

Interested in rowing with the Friends of Milton Crew?

Here's what you need to know!

Registration for 2012 Summer Rowing Program (Sessions 1 and 2)

Registration is on a rolling basis. We prefer to receive your completed registration packet by June 18, but you may register after that date.

Please contact John Rhee (jrhee@miltoncrew.org) if you plan to register after June 18 or only for Session 2.

Session 1

First Day of Practice

Monday, June 18, 2012

Last Day of Practice

Thursday, July 19, 2012

Session 2

First Day of Practice

Monday, July 23, 2012

Last Day of Practice

Thursday, August 16, 2012

Practice Days and Times

Novice (Beginner) Rowers

Monday – Thursday, 8:30 – 11:00 am

Intermediate and Advanced Rowers

Monday – Thursday, 4:00 – 6:30 pm

Regattas

Saturday and/or Sunday (TBD).

Location

Milton Landing

(Coaches will announce where practice is to be held)

Carpools

The roster will be distributed for the purpose of setting up carpools.

Cancellation of practice

We practice in all weather except active lightning storms or other extreme conditions. Because our weather changes rapidly, rowers should assume practice will be held regardless of the weather and dress appropriately, unless they are told by a member of the coaching staff that practice has been cancelled.

Registration Limits

Team size is limited by our equipment and coaching resources, and safety consideration. To the extent possible, the Friends of Milton Crew will not cut rowers from our summer rowing program. However, if enrollment exceeds resources, the first two weeks of practice will serve as a try-out period. Any participant who is unable to continue in the program due to these restrictions after the try-out period will be partially refunded. Evaluation criteria include, among other things, a positive attitude, full participation in workouts, and the ability to pick up the fundamentals of the rowing stroke.

Participation Fee

The cost is \$300 per session and \$550 if you choose to sign-up for two sessions. Our fees cover only our operating costs, including coaches' salaries, regatta fees, gas for coaches' launches, and local travel expenses.

Refunds

Partial refunds will be given within the first two weeks due to injury, membership limits, or if a student decides the sport is not for him/her.

Donations

Contributions to the scholarship fund are welcomed (see Registration Form). *We have tax-exemption status from the IRS, so your contribution is tax-deductible.*

Parent Volunteers

Each family is expected to help out with the food tent at regattas one weekend during the season. Specific details will become available from the parent coordinator when a regatta is planned.

We welcome your ideas and participation! The Friends of Milton Crew is an all-volunteer organization, and we need your help to make rowing a success in our community. It only works because of what you do, from organizing fundraisers to ordering uniforms to chaperoning buses to running the food tent on race day, and on and on. There are so many different ways to help, and it is a fun way to meet other parents and learn more about your rower's new passion. Please fill out the parent volunteer form included in this packet.

Communication

We use email extensively for communication. We construct lists for parents and rowers for each squad, for all rowers, and for all parents. These lists are to be used only for crew-related information. Hotmail users (and possibly others) may need to turn off junk mail detection.

Questions?

Contact

John Rhee
President, Friends of Milton Crew
jrhee@miltoncrew.org
617-780-8065

Christos Minias
Board Member and Rowing Advisor, Friends of Milton Crew
christos_minias@oxfordcorp.com
978-836-2939

Milos Nikolic, Coach
mnikolic@miltoncrew.org
617-869-9809

General Inquiries: info@miltoncrew.org
Website: www.miltoncrew.org

Checklist

- _____ Registration Form
- _____ Code of Conduct (signed by parent and student)
- _____ Swim Test Form
- _____ Medical Release Form
- _____ Parent Volunteer Checklist
- _____ US Rowing Release of Liability Form

Please Print Legibly

Student Name: _____

Parents' Names: _____ (you live with)

Address: _____

Grade Level: 7 8 9 10 11 12

Home Phone: _____ **Gender:** Male Female

Height (feet and inches): _____ **Weight** (lbs): _____

T-Shirt Size (S, M, L, XL, 2X): _____

Student e-Mail Address: _____

Parent e-Mail Addresses: _____

Work Phones:

Mother: _____ **Father:** _____

Cell Phones:

Mother: _____ **Father:** _____

Additional Parent Name(s): _____

e-Mail Address: _____

Mailing Address: _____

Parent/Guardian Participation Consent - Required if Participant is under 18

Parent/Guardian

Print Name

Signature

Date

Preferred Emergency Contact: (We will always try to reach a parent first)

Name: _____

Relationship to Participant: _____

Phone: _____

Fees

_____ Participation Fee: \$300 per Session; \$550 for two Sessions

_____ \$ Contribution

We have tax exemption status from the IRS so your contribution is tax-deductible. It can be directed toward the purchase of new equipment, or left unspecified for general operating expenses.

_____ **\$ TOTAL ENCLOSED.**

Checks made out to **Friends of Milton Crew.**

The cornerstone of this code of conduct is **RESPECT**.

Athletes are expected to treat the coaches, volunteers, administrators, parents, and each other with respect. The same respect is afforded to the athletes by the coaching staff and Board of Directors of the Friends of Milton Crew.

Participation in rowing is both a privilege and a responsibility. Athletes earn recognition for their achievements as representatives of their school, the team, and the community. When athletes accept this privilege, he or she must live up to the high standards of our code of conduct.

As a prerequisite for participation in the Summer Rowing Program, participants and parents are expected to sign this statement that commits the participant and parent(s) to follow the established training rules and abide by the Friends of Milton Crew - Code of Conduct.

Team Rules and Regulations

1. A participant shall always be respectful toward another rower, coach, volunteer, board member or any other person. Participants will not harass, ridicule, or humiliate any other individual. Prohibited actions include verbal or nonverbal disrespect, psychological, or physical abuse.

In addition, participants must:

- a. Treat officials, coaches, opponents, teammates, and volunteers with respect.
 - b. Control their emotions at all times and never argue with officials or volunteers.
 - c. Represent the club with dignity and good sportsmanship at all regattas and regatta trips.
 - d. Refrain from using obscene language and gestures.
 - e. Follow the coach's instructions both on and off the water at all times.
2. Rowing equipment is very expensive and must be handled with care. Unnecessary talking and horseplay is not permitted when handling equipment. All athletes must participate in routine maintenance and storage of equipment. Report problems to the coaching staff immediately.
 3. Participants shall arrive at practice, meetings, and regattas at the properly scheduled time. Participants are expected to attend practices daily. Both effort and performance are important aspects of attendance and are expected by the coaching staff, as well as your fellow teammates.
 4. Unexcused absences are unacceptable. Excused absences must be minimized.

5. Participants are expected to show initiative and dedication to self-improvement and training when not on the water.
6. All participants are required to show respect for the neighborhoods and community property surrounding Milton Landing. There is absolutely no littering, loitering or trespassing on private property. Athletes shall participate in regular cleanup of the park property, storage areas, and the parking lot.

Substance Abuse Policy

The use and/or possession of alcohol, illegal drugs, tobacco products or any controlled substance is strictly prohibited, at all crew events and any related function or activity, regardless of where such function or activity is held.

Procedures

Summer Rowing participants are required to display good citizenship and sportsmanship in connection with their participation on the team.

Coaches have the authority to suspend a rower temporarily for failure to comply with rules and regulations, for displaying poor sportsmanship, or when the participant's safety or safety of others requires such actions.

Disciplinary action for a violation of the Code of Conduct will be commensurate with the nature and extent of the violation, and may include direction to stop the offensive behavior, temporary suspension, or removal.

Consent of the Board of Directors is required prior to removal of a participant from the program.

If a rower has violated any provision of this code of conduct, the following procedure will be implemented:

1. The coach will immediately address the concerns with the participant, as well as document the infraction. This action by the coach constitutes the first warning. Any infraction of the substance abuse policy will also result in immediate contact with the participant's parent/guardian.
2. The Head Coach and the Rowing Director shall be notified of the infraction. If a further violation is committed, a parent will be contacted. The participant will be asked to take two

Swim Test Requirement

If you rowed with us in the past, you **DO NOT NEED** to do another swim test. **However**, if you are joining us for the first time, you must take a swim test, or submit a copy of a completed swim test from another program.

You may take the test at **ANY pool with a certified lifeguard** but we suggest the South Shore YMCA in Quincy on 79 Coddington Street; the phone number is (617) 479-8500.

Please call first to check availability.

You will need to bring to the pool: 1) this form; 2) a long-sleeve T-shirt; and 3) a swimsuit.

Participant Name: _____

To be completed by Lifeguard

Observer Name: _____

Observer Title: _____

Pool Name and Location: _____

Test Sequence (check when successfully completed):

1. Wearing long sleeve shirt, swim 100 yards
2. Tread water for 1 minute
3. While treading water, remove shirt, and continue treading 4 additional minutes

Observer's Certification

I hereby certify that _____ has successfully completed each step of this Swim Test.

Observer Signature: _____ Date: _____

As parent or legal guardian of _____ (Child's name), I hereby give my consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry.

This care may be given under whatever conditions are necessary to preserve life, limb, or well-being of my dependent.

I further agree that a copy or facsimile of this form shall be acceptable for emergency use.

Parent Name (Print): _____

Parent Signature: _____ Date: _____

Emergency Contact Numbers: _____

Insurance Information

Name of Insurance Company: _____

Insurance ID Number: _____

Name of Insurance Holder: _____

Date of Birth of Insured Holder: _____

Child's Name: _____

Date of Birth: _____

Please list any allergies or notable medical conditions: _____

If there is a food allergy, does it require that any foods be banned from the food tent?

Volunteer!

Your talents can make a difference. Parents and volunteers do the behind the scenes work that makes this program successful. And, you don't need to know about rowing.

Just check any of the activities below that might be of interest, and we'll get in touch with you.

Curious but not sure how you might fit in?

Contact John Rhee at jrhee@miltoncrew.org or
Christos Minias at christos_minias@oxfordcorp.com

Strategic Planning and Budgeting Committee

- Financial Administration
- Budget Preparation and Planning
- Scholarships

Membership Committee

- Membership
- Recruiting
- Volunteers

Team and Parent Relations Committee

- School and Town Relations
- Publicity
- Website
- Photography
- Yearbooks
- Community rowing programs
- Awards & Medals
- College Recruiting

Uniforms and Merchandise Committee

- Uniforms
- Merchandise

Facilities and Equipment Committee

- Equipment

- Facilities
- Insurance
- Safety
- Race day

Fundraising Committee

- Fall Fundraiser
- Spring Fundraiser

Food and Travel Committee

- Food and Beverage
- Annual Spring Banquet
- Transportation
- Chaperones (bus and hotel)

Please briefly describe any specific ideas you have for the areas checked above:

Other Ideas? _____

Student Name: _____

Parent Name: _____

Parent Occupation: _____

e-Mail: _____

Note: Please leave USRowing # blank, we will fill this in

Release of Liability



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/11 - 12/31/12, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature: _____

Organization: **FRIENDS OF MILTON CREW**

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):

Races to be determined by the coaches

General notes on Saturdays during racing season:

In a typical season a race will be scheduled every Saturday with Sunday as an occasional alternate. For this, we will only race when the boats are rowing well enough to race safely.

When the race schedule becomes available, we will post it to our website.