



Dear Athletes,

We would like to invite you to join the Austin Rowing Club Juniors team for our Spring 2018 season. The team is entering its 28th year and we are very excited about the upcoming season.

Coaching Staff:

Boys Coaches – Eli Brown, John Kolenda

Girls Coaches – Annie Gardner, Ethan Nussdorfer

Assistant Coaches – Nate Kania, JB Hendrix

First Day of Spring Practice:

The first day of practice, **Wednesday, January 3rd at 5:15pm**, will be on land for strength training with **Stronghorn and Co.** Completed registration forms for spring season must be turned in by January 3rd. We will talk about the upcoming season, answer questions, take care of registration, and get in a solid workout.

Parent's Meeting:

Saturday, January 6th, 2018, at 11:30am we will open our doors to all new and returning parents to meet our coaching staff, and receive information about the upcoming season. We will also take a tour of the facility, review practice schedules and answer any relatable questions! This is also a great opportunity to arrange car-pools for students coming to practice from the same schools.

Cost:

\$690

The spring season cost includes - club dues, coaching/programming fees and entry fees for the Heart of Texas, Texas State Championships and the Erg Rodeo. **All regatta-traveling fees will be charged separately to the traveling athletes.** Need-based scholarships are available, see website for the 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 Tuesday, January 2nd** and families needing to pay in installments should follow the schedule in this packet.

Spring Practice Schedule:

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

Spring Schedule:

Event	Date	Location
First Day of Practice	Jan. 3rd	Waller Creek Boathouse
Erg-a-thon	TBD	Waller Creek Boathouse
Erg Rodeo	February (Exact Dates TBD)	Gregory Gym, UT Campus
Dogleg Scrimmage	Feb 18th	Waller Creek Boathouse
Heart of Texas	March 3rd - 4th	Festival Beach, Austin TX
Spring Training	March 14th - 17th	Austin, TX
OKC Invitational	March 16th - 17th	Oklahoma City, OK
Texas Rowing Championships	April 21st - 22nd	Festival Beach, Austin, TX
USRA Central Youth Champs	May 5th - 6th	Oklahoma City, OK
Youth Nationals*	June 9th-11th	Lake Natoma, Gold River, CA

* Qualified Oarsmen Only

Fee Payment Deadlines:

Date	Full Payment	Installment Plan
Jan. 2nd	\$690	\$230
Feb. 1st		\$230
March 1st		\$230

Regatta Payment Information:

*All regatta costs at this time are an estimate, final cost will be sent out as soon as possible.

Regatta	Full Payment	Payment Date
OKC Invitational	TBD	Feb. 23rd
USRA Central Youth Champs	\$400	April 13th
Youth National Championships	TBD	May 18th

(Circle the option that applies)

Will your athlete be attending spring training?

YES NO

Will your athlete be attending OKC Invitational?

YES NO

Additional Information:

For Novice Oarsman

NO EXPERIENCE NECESSARY!

Our program is divided by Varsity Girls/Varsity Boys, Novice Girls/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.

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. Since we will row in light rain, rowers should bring extra clothes to change into once we get on land.

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. 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.

Austin Rowing Club

Junior 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)

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 are 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 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: _____

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)