

# Seattle Rowing Center

1116 West Ewing Street  
Seattle, WA 98119  
206.216.2255

## Junior Racing Team Information and Registration 2011/2012

### Parents

Welcome to Seattle Rowing Center, the first Northwest Club dedicated solely to youth rowing performance. Our website [www.seattlerowingcenter.com](http://www.seattlerowingcenter.com) is a key source of information for the center, its participants and families. Most information is distributed via the website and through emails. We recognize that your time is valuable and minimize the number of meetings that you are required to attend.

Our vision is to produce athletes who win national, international rowing championships on the junior, U23, Senior and Olympic stages. We expect to be recognized not only for their athletic performances, but also their sportsmanship and citizenship.

### Teams

#### Competitive Junior:

Novice (first year of competitive rowing, grades 9-12)

Varsity - (subsequent years of competitive rowing after novice year, includes varsity, junior varsity 3V and 4v where applicable)

#### Practice Schedule:

The practice schedule is set by the coaches and is subject to change. Practice includes land training, video review, goal setting, focus and coping strategies, skills instruction and conditioning on the water, and lectures on training, sportsmanship, nutrition, mental training et cetera.

The fall schedule for Varsity is expected to be as follows, Novices will only do M through F:

M T W Th F - 4:00 - 6:00pm  
Saturday 7-10am

Practice starts promptly at 4pm and boats should be heading to the docks at this time, appropriate time should be allocated for a warm-up, which is outlined on the Jr. Board.

Coaches will set winter and spring break schedules.

## **SRC Jr Team Participation Fees**

**Varsity:** \$325 (plus st) monthly, Sept-Aug, (you can opt out of June, July, Aug w/o penalty)

Athletes who begin after September, will incur additional regatta costs.

Athletes who do not complete the year will not be eligible for a refund

Snacks additional- \$20/week, \$75/month

### Included:

Training/Coaching expenses

Equipment Usage

Facility Usage

Local Race Fees/Boats/Coach Support

Travel Race Fees/Boats/Coach Support/Accommodations/Transportation when drivable distance

### Not Included:

Youth Nationals (approx \$1500)

BCChamps (approx \$350)

Club Nationals (approx \$1900)

Costs for regattas involving flights

Team Gear

Food at Regattas

**Novice:** \$225 (plus st)/monthly Sept-Aug, (you can opt out of June, July, Aug w/o penalty)

All regatta expenses for Novices will be additional on a case-by-case basis.

Snacks additional- \$20/week, \$75/month

### Included:

Training/Coaching expenses

Equipment Usage

Facility Usage

### Not Included:

All Regatta Expenses

Team Gear

Food at Regattas

## **Payment of Dues:**

Due the 5 of every month, accounts are considered past due if payment is not received by the 10 of the month unless there is an alternate arrangement with Carol. Invoices will be issued via email for past due accounts by the 12<sup>th</sup> of the month. At that time your rower will be suspended from the program until delinquent payments are satisfied.

## **Uniforms:**

The following Items are required as pieces of the Uniform:

- Unisuit
- Tech Shirt, blue required, additional white or orange suggested
- Water Resistant Watch

The following Items are highly recommended as pieces of the Uniform:

- Splash Jacket
- Tights, 2X Vertical Stripe or speed stripe
- SRC Henley
- SRC Hat

## **Fundraising:**

We do not believe that fundraising is a sustainable business model. However, rowing is an expensive sport and costs of the equipment, space and time are high. For example a set of sculling blades range from \$500-700 and a top end quad runs \$24k. To keep participation dues as reasonable as possible instead of fundraising, we work to instill both diligent behavior and a sense of value for the equipment, boathouse operations and our time. We ask that all parents support our efforts.

## **Interscholastic School Sport:**

Participants that receive school credit or PE exemption have a responsibility not only to SRC but also to their schools. Parents are responsible to ensure that their rower collects, properly prepares and submits the required information to their school on a timely basis.

## Race Schedule

### The season:

The rowing season begins in the fall in September and the racing season ends with Northwest Regional Championships in May. Strong performances at Regional Championships could result in selected crews being invited to compete at the Youth National Championships in Oak Ridge, Tennessee in June. If it fits their goals and desire, we promote that exceptional athletes tryout for the Junior National Team and/or U-23 Team later in the summer.

During the fall, races are “head races” in which rowers race against the clock in a time trial format over a set distance. In the spring, the race format changes to “sprints” in which up to six crews compete in side by side racing. The race schedule for spring will be set by January 1<sup>st</sup>. Participation at every regatta is an expectation of Experienced Junior Team members. Novices will be invited to join select regattas when their physiology and skill are ready.

### Fall 2011 Race Schedule

Date:	Event	Location:
September 10 <sup>th</sup>	ACT TEST DATE	Register by August 12
September 18 <sup>th</sup>	Seattle Row4 the Cure	Lake Union
September 24 <sup>th</sup>	Lake Samish	Lake Samish Bellingham WA
October 1 <sup>st</sup>	SAT TEST DATE	Register by September 9
October 2 <sup>nd</sup>	Tail of the Lake	Lake Union
October 8 <sup>th</sup>	Falcon 4 Miler	Lake Union
October 22 <sup>nd</sup>	ACT TEST DATE	Register by Sept16
November 5 <sup>th</sup>	SAT TEST DATE	Register by October 7
November 6 <sup>th</sup>	Head of the Lake	Lake Union
December 3 <sup>rd</sup>	SAT TEST DATE	Register by November 8
December 10 <sup>th</sup>	ACT TEST DATE	Register by November 4
January 31 <sup>st</sup>	Ergomania	TBA

# SRC Junior Team Philosophy and Practice

## Strategic goals

### The aims of SRC:

- To provide the best size and skill level appropriate equipment, programs, facilities and knowledge for boys and girls
- To instruct the skills necessary for achieving the highest possible level of accomplishment
- To instill the attitudes of sportsmanship, discipline, healthy competition, and team spirit
- To develop the health and welfare of all participants
- To teach healthy habits necessary for proper physical development, athletic participation, and a successful future

### The objectives of SRC include:

- To meet the urge for competition and develop the will to excel
- Meet the needs of those participants who are gifted athletically
- To develop the conditions and skills needed to participate in rowing
- To develop good community relationships and attitudes towards athletics and life
- To teach habits of health, safety, cleanliness and physical fitness
- To develop each participants moral, social, and ethical values
- To provide opportunities to exemplify and observe good sportsmanship, citizenship and stewardship
- To provide opportunities to make lasting and meaningful friendships with teammates and opponents
- To give all students the opportunity to become members of the team
- Give students an early understanding that participation in athletics is a privilege that carries responsibilities

## Attendance

- Coaches set up practice workouts based on a specific number of athletes in attendance (if an athlete fails to appear at practice or a race, last minute changes consume precious time, and if several athletes fail to appear, the result may be a canceled practice or a missed race for the rest of the team) While we never give up on an athlete, an athlete that consistently shows a lack of respect for their teammates will be dealt with accordingly.
- Rowers and coxswains will arrive on time to practices, races, and any other SRC scheduled event.
- Consistent absence from practice is grounds for de-boating of an athlete.
- A minimum attendance record of 90% or the coach's permission is required to race.
- The only acceptable reasons for absences include illness, family emergencies, religious holidays and academic commitments, such as exams. Three unexcused absences will be considered grounds for penalty (at the discretion of the coach).

## **Practice**

- Rain or shine at Seattle Rowing Center
- Except for Observed religious holidays, Thanksgiving Day, Christmas Day, and New Years Day, there are no schedule holidays for crew practice. Any other days off are at the coach's discretion. Try to schedule family vacations around practice and race days.
- Practice continues over Winter break in preparation for the spring race season.

## **Transportation**

Participants are responsible for their own transportation to and from the boathouse, for practice, home races and some away races. SRC is in no way liable for any rower or coxswain or guest once they leave the boathouse or race site after, or during practice or races.

### **“Away” Transportation**

No athlete shall drive him or herself to or home from an away race.

No athlete may drive another athlete to or from an away regatta.

Rowers will not drive or be driven by athletes from other teams.

Rowers are required to stay with the team at all times at regattas.

For events where we use team provided travel, rowers must travel to and from the venue/hotel with the team. They may not leave the hotel with a parent without prior express approval of the head coach.

While traveling to or from regattas, the athletes will be expected to wear SRC approved travel gear.

## **Boathouse Rules**

SRC understands the busy schedules for young students and parents. For this reason we minimize required morning practices. No mandatory morning practice will be scheduled during the school week before April 15<sup>th</sup>, 2012. However, at the discretion of the parents, in accordance with an agreement of the coach and on an individual basis athletes are welcome to attend morning session of the elite practice along as the parents and athletes agree to a further set of rules (including maintaining or increasing ones grades point average, and not interrupting the practice of the elites).

## **Parking**

- We share the parking facilities with Ocean Beauty. There is NO parking in the four stalls to the right (North) of our entrance.

## **Personal Gear**

- We recognize the value and convenience of storing some gear at the boathouse. This privilege will be extended so long as the facilities are kept tidy and one's gear is clean and sanitary.

## **Erg /Weight Facilities**

- Wipe down all machines, ergs, and benches after each use. This is a major health concern and will be strictly enforced.
- No spitting on the floor at any time.
- All weights plates, dumbbells, balance balls, stretch mats and any other equipment must be re-racked after each use.
- Chewing gum is not permitted in the workout areas.
- Pick-up all bottles, trash and put it in the recycling or trash cans located around the facility.
- Shirts must be worn at all times.

## **General Rules**

- The sharing of water bottles can transmit many infections and viruses, ranging from the common cold to flu and mono, and this practice is absolutely forbidden. Rowers should bring their own personal water bottles to practice and races and take them with them each day.
- All rowers should come to practices properly attired, this means wearing appropriate clothing for the sport such as running shoes, aerobic workout gear. Baggy shorts cannot be worn in the boat or on the ergs as they get caught in the tracks.
- The equipment (boat and oars) must be thoroughly washed down after practice, towed off and returned to the correct racks. The towels should be returned neatly to their racks
- Ergs, bikes and all equipment should be cleaned after each use and put away.
- Rowers and coxswains representing SRC in competition **MUST** wear official SRC clothing and each crew **MUST** dress uniformly.

## **Overnight Trips**

Trip curfews will be set by and enforced by coaches and chaperones. No one is allowed out after curfew. Violation of curfew may result in instant dismissal of the offender from the team with the rower transported home at the cost of their guardian.

Hotels rooms, regatta sites, buses, and vans will be returned in their original condition. Individuals will be held responsible for any damage to any equipment, room, busses et cetera.

All members are required to remain to load and unload the boat trailers before and after a regatta, unless released by a coach.

## SRC Program Philosophy

SRC's culture is designed to develop our athletes to their full capacity physically, technically, mentally, and socially. Most importantly, we want everyone who rows here to feel appropriately challenged and fully supported.

Our **model**: start early, size equipment appropriately, focus on small boats, introduce competition equivalent to skill and physiology, and never stop searching for new methods to reach a rower.

Our youngest athletes will be guided through "organized play" developing boat feel and the equivalent of "street smarts" on the water. If they choose to row competitively the pay off will be significant. In the meantime they will have fun and experience first hand a magical side of Seattle.

Our Junior Racing Team and beyond athletes are asked to show up each day for practice ready to work hard and play harder. They will test their perceived limits and support their teammates in doing the same.

Our strategies on and off the water will be focused on developing tough minded, self disciplined, motivated athletes capable of both leading and following with skill and security. Our relentless pursuit for technical proficiency and maximum fitness is a cornerstone of our success.

*Perfection is not attainable, but if we chase perfection we can catch excellence.*

*The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur*

*Vince Lombardi*

- Rowing should be fun
- Everyone must put his or her own interest second to the team
- There is inherent value in hard work
- One should strive to be among the nation's best and exemplify true sportsmanship
- One should win and lose with equal grace and always participate with joy
- Every time you come to practice you should learn something
- Athletics should compliment academics
- Making your best effort takes courage. Courage is habit forming

### Winning or having fun?

At SRC we are convinced that these are not mutually exclusive. We believe in winning and we believe in enjoying the process and the experience. The fun we experience is rooted in the deep satisfaction that we have tried our best and given your all, not whether you win or make the "top boat"

Winning is the result of hard work. Do the work, do it well and the results will take care of themselves. The best you can hope for is to work hard enough that you win every race your "capable" of winning. From hard work we experience the joy of teamwork, individual and team improvement, team spirit, more wins, the accomplishment that you have challenged yourself, and the confidence that you where up to that challenge.

## Who is more important, the individual or the team?

The golden rule is that the crew comes first. However no crew can reach its potential without every individual making a contribution. Each rower must be aware of his or her importance to the team.

This means that everyone is working towards the same goals, and they have to put their private agendas aside when they interfere with the teams' goals. The coaches look to get the most out of the team, and will try to get the most out of each rower. Competitive rowers all want to race as much as possible, be in the top boats, get the most attention, but the attitude we are looking for is "what can I do to help the team?"

*Many of us are more capable than some of us... but none of us is more capable as all of us!*

*Tom Wilson*

*Individual commitment to a group effort - that is what makes a teamwork, a company work, a society work, a civilization work.*

*Vince Lombardi*

The coach considers each rower as a part of the whole. In an ideal situation each and every rower will be proud of his or her contribution to the team's success.

Every rower gets the same "opportunities" in practice to earn a seat in the boat. Whether in competition or practice the coach is responsible for identifying the strongest line-ups, which means constant re-evaluation. Opportunities vary from group to group, depending on experience. The most experienced rower, the more he or she will be expected to earn his or her place in the boat.

Every rower has a role. Only a few rowers can make the priority boat(s) at any one time. Those who do not are vital parts of the team's success. They always have the opportunity to show they can help the team improve. They can raise the level of practice, and do their best to improve every boat they are in, and be ready to take advantage when opportunities are presented to them. When a rower isn't happy with his or her role on the team the appropriate action is to be sure he or she understands what he or she needs to do, then work as hard as possible to make it happen. If they are unsure what it is he or she needs to do, they are encouraged to speak with their coach.

*For the strength of the pack is the Wolf  
And the strength of the Wolf is the Pack*

*-Rudyard Kipling*

## What does Seattle Rowing Center stand for besides rowing?

We do all we can to stay aware of the big picture. This means keeping one practice, one erg test, one competition in perspective. We recognize that there are values more important than winning which we must follow as we pursue excellence in the sport of rowing. We believe our philosophy allows us to remain true to our principles and develop great crews, great rowers, great citizens, and strong minds.

While we do not expect rowers and families to put rowing above everything else in their lives, we know what it takes to be successful as a team and as an individual. Goal setting, time management, prioritizing, making tough choices and self discipline are all skills that will allow rowers to grow as athletes and people. Our crews are most successful, and individual rowers have fulfilling experiences, when the commitment level is highest.

We are preparing rowers for success as student athletes. That's **Student First, Athlete Second**. We have coaches who have rowed at high school, college, World Championships and Olympic Games. We know just how difficult it is to balance academics, sports, family and a social life. However, this does not mean that rowers are encouraged to miss practice for academic reasons. Student athletes must learn how to plan ahead, so we expect that rowers will not miss practice due to a lack of foresight. In the end, however we'd rather you miss a practice and accept those consequences than fail to turn in an assignment

At SRC we expect that the rower will do everything possible to fulfill his/her commitment to the team. The consequences for missing a practice or competition are more than obvious things like losing your seat in a boat. When you miss an opportunity to practice, you won't improve. This will affect your performance, achievement of your goals and thus your enjoyment. There are a number of important lessons that come from participating in team sports, especially at the high level that Seattle Rowing Center performs. Here are a few things we consider important: accepting responsibility, teamwork, communication, challenging yourself, discipline, accountability, honesty and working passionately for something. We are aware of the big picture and we try to make it a part of everything we do.

## What SRC does to support the big picture?

Head Coach Conal Groom grew up deep in a tradition of excellence. Foremost was the excellence in the classroom. This was beyond just achieving A's but making sure each assignment represented the best he was able to do. How do we at SRC maintain this culture? We have spaces dedicated for the enrichment of the student athlete. Not only are there maps on the walls all over the boathouse, but areas for studying. We recognize some student have nowhere to go after school and need to make headway on their work. We provide multiple spaces for the student athlete to work or socialize. Student athletes are welcome to come to SRC whenever they are finished with school. They are encouraged to get a head start on their work, and replenish their nutrients before and after practice. SRC realizes that a properly fueled body supplies a great mind and strong body. For this reason as part of your dues structure a portion is dedicated to stocking a modest kitchen of snacks and drinks to prevent student athletes from bonking, or go into lulls of energy after practice where both the mind and the body can be energized by grabbing a quick healthy snack.

## Parent Interaction with Coaches

Many coaches at the high school/club level, coach for the love of the sport. At SRC our coaches go beyond and have a passion for the sport that is integral to the coach's being. There is no dollar value that can be attributed to having someone spend their early mornings and late afternoons all through the year during the winter, in a boat, in the rain, wind and snow on a cold lake trying to get a group of high school aged kids do something in perfect time.

With that in mind here is some advice for keeping good relations with the coach.

1. Most rowing clubs work only with lots of volunteer labor. At SRC we do not require volunteer hours or service. We know your families are busy. However, there are plenty of opportunities often around regatta logistics where opportunities to help and learn more about the sport are present. Take advantage of learning more about the sport as you support your rowers' passion.
2. Avoid asking the coach about everything. Eventually he or she gets overloaded with such inquiries and this contributes to coaching burnout. If you need to speak to the coach do NOT interrupt the coach during practice. Discussions with a coach may only take place before or after practice and leave ample time for the coach to make last second preparations for practice or to conclude practice.
3. We do provide the email and phone numbers of our coaches. They really are committed to helping your student athlete develop as a whole person. Please respect our coach's time and privacy.
4. Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport and it is unlikely that the coach is trying to "kill" the rowers. If you are unsure how best to support your rower in their complaints or concerns then advise them to speak with their coach. As a learning tool these athletes need to learn how to address their own problems and at some point at a travel race a parent may not be available to interact.
5. Coaches have complete charge of their crews. Avoid getting in seating disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience. On top of that, different combinations of rowers will cause different results - it is all geared toward finding the right combination that will cause the boat to move like a finely crafted machine. When your rower complains about how he or she is being seated in a boat, listen sympathetically, but encourage him/her to stick with it and to try harder over the next few weeks. Seat selection is a challenging process that requires the coach to evaluate many variables and cannot be democratic. Someone has to make the difficult decision. Rowers and parents are expected to respect the coaches' decision and requests. Remember that coaches are dedicated to developing the fastest crews in the country and are not playing favorites; they are making decision for the fastest crew. Any wavering of this would undermine the morals, values and ethics we stand for.
6. Coaches prefer to resolve confusion and problems with the athlete directly. These are the individuals they are building relationships with and learning how to communicate with each other is extremely important. This is also a valuable lesson for the rower, student-athlete, to address his or her own problems. If this does not work then a coach parent discussion shall ensue.
7. Rowers and parents should request a meeting with the coach and head coach to discuss a sensitive issue. After practice "may" be appropriate for a brief unemotional

discussion, but difficult or emotional situations require that separate meetings be arranged. Conal and Carol try to be available in the evenings by phone if needed and are dedicated to developing strong athletes, citizens and students. That said please be respectful that our days are very long. Any difficult problems that may arise should be resolved at a meeting time independent of practice.

8. A regatta is not a time to register complaints about line-ups, emails, comments, travel arrangements et cetera. Coaches are preoccupied with race day logistics, rigging changes, the days schedule, today's racing and the repercussions on the next. Coaches want to help and answer your questions but regattas are like a crunch exam time and require thought and emotions.

### **Races- a guide for parents**

Advice for race day: Plan to go early, stay all day, and bring everything you will need with you.

SRC staff do their best to publish the "expected race times and line-ups" as early as possible. Often times between entries and published schedules changes occur that require seating manipulation. You will have the information from us as soon as we have it. We want you to support your rower and have a great experience also. There are constant changes to the regatta and the athletes and we are trying to adapt and overcome on the fly much like F-1 racing teams.

Be on time. Most regattas start at 7:00 or 7:30am. At regattas schedules are sometimes posted online, printed out, or not available at all. Race times fluctuate due to weather, collisions, or obstructions on the course. The best bet to see your athlete race is to be at the regatta from start to finish.

### **Mandatory Transportation for Rowers**

Your rowers will often be transported to away regatta very early in the morning on a chartered bus or vans. They will leave from the parking lot at SRC, unless otherwise notified. Rowers are required to return with the team transportation provided! Rowers will need to be at the regatta for the entire event. When not racing, rowers are expected to help with equipment, i.e. rig, de-rig, load and unload the trailer, and be there to support their teammates. Additionally, rowers should be present to fill in for other teammates if someone becomes injured or sick.

### **Interacting with your rower**

Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when he or she needs or wants something (food, clothing, money). Rowers should be in charge of their own belongings in case they are in need of them and the parent is not present. Prior to your rower's boat launching the coach will meet with the entire boat to go over final race information. Please stay clear of your rower from the time of the pre-race meeting until your rower has been released from the post race debrief. Your rower needs to be focused at this time, and unfortunately family and friends can be a distraction, if not to your rower than their boat mates. Coaches will make a point to send athletes to talk with their parents and supporters after the debriefing, to share their experiences.

## **Dress appropriately**

Since often you will be at the racecourse all day, dress in layers. Suggested clothing items are waterproof shoes or shoes that you are okay with getting wet, wool socks, tee-shirts covered by a long-sleeve shirt, covered by a sweatshirt, which is covered by a waterproof jacket. Make sure you have a hat or cap that keeps rain off your head. Finally, bring a good pair of polarized sunglasses - it always seems that when the sun does appear, it is directly across from where you are watching.

## **Personal Items**

Restroom facilities are usually port-a-potties and are shared by hundreds of people throughout a regatta. Consider preparing for the eventual outcome that they run out of toilet paper, by bringing your own in a plastic bag.

## **Socializing**

Regattas generally last for several hours and provide a few minutes of excitement as your rower races, but also include some "down-time" Most regattas have areas where teams can set up tents and supply food for their rowers. Find out where most of the other parents will be watching the races, and set up your folding chairs. You may not be sitting in the chair all the time, but it reserves a spot for you to call home and where you can store your gear. One of the most pleasant activities at regattas is having hours of time to talk with other parents - you may become good friends with many of them. Visit with parents running the food tables and you will learn more about how the program runs than from any other source.



## Health Information

In case of emergency, it is imperative that we be able to reach a rower's parent or guardian.

**Rower:** First and Last Name: \_\_\_\_\_

Home Address (*include city and zip*): \_\_\_\_\_

\_\_\_\_\_

High School and year: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Rowers: cell #: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Mother's:** First and Last Name: \_\_\_\_\_

Home Address (*if different from Rower's*): \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

**Father's:** First and Last Name: \_\_\_\_\_

Home Address (*if different from Rower's*): \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

### IN CASE OF EMERGENCY, CONTACT:

First and Last Name: \_\_\_\_\_

Home Address (*if different from Rower's*): \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

**Doctor's name and phone number:** \_\_\_\_\_

**Dentist's name and phone number:** \_\_\_\_\_

**Insurance Carrier name:** \_\_\_\_\_

Policy #/ Group# \_\_\_\_\_ Ins. Phone # \_\_\_\_\_

**Special health concerns, allergies, physical limitations:** \_\_\_\_\_

\_\_\_\_\_



SRC JR Competitive Information Sheet

Start Date \_\_\_\_\_

Rower's Name (as it appears on Driver's License or Valid Gov't

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Preferred Name or Nick Name \_\_\_\_\_

Circle One: Novice Men      Novice Women      Varsity Women      Varsity Men

Primary Household: parent(s) or guardian(s) name(s): \_\_\_\_\_

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

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: number order in which we should try to call in an emergency

Home: \_\_\_\_\_ (Who): \_\_\_\_\_

Cell#1: \_\_\_\_\_ (Name): \_\_\_\_\_

Cell#2: \_\_\_\_\_ (Name): \_\_\_\_\_

Work: \_\_\_\_\_ (Who): \_\_\_\_\_

Parent's email address (please print): \_\_\_\_\_

Rower's email (please print): \_\_\_\_\_

Rowers Cell: \_\_\_\_\_

If your rower has two households, please provide further information below:

Names: \_\_\_\_\_

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

Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

E-Mail address: \_\_\_\_\_



**SRC Authorization to treat as Minor** page 1

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

Participants/RowersName: \_\_\_\_\_

Telephone:(home) \_\_\_\_\_ (Cell) \_\_\_\_\_

**Emergency Medical Information**

Rower's Birthdate : \_\_\_\_\_

Physician/ HMO: \_\_\_\_\_

Physician Phone #: \_\_\_\_\_

**Medical History**

Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

Known medical condition: \_\_\_\_\_

**Insurance Information**

Insurance Carrier: \_\_\_\_\_

Policy Group #: \_\_\_\_\_

Insured's name: \_\_\_\_\_

Employer: \_\_\_\_\_

**Emergency Contact Information**

1)Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Relationship: \_\_\_\_\_

2)Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Relationship: \_\_\_\_\_

**SRC Authorization to treat as Minor Page 2**

I am fully aware of and appreciate the risks & other damages and losses associated with participation in this program. I agree that (a) The Seattle Rowing Center: (b) associated coaches, volunteers & a parents, as a group, or as individuals, assume no liability or financial obligation for any loss, accident or illness incurred by the above named participant in the course of his/her association with the program. The above named participant/rower is in good physical condition with no limitation: there are no known diseases or physical conditions that could result in the participant being harmed by this program. While I understand that hospitals/ physician/ coaches will try to contact me as the parent/guardian of the above named participant/rower, I authorize in my absence the emergency evaluation and treatment deemed necessary by the attending physician in the case of an accident or illness. The participant is a competent swimmer and can tread water for ten minutes fully clothed.

SRC Medical & Liability Release: I(we) the undersigned parent(s) or legal guardian(s) of \_\_\_\_\_(rower's name),a minor, do hereby authorize and consent to an x-ray, anesthetic, medical or surgical diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medical Practice Act or a Dentist Licensed under the Provisions of the Dental Practice Act and the staff of any acute general hospital holding a current license to operate a hospital from the State of Washington Department of Public Health. 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 authority and power to render care which the aforementioned physician in the exercise of his/her best judgment may deem advisable. It is understood that the effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached. I understand that I am responsible for the costs of all medical treatment.

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Signature of parent or legal guardian

Date

Release of all claims and liability: In consideration of the acceptance of my application for entry in the recreational activity described in the application form, I hereby waive, release & discharge may & all claims for damages, for death, for personal injury, or property damage which I may have or which may hereinafter inure to me, my heirs, or my beneficiaries, as a result of my participation in said recreational activity. This release is intended to discharge, in advance, promoters, sponsors, officials, & any &all involved municipalities &/or municipality employees or other public entities and their employees (&and their respective agents & employees), from & against any & all liability arising out of or connected in any way with my participation in said recreational activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. I further understand that serious accidents occasionally occur during the recreational activity in which I am going to participate: & that participants in this recreational activity occasionally sustain mortal or serious personal injury; &or property damage, as a consequence thereof. Knowing the risks of the activity that I am enrolling in, nevertheless, I hereby agree to assume those risks & to release & hold harmless all the persons or entities mentioned above who (through negligence or carelessness), might otherwise be liable to me or my heirs, beneficiaries, or assigns for damages. It is further understood & agreed that this waiver, release & assumption of risk is to be binding on my heirs, beneficiaries & assigns. I agree to accept & abide by the rules & regulations that control & are in effect for participation in the recreational activity in which I am enrolling. Further, the property on which this recreational activity is to be conducted may not be in a safe condition. It is understood & agreed that by engaging & participating in the recreational activity, I am hereby waiving any and all right to claim any damages or injuries which may occur to me as a result of unsafe condition of the property. I further understand & acknowledge that I am fully, willingly giving up any claim against or right to sue Seattle Rowing Center, Carol Nagy, Conal Groom, or their employees, agents, or assignees for any injury that I may suffer, its' employees, agents or representatives or by the dangerous conditions of any property on which the recreational activity is being conducted. I am fully aware that participating in the recreational activity in which I am enrolling is a dangerous activity and I voluntarily participate in said activity with the knowledge of the danger involved & hereby agree to accept any and all risk or injury. I have fully read this form & fully understand the contents thereof, & hereby freely & willingly apply my signature below as my agreement to this release of liability

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Participants/Rower Signature & Date

---

Parent/Legal Guardian Signature & Date

We agree to accept any and all risk or injury. I have fully read this form & fully understand the contents thereof, & hereby freely & willingly apply my signature below as my agreement to this release of liability

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## Alcohol, Tobacco, Illegal Substance, & Weapons Policy

Seattle Rowing Center enforces a zero tolerance policy regarding the acquisition, use, or possession of any alcohol, marijuana, illegal substance or weapon of any kind. Simply stated, this policy provides that any rower who is found to have been in possession of alcohol, marijuana, any illegal substance, or weapon at any time during a SRC activity or official event, school activity will have his or her participation/membership immediately suspended pending a termination review by Senior Staff.

This policy applies to all SRC activities, including practice, regattas, and official SRC social events. It also applies to all times during those activities, including from time a member enters the property of the boathouse parking lot, boards a bus or van, or enters the premises of any official social event until such time as the member ceases to engaged in the activity or the event and has left the premises. Since Seattle Rowing Center encourages good citizenship this policy **also applies to non- SRC events and activities** including but not limited to school programs and social functions.

A termination for violation of this policy shall be effective immediately for an indefinite period. In the event of a termination of a member as a result of this policy the affected member will forfeit, without right of reimbursement, all membership dues. The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member is solely within the discretion of Seattle Rowing Center.

Unfounded, malicious reporting of violations of this policy will result in the indefinite suspension of the guilty party/parties.

### Procedures for Enforcement

The coaches are charged with the initial responsibility of investigating and determining whether a violation of the policies has occurred. On making the determination that a violation has occurred, the coaches shall promptly inform the member who committed the violation. The coaches will determine if the violation requires immediate action or action that may await further review. At a regatta a violation may mean immediate dismissal from the competition and the athlete being sent home at his or her/own expense.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

## Parent Responsibilities

Being an SRC parent entails certain responsibilities. I agree that I will:

1. Read and abide by the article "Interaction with Coaches".
2. Ensure that all forms and fees are delivered on time;
3. Take a lead role in supporting my rower, and participating in food support at away and home regattas.
4. Respect that the coaches have full responsibility for training the participants;
5. Respect the coaches as the final authority on boat selection and rowing matters;
6. Remember that the coaches seek to create a positive experience for as many athletes as possible and that while decisions may appear somewhat subjective, they are not personal.
7. Not distract the coaches before, during practice, or at regattas. Refrain from communicating with coaches during a practice.
8. Attend all mandatory Parent Meetings.
9. Refrain from making disruptive or negative comments about any participant, coach, program director, officials or opponents. Lack of cooperation with this may result in my child and me being removed from the program.
10. Support my rower and enjoy his or her growth and development through their commitment, dedication and teamwork.

I understand that I will be approached regarding any of my violations of the above. After two such interventions my rower and myself may be removed from the program.

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

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

## Seattle Rowing Center

### Rower and Parent Receipt of Information and Agreement of Support

We have received and read the program information and policy documents outlining the Seattle Rowing Center Junior Competitive Team goals, schedules, rules, regulations, exceptions and general guidelines.

As a rower on the Seattle Rowing Center Junior Competitive Program and as parent(s) of a member of the rowing program, we understand and support the rowing program in its philosophy and policies, including, inter alia, the participant Code of Conduct, Parent Responsibilities, and Zero Tolerance Policy.

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

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

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

**Seattle Rowing Center**  
**Authorization Agreement**

I hereby authorize Seattle Rowing Center to initiate monthly charges to my Credit/Debit Account, or select an alternative payment method below.

**Monthly Payment Options:**

Circle one

Check

Cash

MC/Visa

Name as it appears on Credit Card \_\_\_\_\_

Billing Zip Code \_\_\_\_\_

Visa/MC# \_\_\_\_\_ Expiration \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_ 3 digit Sec Code \_\_\_\_\_

Monthly Charges for Varsity Athletes are \$355.88 (including sales tax)

Monthly charges for Novice athletes are \$246.38 (includes sales tax)

Please refer to the Participation Costs earlier in this document for an explanation of monthly fees.

Credit cards will be charged between the 1<sup>st</sup> and 5<sup>th</sup> day of the month.



## SRC Gear Order Fall 2011

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

Item	Quantity	Size	Price Each (including Sales Tax)	Total
<b>Unisuit (required)</b>				
Men			\$104.03	
Women			\$107.31	
<b>Tops (blue required)</b>				
Blue			\$49.28	
Orange			\$70.08	
White			\$59.13	
Henley			\$52.56	
<b>Outer Wear</b>				
Splash Jacket			\$136.88	
Turtleshell			\$90.88	
Splash Vest			\$106.21	
Fleece Lined Full Zip Jacket			\$191.63	
<b>Bottoms</b>				
Tights, Speed Stripe			\$70.08	
Tights, 2X vertical			\$66.80	
Trou w/ Stripes			\$45.99	
<b>Hat w/ SRC Logo</b>			\$26.28	
<b>Grand Total</b>				

**Fill out order form, return to Carol with payment by Wednesday September 7**

Payment Options:

Circle one    Cash    Check    Charge    for CC's: Billing Zip Code: \_\_\_\_\_

Name as it appears on Credit Card: \_\_\_\_\_

Visa/MC# \_\_\_\_\_ Expiration \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_ 3 digit Sec Code \_\_\_\_\_

Questions? Contact Carol- 206.216.2255 or carol@seattlerowingcenter.com

# Junior Competitive Program

## Code of Conduct

Participation in a competitive rowing program demands fitness, determination, strength, and a competitive instinct. It also bestows friendship, camaraderie, and an enormous sense of teamwork. It is with this in mind and goal to be recognized for our crew and our citizens, the following Code of Conduct has been prepared.

1. I will work out in the Boathouse or row only when I have been fully registered with paid dues and fees.
2. I will pay the required dues and fees on time.
3. I understand that if I am expelled from SRC for disciplinary infractions, or if I quit the team, I will forfeit any and all payments made.
4. I will participate in all Mandatory SRC events
5. I will maintain a satisfactory record of conduct, citizenship, grades, and attendance in school
6. I will demonstrate support for coaches and fellow rowers, and show team spirit at all SRC events and competition.
7. I will be responsible for the proper care and use of equipment and for the boathouse.
8. I will pay for any equipment willfully or negligently damaged or lost. Removal of any equipment from the Boathouse without the approval of the coaches is forbidden.
9. I will be punctual for practices and meetings.
10. I will participate fully in all aspects of training.
11. I understand that the use of alcohol, tobacco, or any illegal substances is unacceptable by participant and will not be tolerated. I understand that bringing a weapon of any kind to any SRC function is grounds for immediate termination.
12. I promise to conduct myself with decorum and good sense, to behave courteously and considerately to all and to refrain from disrespectful language and actions. This applies to all coaches, teammates, and families at SRC, on all teams involved at SRC. This applies to behavior towards your teammates outside of SRC, while at home, school, on the Internet, and in the community. I understand that in order to work as a team, respect for my teammates and the coaches as well as my opponents is crucial.
13. I will treat all teammates, opponents, coaches, directors, officials and parents with respect.
14. I understand that bullying, harassment, of any kind of threatening or mean behavior (verbal, physical, or sexual in nature) towards coaches, staff, parents or fellow athletes will not be tolerated in any form.
15. I understand that theft at the boathouse or any venue will not be tolerated.
16. I will respect the authority and decision of the coaches as well as that of the chaperones and other appropriate authorities.
17. I realize that team goals come before my personal goals or desires.
18. My parents and I will observe the rules regarding transportation to and away from rowing events.
19. My family and I understand that if I receive credit for Independent Study my school will be notified if I am in breach of this participation Code of Conduct.
20. My parents and I will refrain from distributing any public announcements including but not limited to, emails, letters, or petitions, defaming, slandering, harassing or undermining SRC, its athletes, staff, directors or agents.
21. My parents and I understand that failure to let the coaches or any member of the staff know immediately if there is someone on the team who is not adhering to the Participants Code of Conduct is in itself a breach of the Code of Conduct.

Infractions of any of the above will be addressed quickly and immediately as the situation warrants and necessitates based on the coach or SRC staff member involved in the discovery of the action. A rower or parent with an infraction involving a serious event (physical confrontations, drugs, alcohol, weapons, bullying, or harassment) can, based on the coaches discretion be terminated immediately. I understand the rule and the possible disciplinary actions for violations. I/We understand the rules and the possible disciplinary actions for violations, which could range from a verbal warning to suspension or expulsion from the program.

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

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

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



## Photographic Model Release

Seattle Rowing Center a Washington state for profit corporation located in Seattle WA is hereinafter referred to as SRC.

Photographic images taken of SRC rowers participating in any SRC related activities are hereinafter referred to as Images.

Any Individual affiliated with SRC or the rowers taking images are hereinafter referred to as the photographer.

I hereby give SRC and the photographer and their assigns my permission to license the Images and to use the images in any media for any purpose (except pornographic, defamatory, libelous, or otherwise unlawful) which may include, among others, sale, advertising, promotion, marketing, and packaging for any product or service. I agree that the images may be combined with other images, text, graphics, and cropped, altered or modified.

I agree that I have no rights to the images and all rights to the images belong to SRC and the photographer and the assigns. I acknowledge and agree that I have no further right to additional consideration or accounting, and that I will make no further claim for any reason to SRC, photographer and/or assigns. I acknowledge and agree that this release is binding upon my heirs and assigns. I agree that this is irrevocable, worldwide and perpetual and will be governed by the laws of Washington State.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from the or related to the use of the photograph.

I have read this release before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of release.

I am 18 years of age or older and I am competent to contract in my own name.

SRC Rower Name: \_\_\_\_\_ (printed)

SRC Rower Signature: \_\_\_\_\_

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

I am the parent or legal guardian of the SRC rower named above who is a minor and I sign on their behalf agreeing to the terms of this release.

Name of Parent/Legal Guardian: \_\_\_\_\_ (printed)

Signature of Parent or Legal Guardian: \_\_\_\_\_

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

**SRC Registration Packet and check off list  
2011/12**

**Rowers Name:** \_\_\_\_\_

Circle One:

Novice Men    Novice Women    Varsity Boys    Varsity Women

The following forms must be complete and returned when registering and prior to participation along with this check list:

- \_\_\_\_ Rower Information Sheet
- \_\_\_\_ Medical & Liability release and Authorization to treat a Minor (Sign both copies)
- \_\_\_\_ Medical & Liability release and Authorization to treat a Minor (sign both copies)
- \_\_\_\_ Alcohol, Tobacco, Illegal Substances and Weapons Policy
- \_\_\_\_ Parent Responsibilities
- \_\_\_\_ Rower and Parent Receipt of Information and agreement of support
- \_\_\_\_ Code of Conduct
- \_\_\_\_ Authorization for payment and account information
- \_\_\_\_ US Rowing Proof of Membership (Must be done and paid online)
- \_\_\_\_ US Rowing Release of Liability (Must be done online)
- \_\_\_\_ SRC Float Test
- \_\_\_\_ SRC Liability Waiver (paper copy)
- \_\_\_\_ Photographic Model Release
- \_\_\_\_ Have read (online or printed) current SRC Manual and have understood its entire contents.

Payments received prior to rower's participation:

- \_\_\_\_ First month's dues of \_\_\_\_\_
- \_\_\_\_ Mandatory Uniform
- \_\_\_\_ Option Uniform / Logo wear (if applicable)