

Miami Beach Rowing Club

2010 - 2011 Juniors Rowing Program



Dear Families:

Welcome to the Miami Beach Rowing Club Juniors Program. We are pleased that you have chosen to join us and look forward to a busy and successful season.

Attached is the registration packet. All forms must be completed and on file in order for your child to participate in the program.

1. Rower/Cox Information: this provides us with the information which help us place your child in the appropriate level of the program
2. Emergency Release. This is to ensure that in case of emergency if we cannot reach you we are authorized to obtain medical treatment for your child.
3. Code of Conduct. We expect all team members to conduct themselves in an appropriate manner. Please read the code of conduct with your child and sign it.
4. Swim Test. If your child has not been part of the rowing program, there is a mandatory swim test to be performed at the boathouse in rowing attire.
5. Waiver Form. This is the standard US Rowing waiver required to participate in any training at our facility.
6. Payment. Please attach a check for \$1695.00

Financial Arrangements may be available for the program, Contact Elaine for information

Sincerely,

Elaine Roden

Executive Director

Francisco Viacava

Head Coach





Miami Beach Rowing Club Juniors



Rowers' needs for daily practice 2010-2011

You will need to bring/wear the following items to rowing practice:

Rowing: T-shirt (not long or loose fitting)

Spandex (bicycle) shorts (not loose fitting)

Socks

Sandals/slides

Hat/visor (optional)

Sunscreen (15 SPF or greater)

Sunglasses with UVA Protection

Land training:

Sneakers

Socks (always keep these items in your locker or bag)

Everyday:

1 bottle of water

Backpack or bag to hold personal items

Change of clothing

A swimming test will be administered the first day of practice, please bring a change of clothing and a towel. Swimming test to be performed in rowing attire. No swimsuits.

Practice will be held every day scheduled, rain or shine!

SEE YOU AT THE BOATHOUSE!



Rower/Cox Information

Name _____

Birth date _____

Address _____

Rower/Cox's email _____

City/State/Zip _____

Parent's emails

Home Phone _____

Rower/Cox Cell phone _____

High School _____

Grade in 2009 - 2010

Height _____

7__ 8__ 9__ 10__ 11__ 12__

Weight _____

Experience Level

_____ Level I (no experience to 3 months of rowing/coxing experience)

_____ Level II (3 months to one year of rowing/coxing experience)

_____ Level III (1 to 2 years of rowing/coxing experience)

_____ Level IV (more than 2 years of rowing/coxing experience)



Miami Beach Rowing Club Medical Release



Emergency information for _____

Parent/Guardian's Name:

Parent/Guardian's Name:

Address _____

Address _____

Home Phone _____

Work Phone _____

Cell/Pager _____

Home Phone _____

Work Phone _____

Cell/Pager _____

Person to notify in case neither parent/guardian can be reached:

Name: _____

Address: _____

Phone: _____

Physician's name: _____ Phone: _____

Please check with a physician before beginning the rowing program and list any medical problems or medications that coaches should be aware of. You may attach an additional sheet if necessary. This information will remain confidential.

I certify that my son/daughter (name) _____ is in good health and able to participate in the physical activity of the camp program. The camp has my permission to provide emergency medical care in the event that my son/daughter is injured or sick.

Parent signature _____ Date _____

Please attach a copy of your insurance information to this form. Thank You!



Miami Beach Rowing Club Juniors



Swim Test

Students who have not participated in MBRC's rowing program or summer camp must pass a mandatory swim test wearing rowing clothes (T-shirt, spandex shorts) at the Center in order to join the program. Students should be able to:

1. Swim freestyle for 200 yards non-stop.
2. Tread water for 5 minutes.
3. At the end of the 5 minutes, without a break, put on a lifejacket.

I certify that _____ has completed the above requirements and passed the swim test for the rowing program.

Signature _____ Date _____

Position _____



US Rowing Waiver

IN CONSIDERATION of being given the opportunity to participate in any ("Club") activities ("Activity") until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

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.

1. 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 names 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.
2. 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.
3. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, 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 on 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 Releasees 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's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that 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 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: _____

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 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 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 Releasees, 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.

Printed Name of Parent/Guardian: _____ Date: _____

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



Miami Beach Rowing Club Juniors

Code of Conduct

MBRC Copy

Rowers in particular have a tradition of excellence on and off the water. We expect all of you to keep up this tradition, not only here at the center, but also in your schools. We encourage each one of you to be as good an athlete as you are a student. In order to be accepted into the program, we require personal discipline. We expect from the team members:

- ✓ Respect for coaches, staff, team members, and the other people who share the facility.
- ✓ Respect the equipment and the facility. Please treat the boats with care. Broken equipment would keep us from practicing as well as being expensive to replace. Please let us know if you notice broken equipment so that we can repair it as soon as possible. Some repairs may incur costs on the rowers involved.
- ✓ We have zero tolerance regarding the use of alcohol, tobacco or any illegal substances. These are strictly prohibited.
- ✓ Social Networking websites are be monitored by the coaches as well as college admission offices and future employers. Be mindful of the image you are projecting of yourself and your activities. Any inappropriate or illegal postings may lead to disciplinary action.
- ✓ Remember that rowing is a team sport – we all depend on each other. Your actions and in-actions affect everyone on the team. Consider this and act accordingly.
- ✓ If you cannot make a practice it is YOUR responsibility to tell the coach in advance, not someone else from the crew.
- ✓ Missing practice without notifying the Coach of a valid reason will be considered an unexcused absence. The Coach will determine what denotes a valid reason.
- ✓ When we are traveling as a team, conduct yourself in a manner that reflects well on you, your family, your team, and the Miami Beach Rowing Club.
- ✓ All crew members must travel and race in MBRC uniforms, and observe MBRC, FSRA and US Rowing rules.
- ✓ Race officials, regatta volunteers and other teams are to be addressed in a courteous manner.
- ✓ When traveling, team members must stay in the hotel at all times and follow instructions from the coaches. No boys will be permitted in girls' rooms/no girls are permitted in the boys' rooms unless supervised by a coach or chaperone.
- ✓ Rowers are to travel with the team and are not permitted to drive themselves to regattas.

Infractions upon these rules could lead to disciplinary action to be determined by the coaches including: Expulsion from the program / Suspension from practice / Suspension from specific regattas / Suspension from the team for remainder of the season

Parents may address any questions or concerns regarding possible sanctions directly to the Coach, Director of Rowing or Executive Director however the Center's decision is final.

I have read and agree to abide by the above rules.

Student Signature _____ Date _____

Parent Signature _____ Date _____



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