



Winter '08 Mini Program

Deadline: Registration and Payment Deadline – November 15, 2008

All Checks Payable to: Indian River Rowing Club

Name: _____

Address: _____

Age: _____

Phone: _____

Emergency Contact: _____

If Student age (13-18) please fill out the following:

Parent Names (please Include Relationship to student): _____

Grade in School Fall 2008 _____

Fall Program Information

Novice and Experienced Program

Saturdays 9-11am – Nov. 22 to Dec 27

Beginners Program – Learn to Row

Saturday 11 am - 1 pm – Nov. 29 and Dec. 13th Only

Number of Years Rowing _____

Program dates: November 22 to December 27

Registration Check list:

Cover Sheet (Information Sheet – this sheet) _____

USRowing Leave of Liability _____

Medical Information and physically able to perform (completely filled out) _____

Picture Release _____

Fees:

Individual: Rowers (exp/novice) \$ 55
Experienced Coxswain \$ 30
Beginners \$ 15 day
Family Rowers (up to three) \$ 80
Additional family members \$ 30
Family Name: _____

Mail completed forms and Payment to:
Indian River Rowing Club
7250 – 49th St
Vero Beach, Fl 32967

Winter '08 Mini Program

We are charging \$11 a day to row 5 out of 6 Saturdays for advanced and \$15 a day for beginners.

We hope that this will work for our previous participants as we really want to see you come back and continue to row with us. With the commitment of paying for the 5 Saturdays we can put this program on. We thank you all for being a part of Indian River Rowing Club – Trina Smith (772) 473-9514 or trina@indianriverrowingclub.com

Program Information

The Winter 2008 Program is designed for our “Novice” rowers to keep fit, in shape and in touch with the program.

Beginners rowing: is being offered so that interested students can come out and try this sport before their school season begins.

We shall continue to work on the following: Boat Handling, Basic Rowing Skills and Terminology, Ergometer (rowing machine), Teamwork, Accomplishment, How to live a healthy lifestyle through exercise and proper diet, How to have fun on the water without being in it, and for those who are interested PAIN.

You will be guided on and off the water as well as on land and through the use of video technology and from watching those around you.

What to Bring:

| | |
|--------------------------------------|---------------------------|
| Water Bottle – filled (no seriously) | Sneakers |
| Towel | Crocs/Flip Flops |
| Shorts (not too baggy) or spandex | T-shirt (not too baggy) |
| Sunscreen | Snack – protein (no milk) |

Directions:

Location of boathouse – Canal 54 – Palm Bay, Florida

South: 512 West to Broadway in Fellsmere (blinking light) – take right, at stop sign take a left to Babcock and bare right at first intersection, after first small bridge take left (stick marsh) if you pass the canal you have gone too far.

North: Babcock St. south to canal and take right after you go over the canal. Watch for signs that say stick marsh

Weather Contingency:

If there is bad weather during program sessions boats will be removed immediately from water and parents/rides will be contacted for immediate pick up.

Should any practices get canceled – we shall try our best to make do make up day the on a Sunday that will fit everyone’s schedule. We apologize in advance if this does not work out.

No refunds for lost rowing days available.

Medical Information and Physically Able to Perform Release

Athlete's Name: _____ Nickname: _____

Age: _____ DOB: _____ Grade: _____ SS#: _____

Parent's Names: _____

Emergency Contact #1: _____

Emergency Contact #2: _____

Insurance Company: _____ Phone #: _____

Policy#: _____ Group#: _____ ID#: _____

Medical
Illness _____

Other previous significant injuries/medical conditions

Allergies

Medications _____
—

(All medications pertaining to asthma, allergies, or any other workout induced ailment must be brought to each practice session i.e. inhaler, epi pen, etc.)

Previous Concussions/Head/Neck/ or Back injuries _____
Explain _____

Heat Related
Problems _____

I _____ hereby declare myself in good health and of sound body, which would allow me to undertake the physical demands put onto to me by the sport of rowing. I also understand that serious injury or even death is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating.

Athlete Name: _____ Signature: _____

Parent/Guardian Name: _____ Signature: _____

Transportation :

I/we give permission for my child/me to be transported to receive necessary medical treatment.

Initials _____

I/we understand that by not initialing the above statement I/we take complete responsibility in transporting my child to the physician for the recommended treatment

Initials _____

PHOTO RELEASE

I hereby grant Indian River Rowing Club permission to photograph and publish photographs of _____

(Name of Child)

Please sign below to signify parental permission. Thank you for your cooperation.

I give Indian River Rowing Club Inc permission to photograph and use the photograph(s) of my child. Photos may appear in the following:

Indian River Rowing Club promotional materials

Indian River Rowing Club Ad Book

www.indianriverrowingclub.com

Media publications, i.e. Press Journal

Print name of Parent or Guardian _____

Signature of Parent of Guardian _____

Date _____ Phone number _____

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 12/31/07 – 12/31/08, 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 Releasee 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 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. 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.

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 # _____

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.