



Ridgewood Crew - Junior Rowing Program ***Summer 2019***

Rower Information:

Rower Name (Last)_____ (First)_____

Address_____

Home #_____ Rower Cell #_____

Rower Email Address_____ DOB_____

School_____ Grade entering in Sept 2019_____

Parent/Guardian Information:

Parent 1 Name_____

Parent 2 Name_____

Parent Address (If different than rower's) _____

Parent 1 Email _____ Parent 1 Cell _____

Parent 2 Email _____ Parent 2 Cell _____

Terms of Participation:

If you are new to Ridgewood Crew, a completed Ridgewood Crew Waiver ([click here](#)) must be attached to this form.

All programs must be prepaid, with a check payable to Ridgewood Crew. Receipt of full payment is required for participation confirmation. No refunds will be provided for athletes who drop out of the program; no prorated weeks.

Please mail the completed Sign-Up Sheet, Ridgewood Crew Waiver, and check May 31 (transition program) or June 21 (Elite/Intermediate/Novice programs) to:

Ann Hida/Ridgewood Crew
373 Shelbourne Ter
Ridgewood, NJ 07450



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Summer Session				
Transition Program: Program designed to recover from a demanding spring season. Focus on technique and easy rowing. Attendance not mandatory.				
DATES	DAYS	TIME	COST	SELECT
June 3 – June 21	Mon/Tues/Fri	4:30 – 6:30pm	\$225	
Elite Camp: Intended for athletes with rowing experience who are committed to increasing their skill and fitness level to a higher standard. Athletes selected for this group are expected to attend every practice and regatta (no practice July 4).				
DATES	DAYS	TIME	COST	SELECT
June 25 – July 26	Tuesday – Saturday	8 – 11am	\$825	
Intermediate Camp: Intended for athletes with one year of experience or athletes that can't commit to the Elite Summer criteria. Program focuses on developing rowing technique and overall fitness.				
DATES	DAYS	TIME	COST	SELECT
June 25 – July 26	Tue/Wed/Fri	11:30am – 1:30pm	\$375	
College Program: For college athletes that want to develop/learn sculling technique. For college athletes that would like to compete at National Level (sculling).				
DATES	DAYS	TIME	COST	SELECT
July 5 – July/August Customized	Customized	Customized	TBD	
REGATTAS				
Elite				
1: Philadelphia Youth Regatta; Philadelphia, July 20, 2019				
2: Overpeck Summer Sprint; Ridgefield Park/Leonia, July 27, 2019				
3: Canadian Henley; St. Catherine, August 6-11, 2019 (select crews; additional fee required*)				
Note: Athletes selected to race at the Canadian Henley will keep training once the Elite Summer Camp ends.				
Intermediate				
1: Philadelphia Youth Regatta; Philadelphia, July 20, 2019				
2: Overpeck Summer Sprint; Ridgefield Park/Leonia, July 27, 2019				
College				
1: TBD with the rowers.				

*Note: Rowers that will be attending the Canadian Henley – practice will continue beyond July 27 up to the regatta. A separate fee for the additional practice and regatta participation will be required.



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PARENT/GUARDIAN LIABILITY WAIVER & EMERGENCY CONTACT FORM

Child's Name: _____

I, the parent/guardian of the above-named child, hereby give my full consent and approval to his/her registration and participation in Ridgewood Crew for the 2019 calendar year. I understand that there are certain risks of injury inherent in the practice and races of crew, as well as transporting my child to or from any of the regattas or crew-related events, and I am willing to assume all risks and hazards incidental to the conduct of such activities.

I hereby confirm that my child is fully capable of participating in the sport of crew and that my child is in sound medical condition and has no physical or mental disabilities or conditions that would restrict full participation, except as noted below. Please include all known allergies.

Physical Disabilities, Medical Conditions and/or Allergies:

Physician Name & Number: _____

In the event of my absence, if my son/daughter is suffering from an injury or condition requiring diagnosis and immediate medical or surgical treatment, I do hereby voluntarily authorize Ridgewood Crew coaches, Board members, and/or parent volunteers at the scene to consent to such diagnostic procedures, medical/hospital care, medication administration, and to such medical, surgical, or x-ray treatment as may be deemed necessary by and under the direct authorization of a licensed physician/practitioner.

Emergency Contact Info:

Parent #1 Name: _____

Cell: _____; **Work:** _____; **Home:** _____

Parent #2 Name: _____

Cell: _____; **Work:** _____; **Home:** _____

Emergency Contact Info (Continued):

Emergency Contact Name: _____

Cell: _____; **Work:** _____; **Home:** _____

Emergency Contact Name: _____

Cell: _____; **Work:** _____; **Home:** _____

In addition, I hereby release, absolve, and discharge Ridgewood Crew and its officers, directors, coaches, sponsors, supervisors, representatives, and any person transporting my child to and from any of the activities from any claim or liability in case of an accident, injury and/or medical and dental expenses incurred to my child.

Signature of Parent/Guardian: _____ **Date:** _____

Name of Parent/Guardian: _____