



**ALBANY ROWING CENTER 2010 SPRING SEASON REGISTRATION PACKET  
 NEW ROWERS**

**SECTION 1 ARC JUNIOR ROWING PROGRAMS – Spring Session**  
 Open to students entering 7th–12th grade.  
 Spring Program: March 15 through May 31 (Registration due Mar 15 and **ROWERS WILL NOT ALLOWED TO ROW UNTIL REGISTRATION MATERIALS AND PAYMENT IS SUBMITTED**)

Time: Monday through Friday 4:15 pm – 6:00 pm; Saturday 9:00 to 11:00 am

	Rower Fee	\$450	\$ _____
	Coxswain Fee	\$100	\$ _____

Spring program fees do NOT include regatta expenses; multiple family member discount 10% for 2 and 15% for 3; No refunds without medical excuse; all refunds subject to \$50 admin fee.

**SECTION 2 PARENTAL SUPPORT**

Parents of Albany Rowing Kids (PARK) is the organization that supports junior rowing throughout the year by coordinating the efforts of our many talented parents to meet the needs of our rowers and our club. Much of ARC’s success can be credited to the many parent volunteers willing to contribute their time and energy to do what needs to be done. Helping out at ARC is essential to the organization and rewarding for the volunteer. It is one of the best ways to quickly understand the unique culture of crew, meet other parents, chat with the coaches, and get a grip on the rowing vocabulary.

All parents of rowers are asked to sign up for at least 8 hours of volunteer time per season. This may include set up and break down of tents and food coordination at away regattas. Please check all the ways in which you are interested in helping out:

- Activities**
- |                               |                              |                         |                              |
|-------------------------------|------------------------------|-------------------------|------------------------------|
| ARC Board of Directors        | - <input type="checkbox"/> - | Clothing Coordinators   | - <input type="checkbox"/> - |
| Fundraising                   | - <input type="checkbox"/> - | Media Liaison           | - <input type="checkbox"/> - |
| Parents of Albany Rowing Kids | - <input type="checkbox"/> - | Recruitment             | - <input type="checkbox"/> - |
| Regatta Support Coordinator   | - <input type="checkbox"/> - | Newsletter/Photographer | - <input type="checkbox"/> - |
| Events                        | - <input type="checkbox"/> - | Grantwriting            | - <input type="checkbox"/> - |

**MAIL FORMS TO:**  
 Organization of Adirondack Rowers and Scullers  
 Albany Rowing Center C/O Bierman  
 111 Read Road,  
 Glenmont, NY 12077

[www.AlbanyRowingCenter.org](http://www.AlbanyRowingCenter.org)

**SECTION 3 – NEW JUNIOR ROWING APPLICATION – *Please Print Legibly***

Athlete's Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Athlete's Cell: \_\_\_\_\_ Athlete's e-mail: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_ Chest: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ School: \_\_\_\_\_ HS Graduation Date: \_\_\_\_\_

US Rowing Membership Number: \_\_\_\_\_\* Local Newspaper: \_\_\_\_\_

*\*USRowing Membership is only required for USRowing sponsored events like USRowing Youth National and Club National Championships. Junior Member forms are available at [www.usrowing.org](http://www.usrowing.org)*

Unisex team t-shirt size (*tees should not be baggy*):        S     M     L     XL     XXL

I commit to attend practice Monday-Saturday (rower initials – does not apply to modified) \_\_\_\_\_

I have reviewed the regatta schedule and commit to attend all regattas (rower initials) \_\_\_\_\_

HOW DID YOU HEAR ABOUT ARC? \_\_\_\_\_

Parents Names

Mom: \_\_\_\_\_ Dad: \_\_\_\_\_

Business Address/Occupation:

Mom: \_\_\_\_\_ Dad: \_\_\_\_\_

Email address

Mom: \_\_\_\_\_ Dad: \_\_\_\_\_

MOM Work# \_\_\_\_\_ Home # \_\_\_\_\_ Mobile# \_\_\_\_\_

DAD Work # \_\_\_\_\_ Home # \_\_\_\_\_ Mobile# \_\_\_\_\_

**CONSENTS:**

I consent to and authorize the inclusion of rower and parent contact information in the ARC Directory

Initial: \_\_\_\_\_

I understand that photographs and videos will be taken of my rower during practice, regattas and related ARC events. I authorize and consent to the inclusion of these photos in promotional materials for ARC, NYSSRA, USRRowing or other athletic associations. Initial \_\_\_\_\_

I have reviewed all sections of this application and the parent/rower handbook and I agree to abide by the rules and requirements of participation in ARC programs.

\_\_\_\_\_  
Parent/Guardian of Rower

\_\_\_\_\_  
Rower

**SECTION 4 ALBANY ROWING CENTER MEDICAL INFORMATION AND AUTHORIZATION  
TO BE COMPLETED ONCE A YEAR IN SPRING UNLESS INFO CHANGES**

AUTHORIZATION FOR MEDICAL TREATMENT OF MINORS. If your child needs medical services, under law, you as a parent must give permission. Naturally, if you are with your child, you can give permission. For those times when you are not with your child, we require your authorization. Using this form, you can give permission to other adults to act for you, in your absence, regarding the treatment of your child. This is a legal document. If your child needs unexpected medical treatment, Albany Rowing Center will present this document to the appropriate medical personnel. When a true emergency exists a child may be treated without parental consent. This will happen when a physician determines the child needs immediate medical care and that attempts to obtain parental consent would result in a delay that would increase the risk to the child's life or health.

*Please Print Legibly*

**A. IDENTIFICATION**

Name of Minor Rower: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of Last Tetanus Shot: \_\_\_\_\_ Insurance: \_\_\_\_\_ Policy #: \_\_\_\_\_

Rower's Physician: \_\_\_\_\_ Physician Phone #: \_\_\_\_\_

**B. MEDICAL CONDITIONS OR ALLERGIES**

Medical conditions of which the coach should be aware (*Please describe: if none write NONE*)

My child has the following allergies (*if none, write NONE*):

If your child has allergies, indicate if your child does  or does not  have an allergic reaction kit for any of the listed allergies. If your child does, confirm that your child will keep the kit  and attach specific instructions for emergency medical personnel as necessary.

**C. MEDICATIONS, INCLUDING INHALERS**

*Dosage (amount and frequency)*

Prescription/Over-the-Counter

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

Prescription/Over-the-Counter

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

**D. EMERGENCY CONTACT**

Parent to Contact: \_\_\_\_\_

Phone Number: 1) \_\_\_\_\_ 2) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone Number: 1) \_\_\_\_\_ (2) \_\_\_\_\_

I, being the parent, custodian or legal guardian of the above named minor, do hereby appoint the Head Coach, Club Coach or parent chaperone as may be designated by the Head Coach as responsible for supervising minor participants, to act on my behalf in authorizing unexpected medical, dental, surgical care and hospitalization for the above named minor in my absence.

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

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

ROWER IS RESPONSIBLE FOR CARRYING ANY MEDICATIONS ROUTINELY REQUIRED. COACHES AND CHAPERONES WILL NOT BE RESPONSIBLE FOR THE ADMINISTRATION OF ANY MEDICATION TO ROWER.

**SECTION 5 USROWING WAIVER FORM AND RELEASE OF LIABILITY FOR YEAR 2010**

IN CONSIDERATION of being given the opportunity to participate in any USRowing activities ("Activity"), including scheduled, supervised Albany Rowing Center ("Club") activities, and other regattas until the end of this calendar year, 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 Releases 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; 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 Albany Rowing Center 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 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, to the fullest extent permitted by law. 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: \_\_\_\_\_ US Rowing #: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date : \_\_\_\_\_

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 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, to the fullest extent permitted by law.

Printed Name of Parent/Guardian: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SECTION 6 ARC SWIM TEST CERTIFICATION**

All rowers must demonstrate proficiency in the water sufficient to ensure their safety in order to participate in the ARC Junior Program. There are three options: 1. Attach a copy of life guard certification cards or Red Cross Level 6 or Level 7 swim lesson cards; 2. If your school has swimming as part of a Physical Education requirement, or you have rowed with another organization and been swim tested, your swimming instructor or coach may complete the form below to verify of your swimming capabilities; 3. Take an ARC swim test given by ARC at the Albany Bath House on South Pearl St., Albany. If you have previously tested with ARC, simply fill in the date of your test and sign the form. You may not participate in any practice on the water until this is complete.

Rower's Name: \_\_\_\_\_

- 1. Present Red Cross swim certification
- 2. Present signed Physical Education instructor or former coach certification form
- 3. Take a swim test with ARC (date to be determined)
- 4. Previously tested with ARC on \_\_\_\_\_.

For New Rowers – ARC or HS Coach Certification

I \_\_\_\_\_, \_\_\_\_\_(position) certify that the above referenced rower has completed the following requirements:

- \_\_\_\_\_ 1. Swam 150 yards without stopping
- \_\_\_\_\_ 2. Tread water for 5 minutes without stopping
- \_\_\_\_\_ 3. Put a life jacket on in the water during the 5-minute tread

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Affiliation: \_\_\_\_\_

Address \_\_\_\_\_

## SECTION 7 – ALBANY ROWING CENTER JUNIOR ROWER CODE OF CONDUCT

1. All athletes are expected to arrive at practice at least 15 minutes early and be prepared to row or train on land. Arrival at the scheduled start of practice is LATE. Upon arrival, athletes should: check the gas cans in the launches; get the launches in the water; take oars to the top of the dock; warmup.
2. Athletes shall participate in all practices and regattas committed to. Athletes should review their schedules before committing to a practice schedule or registering for competitive rowing because missed practice will cause the athlete to be moved to a less competitive boat, and a late missed regatta will cause the athlete to be barred from competitive rowing for the season.
3. Athletes shall be attentive to coaches before practice to hear seating assignments and plans.
4. Athletes shall have and display positive attitudes and a willingness to work with and encourage others at all times. Abusive or derogatory language toward another athlete, coach, parent, another crew or the power boater who just waked you will not be tolerated.
5. Rowers shall follow the instructions of any coach immediately. Disrespectful or abusive language or actions by athletes towards coaches, coxswains, parents or members of the public at large will not be tolerated and constitute grounds for disciplinary action.
6. Talking in a boat is not just disruptive it is unsafe. The coxswain or bow seat in un-coxed boats is the only person who should be talking unless asked a direct question by a coach.
7. Athletes shall attend the entire practice or regatta unless they have advance permission of coach.
9. All athletes are representatives of Albany Rowing Center, the City of Albany and the sport of rowing and should behave appropriately at all times. Congratulate competitors on a job well done after every race. “Good Race” goes a long way towards creating good will. All comments about a race shall be held in check until the crew gets off the water and can sit down face to face with the coach to discuss the race. Rowing is sometimes viewed as an elitist sport and disliked. Rower’s polite and sportsmanlike behavior will disprove misconceptions about rowers and the sport of rowing.
10. Junior rowers must race in their team unisuit. Athletes are expected to show pride in their crew team by wearing team t-shirts, hats, jackets and hoodies.
12. All ARC athletes should take an active role in helping ARC crews prepare for races (help with shoes, oars, etc.) and ARC athletes should cheer on ARC crews whenever possible.
13. Socializing with other crews is an important part of a rower’s career, but athletes must be available when needed by the team or coach. We attend regattas to compete.
14. Any violation of these rules or other actions deemed inappropriate at away races may result in exclusion from future races, or if severe enough, from expulsion from the club.
15. Any Junior member found in possession of alcohol or illegal drugs or found to be intoxicated or under the influence of illegal drugs during an ARC activity by a coach, officer or chaperone, will be sent home with his/her parents. Any boat in which the member is entered will be scratched.
16. Any employee who witnesses junior rowers consuming alcohol at a non-ARC event shall immediately leave and inform the ARC Head Coach within 24 hours. Any coach or employee who provides alcohol to any junior rower or fails to enforce these rules may be dismissed. Any club member found to be in violation of these rules will have membership canceled for the calendar year, and forfeit dues, regatta fees or deposits. *The sport of rowing places extreme demands on a person's cardiovascular system. Smoking is not only unhealthy; it compromises the performance of the athlete and any boat in which they race.* Any junior rower caught smoking by any coach, officer or chaperone, will be suspended from the team. Any boat in which that athlete is entered will be scratched for the duration of the suspension.

### ARC HAS ZERO TOLERANCE FOR DRINKING, ILLEGAL DRUG USE AND SMOKING.

I have read and agree to abide by the above Code of Conduct. I understand that violations of the Code of Conduct can lead to disciplinary action, up to and including cancellation of my membership without refund and exclusion from participation in club activities in the future.

Rower’s Name: \_\_\_\_\_

Rower’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## GENERAL INFORMATION

### FALL PRACTICE SCHEDULE

HS Competitive

March 15-May 31

Monday – Friday 4:15 pm – 6:00 pm; Saturday 9AM –11:00AM

**ATTENDANCE POLICY:** Competitive rowers will be assigned to boats based upon the rower's skill and time commitment. Absences may result in removal from boats. Modified rowers should try to attend all practices, but attendance is not as strict. All rowers should tell their coach when they will be absent.

**REGATTAS:** The regatta schedule will be announced. HS competitive rowers should attend all regattas. If you are unable to attend a regatta during season, you must notify the coach as soon as possible after the schedule is announced.

This attendance policy is the consensus of rowers, coaches and parents. In order to provide the optimal environment within which to allow serious athletes to practice and improve, your attendance is required. Practices become ineffective when there are a number of rowers absent at every practice.

**FEES:** Special payment arrangements must be made, deposits paid in full and all forms completed **BEFORE** the first practice or you may not participate. Dues are not refundable without medical excuse. All refunds are subject to a \$50 administrative fee. Payment arrangements may be made available at the discretion of the Treasurer.

**REGATTA EXPENSES:** Program fees DO NOT include regatta expenses for HS Competitive Team. Should a rower be selected to participate in regattas, rowers are required to arrange for travel and contribute to the costs associated with their rooms, meals and additional travel expenses.

### QUESTIONS?

General ARC and Program	info@albanyrowingcenter.org
Financial	Joe Feeney 322-7239
Registration	Laura Bierman 729-4895; LBierman@nycap.rr.com
PARK (Parents of Albany Rowing Kids)	Kathy Johnston <a href="mailto:wade.johnston@hotmail.com">wade.johnston@hotmail.com</a>