



FALL 2020
AUSTIN ROWING CLUB
JUNIOR REGISTRATION PACKET



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Welcome to Austin Rowing Club!

Please read and complete the following packet in its entirety. As a member of the Austin Rowing Club Juniors Community, athletes and their families are responsible for understanding and adhering to all the guidelines and expectations outlined within this packet. Austin Rowing Club (ARC) strives to be a space where individuals feel empowered and committed to being strong and confident athletes and leaders on and off the water. The following document outlines all relevant information for the Fall 2020 season.

PROGRAM OVERVIEW

OBJECTIVES

The objective of the ARC Junior Program is to develop and train nationally competitive athletes on and off the water by providing exceptional coaching, creating a vibrant and supportive team culture, and holding athletes to the highest standards of character. It is the intrinsic belief of the ARC Juniors Program that the growth of rowers in life and the sport of rowing requires individual accountability, teamwork, communication, and kindness.

COACHING STAFF

Head Coaches:

Girls Varsity/Junior Varsity - Ethan Nussdorfer
Boys Varsity/Junior Varsity - Patrick Kelly
Girls Novice - Astrid Wettstein
Boys Novice - Jeffrey Tyrrel

Assistants:

Paulina Guerrero
Elizabeth Green
Hannah Heyerdahl
Troy Harding

AUSTIN ROWING CLUB SQUADS

The Austin Rowing Club divides its Junior Program into four squads. First, rowers are divided into either male or female categories. Then each category has a novice or varsity component. This division is in accordance with the USRowing guidelines in order for the ARC to appropriately register athletes for competitions.

- Novice means a Rower or Coxswain whose initial competition has been in the previous 12 months of the date of the Regatta. Novice at ARC can be 8th - 12th grade. If someone is in 7th grade they are welcome to join the program but will not race until at least their 8th grade year. This is beneficial because they get to train with the racing team for an entire year and then can begin competing against people their own age with experience under their belt.
- Varsity or Junior Varsity athletes are those who have completed a novice year of competitive rowing. The Varsity/JV program runs from 9th - 12th grade. At ARC we have one squad that consists of Varsity and JV rowers that will practice and train together in most cases.



LIGHTWEIGHT ROWING

There are two classes of rower that can compete in any of the varsity categories; lightweight and open weight. USRowing defines lightweight youth women as 130 lbs or less and lightweight youth men as 150lbs or less. However, a rower of any weight can enter the open weight categories. The USRowing Junior Lightweight Compliance Program Protocol is linked [here](#). This protocol is designed to ensure that lightweights are truly light and can compete at that weight healthily.

REGATTA ELIGIBILITY

In order to race for ARC, athletes must be up to date with all forms, dues, and attendance requirements. Athletes are not permitted to race or train with multiple programs. Therefore, an athlete must only be entered for events under the Austin Rowing Club and have attended ARC practices. Each athlete is required to register with USRowing each year using the ARC club code - XM79B.

Steps:

1. Follow this link (<https://membership.usrowing.org>)
2. Click on “Join” on the “individuals” side.
3. Enter your ATHLETE’S information and “Austin Rowing Club” for the club.
 - a. *All data in USRowing needs to match that of the athlete participating.*
 - b. *Full names (no nicknames) and double check birthdates.*
4. The code is XM79B
5. Junior athletes need only a basic USRowing membership (\$9.75)
6. Sign all waivers on USRowing’s website. The tabs on the left side will be yellow if incomplete.
7. Send your USRowing member number to jeff.tyrrel@austinrowing.org

TRAVEL

Traveling with the team is an exciting opportunity and privilege. While travelling with the team, athletes are responsible for ensuring their behavior adheres to the ARC Junior Program Participant Agreement for the duration of the trip.

- ❖ Trip curfews will be set by coaches and enforced by chaperones.
- ❖ Violation of the curfew may result in instant dismissal from the team and arrangements will be made with the athlete’s parent’s for early travel home at the parent’s expense.
- ❖ Athlete’s may only be in the room of a peer of the opposite sex if a chaperone is present. Violation of this can result in removal from the competition for everyone present. The exception to this rule is if a coach allows a boat meeting for a mixed lineup.
- ❖ Hotel rooms, regatta sites, busses and vans will be cleaned and returned to their original condition by athletes. Athletes will be held responsible for any damage done to the above.



- ❖ Athletes are required to attend all loading and unloading (rigging and derigging) pre and post regatta. This is a team sport and requires everyone's effort.
- ❖ Athletes are required to travel on team busses and stay in team rooms. Special accommodations can be made through the Junior Program Manager (jeff.tyrrel@austinrowing.org) or ARC management.

OFF CAMPUS PE GUIDELINES

It is the responsibility of the athlete/student to submit their paperwork to the Austin Rowing Club with enough time for them to complete the forms and return them prior to the specific school district's guidelines. ARC has partnered with Dripping Springs, Leander ISD, Austin ISD, and Lake Travis to provide Off Campus PE (OCPE). Most programs will require a minimum amount of practice hours and it is the student/athlete's responsibility to attend those practices. The Austin Rowing Club will track your attendance honestly and fairly in accordance with the school district's guidelines. Please consult your school, school district, or their website to begin your process.

WALLER CREEK BOATHOUSE (WCB)¹

As members of ARC, athletes will have fobs that allow access to the facility. All athletes and parents are expected to respect the space of the other businesses at the Waller Creek Boathouse. Alta's Cafe, Ro Fitness, and Congress Avenue Kayaks all have space and equipment that does not belong to ARC.

- ❖ Athletes/Parents are not allowed to walk through bay 5 (the bay at the West end of the building is reserved for ARC employees and Congress Avenue Kayaks' employees only).
- ❖ Athletes/Parents are not allowed to walk through a Ro Fitness class (West side of the building - inside or outside).
- ❖ Athletes are not allowed to sit inside of Alta's Cafe to wait for practice to start. Seating is for Alta's customers only.

Athletes' fobs will allow access to the boathouse from 5:00 am - 10:00 pm, however, a coach must be present if an athlete is going to take out a shell, for safety reasons. Athletes are responsible for putting *everything* away when they are done at the boathouse. Please be diligent and keep our boathouse clean and organized so we can all enjoy it!

EXIT EXPECTATIONS

Once an athlete has graduated high school or turned 18, they are no longer eligible to row with the Junior Program. However, former juniors are always welcome to participate in rowing as members of ARC. Athletes who leave the ARC Junior Program to pursue other activities or are dismissed from the program are expected to exit in a manner that is respectful to the team and the ARC community. Fobs are due back to ARC if the athlete's membership is not active.

¹ COVID creates a slightly different situation whereby no one is allowed to erg in the erg room, two people are allowed in each bathroom at a time, locker rooms are closed, no indoor seating at Alta's Cafe, masks are required to order, two people to a bay at a time, and no groupings of kids (everyone must be socially distanced from all WCB staff and other athletes).



FALL PRACTICE SCHEDULE²

Group 1:

- ❖ On hold for the future as a buffer.

Group 2:

- ❖ On hold for the future as a buffer.

Group 3:

- ❖ Monday 5:00 pm - 7:00 pm
- ❖ Friday 5:00 pm - 7:00 pm
- ❖ Saturday 10:00 am - 1:00 pm

Group 4:

- ❖ Wednesday 5:30 pm - 7:30 pm
- ❖ Thursday 5:30 pm - 7:30 pm
- ❖ Friday 5:30 pm - 7:30 pm
- ❖ Saturday 9:30 am - 12:30 pm

Group 7 (A and B):

- ❖ Monday 5:00 pm - 7:00 pm
- ❖ Tuesday 5:00 pm - 7:00 pm
- ❖ Wednesday 5:00 pm - 7:00 pm
- ❖ Saturday 10:30 am - 1:30 pm

Group 8:

- ❖ Monday 5:30 pm - 7:30 pm
- ❖ Tuesday 5:30 pm - 7:30 pm
- ❖ Thursday 5:00 pm - 7:00 pm
- ❖ Saturday 10:30 am - 1:30 pm

FALL DATES

Date	Event	Location
August 25th	First Day of the Season	Austin Rowing Club
September 1st	Parent Meeting @ 8:00 pm	Zoom
September 5th - 7th	Labor Day Long Weekend	NO PRACTICE
September 26th	Time Trials Series Times Due	Austin Rowing Club
October 12th	Indigenous People's Day	NO PRACTICE
October 24th	Time Trials Series Times Due	Austin Rowing Club

² The fall practice schedule is divided into small groups to effectively socially distance and give the most attention to each rower we can. Groups 1 and 3 would be novice level rowers. Groups 2, 4, 5 and 6 are more advanced rowers.



November 2nd - 7th	Erg Competition	Austin Rowing Club or Virtual
November 24th	Time Trials Series Times Due	Austin Rowing Club
November 25th - 29th	Thanksgiving Break	NO PRACTICE
END OF REGULAR SEASON		
November 30th	First Day of Winter Training	Austin Rowing Club
December 12th	Bring a Friend to Rowing	Austin Rowing Club
December 19th	Last day of Fall Season	Austin Rowing Club
January 7th	First day of Spring Season	Austin Rowing Club

TEAM CALENDAR³

The Austin Rowing Club will publish a season long team calendar on their Juniors page of the website. This will cover the major dates and links to pertinent information. The calendar will include start and end dates for the season, regatta dates and links to details about the regatta, as well as parent meetings and days off.

FEE PAYMENT DEADLINES

Regular Season		
Date	Full Payment	Installment Plan
September 1, 2020	\$630	\$210
October 1, 2020		\$210
November 1, 2020		\$210

At-Home Season or Coxswain Training

³ The team calendar and private page of the ARC Juniors website is being created currently. Information will be available shortly.



Date	Full Payment	Installment Plan
September 1, 2020	\$315	\$105
October 1, 2020		\$105
November 1, 2020		\$105

FINANCIAL AID

The ARC Junior Scholarship Program includes Junior Programming fees for the current season. Scholarships are awarded based on need and availability. Scholarships awarded previously will not automatically renew for the current season. Families must reapply for financial aid each season. The application process is simple. Please email Kevin Reinis at kareinis@austinrowing.org for the application.



COMMUNICATION

AUSTIN ROWING CLUB PERSONNEL:

Jeff Tyrrel - JR Program Manager, Novice Boys Head Coach - jeff.tyrrel@austinrowing.org

Astrid Wettstein - Novice Girls Head Coach - astrid.wettstein@austinrowing.org

Ethan Nussdorfer - Varsity/JV Girls Head Coach - ethan.nussdorfer@austinrowing.org

Patrick Kelly - Varsity Boy/JVs Head Coach - patrick.kelly@austinrowing.org

Liz Barhydt - General Manager - liz.barhydt@austinrowing.org

Kevin A. Reinis - Executive Director - kareinis@austinrowing.org

TO ATHLETES

Coaches will communicate with their athletes through Groupme, email and weekly Zoom meetings while COVID-19 protocols are in place.. Rowers are expected to participate in the weekly Zoom meetings and be attentive to their group chats. Part of developing responsible and independent young people is holding them accountable for their own schedules.

Coaches are also going to conduct end of season meetings with athletes each season. These help the coach identify the athlete's goals going forward, perception of their performance during the current season, and communicate specific strengths and weaknesses of the athletes. This is not the only time a rower can communicate with their coach. Coaches can talk with an individual athlete at the boathouse (outside of practice time) or virtually through email, Groupme, or Zoom. The coach will specify their preferred methods of communication with their squad.

TO PARENTS

The Junior Program will hold a parent meeting to kick off the fall season in addition to other parent meetings to inform the families of our athletes about the program on an ongoing basis. We will conduct these meetings via Zoom to properly social distance and hopefully include more people. You are always welcome to email your head coach with questions related to practices, scheduling, or day to day rowing concerns. Your head coach is likely part-time so please give them some time to respond. Urgent inquiries should be made to jeff.tyrrel@austinrowing.org, Program Manager, ARC Junior Program.

ARC sends out a season survey to parents and families to gather the general perspective on the season. This survey helps ARC best plan for future seasons. Please be respectful of the coaches' time during practices as they have a lot of training plans, attendance tracking, and technical work to do in their limited time with the athletes. The ARC Juniors page of the website will contain pertinent information as well as the information in this packet, so please keep a copy accessible.



CODE OF CONDUCT

Team culture is shaped by individual actions. In order for the program to succeed, all rowers must be in agreement to make every boat successful. A way to do that is to attend practice regularly. Attending practice regularly is an essential part of an individual's technical and athletic development. Teammates begin to earn each other's trust by making the commitment to the program and showing up for their assigned practices.

ATTENDANCE POLICY

Attendance is expected at all practices assigned to an athlete. For varsity athletes, this means 4-5 in person practices a week with at home workouts being completed. For novice athletes this means 3-4 in person practices a week. Attendance is tracked by each coach and made public to the rowers. The success of a program depends on the accountability of its rowers, so each rower is expected to show up and work hard each practice. Boat lineups can and will be directly affected by attendance and participation at practices. Excused absences from a practice should be made at least 24 hours in advance of a practice when possible. Individual coaches reserve the right to alter their lineups, entries, or practice plans based on the attendance of their rowers. Additionally, individual squad coaches will decide on their standards for those rowers that have missed an erg test or failed to attend a regatta.

LANGUAGE POLICY

ARC has a strict policy on use of appropriate and respectful language. Athletes, coaches, and other employees are expected to use appropriate language at all times. This includes all Zoom meetings/practices, in all group chats or electronic correspondence, and while at a practice (either on the water or off). Always treat each other with respect and kindness.

ALCOHOL, TOBACCO, ILLEGAL SUBSTANCES, AND WEAPONS POLICY

The Austin Rowing Club enforces a "Zero Tolerance Policy" regarding the acquisition, use, or possession of alcohol, marijuana, tobacco, vaping, and illegal substances or weapons of any kind. Athletes who are found to have acquired, used, or been in possession of any of the above at the boathouse, an ARC activity, or official ARC event will be immediately suspended, pending a termination proceeding before the Program Manager and Executive Director. Coaches are required to investigate any accusations of alcohol, tobacco, illegal substances, or and weapons, and may search an athlete's bag with another coach or a chaperone present. This policy applies to all ARC activities, including practices, regattas, official ARC social events, and while representing ARC in any official or unofficial capacity. And is in effect at all times during those activities;, including from the time a rower enters the Boathouse parking lot, boards a bus, or enters the premises of an official social event until such time as the rower ceases to be engaged in the activity or event and has left the premises. ARC encourages and depends on good citizenship and expects athletes to adhere to this policy at non-ARC events as well. A termination for violation of this policy shall be effective for an indefinite period. In the event of a termination the affected athlete will forfeit all dues without right of reimbursement. The athlete may subsequently re-apply for admission into the program with the understanding that decision shall be solely at the discretion of Austin Rowing Club .



COVID-19 PROTOCOLS

The Austin Rowing Club has taken a number of precautions to prevent the spread of the Coronavirus. As an athlete and parent you are agreeing to adhere to these rules laid out by the Austin Rowing Club in accordance with local, state and federal guidelines. ARC is also closely reviewing\ USRowing guidelines for applicability to our program. .

1. Socially distance from each other (even your friends) - 6+ feet apart.
2. Wear a mask at all times. Masks are not required while erging outdoors and socially distanced, rowing out on the water (masks are required at the dock) in a single, and running socially distanced (even though they are strongly encouraged during runs).
3. Do not approach the bays before your practice start time. Allow the group before you to leave before you approach. The designated waiting area is under the tree on the East side of the apron by the water.
4. No more than two people in a bay at a time.
5. One person filling up a water bottle at a time.
6. Erging must be outdoors, spaced 8 ft apart, and the location must be approved by a coach.
7. All equipment is cleaned thoroughly after use. Boats, oars, and lifting equipment will be scrubbed with soap and water while ergs can be wiped down thoroughly.
8. No hot seating (switching boats and oars at the dock).
9. Wash your hands often.
10. No more than two people inside each restroom at a given point. Locker rooms will remain closed.

PARENT RESPONSIBILITIES & INVOLVEMENT

RESPONSIBILITIES

Being an ARC parent entails certain responsibilities. In registering your athlete for the team, parents are responsible for the following:

1. Reading and adhering to all information outlined in the Junior Program Registration Packet.
2. Ensuring that all forms and dues are paid on time.
3. Communicating with the ARC office in advance if there is an impending difficulty with a payment.
4. Take an active role in the ARC volunteer program. Parents are asked to volunteer each season. When there are regattas, we ask parents to volunteer 10 hours in the fall and 15 in the spring. However, the rare seasons without regattas do not have as many volunteer opportunities.
5. Respect that the coaches have full responsibility for training the athletes.
6. Respect the coaches as the final authority on boat selection and number of races for each athlete.
7. Remember that coaches seek to create a positive experience for as many athletes as possible, and that while some decisions may appear subjective, they are not personal.
8. Attend all mandatory parent meetings.
9. Using respectful speech and behavior at the boathouse and at all regattas or Junior events.
10. Agreement that athletes registered with ARC are not permitted to row or train with another club.



11. Support and enjoy the growth and development that comes through commitment to a team and dedication to teamwork!

BOOSTER CLUB

The Booster Club is a way to support the ARC Junior Program at a very important level. Parents are able to apply for President, Vice President, and Treasurer annually. The elections will be announced during the season so keep an eye out. Booster leaders will be asked to serve for two consecutive seasons, be available for questions, and to help with the transition for the next season.

- The President communicates and coordinates with the staff, parents and boosters, as well as supporting and organizing the ongoing efforts of the Boosters to provide support to the Austin Rowing Club Junior's program.
- In addition to general volunteers and the Booster Leadership, the Booster Club is comprised of a number of committees that are essential to regatta and season function. Committees vary by season and include:
 - Equipment Committee
 - Food Committee
 - Fundraising Committee

CHAPERONING

1. To be eligible to chaperone at an overnight regatta, a parent must agree to an ARC run background check and apply with the Executive Director.
2. While "on shift" parents are not permitted to drink alcohol.
3. Chaperones can assist in a number of different ways including but not limited to:
 - a. Hotel or AirBnB supervision and room checks.
 - b. Cooking, picking up, dropping off, or preparing food for rowers.



PARENT INTERACTION WITH COACHES

The following recommendations are provided for keeping good relations with ARC Coaches.

1. Volunteer to help. Please refer to the volunteering section of this document for more information.
2. Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport and it is unlikely that the coach is trying to “kill” the rowers.
3. Coaches have complete charge of their crews. Avoid getting involved in “seating” disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience. On top of that, different combinations of rowers will cause different results – it is all geared toward finding the right combination that will cause the boat to move like a finely crafted Swiss watch. When your athlete complains about how they are being seated in a boat, listen sympathetically, but then encourage them to stick with it and try harder over the next few weeks. Seat selection is a challenging process that requires the coach to evaluate many variables. It is not a democratic process. Someone has to make the often difficult decision. Athletes and parents are expected to respect the coaches' decision and requests. If an athlete would like to better understand a boating decision, they should schedule a meeting with their coach outside of practice time.
4. Questions or problems that arise should be dealt with in the following order: **Rower -- Coach -- Program Manager and Executive Director.**
5. Athletes and parents should request that a coach set up a meeting to discuss sensitive issues. After practice may be appropriate for brief unemotional discussions, but difficult or emotional situations require that separate meetings be requested. Dealing with difficult problems immediately before practice usually does not result in resolution and can disrupt practice for the athlete, coach, and entire team. A coach cannot be expected to give up practice time to meet with parents or an athlete.
6. Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc. Coaches are generally fully preoccupied with race-day logistics. and he or she won't be able to answer any serious questions you might have anyway.

VOLUNTEERING

Austin Rowing Club is a 501(c)(3) Non-Profit Corporation that relies on volunteers to assist with events throughout the season. Each family participating in the program is asked to volunteer a minimum of 15 hours per spring season and 10 hours per fall when we are racing. Again, during the rare seasons when no races occur, we do not ask parents to volunteer.

Volunteer opportunities include but are not limited to:

- ❖ Serving as a Booster leader in the role of president, vice president, or treasurer



- ❖ Tent set-up and break-down for regattas
- ❖ Menu planning, food shopping, food storage, preparation, serving, and clean up at regattas
- ❖ Unloading and loading the equipment trailer
- ❖ Publicity and parent communication
- ❖ Photography of events
- ❖ Recruiting
- ❖ Fundraising
- ❖ Planning and executing the end of year banquet
- ❖ Take inventory of the booster kitchen equipment
- ❖ Design and order gear

REGATTA INFORMATION FOR PARENTS

(The following has been adapted for ARC from an article at NorthwestRowing.com)

Advice for race day: plan to go early, stay all day, and bring everything you need with you.

Check the ARC Juniors webpage on the ARC Website for links to regatta details, location, housing, etc. Always check your email in the weeks leading up to a regatta for any changes in schedule or special announcements.

Get a map to find your way to the regatta. Most racecourses and event sites are detailed on regattacentral.com. Again, our Juniors page on the ARC Website will be updated with links to these regattas. Most important information is under the “venue” section on Regatta Central.

Be there on time. Most regattas start at 7 or 7:30 am, however, rowers are often expected to be at the site earlier than that to attend a meeting or get their boat ready. Schedules of events are often not available too far in advance, so it may be difficult to plan your arrival around when your rower will be racing. Last minute boating changes do occur, so the best bet is to be at the regatta from the start, unless you are sure that you won't miss anything by arriving later (usually by a confirmation from your athlete's coach)! At some regattas, schedules are posted, at some copies are available, at others (especially ones with just a few teams) nothing is printed or posted and you just need to ask your coach what your athlete will be doing and when.

Mandatory Transportation for Rowers to Away Regattas. Your rower will be transported to away regattas, usually very early in the morning, on a chartered bus leaving from the cul de sac at the end of Trinity Street. Rowers will need to be at the regatta for the entire event. Even when not racing or preparing to race, they are expected to be available to unload and rig boats, help cheer for their teammates, fill in for other injured or missing teammates in unexpected races, help de-rig, load trailers, and assist in unloading the boats from the trailer and returning them to the Boathouse.

Home Regattas. Austin Rowing Club hosts the Head of the Colorado in the fall, and the Heart of Texas Regatta and Texas State Rowing Championship in the spring.⁴ On weekends where there is a home regatta, rowers will be expected to be at the boathouse at 5 am on Friday morning to transport the equipment down to Festival Beach,

⁴ Under normal circumstances. COVID has put a temporary hold on hosting official regattas.



where the racing takes place. Rowers arrive at the course on their own on race day and are expected to be punctual and ready to stay all day. On the last day of the regatta, rowers can be picked up from the Waller Creek Boathouse after equipment has all been re-racked and unloaded from the racecourse (typically sometime after 7pm).

Interacting with your Rower. Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when they need or want something (food, clothes, and money). It is best if you are not the one responsible for required equipment for your rower, there will be a time when they need it and you are not in sight. Prior to your rower's boat launching, the coach will meet with the entire boat and go over final pre-race information. Stay clear of your rower from the time of the pre-race boat meeting until your rower has been released from the post-race debrief. Your rower needs to be focused at this time, and unfortunately, family and friends can be a distraction.

Dress appropriately. Dress in layers, you can discard if the sun makes an appearance. Some suggested clothing items: comfortable shoes which don't get wet in the rain, wool socks, a tee-shirt covered by a long-sleeve shirt, covered by a sweatshirt, which is covered by a Gortex or similar waterproof jacket. Make sure you have a hat or cap of some sort that keeps the rain off your head, even a baseball style hat helps. And finally, bring a good pair of polarized sunglasses – it always seems that when the sun does appear, it is directly across from where you are watching the races.

Personal Items. Remember that there may not be a store nearby, and you might not want to give up your parking place to go search for one. The restroom facilities are usually port-a-potties. Therefore a roll of toilet paper and some feminine supplies sealed in a plastic bag can be lifesavers when needed.

Tools for Watching Races. You will want to keep track of your rower's races, so make sure to check out Regatta Central. Most race schedules are found on Regatta Central's website on the specific regatta's page. Once you are viewing the regatta's page, there should be a link on the left side to see the race schedule. These do change frequently so keep an eye out for announcements at the course or through the venue's social media. You will also find that it is nearly impossible to tell which boat is which without binoculars – invest in a good set as soon as possible. Portable chairs are also highly advised for the downtime between watching races.

Taking Pictures. Photographing rowing can be a challenge and unless you have a telephoto lens, it may be difficult to tell which boat is which, even at its closest point. Your best chance to take pictures is when the boats are being prepared for a race, moving the boat to the water, loading the boat in the water, and taking a "team picture" after the boat has been returned to the stretchers.

Socializing. Regattas generally run from early mornings to late evenings and provide a few minutes of excitement as your rower races and other ARC boats race. Regattas also include some "down-time." Most regattas have areas where teams can set up tents and supply food for their athletes. Find out where most of the other parents will be watching the races, and set up your folding camp chairs. You may not be sitting in the chairs all the time, but it reserves a spot for you to call home and where you can store your gear. One of the more pleasant activities at regattas is having hours of time to talk with other parents – you will become good friends with many of them. Visit with the parents running the food tables, and you will learn more about how the rowing program works than from any other source.



Food. A few regattas have food that can be purchased, although the quality varies greatly. Regardless, plan on bringing plenty of food for yourself. Our Boosters will take care of your rower's meals and snacks.

Rower's Clothes. Bring a bag of extra clothes for your rower. At some regattas during the season, they will be in dire need of an extra pair of socks, sweatpants, or sweatshirt. A warm blanket and towel might also be handy.



Junior Team Registration Form

Fall 2020

Please print clearly and complete for each rower in your family

ATHLETE INFO

PARENT INFO

Rower:	Parent/Guardians:
E-mail Address:	E-mail Address:
School:	Phone:
Grade:	Address:
Phone:	City:
Date of Birth:	Zip:

ARC Junior Program Participant Agreement

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 failure to follow ARC procedures and protocol. 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 repairs, to ARC's satisfaction for any equipment damage caused by me..

Rower Signature: _____ Date: _____

Parent Signature:: _____ Date: _____



EMERGENCY CONTACT INFORMATION 2020

PLEASE PRINT CLEARLY

Name:

Address:

Height:

Weight:

Sex: Male Female

Date of Birth: / /

Can you **swim** and **tread water** for **10 minutes**? 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 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.

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 PARTICIPANT

PRINTED NAME OF PARENT / GUARDIAN

STREET ADDRESS

CITY STATE ZIP

PHONE (HOME) PHONE (WORK)

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



Photographic Model Release

Austin Rowing Club is a non-profit public benefit corporation located in Austin, Texas and is hereinafter referred to as ARC.

Photographic images taken of ARC rowers participating in any ARC related activities are hereinafter referred to as the Images.

Any individual affiliated with ARC or the rowers taking images are hereinafter referred to as the photographer.

I hereby give ARC and the photographer and their assigns my permission to license the Images and to use the images in any media for any purpose (except pornographic, defamatory, libelous or otherwise unlawful) which may include, among others, sale, advertising, promotion, marketing and packaging for any product or service. I agree that the images may be combined with other images, text and graphics, and cropped, altered or modified.

I agree that I have no rights to the images and all rights to the images belong to ARC and the photographer and assigns. I acknowledge and agree that I have no further right to additional consideration or accounting, and that I will make no further claim for any reason to ARC, photographer and/or assigns. I acknowledge and agree that this release is binding upon my heirs and assigns. I agree that this release is irrevocable, worldwide and perpetual and will be governed by the laws of Texas.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph.

I have read this release and before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and I agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

I am 18 years of age or older and I am competent to contract in my own name.

ARC Rower Name

ARC Rower Signature

I am the parent or legal guardian of the ARC rower named above who is a minor and I sign on their behalf agreeing to the terms of this release.

Name of parent or legal guardian

Signature of parent or legal guardian



RELEASE OF LIABILITY FOR MINOR PARTICIPANTS

READ BEFORE SIGNING

IN CONSIDERATION OF my child/ward being allowed to Name Of Minor Child/Ward participate in any way in the Austin Rowing Club related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and,

1. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and,
2. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention of the nearest official immediately; and,
3. I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS The Austin Rowing Club; its Board Members, directors, Coaches, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), as well as US ROWING, its Board Members, Coaches, staff, consultants, trainers support personnel and the National Governing Board WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
4. I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
5. I, the parent/guardian, assert that I have explained to my child/ward: the risks of the activity, his/her responsibilities for adhering to the rules and regulations, and that my child/ward understands this agreement.

I, FOR MYSELF, MY SPOUSE, AND CHILD/WARD, HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND



THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Child/Ward: _____

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date Signed: _____

UNDERSTANDING OR RISK

I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

Name of Child/Ward: _____

Signature of Child/Ward: _____

Date Signed: _____