



Dear Junior Rower,

We would like to invite you to join the Austin Rowing Club Juniors team for our Spring 2017 season! **No experience necessary!** We are entering our 28<sup>th</sup> year and are very excited about the upcoming season.

Our program is divided by Varsity Girls/Varisty Boys, Novice Girls and Novice Boys. As a beginning rower, you will be on the novice team and will practice and compete against other rowers who have been racing less than a year. After your first year you will have the opportunity to move up to the varsity team.

**Coaching Staff:**

Novice Girls- Jade Nelson

Novice Boys- John Kolenda

**Parent's Meeting:**

January 7<sup>th</sup> at 9:30 AM, we open our doors to all new parents to meet our coaching staff, receive more information and ask questions. We will take a tour of the facilities, review practice schedule and answer questions! This is also a great opportunity to arrange car-pool for students coming to practice from the same schools.

**Cost:**

\$690

The spring season cost includes- club dues, coaching fees, programing fees and entry fees for Heart of Texas and Texas State Championships.

All regatta fees will be charged separately to the traveling 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. Payment deadline is Monday, January 16th and families needing to pay in installments should follow the schedule within this packet.

## **First Day of Practice**

The first day of practice will be **Saturday, January 7<sup>th</sup> from 9:30-12:30 PM.**

### **What to Bring:**

Please bring this completed registration packet, water bottle and sunscreen.

### **What to Wear:**

Wear comfortable athletic clothing.

In the future- 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.

### **Directions to Austin Rowing Club**

Take I-35 N 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.

Please do not drive through the gate to the front door of the boathouse as this is reserved for construction crews.

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

### **Where to Park:**

Parking can be found on the surrounding streets (1<sup>st</sup> 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 1<sup>st</sup> street). If you wish to walk your child to the boathouse, please park at 600 River St., the Mexican American Cultural Center and follow the foot-path over Waller Creek to the boathouse.

## Schedule

### Practice Schedule:

Novice Girls	Novice Boys
Monday 5:15 - 7:15 PM	Monday 5:15-7:15 PM
Tuesday 5:15 - 7:15 PM	Tuesday 5:15 - 7:15 PM
Thursday 5:15 - 7:15 PM	Thursday 5:15 - 7:15 PM
<b>Friday 5:30 - 7:00 AM or 5:15-6:45 PM</b>	<b>Friday 5:30 - 7:00 AM or 5:15-6:45 PM</b>
Saturday 9:30 – 12:30 PM	Saturday 9:30 - 12:30 PM

### Event Schedule:

Date	Event	Location
1/07	First Day of Practice	Boathouse
2/4-5	Erg-a-thon	Boathouse
2/18	Dog Leg	Austin, TX
3/04-/05	Heart of Texas	Austin, TX
3/25	Longhorn Invite*	Austin, TX
4/01-02	San Diego Crew Classic*	San Diego, CA
4/22	Texas Rowing Championship	Austin, TX
5/06-07	Central Regionals	Oklahoma City, OK

\* Select athletes only

### Payment Schedule:

Date	Full Payment	Installment Plan
January 7 <sup>th</sup>	\$690	\$345
February 4 <sup>th</sup>		\$345

### Regatta Payment Schedule:

\* All regatta costs at this time are an estimate, final cost will be sent out after the close of registration, typically 10 days before the regatta.

Regatta	Full Payment	Payment Date
San Diego*	\$350	March 9th
OKC	\$400	April 13th

If you have any questions or concerns, please contact a coach. We look forward to seeing you in January.

Jade Nelson  
 Novice Girl's Head Coach  
 Membership Services Coordinator  
[Jade.nelson@austinrowing.org](mailto:Jade.nelson@austinrowing.org)

John Kolenda  
 Novice Boy's Head Coach  
[kolendajohn@gmail.com](mailto:kolendajohn@gmail.com)

# Registration

## Registration Forms

Please complete all forms and bring them to the first day of practice.

### 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.

## Austin Rowing Club Junior Team Registration Form Spring 2017

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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

### 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.**

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Rower's Signature

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Signature of Parent or Guardian

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Print Name

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Print Name

**EMERGENCY INFORMATION 2016-2017**

**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: \_\_\_\_\_

S.S. Number 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.

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PRINTED NAME OF PARTICIPANT DATE

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STREET ADDRESS

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CITY STATE ZIP

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PHONE HOME PHONE

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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.

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PRINTED NAME OF PARENT / GUARDIAN DATE

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STREET ADDRESS

---

CITY STATE ZIP

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PHONE (HOME) PHONE (WORK)

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

# Austin Rowing Club's Junior Program Booster Club Info Sheet

*This form must be submitted before your child gets in the boat*

## Rower Information

Rowers Name \_\_\_\_\_

**Please circle your rower's squad:**    Varsity Boys                  Varsity Girls                  Novice Boys  
Novice Girls

Rowers Email address: \_\_\_\_\_ Cell#

\_\_\_\_\_

The coaches text the rowers to inform them of schedule changes:  My rower is not allowed to accept texting

\_\_\_\_\_

\_\_\_\_\_

## Parent Information

Parent 1 Name:

\_\_\_\_\_

Email address:

\_\_\_\_\_

Please notify me of schedule changes: Cell:

Parent 2 Name:

\_\_\_\_\_

Email address:

\_\_\_\_\_

Please notify me of schedule changes: Cell:

\_\_\_\_\_

Many hands make the rowing program more successful for our rowers. For that reason, every family is expected to volunteer 2 shifts and support the Austin Rowing Club's Junior Program. Please check one box from each column

Regatta Food Support Provides food and cooks for rowers at regattas	General Club Support
<input type="checkbox"/> Head of the Colorado (October 31, 2016)	<input type="checkbox"/> Equipment Team (sets up equipment for the team at regattas)
<input type="checkbox"/> Heart of Texas (March 5-6, 2017)	<input type="checkbox"/> Ergathon Committee (works on planning the largest fundraiser for the junior program)
<input type="checkbox"/> Texas Rowing Championships (April 16-17, 2017)	<input type="checkbox"/> Banquet and Social Committee (plans end of the year banquet and Winter Break Social for the rowing team)
	<input type="checkbox"/> Communications Committee (works on the communication tool and makes sure everything is up to date)