

Welcome to Wayland-Weston Crew!

ADULT SUMMER ROWING PROGRAM

COME JOIN US FOR FUN, ENERGY, AND GREAT ROWING!

We are now offering three different summer rowing programs, beginning May 24, 2010.

- 1) **Adult Learn-to-Row Program.** For adults who are interested in learning how to row or who are just beginning to row in 8 or 4 oared shells. This is a sweep rowing program: each rower will learn to row with one oar (as opposed to sculling, where each rower has two oars).

- 2) **Intermediate Program.** For rowers who have learned the basics of rowing but would like more time to develop their skills

- 3) **WWRA Alumni and Experienced Collegiate/Adult Rowing Program.** For experienced rowers who are looking for a quality sweep rowing experience over the summer.

Dates and Times:

The WWRA Adult Summer Rowing Program will run in consecutive 2-week sessions beginning May 24th 2010.

The **Learn-to-Row group** and **Intermediate group** will row 2 days a week for 2 weeks (either Mon/Wed or Tues/Thurs). For the hard core learners, you might want to row all four days! You may also sign up for multiple 2 week sessions (a total of 8 weeks of summer rowing is available!), and as your skills develop, our coaching staff will place you in the groups that are best matched for your skills. There is a choice of two sessions, 6:00-8:00AM or 6:00-8:00PM. Participants will be asked for their first and second choices, and we will try to have full boats in each session.

The **Experienced Rowing group** will row 3 days a week for 2 week sessions, beginning June 29, 2009. Additional days may be added depending upon interest. Again, you may sign up for multiple 2 week sessions throughout the summer. The experienced rowing group will row from 6:00-8:00AM only. Times may be adjusted slightly to meet the needs of this group accordingly.

WWCrew Adult Summer Participation Fee:

For each 2 week session, the rate for the Learn to Row group is \$140. Experienced rowing group is \$180. Rowers signing up for 2 or more sessions, the rate is discounted to \$120 per session for Learn to Row; and \$150 per session for Experienced Rowers.

Coaching Staff:

The coaches on our staff are all highly professional and dedicated to bringing rowing to our community. Coaches may be part of our high school rowing staff or coaches specifically hired to teach the adult summer rowing program.

Weather Conditions:

We will row in all weather conditions, except for thunder/lightning or high winds. In the case of such inclement weather, the coaches will make every effort to reschedule that day's rowing session for another day in the week or later time in the day. We will not refund money due to weather conditions.

Clothing:

Exercise clothing is required. Please do not wear loose fitting shorts, sweatpants, or baggy sweatshirts. These will get caught in the moving parts of the boat. We suggest that you wear sneakers or slip on shoes (flip-flops are acceptable), but also bring socks for your time in the boat. Bring a re-usable water bottle with your name clearly labeled.

Registration Packet:

The following forms must be completed in full and returned to Brian DeDominici (address below). It is important that you complete and return all of the following forms:

- _____ WWCrew Registration Form
- _____ WWCrew Code of Conduct Form
- _____ Swim Test Form (**Needed for initial registration only**)
- _____ Medical Release Form
- _____ US Rowing Release of Liability Form.

**Please mail or deliver completed registration forms to:
Checks should be made out to WWRA**

Brian DeDominici
WW Crew
23 Lizotte Dr.
Bellingham, MA
01029

Questions?

Contact

Brian DeDominici; 912.484.4863; bdedom@gmail.com

Sessions and Times:

Please check off the session dates and times that you would like to register for. Each session is two weeks. You need to choose whether you will row on Mondays and Wednesdays of those two weeks or Tuesdays and Thursdays. (You can also row all 4 days each week). The rowing session will be held from 6:00-8:00AM or PM, With regard to the session times, please mark with first or second choice. We will make every effort to accommodate your first choices, but reserve the right to consolidate or change session times depending upon the number of participants signing up.

More Sessions may be made available in September. If you do not see a session or time when you are available please e-mail Brian (bdedom@gmail.com). If there are enough people interested we will do our best to create a session time that will work.

**You may choose to add more sessions as the summer progresses and as you discover how much you enjoy rowing!

Session I: May 24- 27 AND May 31-June 3

Learn to Row: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Experienced Rowers: (Mon/Tue/Thu)

6:00-8:00AM _____

Intermediate: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Session 2: June 7-10 AND June 14-17

Learn to Row: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Experienced Rowers: (Mon/Tue/Thu)

6:00-8:00AM _____

Intermediate: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Session 3: June 21-24 AND June 28-July 1

Learn to Row: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Experienced Rowers: (Mon/Tue/Thu)

6:00-8:00AM _____

Intermediate: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Session 4: July 5-8 AND July 12-15

Learn to Row: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Experienced Rowers: (Mon/Tue/Thu)

6:00-8:00AM _____

Intermediate: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Session 5: July 19-22 AND July 26-29

Learn to Row: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Experienced Rowers: (Mon/Tue/Thu)

6:00-8:00AM _____

Intermediate: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Session 6: Aug 2-5 AND Aug 9-12

Learn to Row: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Experienced Rowers: (Mon/Tue/Thu)

6:00-8:00AM _____

Intermediate: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Session 7: Aug 16-19 AND Aug 23-26

Learn to Row: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Experienced Rowers: (Mon/Tue/Thu)

6:00-8:00AM _____

Intermediate: (Mark with 1st and 2nd choices)

Mon/Wed 6:00-8:00 PM _____

Tue/Thu 6:00-8:00 AM _____

Fees: \$140/session for Learn to Row and Intermediate; \$180/session for Experienced Rowers

Discount if you sign up for 2 or more sessions (\$120/session Learn to Row;
\$150/session Experienced Rowers)

_____ \$ **TOTAL ENCLOSED.** Checks made out to *Wayland-Weston Rowing Assoc.*



Wayland-Weston Rowing Association, Inc.
Registration Form Summer 2010
Please Print Legibly

Rower Name: _____ Birth Date _____

Address: _____

City: _____ Zip: _____

Home Phone w/ Area Code: _____ Gender: M F

Email address: _____

Work phone _____

Cell phone _____

Previous rowing experience, if any:

Participation Consent

I acknowledge that I am participating in the Adult Summer Rowing Program and am fully responsible for following all rules of this rowing program. The WWRA Adult Summer Rowing Program reserves the right to make changes in the sessions dates or times if necessary.

Participant Name:

Signature: _____ Date Signed: _____

Preferred Emergency Contact:

Name: _____ Relationship to Participant: _____

Phone: _____



Wayland-Weston Code of Conduct

The cornerstone of this code of conduct is **RESPECT**. Athletes are expected to treat the coaches, volunteers, administrators, and each other with respect. The same respect is afforded to the athletes by the coaching staff and Board of Directors of WWCrew.

As a prerequisite for participation in the Wayland-Weston Crew program, participants are expected to sign this statement that commits the participant and parent(s) to follow the established training rules and abide by the WWCrew 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 practices at the properly scheduled time.
4. All participants are required to show respect for the neighborhoods and community property surrounding Lake Cochituate. There is absolutely no littering, loitering or trespassing on private property. Athletes shall participate in regular cleanup of the beach property, beach house, and the parking lot.

Substance Abuse Policy:

The use and/or possession of alcohol, illegal drugs, and tobacco products is strictly prohibited during any WWCrew season and at any related function or activity, regardless of where such function or activity is held. Those who choose to violate this policy are subject to immediate removal from the beach/boathouse area.

Wayland-Weston Crew Adult 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.

Commitment Statement:

We, the undersigned, acknowledge receiving and reading this Code of Conduct. We understand and agree to abide by these rules of conduct. We further acknowledge that failure to return this document signed by both the participant and his or her parent or guardian renders the student rower ineligible to be a member of Wayland-Weston Crew.

Print Name

Signature

Date



Wayland-Weston Crew Swim Test Form

Swim Test Requirement

If you rowed with us in the past, you **DO NOT NEED** proof of your swim test. **However**, if you are joining us for the first time, you must take a swim test.

You may take the test at **ANY pool with a certified lifeguard**.

Suggestions include the Wayland Town Pool, Weston High School, or Longfellow Health Club. 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: _____

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* _____
successfully completed each step of this Swim Test.

Observer Signature: _____

Date: _____



WAYLAND-WESTON CREW MEDICAL RELEASE FORM Summer 2010

I, _____ (Participant's name), do 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 this participant. I further agree that a copy or facsimile of this form shall be acceptable for emergency use.

Participant Name (Print) _____

Signature _____ Date _____

Emergency Contact Numbers _____

Insurance Information:

Name of Insurance Company: _____

Insurance ID Number: _____

Name of Insurance Holder: _____

Date of Birth of Insured Holder: _____

Participant's Name: _____

Date of Birth: _____

Please list any allergies or notable medical conditions: _____

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 12/31/09 – 12/31/10, 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 Release 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 # _____ Date of Birth: _____

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 is THE USRowing Release of Liability, which should be copied for your use.