

Welcome to Wayland-Weston Crew!
Fall 2009 Registration Packet
Registration Deadline for returning rowers: August 10, 2009

Novice registration (new rowers) is open through the first 1-2 weeks of school, as long as there is space available. Please email Barbara Sheffels (barbsheffels@comcast.net) prior to mailing forms to see if there is space.

General Information

First Day of Practice: Returning rowers--Monday, August 31, 2009

Novice (new) rowers—Tuesday, September 8, 2009

Last Day of Practice: Tuesday, November 3, 2009

Practice dates and times: Monday-Friday, 3:30 - 6:00pm and Sat am

Please note: novice crews will have practice on only some Saturdays

Location: Wayland Town Beach

Directions: <http://wwcrew.org/about/boathouse>

The roster will be distributed for the purposes of carpooling with other teammates. A parent-organized bus to practice from Weston High School has been available in previous seasons; check back for more information.

NOTE: PLEASE BE CONSIDERATE OF RESIDENTS NEAR THE LAKE BY DRIVING SLOWLY IN THE NEIGHBORHOOD AND BEING VERY OBSERVANT OF PEDESTRIANS, CHILDREN, PETS, ETC.

Cancellation of practice: We practice in all weather except active lightning storms. Because our weather changes rapidly, expect practice to be held regardless of the weather situation, and dress appropriately.

WWCrew Participation Fee: The WWCrew fee is \$855 (\$765 Participation Fee, \$50 Equipment Maintenance Fee, and \$40 Town Beach Usage Fee which goes to the Wayland Park and Rec. Dept.). Our fees cover only our operating costs: primarily coaches' salaries, but also including gas for coaches' launches, regatta fees, and local travel expenses. We offer a \$50.00 sibling discount off the participation fee for the second child in the program. Refunds (less \$25) will be given within the first two weeks due to injury or membership limits.

Scholarships: It is the policy of Wayland-Weston Crew not to exclude anyone due to financial reasons. We recognize that crew is an expensive sport, and in keeping with our mission, we wish to provide the opportunity to participate to all who are interested. Full or partial scholarships are available.

Please contact the WWCrew Athletic Director (Barbara Sheffels, 508.358.5461, or barbsheffels@comcast.net) for confidential, partial or full fee waivers. We do not ask you for personal financial information. Please do consider the following: Other sports at Wayland High School require a \$225 activity fee. Also, we must pay the Town of Wayland \$40/rower regardless of the fees collected. Covering this amount of the fee, if possible, is very helpful to your child's team.

Donations to the scholarship fund are welcomed (see registration form).

Tentative schedule:

Sept weekend, TBD, Ergathon Fundraiser

Sunday Oct 4, Textile River Regatta, Lowell

Saturday Oct 10, Head of the Housatonic, CT

Sat-Sun Oct 17-18, Head of the Charles, Cambridge (limited entries)

Sat Oct 24, Head of the Fish, Saratoga, NY

Sun Nov 1, MA Public School State Championships (tentative)

TBD, Wayland Boosters Banquet

The full schedule will be posted on our website: <http://wwcrew.org/calendar> or http://wwcrew.org/races/race_schedule

Work Party Participation: The success of your team depends on more than just showing up to practice. The maintenance and care of our equipment, our boathouse, and our home course are essential. Therefore, each team member is expected to dedicate a minimum of five hours of participation per season to these activities. Attendance will be taken and may affect placement in boats.

Parent Volunteers: We welcome your ideas and participation! Wayland-Weston Rowing Association is an all-volunteer organization, and we need your help to make this team a success. 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. Click here for more information-we look forward to meeting you! http://wwcrew.org/get_involved

Communication: We use email extensively for communication. Email addresses are to be used only for crew-related information. Hotmail users (and possibly others) need to turn off junk mail detection for messages sent to wwcrew_parents@wwcrew.org and wwcrew_students@wwcrew.org (click here for email addresses <http://wwcrew.org/about/organization>)

Registration Limits: Team size is limited by our equipment and coaching resources, safety considerations, and our state and town permits. To the extent possible, Wayland-Weston Crew will not cut rowers from our program. However, if enrollment exceeds resources, the first two weeks of practice in each season 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, less \$25.00. Evaluation criteria include, among other things, a positive attitude, full participation in workouts, ability to run two miles, and the ability to pick up the fundamentals of the rowing stroke.

April Vacation Practices: In keeping with the varsity sport requirements of both Wayland and Weston High Schools, Varsity AND Novice rowers are expected to attend practices during April vacation. This week is an important time for training. The first weekend, juniors are allowed to miss practice in order to visit colleges but are required to be back at practice on Tuesday afternoon. Any regattas scheduled for this first weekend are OPTIONAL. We encourage juniors to seek alternate times to visit colleges. Attendance Tuesday through Saturday may affect placement in boats.

Registration Packet Checklist

- _____ WWCrew Registration Form
- _____ WWCrew Code of Conduct (signed by parent and student)
- _____ Swim Test Form (**needed only if you are new to the program**)
- _____ Medical Release form
- _____ Parent Volunteer Checklist
- _____ US Rowing Release of Liability Form. Submit **THREE copies** with **original signatures** (both student and parent): *Download form; fill out everything but signatures; copy 2x; sign all 3 pages and submit.*
- _____ Uniform Order Form

Late Registration Fee: There is a \$50 LATE REGISTRATION FEE for all returning participants. There are no guaranteed spots for those registering late.

High School Clearance In addition to completing our registration forms, each participant must complete his or her school clearance process. Please check your school's website for requirements and to download forms that must be returned to your school. Do not pay a fee to your school.

Note: You will not be permitted to take part in any on-water or off-water activity with Wayland-Weston Crew until the following forms, including your payment, have been completed and received by WWRA.

Please mail or deliver completed registration forms to:

Barbara Sheffels
WWCrew
27 High Rock Rd.
Wayland, MA 01778

Questions?

Contact Barbara Sheffels, WW Crew Athletic Director
508-358-5461 or barbsheffels@comcast.net

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

Student Name: _____ Parents' names _____
(you live with)

Address: _____

City: _____ Zip: _____ Graduation Year: '10 '11 '12 '13

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

Student email address: _____

Parent email addresses: _____

Work phones mother: _____ father: _____

Cell phones mother: _____ father: _____

Previous seasons w/ WWCrew: (Please Circle)

Fall '06 Fall '07 Fall '08
Spring '07 Spring '08 Spring '09

Additional Parent Name(s): _____ email address: _____

Mailing address: _____

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

Parent/Guardian Name: _____

Signature: _____ Date Signed: _____

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

Name: _____ Relationship to Participant: _____

Phone: _____

Please check here if you do not want your contact information to be distributed with the roster (for carpooling, etc)

Fees:

_____ \$ 765 **Participation Fee**

_____ \$ 40 **Town Beach Usage Fee** (Collected on behalf of the Town; given directly to Town)

_____ \$ 50 **Equipment Maintenance Fee**

_____ \$ **Tax Deductible Contribution**. Can be directed toward the Scholarship Fund, toward the purchase of new equipment, or left unspecified for general operating expenses.

_____ \$ **Sibling Discount**, if applicable. (\$50 discount off the registration fee for the sibling)

_____ \$ **Late Registration Fee** (\$50), not applicable to new rowers to the program

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



Wayland-Weston Code of Conduct

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 WWCrew.

Participation in rowing is both a privilege and a responsibility. Athletes earn recognition for their achievements as representatives of their school, the team, and their 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 Wayland-Weston Crew 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 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 practice, meetings, and regattas at the properly scheduled time. Participants are expected to attend practices daily and on Saturday based on each season's schedule of practices. Both effort and performance are important aspects of attendance and are expected by the coaching staff, as well as your fellow teammates.
4. April vacation practices for both the varsity and novice teams are crucial to Spring success. Missing these practices may affect boat placement. Unexcused absences are unacceptable. Excused absences must be minimized.
5. Pre-season practices for the Fall season are also crucial to the team's success. Practice for the Varsity squads will begin prior to the start of school in the Fall Season.
6. Participants are expected to show initiative and dedication to self-improvement and training when not on the water or in between seasons.
7. 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.

Wayland-Weston Code of Conduct (Cont.d.)

Substance Abuse Policy:

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

Our substance abuse policy is aligned with the policies of Wayland and Weston High Schools, the full texts of which are available on each school's website. As varsity athletes at both high schools, Wayland-Weston Crew athletes are required to comply with the schools' substance abuse policies, and are subject to the disciplinary measures outlined in those policies.

Procedures:

Wayland-Weston Crew 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 program director/head coach and the Director of Coaching 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 his/her parent(s)/guardians(s), the coach, the Director of Coaching, and representative(s) of the Board of Directors to discuss the action.

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.

Student Rower

Print Name

Signature

Date

Parent/Guardian

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 or Weston High School. 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 Fall 2009

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?



Wayland-Weston Crew Parent Volunteer Form

Volunteer! Your talents can make a difference. The remarkable growth and success of Wayland-Weston Crew is a function of our parents and volunteers, running the show behind the scenes. You, too, can help! It's fun. It's a great way to meet some fine neighbors. And you can be completely clueless 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 Barbara Sheffels at barbsheffels@comcast.net.

Strategic Planning and Budgeting Committee

- Financial Administration
- Budget Preparation and Planning
- Scholarships

Membership Committee

- Membership
- Recruiting

Team and Parent Relations Committee

- School & Town Relations
- Alumni
- Publicity
- Website
- Photography
- Yearbooks
- College Recruiting
- Awards & Recognition

Uniforms and Merchandise Committee

- Uniforms
- Merchandise

Facilities and Equipment Committee

- Equipment
- Facilities
- Insurance
- Safety
- Race day

Fundraising Committee

- Fall Fundraiser (ergathon)
- Spring Fundraiser

Food and Travel Committee

- Food & Beverage
- Annual Spring Banquet
- Transportation

I am interested in chairing (or co-chairing). I would like to be a worker bee.

Other ideas? _____

Student Name _____ Parent occupation _____
Parent Name _____ Email address _____

Release of Liability

Fax: 609-924-1578



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered

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 in-

1. I ACCEPT 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.

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 conditions in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. 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.

advice or assistance of any nature and intended to be an independent action. 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 in-

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.

Wayland-Weston Crew UNIFORM ORDER FORM

Please return with your registration and include a separate check made out to WWRA.

Uniform orders are for rowers in need of the uniform. If you already have one, no need to order.
Prices subject to change.

VARSAITY

Required for all Varsity:

Girls Varsity: orange unisuit.

Boys Varsity: maroon unisuit.

Coxswains: you can use a matching tank top instead of a unisuit if you prefer.

For unisuits, please note the requested measurements. We really do need all of them because they customize them to each athlete. They are at <http://jlracing.com/howto/step3.php?la=en>

Optional for Varsity:

Headsweats

Boathouse windshirt

Black trou: not uniform, but useful for practice

NOVICE

Required for all Novice: black trou and tank (orange for girls; maroon for boys)

Optional for novice and varsity: long-sleeve shirt (orange for girls; black for boys)

=====

Name: _____

Measurements (*required):

Height* _____ **Weight*** _____ **Chest/Bra size (girls)* or Chest (boys)*** _____

Hips* _____ **Waist*** _____

Optional, if known: JL trou size _____ JL tank top size _____

Comments (e.g. Long- (or short-) waisted; Very long legs; Huge thighs; Barrell-chested; Swimmer's back):

_____ **Varsity Girls unisuit: \$78.** *Fill out measurements above.*

_____ **Varsity Boys unisuit: \$78.** *Fill out measurements above.*

_____ **Black rowing trou** (spandex shorts) **\$35** size: _____ (XXS, XS, S, M, L, XL) Sizing at http://www.jlracing.com/page.trou_sizing.html

_____ **Girls tank top \$49** *Fill out measurements above.*

_____ **Boys tank top \$49** *Fill out measurements above.*

_____ **Girls long-sleeve shirt \$44** unisex sizing: _____ (XS, S, M, L, XL, XXL)

_____ **Boys long-sleeve shirt \$44** unisex sizing: _____ (XS, S, M, L, XL, XXL)

Sizing (girls and boys) at http://www.jlracing.com/page.tech_shirt_sizing.html

_____ **Boathouse Windshirt** (optional, varsity only). **\$75.** Circle: XL, L, M, S, XS. Name to be embroidered on sleeve: _____

_____ **Headsweats** (optional, varsity only): **\$25** size: _____

_____ **TOTAL** **Please include a separate check made out to WWRA.**