

# TEXAS ROWING CENTER

## JUNIOR'S PROGRAM



### Looking for a new sport?

The sport of sculling is not only great exercise; it is also the ultimate team sport. Our positive training techniques and goal-oriented approach are designed to motivate and encourage kids while developing their self-confidence.

And you can't beat the location - Town Lake is widely considered the finest rowing venue in the United States.

### About Us

We are located on the north shore of Town Lake on the hike & bike trail south of Austin High School.

Since 1987, Texas Rowing Center has been an Austin Parks & Recreational Concession dedicated to providing affordable sculling programs for 'Austinites' and to developing local rowing talent. Our program is dedicated to developing young rowers by teaching them the technique, teamwork, and self-discipline of sculling.

The program meets all AISD, EANES, RRISD and St. Stephen's physical education credit requirement. We provide maximum flexibility for busy students by offering the Recreational or Competitive Crew sessions to choose from.

### About The Program

**Recreational Crew**—This crew provides a rowing option for students who are interested in rowing but do not want to compete. We invite any student in grades 6 through 12 to join. The program includes our *Introduction to Rowing* course, so it is perfect for both new or experienced rowers. Includes all kayaking and canoeing!

**Competitive Crew**—All high-school students are invited to participate on the Competitive Crew, which is composed of the novice team (first year rowers) and the varsity team. The Competitive Crew will train and race in both team boats and single sculling shells. Our goal for this crew is to improve sculling techniques and fitness, and to compete in local and regional regattas.

### Fall 2010

Our Fall 2010 Session begins on Tuesday, August 24<sup>th</sup> to Thursday, December 16<sup>th</sup>.

We are located on the north shore of Town Lake on the hike & bike trail south of Austin High School.

### Cost

Fee: \$395.00 per semester for eighteen weeks of rowing and coaching.

•Attend an average of at least three sessions per week for PE credit.

Come learn more and register at our **Parent's Orientation:**

Saturday, August 14th – Noon  
Saturday, August 21st – Noon  
Tuesday, August 24th - 5:00PM  
Saturday, August 28th - Noon

### Texas Rowing Center

512.467.7799

[www.texasrowingcenter.com](http://www.texasrowingcenter.com)  
Monday-4:45-6:30 PM; Tuesday-4:45- 6:30 PM; Wednesday-4:45-6:30 PM; Thursday - 4:45-6:30 PM; Saturday from 11:00 AM until 1:00 PM



Try the coolest water sport in Austin!

## Texas Rowing Center Juniors Fall 2010 Semester Registration Form

**Personal Data (Please Print)**

Rowers First, Last Name		Parent/Guardian First, Last Name		
Address				
City Zip		School	Age	Grade
Home Phone	Work Phone	Email Address		
Emergency Contact		Emergency Phone		
Will this be for Physical Education Credit (Yes or No)				
Parent / Guardian Signature & Date		Junior Signature & Date		

This is to verify that I have received a copy of the Texas Rowing Center Juniors Packet and understand that I will be held accountable for complying with all applicable rules contained therein, and that TRC coaches and staff will strictly enforce these rules.

Printed Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

As a parent/guardian of the above named student, I understand that the rules contained in the TRC Juniors Packet should be discussed with my son/daughter, and that my child will be responsible for complying with those rules.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please mail your completed form, waiver and check to:  
 Matt Knifton, Texas Rowing Center, 1541 W Cesar Chavez, Austin, TX 78703

The Fall 2010 Juniors Program runs from August 24th to December 16th. The Program cost is \$395 per semester. Orientations will be held on Saturday, August 14th at noon; Saturday, August 23rd at noon; Tuesday, August 24th at 5PM; and Saturday, August 28th at noon. All orientations are at the Texas Rowing Center dock.

For AISD P.E. CREDIT, you must turn in the AISD Application and Waiver Package to your school counselor by August 23rd!

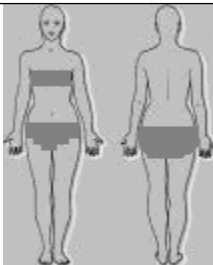
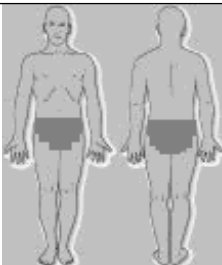
Effective last Spring 2009, all racing fees are not included in the tuition fees. All tuition fee payments are final and refunds are not available.

For more info, please call 512.467.7799. Tuition Payment Deadline is September 10<sup>th</sup>.



# Juniors Program

## Texas Rowing Center

<b>Health History/Assessment:</b>		
Name of Participant:	Address:	Contact Numbers:
E-Mail:	Emergency Contact:	Date of Birth:
Please indicate by circling if the participant has ever been treated/diagnosed with the following:	<ul style="list-style-type: none"> <li>• Heart condition/disease</li> <li>• Arthritis</li> <li>• Epilepsy/Seizures</li> <li>• Pregnancy</li> <li>• Diabetes</li> <li>• Asthma</li> <li>• Breathing disorder</li> <li>• Chest pain</li> <li>• High blood pressure</li> <li>• Allergies</li> </ul> Other:	<ul style="list-style-type: none"> <li>• Recent injury or illness</li> <li>• Surgery within the past 12 months</li> <li>• Muscle, bone, joint, back problem or pain</li> <li>• Shoulder dysfunction</li> </ul> Other:
Date of last physical exam?		
Has a doctor ever told the participant not to exercise?	Circle One: Yes / No	If so, why?
Any other illnesses or other concerns?		
Please circle any area where the participant has a history of injury or illness. Please comment below on any area circled:		
Comment – Use a second page if necessary		
<b>Consent Form:</b> I acknowledge, to the best of my ability, that my child is in good health and has no known medical problems that would restrict their ability to participate in this exercise program.		
Signed by Parent: _____		Date: _____

Complimentary Use?

Y/N

# TEXAS ROWING CENTER WAIVER

In consideration of the services of **Texas Rowing Center, Inc.**, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "Texas Rowing"), I hereby agree to release, indemnify, and discharge Texas Rowing, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that rowing, kayaking, or canoeing entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. **The risks include, among other things:** your boat could turn over and/or you could have to swim risking entanglement in trees; exposure to the natural elements can be uncomfortable and/or harmful; you should be aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps; also prolonged exposure to cold water can result in hypothermia; exposure to potentially dangerous wildlife, insects, plants; and accidental drowning is also a possibility.

Furthermore, Texas Rowing employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Texas Rowing from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of Texas Rowings's equipment or facilities, including any such Claims which allege negligent acts or omissions of Texas Rowing.

4. Should Texas Rowing or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume - and bear the costs of -- all risks that may be created, directly or indirectly, by any such condition.

6. In the event that I file a lawsuit against Texas Rowing, I agree to do so solely in the state of Texas, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against Texas Rowing on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire

document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant \_\_\_\_\_ Print Name: \_\_\_\_\_

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

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

E-Mail: \_\_\_\_\_ I am renting a Canoe or Kayak - Single / Double / Triple

### PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

(Must be completed for participants under the age of 18)

In consideration of \_\_\_\_\_ (print minor's name) ("Minor") being permitted by Texas Rowing to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless Texas Rowing from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_