1. I will be respectful of other participants and all adult chaperones, realizing that my behavior affects others with whom I travel.
2. I understand that the purpose of traveling to regattas is to be able to race at the best of my ability and that I need to be physically and mentally prepared to race.
3. I will help load the trailer and unload the trailer to regattas and help my teammates at regattas.
4. I will travel with and stay with the group at all times unless previous approval has been granted. I will not be allowed to drive myself to away regattas.
5. I will remain quietly in my own bed at the established team bedtime.
6. **I understand that my coaches and teammates trust me and expect me to behave in an appropriate manner at all times and this is part of the definition of being on a team.**
7. **Failure to comply with any part of the code of conduct will jeopardize my future travel and future membership with the team.**

Rower's Signature

Signature of Parent or Guardian

Print Name

Print Name

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.

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: _____

Insurance Company: _____

Name of Policy Holder: _____

Relationship to Policy Holder: _____

Policy/Subscriber Number: _____

Group Number: _____

Is there any **other relevant information** about yourself that you feel should be disclosed in the event of an emergency? If yes, please explain. _____

Family Physician: Name: _____

Tel. No.: _____ -or- _____

Hospital Preference (in case of emergency): _____

EMERGENCY CARE: IN CASE THE CHILD NAMED ON THIS FORM HAS AN ACCIDENT OR SUDDEN ILLNESS, AND IN THE EVENT I CANNOT BE REACHED BY TELEPHONE, I HEREBY AUTHORIZE A REPRESENTATIVE OF AUSTIN ROWING CLUB TO REFER THE CHILD TO THE ABOVE NAMED PHYSICIAN OR SEEK APPROPRIATE MEDICAL CARE. AUSTIN ROWING CLUB CANNOT BE RESPONSIBLE FOR ANY COST INCURRED.

_____/_____/_____
(Signature of Parent or Legal Guardian) (Date)

BY SIGNING BELOW, I CERTIFY THAT THE INFORMATION CONTAINED ON THIS EMERGENCY INFORMATION FORM IS COMPLETE AND ACCURATE IN ALL RESPECTS, AND DOES NOT OMIT ANY INFORMATION, MATERIAL OR OTHERWISE, ABOUT THE CHILD OR HIS AND HIS FAMILY'S MEDICAL HISTORY THAT SHOULD BE CONTAINED HEREIN. BY SIGNING BELOW, I AGREE AND ACKNOWLEDGE THAT THE AUSTIN ROWING CLUB, ITS OFFICERS, DIRECTORS, EMPLOYEES, OR AGENTS WILL NOT BE LIABLE, IN

ANY RESPECT OR UNDER ANY CIRCUMSTANCES FOR ANY INJURY, LOSSES, CLAIMS OR DAMAGES OF ANY KIND ARISING OUT OF MY FAILURE TO PROVIDE COMPLETE OR ACCURATE INFORMATION WITH RESPECT TO THE CHILD ON THIS EMERGENCY INFORMATION FORM.

_____/_____/_____
(Signature of Parent or Legal Guardian)

(Date)

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 Releases 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)

AustinRowingClub•www.austinrowing.org•Office512/472.0726•Clubhouse512/477.7168