

LUC JR Program Registration

Spring 2012

Please keep this page for your records.

At Lake Union Crew, our junior program is geared toward athletes in grades 7-12 and focuses on **developmentally appropriate** goal-setting, training, and racing. We emphasize a strong foundation of rowing basics, upon which we build proficiency in sculling and sweep boats alike.

At Lake Union Crew, rowers benefit from our **greater personal attention to each athletes'** rowing stroke, goals, and personal development.

Team Descriptions

The **Experienced Team** is designed for experienced rowers with over 1 year of experience, who are committed to the sport and understand what it takes to make a team successful. This group is open to 8th-12th graders and practices 5 days per week in order to maximize time on the water and cross training opportunities, preparing for both local and national competition.

The **Novice Team** is designed for those with less than 1 year of experience, including those with no previous rowing experience. This group is open to 8th-12th graders and practices 5 days per week, learning rowing technique, developing speed and strength, and preparing to race at local NW regattas.

The **Development Team** practices 3 days per week and is appropriate for younger rowers (7th-8th grade only), who are still feeling out the sport or balancing multiple commitments. This team is a great way to be exposed to rowing without racing and discover if it could be your sport!

Please call (206) 860-4199 or email tiffany@lakeunioncrew.com with questions about the best team for your child.

Dates

Monday, January 30th - Monday, May 21, 2012

Practices

Experienced Team (8th-12th grade): Monday through Friday 3:30 - 6:15 PM

Novice Team (8th-12th grade): Monday through Friday 4:00 - 6:15 PM

Development Team (7th-8th grade): Tues, Wed, Thurs 4:00 - 6:15 PM; starting Tues, January 31st

Location

Lake Union Crew, 11 East Allison Street, Seattle 98102 (206) 860-4199

Parking

Athletes who drive, please fill the LUC parking lot completely and back into the stalls. Do not park on the street unless our lot is full. Use the key board to hang your keys when you park behind someone.

Parent Pick Up

LUC parent pick up procedures are mandated by the City of Seattle. When picking up your athletes, you must do one of the following: A) Pull into an available on-site parking space, B) Pull into a vacant street parking space, C) Pull into one of the 'waiting zone' spaces at the intersection, marked with No Parking signs. It is important that you do not hover anywhere on the street, even if you see your athlete coming down the dock. Please back into a spot so he/she can load his/her bags. We take this requirement of the City very seriously and any athlete whose parent does not comply will be cut from the team.

Parent Meeting

WEDNESDAY, FEBRUARY 8th, 6:30PM AT LUC

Mandatory meeting for parents: Learn important information about LUC and the spring season.

You will be responsible for the details covered in this meeting throughout the season.

Spring Regattas

Regatta

Ergomania Indoor Regatta (*optional*)

Green Lake Spring Regatta (*Nov & Exp*)

Lake Stevens Spring 2K (*Nov & Exp*)

*San Diego Crew Classic (*Select Exp*)

Lake Stevens Sculling Regatta (*Nov & Exp*)

Brentwood Regatta (*Nov & Exp*)

*Opening Day (*Exp by qualification*)

NW Junior Regionals (*Nov & Exp*)

*Youth Nationals (*Exp by qualification*)

Dates

Sat, Feb 4 AM

Sat, Mar 17th ALL DAY

Sat, Mar 24 ALL DAY

Sat & Sun, Mar 31-Apr 1 Thu-Sun

Sun, Apr 15 ALL DAY

Fri-Sun, Apr 27-29 Thu PM-Sun

Sat, May 5 AM

Fri-Sun, May 18-20 Thu-Sun

Fri-Sun, Jun 8-10 Wed-Sun

Development rowers do not participate in spring regattas. Novice and Experienced rowers participate in the regattas shown above.

It is assumed that by registering for the Novice or Experienced Team, all skill-appropriate regattas will be attended.

**Varsity Athletes selected to compete at the San Diego Crew Classic, Opening Day, & Youth Nationals will incur additional regatta and travel fees.*

Checklist of Registration Items

Payment and the following paperwork must be turned in no later than the first day of practice, Monday, January 30th

_____ Spring 2012 Registration Form

_____ 2012 Waiver

_____ 2011-2012 Medical Release Form (*if not completed during fall registration*)

_____ 2011-2012 Travel Consent Form (*if not completed during fall registration*)

_____ Float Test Form (valid for 3 years; only required if LUC does not have a float test on file since summer/fall 2009)

LUC JR Program Registration Spring 2012



Please return this page and supplemental forms no later than the first day of practice.

_____	_____	_____
Rower First Name	Rower Last Name	Today's Date
_____	_____	_____
Address	City	State Zip
() _____	() _____	() _____
Day Phone	Evening Phone	Emergency Phone Birthdate
_____	_____	_____
Parent Name #1	Parent Name #2	Rower Cell Phone
_____	_____	_____
Parent Email Address #1	Parent Email Address #2	Athlete Email Address
_____	_____	_____
What school does your rower attend?	Year in School	USRowing # (if known)

Spring Program Fees

(Payable by the first day of the season, *refunds are not available*)

Total Program Cost includes all coaching, equipment, and local regatta fees.

<input type="radio"/> Development Team (7th-8th grade) - 3 days per week (Tu,W,Th)	Cost \$575
<input type="radio"/> Novice Team (8th - 12th grade) - 5 days per week (M-F)	\$650
<input type="radio"/> Experienced Team (8th - 12th grade) - 5 days per week (M-F)	\$650

Total Program Fees \$ _____

Spring Regattas

*For Novice and Experienced Rowers, regatta fees are **required**. Development Team rowers do not participate in regattas.*

*Regatta fees may be paid with the Spring Program fees or as a separate payment by **March 1, 2012**.*

For traveling regattas, regatta fees include the cost of entries, equipment and rower transportation, lodging, and food.

Novice and Experienced rowers participate in the regattas shown below. It is assumed that by registering for the Novice or Experienced Team, all skill-appropriate regattas will be attended. Regatta Costs are based on team size and refunds or credit are not available if a rower is unable to attend a regatta.

<u>Regatta</u>	<u>Dates</u>	<u>Time</u>	<u>Cost</u>
Ergomania Indoor Regatta (optional)	Sat, Feb 4	AM	} \$775
Green Lake Spring Regatta	Sat, Mar 17th	ALL DAY	
Lake Stevens Spring 2K	Sat, Mar 24	ALL DAY	
Lake Stevens Sculling Regatta	Sun, Apr 15	ALL DAY	
Brentwood Regatta	Fri-Sun, Apr 27-29	Thu PM-Sun	
NW Junior Regionals	Fri-Sun, May 18-20	Thu-Sun	

Total Regatta Fees \$ _____

Regatta fees are due March 1, 2012 - only include above if paying with registration.

Experienced (Varsity) Athletes will be selected or qualify to compete at the San Diego Crew Classic, Opening Day, & Youth Nationals. Additional regatta & travel fees will apply.

<u>Regatta</u>	<u>Dates</u>	<u>Time</u>	<u>Cost</u>
San Diego Crew Classic (Selected Exp boys only)	Sat & Sun, Mar 31-Apr 1	Thu-Sun	TBD - not included
Opening Day (Exp by qualification only)	Sat, May 5	AM	TBD - not included
Youth Nationals (Exp by qualification only)	Fri-Sun, Jun 8-10	Wed-Sun	TBD - not included

Other - Uniform

Novice Team Uniform - LUC Tank Size: _____ \$40 (Novice only)

LUC Tank is required for Novice Team rowers.

Unisuits for the Experienced Team are ordered through the JL online team store.

Total Uniform \$ _____

Total (depending on program, includes: Program Fees, Regatta Fees, Uniform) \$ _____

Spring Program Fees and uniform payment are due by the first day of the season. Regatta fees are due by March 1, 2012.

Payment Options:

Check Enclosed Charge Credit/Debit Card

You may pay by check or credit/debit card. However, you must provide a credit/debit card to be kept on account for any incidentals.

Visa/Mastercard/Discover # _____ Expires: ____/____

Signature _____ 3 digit security code _____

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 12/31/11– 12/31/12, 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:

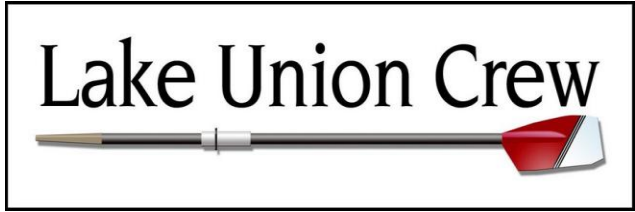
Address: _____

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.



Name _____
 Team _____
 For Administrative Use Only

Medical Release Form for Team Travel with Lake Union Crew

I, _____ (parent), give permission for
 _____ (athlete) to travel out of town for Regattas with Lake Union Crew. In the unlikely event that my child will require medical attention, adult supervisors, coaches, or parents associated with Lake Union Crew have my permission to have my child treated in an appropriate way by qualified medical personnel.

Date: _____ Limitations (if any): _____

Signature (Parent or Legal Guardian): _____

Printed Name of Parent or Legal Guardian: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Minor's Medical and Physician Information

Athlete's DOB: _____

Last Tetanus Booster: _____

Known allergies to Drugs or Foods: _____

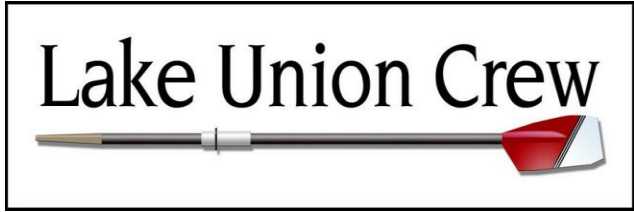
Present Medication: _____

Special Information or Medication: _____

Athlete's Physician: _____ Phone: _____

Insurance Carrier: _____

Policy Number: _____ Group Number: _____



Name _____
 Team _____
 For Administrative Use Only

Travel Consent Form

Date _____

To Whom It May Concern:

We, _____, are the parent(s) of

Child's Full Name: _____

Date of Birth: _____

Passport Number: _____

Our child, named above, will be traveling from the United States to Canada as part of the Lake Union Crew Junior Rowing Program in Seattle, Washington. We hereby give our consent for our child to travel to Canada.

Any questions regarding this consent letter can be directed to the undersigned at:

_____ (parent name) at _____ (phone)

_____ (parent name) at _____ (phone)

In addition, I further assure that my son/daughter has been instructed to comply with the regulations and directions of Lake Union Crew coaches, leaders, and/or chaperones. Should it become necessary to send my son/daughter home early from any LUC trip due to inappropriate behavior, I realize that I will incur the financial responsibility of this action.

Signed,

(parent name)

(parent name)

Name _____

Team _____

For Administrative Use Only

Lake Union Crew Float Test Form

Every participant must successfully pass a float test prior to the first water session of Lake Union Crew. The float test consists of floating, treading water, or swimming in place for ten minutes in deep water, while wearing long pants and a long sleeve shirt. In the final minute of the test, you must put on a life vest while continuing to tread water. A ten minute float test is valid for 3 years.

Float tests must be given at public swimming pools or public beaches under the supervision of a lifeguard certified by the **American Red Cross**. Regular pool admission is charged.

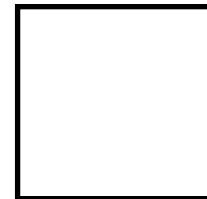
Name _____

Address _____

The above individual has successfully passed a float test as required for participation in Rowing Programs at **Lake Union Crew**.

Swimming Pool / Beach / Office Use Only

Identification Verified _____
(Initials)



Validation Stamp

Lifeguard Name _____

Signature _____ Date _____