

SAG HARBOR COMMUNITY ROWING 2009 SUMMER PROGRAM

Open to middle school/high school and college students. SAG HARBOR COMMUNITY ROWING summer rowing program is a non-competitive rowing program designed to improve your technical proficiency and aerobic base and get you ready for next years racing season.

Program Dates: Week long rowing camp starts Monday July 6 and ends Friday August 28 from 9:30AM to 12PM OR 1:00-3:30PM. Weekly sessions begin on Mondays and go to Friday for the months of July and August
You may sign up for as many weeks as you want.

Eligibility: Must be 12 years old and up. No prior rowing experience is necessary

Cost: \$275 per week/per child

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

If interested: Fill out the application and medical form below. Mail all 2008 summer forms with check payable to "SAG HARBOR COMMUNITY ROWING Summer Program" to:

SAG HARBOR COMMUNITY ROWING
PO Box 1769
Sag Harbor, NY 11963

PARTICIPANTS NEED TO PROVIDE FOR THEMSELVES:

Life Jacket

Water

Sun block

Hat

Footwear than can and will get wet

Transportation to site

Participants should wear appropriate water sports attire
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: 631-725-6784

Email-leeoldak@rowsagharbor.org

2009 APPLICATION
SAG HARBOR COMMUNITY ROWING Summer Rowing Program
PO BOX 17609 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:

Applicant's Signature: _____ Date: _____

Sessions: Please check your session(s) of choice. AM 9:30-12 PM 1-3:30

Cost \$275 per session per child enrolled

	AM	PM		AM	PM
July 6-10	<input type="checkbox"/>	<input type="checkbox"/>	August 3-7	<input type="checkbox"/>	<input type="checkbox"/>
July 13-17	<input type="checkbox"/>	<input type="checkbox"/>	August 10-14	<input type="checkbox"/>	<input type="checkbox"/>
July 20-24	<input type="checkbox"/>	<input type="checkbox"/>	August 17-21	<input type="checkbox"/>	<input type="checkbox"/>
July 27-31 <input type="checkbox"/>	<input type="checkbox"/>	August 24-28	<input type="checkbox"/>	<input type="checkbox"/>

of sessions _____ X \$275.00 = _____ Amount enclosed

Checks payable to: Sag Harbor Community Rowing Summer Program

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

PARENTAL CONSENT FOR ALL APPLICANTS UNDER 18 YEARS OF AGE

We, _____

(please print clearly)

the parents/legal guardians of _____
authorize our child to participate in SAG HARBOR COMMUNITY ROWING
2008 Summer Program. We believe our child is physically, mentally and
emotionally qualified to participate in all aspects of the Summer 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
Summer 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: _____