



MASTERS (ADULT) REGISTRATION PACKET FOR SUMMER ROWING

Interested in rowing with the Neponset Rowing Club?

Here's what you need to know!

Registration for Summer 2015

Wednesday, June 10 – Thursday, July 24 12 sessions
Meets 3 days a week (Wednesday through Friday)

Morning: 6:00 am to 7:30 am (Sweep only)

June 10, 11, 12 and 24, 25, 26

July 8, 9, 10 and 22, 23, 24

How do I sign up and how does it work?

- ❖ Complete all of the information in the registration packet with payment and mail to:

**Friends of Milton Crew, Inc.
P.O. Box 221
Milton, MA 02186**

- **Payment due by Monday, June 8, 2015**

Activity fees are:

- Full session: \$350 for 3 days a week / 12 sessions

Participation Fee

Our activity fees cover only our operating costs including coaches' salaries.

Locations

All training will be held at Milton Landing (35 Wharf Street) unless otherwise specified.

REGISTRATION PACKETS ARE DUE ON MONDAY, JUNE 8th 2015

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 would be held regardless of the weather and dress appropriately, unless a member of the coaching staff tells them that practice has been cancelled.

Registration Limits

Our equipment and coaching resources, and safety consideration limit team size. To the extent possible, Neponset Rowing Club will not cut rowers from our program. However, if enrollment exceeds resources, the first two weeks of practice in each session 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 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.

Refunds

Refunds will ONLY be given within the first week due to injury, membership limits, or if a student decides the sport is not for him/her. No refunds afterwards.

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.

Clearance

Complete this packet before the first day of practice.

You will not be permitted to take part in any on-water or off-water activity with the Neponset Rowing Club until you are cleared and the following forms (including your payment) have been completed and received by the Friends of Milton Crew.

Questions?

Contact Milos Nikolic, Program Director
Friends of Milton Crew
mnikolic@neponsetrowing.org
617-869-9809

Janet Gilmore, Membership and Registration
Friends of Milton Crew
janetgilmore@neponsetrowing.org
617-755-7763

Checklist

_____ Neponset Rowing Club Registration Form

_____ Neponset Rowing Club Code of Conduct (signed by participant)

_____ Swim Test Form

_____ Medical Release Form

Please Print Legibly

Name: _____

Address: _____

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

Date of Birth: _____ **T-shirt Size (S, M, L, XL, 2X):** _____
(1st time rowers)

Have you ever rowed before? (Yes or No): _____

If Yes, please specify skill level: _____

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

E-Mail Address: _____

Cell Phone: _____

Emergency Contact:

Name: _____

Relationship to Participant: _____

Phone: _____

Fees 350.00 for 12 sessions

_____ **\$ Contribution**

*We have tax-exemption status from the IRS so your contribution is
Tax-deductible.*

*Can be directed toward the Scholarship Fund, 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 a **privilege** and **responsibility**, which carries the expectation that the athletes will behave in a responsible manner and follow established rules and regulations set by the Board of Directors and coaches. Athletes earn recognition for their achievements as representatives of 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 Neponset Rowing Club program, participants are expected to sign this statement that commits the participant to follow the established training rules and abide by the Neponset Rowing Club – 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. Participants are expected to show initiative and dedication to self-improvement and training when not on the water or in between seasons.

5. All participants are required to show respect for the neighborhoods and community property surrounding Milton Landing, Dedham, and Canton. 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.

Procedures

Neponset Rowing Club 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 from the team for a season or permanently.

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

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 Program 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 three days off from practice, and talk with the coach prior to returning to the team. This constitutes the second warning.
3. After a third violation of the Code of Conduct, the participant will be asked to leave the team for the season.
4. Depending on the severity or repetition of the violation, this issue may be further discussed with the Board of Directors, and the athlete may be removed from the team for the season or permanently.
5. A participant subject to disciplinary action may request a meeting with the coach, the Program Director, and representative(s) of the Board of Directors to discuss the action.

Commitment Statement

I, the undersigned, acknowledge receiving and reading this Code of Conduct. I understand and agree to abide by these rules of conduct. I further acknowledge that failure to return this document signed by the participant the rower ineligible to be a member of the Neponset Rowing Club.

Adult Rower

Print Name

Signature

Date

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: _____

MEDICAL RELEASE FORM

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?

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 06/01/15-06/01/2016, 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: **NEPONSET ROWING CLUB**

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):

In addition to filling out the one paper copy of the USRowing Release of Liability (above), please fill out the following two online waivers.

Check below that you have completed this, and turn this page in with your registration.

Regatta Central/USRowing Waiver: NA

You will need to sign the 2015 USRowing Waiver online in order for your son/daughter to participate in regattas this year. Please follow the instructions below:

1. Go to <https://rosters.usrowing.org/>
2. Neponset Rowing Club's Code is: **NTH43**. Enter this in the Athletes box on the right side of the page.
3. Search for yourself or your son/daughter and add the record to the club roster
 - o If multiple records are found select the paid membership, or the oldest waiver only membership
 - o If no record is found click the 'OK' button to create a record and add it to the club
4. Complete the profile information and check the box to sign the waiver
5. You will land on a confirmation page when this has been completed

Ronin Racing Waiver: NA

1. Go to: www.rowingwaivers.com
2. Select "Sign a Waiver" button
3. Under the "Junior" category, select whether you are a "Junior Male" or "Junior Female"
4. Fill out the waiver
5. Coach/Team Representative **Email** Enter nikolic@bu.edu
6. What is your Coach or Team Representative's Name? Enter "Milos Nikolic"

Name _____

_____ I have completed the Regatta Central/USRowing online waiver.

_____ I have completed the Ronin Racing online waiver.

~ June 2015 ~						Jul 2015 ▶
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	
8	9	10 HIGH TIDE	11 HIGH TIDE	12 HIGH TIDE	13	
15	16	17	18	19	20	
22	23	24 HIGH TIDE	25 HIGH TIDE	26 HIGH TIDE	27	
29	30	Notes:				

~ July 2015 ~						Aug 2015 ▶
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	
6	7	8 HIGH TIDE	9 HIGH TIDE	10 HIGH TIDE	11	
13	14	15	16	17	18	
20	21	22 HIGH TIDE	23 HIGH TIDE	24 HIGH TIDE	25	
27	28	29	30	31	Notes:	