

## **2016 Fall Rowing Program (at Cove Park Redwoods)**

**September 13th to November 13th for 6<sup>th</sup> – 12<sup>th</sup> grades and Adults**

Open to middle school / high school students and adults.

Sag Harbor Community Rowing Spring program is a competitive rowing program designed to improve your technical proficiency and aerobic base.

Program Dates: starts Tuesday September 13th and ends Sunday November 13th

Eligibility: 6<sup>th</sup> – 12<sup>th</sup> 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	Students Only
Thursdays	5:30 – 7	Students Only
Saturdays	7:30 am – 9am	Students and Adults

**(There will be no rowing Saturday October 8th. Sunday October 9th will be substituted.)**

At least 3 daily sessions per week required for Students

At least 1 session per week required for Adults

Fees: Students \$249.00

Adults \$289.00

### **At least 1 required Regatta for students: (age limits may apply)**

Sunday	November 6 <sup>th</sup>	LI Frostbite	Oyster Bay
Sunday	November 13th	Snow Flake	Riverhead

Please fill out the application and medical form below. Mail all 2016 Fall forms with check payable to **“SAG HARBOR COMMUNITY ROWING”**: Memo Fall 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              Running Shoes

Transportation to site

Participants should wear appropriate water sports attire. (No Jeans)

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

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

Telephone: 631-267-6325 (Amag Beach Co) Email: [leeoldak@rowsagharbor.org](mailto:leeoldak@rowsagharbor.org)

**2016 APPLICATION SAG HARBOR COMMUNITY ROWING** Fall Program  
PO BOX 1769 SAG HARBOR, NY 11963

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Age \_\_\_\_\_ Birth Date: \_\_\_\_\_

Phone – Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Current School: \_\_\_\_\_ Grade: \_\_\_\_\_

Previous Rowing Experience \_\_\_\_\_

**Physical Condition**

1. Date of most recent physical examination: \_\_\_\_\_
2. Name and phone # of Doctor \_\_\_\_\_
3. Any physical impairment or allergies: \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parental Contact:**

Name: \_\_\_\_\_ Tel # \_\_\_\_\_

Name: \_\_\_\_\_ Tel # \_\_\_\_\_

**Emergency Contact:**

Name: \_\_\_\_\_ Tel # \_\_\_\_\_

Name: \_\_\_\_\_ Tel # \_\_\_\_\_

**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 2016 programs. We believe our child is physically, mentally and emotionally qualified to participate in all aspects of the Fall Rowing Program.

We understand that rowing is a sport posing significant risks and release Sag Harbor Community 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 while participating with any Sag Harbor Community Rowing Programs.

We agree to be responsible for any uninsured damage to the property of Sag Harbor Community Rowing and others while participating with any Sag Harbor Community Rowing Programs.

Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



## USRowing 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 12/31/15 – 12/31/16, 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.

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**

**2016 Fall Rowing Application**

**Parental consent**

**US Rowing Release of liability form**

**Check made out to:**

**Sag Harbor Community Rowing (memo Fall 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](mailto:LeeOldak@rowsagharbor.org)**

**631-553-1112 cell 631-267-6325 wk**