





## Spring Checklist

Welcome to the junior crew spring racing season at the Pocock Rowing Center. The spring season will run from February 6th through May 21nd and includes participation in several regattas. Early morning practice and meetings may be necessary at times upon the coach's discretion.

1. The first day of crew will be MONDAY, February 6th, AT 4PM. Practice will run MONDAY THROUGH FRIDAY FROM 4:00PM TO 6:30PM.
2. Payment and the following paperwork shall be turned in no later than Monday, February 6th. If you believe you already have a float test on file, please confirm with the office.

- Float test (valid for 5 years – please retain a copy for your records)
- PRC Junior Crew Code of Conduct (valid for 1 season)
- PRC Liability Waiver form (valid for 1 season)
- Medical Release Form (valid for 1 season)
- USRowing Liability Waiver for regattas (valid for 1 season)

3. Participants will not be allowed to row until all required forms are filed with the office.
4. Practice will be held come rain or shine! Dressing for the weather and practice is essential for comfort and for health. Essential items include:

* Running shoes	* Sunscreen	* Inexpensive, durable watch
* Hat	* Water Bottle	* Towel
* Not too baggy shorts	* Extra Layers	

5. Please do not bring valuables to practice; the Pocock Rowing Center is not responsible for lost or stolen property. Day use lockers are available for juniors for free and the PRC advises using a lock during practice times. Lockers may be rented on a long term basis for a fee.
6. The PRC Junior Team Parent Committee is always looking for new members and volunteers. Become a part of the rowing experience by contacting Matt Lacey and the office at 206-328-0778.
7. Athletes must provide their own transportation to and from practice and to local regattas. Transportation arrangements will be made for out of area regattas.

# PRC Credit Card Authorization Form 2012

Please fill this form out if you would like your 2012 Junior invoices charged to your credit card  
(If paying by check or cash, you do not need to fill out this form)

If you would the seasonal fees charged to your credit card on file please check the following box

Name of Participant: \_\_\_\_\_

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

Name (as it appears on card): \_\_\_\_\_

Card number: \_\_\_\_\_ 3 Digit Security Code: \_\_\_\_\_

Exp. Date (mo/yr): \_\_\_\_\_ MASTER CARD or VISA only

Please check to make sure your expiration date is current

Payment can either be completed all at once or split into two portions.

What is you billing preference:  All at Once  Split into two payments

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Your credit card will be charged on February 7th (and April 4th)*

Is the billing address for this card the same as listed on Page 1?  YES  NO

If No, please provide us with the billing address:

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

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



### Athlete's Code of Conduct

1. I will be respectful of coaches, adult volunteers, and other participants, realizing that my behavior affects others and the success of PRC.
2. I agree to accept and carry out instructions of the PRC staff, coaches and chaperones.
3. I agree to attend and take part in all scheduled practices and activities unless excused by a coach.
4. I will discuss any problems that may arise with PRC staff, trip/overnight leaders, or chaperones.
5. At overnight events, I will remain quietly in my own bed at the established bed time.
6. I understand that ANY of the following acts will lead to discipline, suspension or expulsion from PRC-sponsored activities:
  - Commission of a felony
  - Possession or use of any dangerous weapon or object.
  - Assault, aggressive behavior or intimidation of another person.
  - Improper possession of athletic equipment belonging to the Pocock Rowing Center, another member of the PRC or another team or theft.
  - Destruction or defacing of property.
  - Immoral conduct.
  - Disruptive conduct.
  - Disobedience of reasonable instructions of crew authorities.
7. I understand that use, consumption, possession, buying, selling, or giving away of alcohol, marijuana, or any controlled substance will mean immediate release from the team.
8. I understand that any general misbehavior or disrespect shown to coaches or parent chaperones is not allowed. First offense: warning. Second offense: non-participation and attendance at the next regatta. Third offense: removal from the team. If I am sent home from an event, it will be at mine/my parents' expense.
9. I will be respectful of other peoples' possessions and property and will refrain from activities that cause damage to either.
10. I understand that I am financially responsible for any damage I may cause when disobeying rules.
11. I understand that any individual's failure to abide by these rules can jeopardize the entire group's participation at the time of the failure and in the future.

**I understand this code of conduct and will abide by its rules.**

\_\_\_\_\_  
*Participant's Signature*

\_\_\_\_\_  
*Parent/Guardian's Signature*

\_\_\_\_\_  
*Print Name*

\_\_\_\_\_  
*Print Name*

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

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



These rules and guidelines apply to all students participating in the Pocock Junior Program during practices, competition, trips, and off-season times. In addition to these guidelines the participant is to comply with scholastic regulations and any additional rules set forth by the participant's respective school.

### **Specific Rules and Guidelines**

Pocock Rowing Center Junior Program members are expected to adhere to the rules and guidelines as listed below:

1. Show respect to coaches, teammates, competitors, and volunteers at practices, trips, and regattas, and all other activities sponsored by PRC.
2. Adhere to safety guidelines of the PRC
3. Attend all practices unless excused by the coach/coaches
4. Be courteous to visiting teams
5. Show good sportsmanship during practices and at regattas.
6. Take care of equipment as instructed by coaches or staff.
7. Language is an extension of your self-respect and integrity. Do not use profanity.
8. Provide 100% effort at all times. In order to achieve the goals we have set, we need to exercise maximum effort physically and mentally.
9. Be a leader at all times. Encourage other rowers to add to the strength of the entire Pocock community. Our goal is to be the best, most respected team in the Northwest and nationally. Every rower is a part of achieving that goal, and we can only achieve it as a team.
10. Help out! There is always something that needs to be done

“Discipline” is the key word to these expectations. The PRC will maintain a high level of respect among our competitors and achieve a better climate for success by following these guidelines. Make a disciplined effort personally and as a team leader to follow these goals.

### **Acts leading to *discipline, suspension or expulsions* of a junior rower are listed below:**

- Commission of a felony
- Possession or use of any dangerous weapon or object.
- Assault, aggressive behavior or intimidation of another person
- Use of or possession of alcoholic beverages, drugs, or narcotics not prescribed by a physician.
- Use of tobacco
- Improper possession, including theft, of athletic equipment belonging to the PRC or another team
- Destruction or defacing of property.
- Disruptive conduct
- Disobedience of reasonable instructions of crew authorities

### **Further:**

- Use, consumption, possession, buying, selling, or giving away of alcohol, marijuana, or any controlled substance will mean immediate release from the team.
- General misbehavior or disrespect shown to coaches or parent chaperones;
  - First offense: warning.
  - Second offense: non-participation and attendance at the next regatta.
  - Third offense: removal from the team. If the rower is to return home, it will be at the expense of the parents.

Pocock Rowing Center, 3320 Fuhrman Ave. East, Seattle, WA 98102 206-328-0778



Name of Participant: \_\_\_\_\_

I hereby authorize and consent to the administration of any and all medical, dental, and surgical examinations or operations and treatment or all other related care, including the administration of drugs, tests, anesthesia and/or blood transfusions to the above named minor person that may be ordered by a physician and/or dentist in attendance at the medical center deemed necessary for emergency treatment. I hereby consent to the release of medical report(s) to any doctor or agency and consent to the admission of the above named minor person to the hospital.

Parent/Guardian Sign here: \_\_\_\_\_

I understand that the Pocock Rowing Center, the Pocock Rowing Foundation, and their officers, employees, and volunteers assume no financial obligation or liability in the case of my child's accident or illness. If I, or anyone on my or my child's behalf makes a claim against the Pocock Rowing Center, the Pocock Rowing Foundation, or their officers, employees, and volunteers arising out of or related to my child's participation in Pocock Rowing Centers programs, I agree to indemnify and save and hold them harmless from any litigation expenses, attorneys' fees, loss, liability, damage, or costs they may incur due to the claim made against any of them, whether the claim is based on their negligence or otherwise. I sign this agreement on my behalf and on behalf of my personal representatives, assigns, heirs, and next-of-kin. I hereby give permission for emergency treatment for my child and assume financial responsibility for such treatment.

Parent/Guardian Sign here: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name here: \_\_\_\_\_ Relationship: \_\_\_\_\_

First person to contact in case of emergency:

Name: \_\_\_\_\_ Phone (day): \_\_\_\_\_ Phone (eve): \_\_\_\_\_

Alternate person to contact in case of emergency:

Name: \_\_\_\_\_ Phone (day): \_\_\_\_\_ Phone (eve): \_\_\_\_\_

Physician: \_\_\_\_\_

*Name*

*Phone*

*Address*

Health Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_

Asthma  YES  NO

Does this child carry an inhaler?  YES  NO

Medical Concerns: \_\_\_\_\_

Any known allergies? \_\_\_\_\_

Limitations on Activities: (please be specific) \_\_\_\_\_



I recognize that participation in the sport of rowing at the George Pocock Memorial Rowing Center (GPMRC) involves hazards to me including, but not limited to drowning, collision with other boats, contusions or concussions, hypothermia, sunburn, back strain, and other personal injuries. I hereby personally assume all risks, whether foreseen or unforeseen, for any harm, injury, loss, or damage in connection with the use of GPMRC that might befall me as a result of my participation.

I agree to defend, hold harmless, indemnify, and release PRC and the George Pocock Rowing Foundation (GPRF), its officers, directors, employees, and agents from any and all claims, damages, or losses by me or my family, heirs, or assigns, arising out of my use of PRC, even if caused solely by the negligence of the PRC, the GPRF, its officers, directors, employees, and agents.

Furthermore, I assume complete responsibility for any property damage and/or personal injury caused by me. I promise to pay for all costs involved within 30 days upon presentation of a statement.

I understand this agreement is a contract and shall remain in effect for the duration of my participation and use of GPRF and shall continue thereafter as to any occurrence during my participation and use of PRC. This agreement shall bind my heirs, personal representatives, assigns, and all members of my family, including minors.

I have fully informed myself of the contents of this Assumption of Risk, Liability Release, and Indemnity Agreement by reading before signing it.

Printed name of participant: \_\_\_\_\_

Address: \_\_\_\_\_  
Street State Zip

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(only if 18 or over, if under 18, parent/guardian must sign)

***This waiver will remain on file for all of 2012 and only needs to be filled out once for all 2012 PRC Junior programs***

# USRowing Release of Liability

ALL USROWING MEMBERS MUST read, sign and submit the Annual Release of Liability form. Failure to do so may invalidate your membership. When registering online, you MUST sign the Annual Release of Liability document and forward to USRowing by mail at: USRowing at 2 Wall Street, Princeton, NJ 08540, or fax to (609)924-1578

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, until the end of this calendar year, 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 water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

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 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 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. 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. 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.

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 #:

\_\_\_\_\_ # \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Participant's Signature:

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):

\_\_\_\_\_

## Participant Questionnaire

Name							
Complete Address							
Email							
Phone							
School							
DOB		Height		Weight		Gender	

### First Parent Guardian Information

Name							
Complete Address							
Email							
Phone (H)							
Phone (W/C)							

### Second Parent Guardian Information

Name							
Complete Address							
Email							
Phone (H)							
Phone (W/C)							

Previous Rowing Experience			
Program Interested in	<input type="checkbox"/> Novice <input type="checkbox"/> Varsity		
Injuries or activities you cannot participate in			
Are their days you cannot practice?			
Any other comments?			



## Spring Schedule

February 6	Spring Season Begins
February t.b.d	All Parent Meeting
February t.b.d.	Novice Parent Meeting
March 1	Erg-a-thon Letter Writing
March 10	Erg-a-thon Fundraiser
March 17	Green Lake Spring Regatta (Novice only)
March 24&25	Lake Stevens Spring Regatta (Nov. & some Vars)
Mar.31&Apr.1	San Diego Crew Classic (Varsity Girls only)
March 31	Husky Open (Varsity only)
April 14&15	Lk. Stevens Sculling Regatta (Nov. & some Vars)
April 27 - 29	Brentwood Regatta @ Vancouver Island, BC
May 18 - 20	Junior Regionals @ Vancouver, WA
May 17	End of Junior Season
June 6 - 10	Junior Nationals

For the most current schedule and information as well as other PRC events, please visit our website: [www.pocockrowingcenter.org](http://www.pocockrowingcenter.org) or the Jr Blog: [www.pocockcenter.blogspot.com](http://www.pocockcenter.blogspot.com)



## Swim / Float Test

All prospective rowing participants must pass a Swim / Float test prior to using any equipment provided by the Pocock Rowing Center or participating in any Pocock Rowing Center programs.

The Swim / Float test consists of keeping afloat for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from an object or another person. You must also be wearing long pants and a long sleeve shirt while undergoing this test.

The certified Lifeguard or Water Safety Instructor (WSI) must complete the information below:

Information below to be filled out by a certified Lifeguard / Water Safety Instructor only

I, \_\_\_\_\_

a certified lifeguard / water safety instructor at the \_\_\_\_\_

pool do hereby certify that \_\_\_\_\_

remained afloat under his/her own power for ten minutes without touching

the sides or bottom of the pool, and without receiving assistance of any kind

from any object or person.

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

Signature: \_\_\_\_\_

*If you have a completed float test on file with the office from the last 5 years, you do not need to complete this test again. If your child has a float test on file with another organization, you may ask them to fax a copy to us at 206-328-4239.*

# Pool Schedule

This is a list of pools in Seattle you can use to acquire your swim/float test. Other cities also have accredited pools. **Pools semi-regularly change hours, so please call ahead to verify times.** Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water. Fees are \$3.75/adults and \$2.75 for 18 years and younger.

**Ballard** - 1471 NW 67th St. – 206-684-4094

M-F 12:00pm-1:15pm & 1:30-2:50pm  
M/W 8:30pm-9:30pm  
T 7:30pm-8:30pm  
W 6:30pm-7:30pm  
F 7:00pm-8:00pm  
Sun 2:00pm-3:00pm

**Evans** - 7201 E. Greenlake Dr. N – 206-684-4961

M-Sat 1:30pm-2:30pm  
T/Th/F 7:00pm-8:00pm  
Sat 3:30pm-4:30pm

**Helene Madison** - 13401 Meridian Ave. N – 206-684-4979

M-F 2:00pm-3:30pm  
M/W 7:30pm-8:30pm  
F 7:00pm-8:00pm  
Sun 1:00pm-2:00pm

**Meadowbrook** - 10515 35th Ave. NE – 206-684-4989

M-Sat 1:30pm-3:00pm  
M 7:30pm-8:00pm  
M/F 10:00am-11:00am  
T/Th 7:00pm-8:00pm  
F 4:00pm-5:00pm & 7:30pm-8:30pm  
Sat 9:30am-10:30am & 1:30pm-3:00pm & 4:30pm-5:30pm

**Queen Anne** - 1920 1st Ave. W – 206-386-4282

Everyday 1:30pm-2:45pm  
T/Th 8:00pm-8:30pm  
F 7:00pm-8:00pm  
Sat 10:00am-11:00am & 3:30pm-4:30pm

**Rainier Beach** - 8825 Rainier Ave. S. – 206-386-1944

M/W 6:30pm-7:30pm  
M/F 10:00am-11:00am  
F 5:30pm-7:00pm  
Sat 1:30pm-3:30pm  
Sun 2:30pm-4:30pm

**Southwest** - 2801 SW Thistle – 206-684-7440

Call for times.