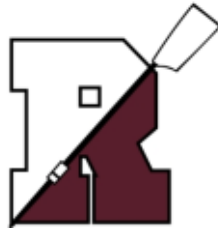


## Radnor Girls Crew Club Spring Season General Information

**FULL-TIME SPRING CREW:** Varsity/JV Programs (returning athletes only) and Freshman/Novice Program. Anyone not participating in another spring sport is welcome to come out for the Spring Program. Rowing is a challenging but highly rewarding sport, demanding endurance, strength and skill along with consummate teamwork and mental toughness. Rowers are among the toughest, most determined athletes you will meet. **Cost is \$1,275**, which includes regatta hospitality costs, a team photo, spring break activities and the athlete's banquet fee. The RGCC is proud to be able to offer a limited amount of need-based financial assistance to qualified athletes, which will cover up to 50% of dues. For more information and an application, please email [RGCCaid@radnorcrew.org](mailto:RGCCaid@radnorcrew.org) or visit [Row With Us | Financial Aid](#) on our website. Please be assured that we will treat all financial aid requests and related information with the utmost confidentiality.

### WHAT YOU NEED TO KNOW

- Location:** The program is administered at the Hines Rowing Center in Conshohocken. Directions are included in the RGCC Handbook and on the RGCC website ([www.girls.radnorcrew.org](http://www.girls.radnorcrew.org)).
- Schedule:** The Varsity/JV pre-season begins Tuesday, January 3, 2012, with the first practice for freshmen and novices beginning Tuesday, January 10. An informational session for new and prospective athletes will be held in Room 150 at Radnor High School on Tuesday, December 13 at 7 PM. The season concludes in late May (Memorial Day weekend, if we make it to Nationals). All athletes are required to attend practices during spring break week, which falls in the heart of the regatta schedule.
- Forms:** Athletes who did NOT participate in fall crew this school year must complete and return all of the attached forms before they are permitted to participate. Returning fall athletes need only complete and return those forms listed in the top section of the Registration Checklist which follows. Athletes with incomplete forms or missing payment will not be allowed to participate. Information on how to submit completed forms is available on the checklist.
- Questions:** Please contact RGCC Secretary Karen Fitch with any questions at (610) 306-0269 (c), (610) 527-8193 (h), or [RGCCsecretary@radnorcrew.org](mailto:RGCCsecretary@radnorcrew.org).



**Radnor Girls Crew Club Spring Season  
Registration Checklist**

Athlete's Name: \_\_\_\_\_ Grade: \_\_\_\_ Did you participate in fall crew? Yes No

All forms are included in this packet. Refer to the checklist below to determine what you need to submit.

**To be completed by ALL participants:**

1. \_\_\_\_ Spring Season Registration Form
2. \_\_\_\_ US Rowing Release of Liability (2012 version)
3. \_\_\_\_ Stotesbury Cup Regatta Waiver of Liability
4. \_\_\_\_ \$1,275 Check Payable to "RGCC"
  - a. Due no later than January 3, 2012 for Varsity/JV athletes.
  - b. Due no later than January 10, 2012 for Freshmen/Novice athletes.

**To be complete ONLY by athletes who DID NOT participate in fall (2011) crew or who need to update information:**

5. \_\_\_\_ RGCC Waiver and Release of Liability
6. \_\_\_\_ RGCC Athlete Expectation Form
7. \_\_\_\_ Hines Rowing Center Code of Conduct
8. \_\_\_\_ RGCC Safety Manual Acknowledgement
9. \_\_\_\_ RGCC Permission for Medical Treatment
10. \_\_\_\_ PIAA Comprehensive Initial Pre-Participation Physical Evaluation Form

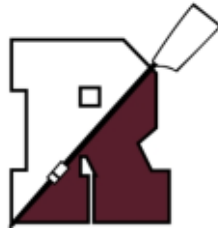
**Make a copy for yourself and return this checklist, all forms and your check (for Varsity/JV athletes) by your first day of practice (January 3, 2012 for Varsity/JV or January 10, 2012 for Freshmen/Novices) to:**

Karen Fitch  
142 Wooded Lane  
Villanova, PA 19085-1449

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

If you have any questions, contact RGCC Secretary Karen Fitch at (610) 306-0269 (c), (610) 527-8193 (h), or [RGCCsecretary@radnorcrew.org](mailto:RGCCsecretary@radnorcrew.org).

**Forms to be  
completed by ALL  
participants**



**Radnor Girls Crew Club Spring Season  
Registration Form**

Athlete's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Home: (\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_

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](mailto:RGCCsubscribe@radnorcrew.org). Subscribers receive Puddles (the weekly newsletter of the RGCC) and important information regarding club activities, including race result updates.

**Forms to be  
completed ONLY by  
athletes who DID  
NOT participate in  
fall (2011) crew or  
who need to update  
information**

**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.

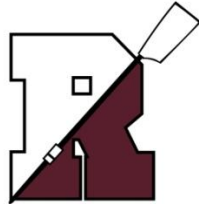
**Printed Name of Parent/Guardian:** \_\_\_\_\_

**Street:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

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

**Date:** \_\_\_\_\_ **Phone:** \_\_\_\_\_



## **Radnor Girls Crew Club**

# **Safety Manual Acknowledgement**

**I acknowledge that I have received, read, and understand the Radnor Girls Crew Club Safety Manual, and I agree to follow all of the safety rules set forth in the Safety Manual. I understand that I must obey these rules to ensure my own safety and that of my fellow teammates and coaches. I will cooperate to the fullest extent with my coaches and fellow teammates to maintain a safe rowing environment. I will follow the oral and written instructions provided by the coaches. I am aware that any violation of the Safety Manual protocols that results in unsafe conduct may result in my removal from the boat, removal from the boathouse, and/or dismissal from the team.**

**Printed Name of Athlete:**

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Athlete's Signature:**

\_\_\_\_\_ **Date:** \_\_\_\_\_

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

\_\_\_\_\_ **Date:** \_\_\_\_\_