



Dear Junior Rower,

We would like to invite you to join the Austin Rowing Club Junior Development Team for our Spring 2018 season. The team is entering its 29th year and we are very excited about the upcoming year. ARC is proud to offer year round opportunities for young rowers looking to stay active

Junior Development Program

This program is held twice a year, in the spring and in the fall for 10 weeks. The development program is open to 6th-12th grade students. This program is open to students with or without rowing experience. Rowers are required to register online before the session begins to secure their spot. Rowers need to fill out a registration packet and bring with them on the first day of class.

**Class meets on Tuesday and Thursday 6-7:30pm
March 6th – May 10th**

Cost:

The cost of ARC's Development program is \$300 for the whole season. All dues **MUST BE PAID IN FULL BEFORE THE SEASON BEGINS (03/6)**.

Registration Packet:

Please print and complete this registration packet and bring to the first day of practice!

First Day of Practice:

The first day of practice will be **Tuesday March 6th from 6:00-7:30 PM**. Completed registration forms for spring season must be turned in by March 6th. We will talk about the upcoming season, answer questions, take care of registration, and get in a solid workout.

Please bring your registration forms for the spring season. Bring a water bottle, socks and dress in shorts and a t-shirt.

Austin Rowing Club

Junior Development Team Registration Form

Spring 2018

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)

EMERGENCY INFORMATION 2018

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/HER 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 Releases 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 Releases 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 Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releases 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 Releases 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 Releases 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 Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releases 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)

Directions to Austin Rowing Club

From I-35 take the Cesar Chavez exit. Go West on Cesar Chavez to Trinity. Turn left on Trinity, and drive one block to dead end cul-de-sac. The rowing center is a short walk down the path to the lake.

Where to Park

There is no parking at the Waller Creek Boathouse except for staff. Metered parking can be found on the surrounding streets (Cesar Chavez, Trinity St, 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 Cesar Chavez). If you wish to walk your child to the boathouse, please park at 600 River St., the Mexican American Cultural Center and follow the footpath over Waller Creek to the boathouse.

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. Since we will row in light rain, 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.