

Spring School Rowing Program (at Cove Park Redwoods) April 3rd to May 19th for 6th - 12th grade and Adults

Open to middle school/high school students and adults. SAG HARBOR COMMUNITY ROWING Spring rowing program is a competitive rowing program designed to improve your technical proficiency and aerobic base

Program Dates: starts Tuesday April 3rd and ends Saturday May 19

Eligibility: 6th - 12th grade and adults No prior rowing experience is necessary

Sessions:

Tuesdays	4 – 5:30	Students only
Tuesdays	5:30 - 7	Students and Adults
Wednesdays	3 – 5:00	Students Only
Thursdays	5:30 - 7	Students Only
Saturdays	7:30 am – 9 am	Students and Adults

At least 3 daily sessions per week required for Students

At least 1 session per week required for adults

\$279.00 includes Yearly Membership & Spring Seasonal Coaching for Kids (\$125.00 for membership, \$154.00 for coaching)

\$379.00 includes Yearly Membership & Spring Seasonal Coaching for Adults (\$250.00 for membership, \$129.00 for coaching)

Yearly membership includes usage of Rowing Shells from 6 AM to 7 PM Daily (2 Hour time limit per row) (Shells might not be available during Camp Programs)

Youth Members need to be accompanied by an adult!

At least 2 required Regattas for students : (age limits may apply)

April 28th Big Duck Regatta	Riverhead
May 6th LI Jr Championship	Oyster Bay
May ? Novice Regatta	Riverhead

Please fill out the application and medical form below. Mail all 2012 Spring forms with check payable to **“SAG HARBOR COMMUNITY ROWING”**: Memo spring program
SAG HARBOR COMMUNITY ROWING PO Box 1769 Sag Harbor, NY 11963

PARTICIPANTS NEED TO PROVIDE FOR THEMSELVES:

Winter Jacket & Change of Clothes Water, Sun block & Hat

Wetsuit Boots & Shoes that can get wet Transportation to site

Participants should wear appropriate water sports attire

Location: Cove Park in Sag Harbor (opposite WLNG and next to Jerry's Redwood Marina)

Swim test is given at beginning of all sessions, participants MUST pass swim test in order to take part in the program.

Telephone : 631-267-6325 Fax: 631-899-3778 Email: leeoldak@rowsagharbor.org

2012 APPLICATION
SAG HARBOR COMMUNITY ROWING Spring Rowing Program
PO BOX 1769 SAG HARBOR, NY 11963

Name: _____

Street _____

City _____ State _____

Zip _____

Birth Date: _____

Phone-Home: _____

Mobile _____

Email: _____

Current school: _____

Previous Rowing experience _____

Physical Condition

1. Date of most recent physical examination:

2. Name and phone number of Doctor:

3. Any physical impairment or allergies:

Applicant's Signature: _____ Date: _____

Sessions: Please check your session(s) minimum of 3 days per week for students
Minimum of 1 day per week for adults

Tuesdays	4 – 5:30	<input type="checkbox"/>	Students only
Tuesdays	5:30 - 7	<input type="checkbox"/>	Students and Adults
Wednesdays	3 – 5:00	<input type="checkbox"/>	Students Only
Thursdays	5:30 - 7	<input type="checkbox"/>	Students Only
Saturdays	7:30 am – 9 am	<input type="checkbox"/>	Students and Adults

of sessions _____

\$279.00 total for 3 or more sessions per week for Students

\$379.00 total for 1 or more sessions per week for Adults

Checks payable to: Sag Harbor Community Rowing :Memo Spring Program

Mail to: Sag Harbor Community Rowing PO Box 1769 Sag Harbor NY 11963

PARENTAL CONSENT FOR ALL APPLICANTS UNDER 18 YEARS OF AGE

(please print clearly)

We, _____

the parents/legal guardians of _____
authorize our child to participate in SAG HARBOR COMMUNITY ROWING
2011 Spring Program. We believe our child is physically, mentally and emotionally
qualified to participate in all aspects of the Spring Rowing Program.

We understand that rowing is a sport posing significant risks and release SAG
HARBOR COMMUNITY ROWING AND EAST END ROWING, its coaches
and other contractors, its directors, officers and employees from any and all
liability arising from my child's injury, death or loss of property during the Spring
Rowing Program.

We agree to be responsible for any uninsured damage to the property of others
caused in whole or in part by our child during the Summer Program.

Parent or guardian: _____

Date: _____

Signature: _____

SAG HARBOR COMMUNITY ROWING
PO BOX 1769 SAG HARBOR NEW YORK 11963
631-267-6325 www.rowsagharbor.org

2012 MEMBERSHIP FORM

Last Name _____ First Name _____

Street/POBox _____

City _____ State _____ Zip _____

Telephone () _____ (home) () _____ (other) _____

Email _____

(ALL Event notices are sent by email)- Please provide us with this information)

Membership fees for May 1, 2012 – November 15, 2012 are:

- Adults (18+) \$250 (included with Spring Program)
- Youth–Junior Member (10–17) \$125 (included with Spring Program)
- Supporting Membership \$500.00 – \$999.00
- Sustaining Membership \$1000.00+
- Rack Storage \$269.00 Members Only. May 1– November 15

Limited Rack Space will be available on a First Come, First Serve Basis.
Sag Harbor Community Rowing is not responsible for your equipment!!

Membership includes usage of Rowing Shells from 6 AM to 7 PM Daily

(2 Hour time limit per row) (Shells might not be available during Camp Programs)

Youth Members need to be accompanied by an adult!

I, the undersigned, here by agree to be bound by the Sag Harbor Community Rowing Center By-Laws and all the rules and regulations of the Community Rowing Center both existing and hereafter duly adopted by SHCR.

Signature _____

Parent or Legal Guardian Signature if member is under 18 yrs. _____

Date _____ **Check #** _____ **Total Paid** _____

Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/10 – 12/31/11, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I 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. I 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 Release 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. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing 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. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, 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 Releasee 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, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

Fax: 609-924-1578



I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without 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:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature: _____

Organization: _____

PARENTAL CONSENT

(if participant is under the age of 18).

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 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 Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18): _____

This is THE USRowing Release of Liability, which should be copied for your use.

Submission Check List

2012 Spring Rowing Program Application

Parental consent

2012 Sag Harbor Community Rowing Membership Form

US Rowing Release of liability form

Check made out to:

Sag Harbor Community Rowing (memo spring rowing)

Mail to:

**Sag Harbor Community Rowing
PO Box 1769
Sag Harbor, NY 11963**

Do you need additional information?

Contact: Lee Oldak

LeeOldak@rowsagharbor.org

631-553-1112

631-267-6325