



RADNOR GIRLS CREW CLUB (RGCC) SUMMER ROWING CAMP

What is the RGCC Rowing Camp?

The RGCC Rowing Camp is a “learn to row” program that introduces the sport of rowing to girls ages 12-16. The goal is to provide an opportunity for students to learn to row in a non-competitive environment. The sessions teach the mechanics of how to row with one oar (sweep rowing) which can be applied to two-oared rowing (sculling). The program is designed to give each rower time to develop and improve rowing skills in a relaxed atmosphere. The campers will progress quickly from learning technique on the rowing machines to application on the water. **No prior rowing experience is needed.**

The team’s coaches are assisted by current athletes from Radnor High School so the participants have the opportunity to talk with experienced girls about the sport as well as get more personal instruction.

Location, Schedule and Costs

Location: Hines Rowing Center/Whitemarsh Boat Club in Conshohocken. Directions on the RGCC website (see below).

Schedule: Session 1: June 18 – 29 (weekdays)
Session 2: August 13- 24 (weekdays)

Time: The RGCC Rowing Camp is a day camp only with practices scheduled between 9:00 and 1:00pm. Daily drop off is 8:30 am and pick-up by 1:30 pm.

Cost: Each session costs \$500 with a \$100 discount for Session 2 if a girl participated in Session 1. A non-refundable deposit of \$100 is due by May 25th in order to reserve a place in either session (two deposits are required for those participating in both Sessions.) The \$400 balance for Session 1 is due by June 11th. The \$400 balance for Session 2 is due by August 6th. The camp is limited by availability of equipment and coaching. Reservations will be processed in the order they are received. For this reason, we regret we cannot offer refunds. (Late registrants, please call Elizabeth Lowy at the number below.)



Forms: Are available on line (registration, waiver, and medical forms to participate) at **RGCC website:** <http://www.radnorcrew.org/girls/index.htm>; click on *Summer Learn to Row Program* on left side of page.

Questions: Please contact Elizabeth Lowy with any questions at (610) 772-3259 or RGCCCLTR@radnorcrew.org or visit <http://www.radnorcrew.org/girls/index.htm>.





**Radnor Girls Crew Club Summer Rowing Camp
Registration Checklist**

Name: _____ Grade Entering: ____ School: _____

Have you participated in RGCC's rowing camp before? Yes ____ No ____

All forms are included in this packet and all forms must be submitted.

1. ____ **Summer Rowing Camp Registration Form**
2. ____ **RGCC Waiver and Release of Liability**
3. ____ **US Rowing Release of Liability (2012 version)**
4. ____ **Hines Rowing Center Code of Conduct**
5. ____ **RGCC Permission for Medical Treatment**
6. ____ **\$100 Deposit Check (non-refundable) ***

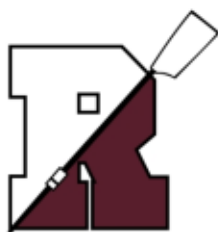
**Make a copy for yourself and return all forms and
deposit check by May 25th to:**

**Elizabeth Lowy
417 North Wayne Avenue
Wayne, PA 19087**

Athletes may not participate without all forms and payment having been submitted.

**If you have any questions, contact Elizabeth Lowy (610 772-3259
or RGCCLTR@radnorcrew.org**

***Balance of \$400 due by June 11th for Session 1 and by August 6th for Session 2.**



Radnor Girls Crew Club Summer Rowing Camp

Registration Form (2012)

Check Session: June 18-29 _____ August 13-24 _____

Athlete's Name: _____ Grade entering: _____
Address: _____ School: _____
City: _____ Zip: _____ Home: (____) _____
Email: _____ Cell: (____) _____

Mother's Name: _____ Home: (____) _____
Address (if different): _____ Work: (____) _____
City: _____ Zip: _____ Cell: (____) _____
Email: _____

Father's Name: _____ Home: (____) _____
Address (if different): _____ Work: (____) _____
City: _____ Zip: _____ Cell: (____) _____
Email: _____

Emergency Contact #1: _____ Home: (____) _____
Relationship: _____ Work: (____) _____
Cell: (____) _____

Emergency Contact #2: _____ Home: (____) _____
Relationship: _____ Work: (____) _____
Cell: (____) _____

Do you have any medical conditions that the coaches should be aware of? Yes ___ No ___

If yes, please explain: _____

Do you participate in a:

Fall Sport? Yes No If yes, what sport? _____
Winter Sport? Yes No If yes, what sport? _____

Important Information Regarding RGCC Communications

Every parent and athlete will be subscribed to the RGCC email distribution list. Others may also subscribe by sending an email to RGCCsubscribe@radnorcrew.org. Subscribers receive Puddles (the weekly newsletter of the RGCC) and important information regarding club activities, including race result updates.

Radnor Girls Crew Club

Waiver and Release of Liability

IN CONSIDERATION of being given the opportunity to participate in the Radnor Girls Crew Club and to utilize the Hines Rowing Center facilities, I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of rowing activities, both on the water and land based, that I am qualified, in good health, and in proper physical condition to participate in such activities, and that I am able to swim.
2. FULLY UNDERSTAND that:
 - (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("risks");
 - (b) these risks may be caused by my own actions, or inactions, the actions of others participating in the Radnor Girls Crew Club, or the negligence of the "releasees" named below;
 - (c) I am responsible for arranging for my own transportation to and from Radnor Girls Crew Club practices, regattas and other events and, while the club may help facilitate the organization of transportation (by carpool or otherwise), I, alone, accept full responsibility and all risks; and
 - (d) there may be other risks and social and economic losses either not known to me or not 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 Radnor Girls Crew Club activities.
3. AGREE AND WARRANT that I will examine and inspect each activity in which I take part 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 that activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue Hines Rowing Center, located at 801 Washington Street, Conshohocken, PA 19428, Radnor High School and the Radnor Girls Crew Club, their administrators, coaches, directors, agents, officers, volunteers and employees, and other participants, and, if applicable, owners and lessors of premises on which the activities take 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 releasees 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 may incur as a result of such a claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, and understand that I have given up substantial rights by signing it and have signed it freely and without any induction 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.

Printed Name of Participant: _____

Date of Birth: _____

Street: _____

City: _____ **State:** ____ **Zip Code:** _____

Participant's Signature (only if age 18 or older): _____

Date: _____ **Phone:** _____

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 Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each such Releasee 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: _____

Street: _____

City: _____ **State:** ____ **Zip Code:** _____

Parent/Guardian's Signature (only if participant is under the age of 18): _____

Date: _____ **Phone:** _____

Radnor Girls Crew Club
Permission from Parent or Guardian for Medical Treatment

Last Name First Initial Grade Entering

School District Student Birth Date

CONSENT:

As a parent/guardian, I expect every reasonable effort will be made to contact me in order to receive my specific authorization before any treatment is undertaken.

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Street Address City State Zip

If parent cannot be reached, call:

1. _____
Name Telephone # Relationship
2. _____
Name Telephone # Relationship

In the event of an emergency requiring medical attention, I grant permission to a physician or other hospital personnel designated by the Radnor Girls Crew Club coaching staff to attend to my daughter.

Print Parent/Guardian Name Signature Parent/Guardian Date

Family Physician: _____ Telephone #: _____

Dentist: _____ Telephone #: _____

INSURANCE COVERAGE:

You are required to provide medical insurance coverage in order to participate in the RGCC. This certifies my child has proper and adequate coverage.

Insurance Company Policy No. Group No. Phone Number

Primary Subscriber Name Subscriber date of birth (DOB)

MEDICAL HISTORY:

Does your child wear contacts or glasses? Yes No

Has your child ever had:

1. asthma? Yes No
2. diabetes? Yes No
3. kidney injury? Yes No
4. heart condition? Yes No

If yes to any of the above, please explain, including any prescription medicine taken on a regular basis:

List any medications your child is allergic to: _____

Please note any condition other than stated above that a physician should be made aware of?

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: _____

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.

Hines Rowing Center

Code of Conduct

Hines Rowing Center (HRC), the Whitemarsh Boat Club (WBC), and Tenants cooperatively require compliance with property and house rules, as well as any existing club or team rules. Violation of the Code of Conduct will result in expulsion from the HRC property; criminal prosecution and personal financial liability.

1. Rowers must comply with all rules and regulations of HRC to ensure its smooth operation as a multi-school facility for Junior, Collegiate and Masters rowers. Any violation of rules could result in reprimands, penalties, suspension, and ultimately, expulsion from the rowing program.
2. Rowers must respect all HRC property and equipment; any defacement of property or “graffiti” is considered vandalism and will be treated as such with local authorities.
3. HRC is a multi-team facility. Good sportsmanship is promoted at all times on and off the water. Respect for self, teammates, coaches, HRC members, officials, and other teams, clubs, and camps rowing out of HRC is to be shown.
4. Rowers are not permitted to engage in dangerous horseplay while on HRC grounds. Rowers are expected to be aware their surroundings at all times. The launching of boats can be very hazardous; the sport of rowing is the priority at all times.
5. Littering is prohibited. Disposable plastic water bottles are prohibited. Rowers must carry their own reusable water bottles. In an effort to “go green” HRC has provided recycling containers as well as trash receptacles. Rowers are expected to pick up after themselves.
6. Rowers must comply with HRC housekeeping rules while in the HRC Locker Room, Shower and Toilet areas. These areas must be kept neat and clean.
7. Rowers may not change in their cars or in the Parking lot.
8. Rowers are to refrain from disrespectful conduct including verbal abuse and profane language of each other and anyone on the Upper Schuylkill waterway.
9. Rowers and parents must park in the designated parking area, not in the coaches’ and WBC member parking area. Speeding and reckless driving are against the law and dangerous. Rowers involved in such behavior in the parking lot and on Washington Ave. will be banned from HRC property.
10. Swimming off the docks is prohibited.
11. Out of respect to the other schools that use the docks simultaneously, launching and landing of shells must be done **very quickly** within the allotted time window for each program. All stretcher and height adjustments must be done in the boathouse prior to launching, or on the water, not while on the dock. Oars must be staged on the dock prior to bringing the boat down to the dock, and oars must be removed IMMEDIATELY after landing.
12. While on the HRC property, all rowers must wear shirts; no bare tops or sports bras.
13. The possession of alcohol or any illegal substance is prohibited and will be prosecuted to the full extent of the law. No smoking on the HRC property.
14. Illegal possession, carrying or discharge of any explosive, firearm, or other weapon will be prosecuted to the full extent of the law.
15. Rowers and programs are responsible for damage to HRC property, equipment, and infrastructure while on site.
16. Launches are to be secured and motors stored properly at end of season.
17. Gas containers are to be properly stored and locked up **daily**.
18. Logging in and out while rowing is required.
19. Bow balls are required on all boats prior to leaving the dock.

20. Minimal usage of all utilities is everyone's responsibility.
21. No student should be on site or on the water without either a coach or a parent physically present at the Facility.

Violation of the HRC Code of Conduct will result in the following:

First Offense – Notification of the responsible coach by HRC management of an infraction of HRC Code of Conduct. Internal team or club discipline will take over (except in the case of violations of law, including vandalism.)

Second Offense – Notification to the responsible coach, suspension from the HRC Property for one week, notification of Athletic Director or sponsoring organization.

Third Offense – Notification to responsible coach and Athletic Director resulting in suspension from HRC for one year.

HRC retains the right to suspend entire teams for cumulative offenses of individuals on that team.

I have read, understand and agree to follow terms stated above.

SIGNED _____ (Athlete) _____ (Date)

SIGNED _____ (Parent/Guardian) _____ (Date)