



Olympia Area Rowing Junior Program – Spring 2012 Registration Instructions

HOW TO REGISTER

- Returning Athletes:** Please fill out the one page registration form and provide payment **by registration due date – February 15, 2012.** You will be contacted if any forms need updating.
- New Applicants:** Please complete all attached registration forms and provide payment by **registration due date –February 15, 2011.**

A parent representative will be at the boathouse Wed., February 15th from 4:30 – 5:30 p.m. to collect forms and payments and answer any questions. Alternatively, please mail by due date to address below.

Olympia Area Rowing
P.O. Box 7148
Olympia, WA 98507-7148

- Limited scholarships** are available. Please contact Parent Coordinator with requests.
- Practice Times and Fees:**

Crew	Practice Times	Fee	Dates	Included Regattas
Varsity Boys/Girls	Mon-Fri 3:20 – 5:40 pm	\$420 rower \$240 coxswain	2/21-5/21	Covered Bridge – Eugene, OR NW Regionals – Vancouver, WA VLC Scrimmage – Tentative, CBRC Tri-Meet
Novice	Mon-Fri 3:20 – 5:40 pm	\$420 rower \$240 coxswain	2/21-5/21	Covered Bridge – Eugene, OR NW Regionals – Vancouver, WA VLC Scrimmage – Tentative, CBRC Tri-Meet – Tentative

- Wear work-out clothes appropriate to the weather. Avoid saggy or loose fitting clothing.
- Wear athletic shoes and socks. Running and calisthenics and core exercises are routine parts of training for rowing.
- Rowing shorts are tight fitting spandex and available from JLRowing.com or from local sports stores.
- Layers work well during cold weather. Base layers such as “Under Armor” are usually available at Alpine Experience.
- Gloves are not used during any on-the-water rowing practices but are useful for land workouts in cold weather.
- Bring a full water bottle to practice every day. Sunblock if the weather is sunny/hot (rare, but it happens).
- Practices occur even in inclement weather. When the weather conditions are unsafe for rowing, coaches will provide a land training workout. Plan to dress appropriately for the weather every day.
- No cellphones, ipods, or other electronic devices may be used in any practice, except by specific direction of a coach.

***All but \$100.00 of registration fee will be refunded if participant leaves within two weeks of the start of season.**

Please contact Becky Hellman, Parent Representative at oarparentrep@gmail.com or 360-259-1057 with any questions.

OAR Junior Registration – Spring 2012 Season Registration Form

ATHLETE NAME (First) _____ (Last) _____

ATHLETE PHONE (home) _____ (cell) _____

ATHLETE E-MAIL _____

ADDRESS: _____

HEIGHT _____ WEIGHT _____ SCHOOL _____ GRADE _____

PARENT NAME (S) _____

PARENT E-MAIL(S) _____

PARENT PHONE (home) _____ (work) _____ (cell) _____

Emergency Contacts: Alternative person (s) to whom students may be released in case of emergency:

<p>1.</p> <p>Name: _____</p> <p>Relationship: _____</p> <p>Home Phone: _____</p> <p>Work Phone: _____</p>	<p>2.</p> <p>Name: _____</p> <p>Relationship: _____</p> <p>Home Phone: _____</p> <p>Work Phone: _____</p>
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Authorization to Treat a Minor

I (we) the undersigned parent (s), or legal guardian of _____ a minor, do hereby authorize and consent to any x-ray examination, anesthetic, medical, or surgical diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room of any acute general hospital holding a current license to operate and that I (we) agree to be responsible for the cost of such treatment. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required but is given to provide the authority and power to render care which the aforementioned medical staff in the exercise of his best judgment may deem advisable. It is understood that effort shall be made to contact the undersigned before rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

List any restrictions: _____

It is understood that Olympia Area Rowing is not liable for any accident or incident related to transportation by a public carrier.

Parent Signature: _____ Date: _____

Parent Name (Type or Print): _____

Please Enter Check Payment Information:

Amount Paid \$ _____ Check Number _____ Date on Check: _____

OR

Visa/Mastercard Information:

Name as it appears on Credit Card: _____

Credit Card _____

Amount: _____ Expiration Date: _____ 3-digit code: _____

Signature: _____

Olympia Area Rowing Junior Program

Physical Examination Form

(This 1 page form must be completed in its entirety or a substitute form provided by a physician may be provided in lieu of this form.)

Participant's Information (to be completed by parent):

Name: _____ Birthdate: _____ Gender: _____ Grade: _____

Address Street _____ city _____ state _____ zip _____

Home Phone: _____ Work Phone: _____

Physician: _____ Phone: _____

Dentist: _____ Phone: _____

Physical Examination (to be completed by licensed practitioner/physician): Rowing is a strenuous sport and places strong demands on the cardiovascular system, back, shoulders and knees. Please note any abnormalities that may limit the athlete's participation or make this athlete susceptible to injury.

Age: _____ Height: _____ Weight: _____ BP: _____

1. HEENT
2. Lungs
3. Heart
4. Abdomen
5. Neuro
6. Skin
7. Spine/Back
8. Shoulders/Upper Extremity
9. Legs, Knees

ASSESSMENT: Participation: Full Limited May Not Participate

Limitations: _____

Date: _____ Examiner's Signature: _____

Examiner's Phone: _____ Examiner's Name (Print): _____



Olympia Area Rowing Junior Program

Swim Test Form

Rowers must complete a swim test in order to participate in OAR water activities. If you have already taken one for OAR, it is **valid for 4 years**, and we have it on file. The swim test is **not** given at OAR except in special (summer) circumstances.

The swim test may be taken at any pool witnessed by a certified lifeguard. Some suggested pools are:

- The Evergreen State College (360) 867-6536
- The Valley Athletic Club (360) 352-3400
- YMCA-Briggs (360) 753-6576
- YMCA-Downtown (360) 357-6609

LIFEGUARD STATEMENT:

I certify that (Rower Name:) _____ has successfully completed the swim test necessary to participate in the Olympia Area Rowing Sweep Program. This involves jumping into deep water (over your head), wearing workout clothes (shorts and a shirt, no shoes), and treading water without assistance for at least 10 minutes.

Lifeguard Signature: _____

Lifeguard Name (printed): _____

Facility: _____

Date & Time: _____

Phone: _____

This Form Is Required Every Four (4) Years

Olympia Area Rowing Junior Program
Code of Conduct Form – Page 1 of 3
High School Athlete, Coach and Parent Agreement

CODE OF CONDUCT AGREEMENT

The purpose of this Code of Conduct is to outline the responsibilities of Olympia Area Rowing (OAR) coaches and high school athletes. This agreement has been approved and will be upheld by the OAR Board of Directors should Corrective Action be necessary.

Responsibilities of OAR High School Coaches:

- Schedule regular practices for all high school athletes.
- Ensure that all safety equipment is fully stocked and is accessible during all practices (land and water).
- Inform OAR maintenance personnel of equipment problems immediately.
- Ensure that OAR coaching/safety launches are maintained including general maintenance, upkeep and fuel.
- Keep daily practice records of athlete attendance.
- Keep complete crew roster and emergency contact information on hand at all times during practices and regattas.
- Register crew for all regattas, coordinate payment with OAR Treasurer.
- Coordinate regatta travel and boat transport.
- Collect all dues from high school athletes.
- Supervise all high school athletes when present in and around OAR club equipment in the OAR boatyard.
- Maintain professional and respectful boundaries at all times with all athletes.

Corrective Actions:

Should any of the coaching behavior expectations be violated, the OAR Board President should be notified immediately. The OAR Board of Directors will be responsible for issuing any Disciplinary or Corrective Actions against OAR high school coaches.

Responsibilities of OAR High School Athletes:

Introduction:

Participation in Olympia Area Rowing (OAR) High School Crew is completely voluntary. Involvement does, however, require a commitment on your part with respect to your academic standing, citizenship and obligations to the club and your teammates. Crew is truly a team sport and your decision to participate demonstrates a desire on your part to excel both individually and on behalf of your teammates.

OAR expects all high school athletes to behave as responsible young adults during all club events including practices and regattas.

As a member of OAR, while participating in any club event including all practices, regattas (local and away), and other social or fundraising events, all High School Athletes will be expected to abide by the following Behavior Guidelines. If an athlete chooses to violate these Behavior Guidelines, OAR coaches will take the also following Corrective Actions.

Behavior Guidelines, 1 – 5:

1. Be respectful of other athletes, coaches, OAR Board of Directors, other OAR members, Swantown Marina residents, chaperons, and all other adult volunteers.
2. Accept and carry out instruction of OAR coaches, Board Members, chaperons.
3. Attend and take part in all scheduled practices and activities unless excused by one of the coaches.
4. Inform OAR coaches, Board members, or adult volunteers of any problems or violations of this Code of Conduct.
5. During crew travel and overnight trips, all athletes will stay with their assigned group at all times unless prior, written approval is acquired from their parents and OAR coaches. All athletes traveling with the group should remain in their own bed at team curfew unless permission is received from an OAR coach or chaperon.

This Form Is Required Yearly

Olympia Area Rowing Junior Program
Code of Conduct Form – Page 2 of 3
High School Athlete, Coach and Parent Agreement

Corrective Action for #'s 1 – 5:

Verbal and Written Warnings: Should an athlete violate these Guidelines, they will receive a documented Verbal Warning. Should the behavior continue, the coach will issue a Written Warning that will outline the violating behavior and steps that should be taken by the athlete to correct it. A second Written Warning may be issued if the athlete continually disregards the first. Two Written Warnings in one session (practice or regatta) will result in automatic suspension.

Behavior Guidelines, 6 – 9:

6. The property and equipment of OAR is to be used by athletes only by the authorization of OAR coaches or representatives. Any damage caused to by willful and/or malicious acts or loss of property due to theft or other damage will be the financial responsibility of perpetrator. Additionally, if you willfully damage or steal others' property or equipment, you will be financially responsible for the damages.
7. Refrain from using or being under the influence of any alcohol or illegal drugs at OAR events or during crew travel and overnight trips. Possession and/or consumption of alcohol or illegal drugs may prevent the entire team from participating in the event. Additionally, failure to abide by travel rules may result in the athlete (s) involved being returned home at their parent/guardian expense.
8. Attend all regattas, unless prior approval is obtained from your coach with good reason.
9. Obtain prior approval to be in OAR Boatyard and storage facilities without an OAR coach or other adult.

Corrective Actions for #'s 6 – 9:

Suspension: Suspension will be an automatic removal from team activities for a minimum of 5 days. The length of suspension may be extended or have additional consequences added if deemed necessary by the OAR Coaches and/or Board of Directors. Prior to returning to practice, suspended athletes must write and sign a statement explaining their goals and efforts at improving behavior in the future. Athletes returning from a suspension will be on probationary status for at least 2 weeks.

Behavior Guidelines, 10 – 13:

10. Athletes may not have in their possession a weapon or anything that may be considered to be a weapon.
11. Refrain from any physical or verbal abuse of teammates, coaches, OAR Board members, adult volunteers, or any person of the public.
12. Refrain from selling, dealing or providing controlled drugs or alcohol.
13. Refrain from any action that seriously endangers the welfare of other participants, OAR equipment, or the reputation or longevity of Olympia Area Rowing Programs.

Corrective Actions for #'s 10 – 13:

Expulsion: This is immediate expulsion and complete and permanent removal from all OAR activities. The athlete will forfeit all dues/fees paid to date, and will pay outstanding fees.

Please retain this document for your records.

This Form Is Required Yearly

Olympia Area Rowing Junior Program
Code of Conduct Form – Page 3 of 3
High School Athlete, Coach and Parent Agreement

Sign and return this page with your registration packet

Coach's Agreement:

I have read and understand the above responsibilities and behavior expectation and I agree to comply. I agree to act at all times in the interest of athlete safety. I will always err on the side of caution in questionable conditions. I agree to be clear with my expectations of all athletes and to maintain professional and respectful boundaries with athletes. I agree to uphold all Corrective Actions with fairness and clarity. I agree to notify the OAR Board of Directors if any personnel or severe behavioral issues arise with any athlete.

Athlete's Agreement:

I have read and understand the above responsibilities and behavior expectations and I agree to comply. I acknowledge and give permission for my personal belongings to be searched for contraband should the need be determined by OAR coaches.

I consent to the taking of slides, photos or videotape during practice or OAR regattas or other club activities for advertising, promotion, publicity or instructional purposes. I waive all claims for compensation for such use.

Parent/Guardian's Agreement:

I have read and understand the above responsibilities and expectations regarding my child's participation in OAR High School Crew programs.

Athlete Signature

Parent/Guardian Signature

Coach Signature

Print Name

Print Name

Print Name

Today's Date

Today's Date

Today's Date

Corrective Action Documentation:

1. Type of Corrective Action: _____

2. Date of Corrective Action: _____ Given by (name): _____

3. Justification of Corrective Action (refer to Behavior Guidelines): _____

4. Signature of athlete: _____

My parent/guardians and I have been informed of and understand the reason(s) of the above Corrective Action.

This Form Is Required Yearly

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 12/31/11 – 12/31/12, 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 Form Is Required Yearly

Olympia Area Rowing Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any Olympia Area Rowing activity, including scheduled, supervised club activities, and registered regattas, until the end of this calendar year, I, for myself, my personal representatives, as signs, 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 Olympia Area Rowing 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 Olympia Area Rowing, 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 _____ **Date:** _____

Address: _____

City _____ **State** _____ **Zip** _____

Phone: _____

Participant's Signature: _____

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: Printed _____ **Date:** _____

Address: _____

City _____ **State** _____ **Zip** _____

Phone: _____

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

This Form Is Required Yearly