

TEXAS ROWING CENTER



JUNIOR'S PROGRAM

Looking for a new sport?

The sport of rowing 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 - Lady Bird Lake is widely considered the finest rowing venue in the United States

About US

We are located on the north shore of Lady Bird Lake on the hike and bike trail south of Austin High School. Since 1987, Texas Rowing Center has been an Austin Parks & Recreational Concession dedicated to providing affordable rowing programs for 'Austinites' and to developing local rowing talent. Our program is dedicated to developing young rowers by teaching them the technique, team-work, and self-discipline of rowing.

The Program meets all AISD, EANES, RRISD and St. Stephen's physical education credit requirement. We provide maximum flexibility for busy students by offering both a Recreational Crew and a Competitive Crew.

Program Choices

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. The program also includes kayaking, canoeing, and stand-up paddling!

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 rowing shells. Our goal for this crew is to improve rowing techniques and fitness, and to win medals at local and national regattas.

Spring 2015 Program

Our Spring 2015 Program begins on Monday, January 5th and continues through June 4th. The tuition for the Spring 2015 Program is \$495 for AISD Students and \$525 for all others. Weekly practices are scheduled on:

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

PE Credit/Orientations

Participants must attend an average of three times per week to receive PE credit. AISD students must turn in the AISD Application and Waiver Package to their school counselor by January 5th to receive PE credit. To learn more, please attend one of our orientations on the Texas Rowing Center dock on:

Saturday, January 3rd at noon
Monday, January 5th at 5:00 PM
Saturday, January 10th at noon

Texas Rowing Center

512.467.7799

www.texasrowingcenter.com



Try the Coolest water sport in Austin!

Texas Rowing Center Juniors Spring 2015 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:
 Texas Rowing Center, 1541 W Cesar Chavez, Austin, TX 78703

The Spring 2015 Juniors Program runs from January 5th to June 4th. The tuition for the Spring 2015 Program is \$495 for AISD Students and \$525 for all others. Orientations will be held on Saturday, January 3rd at noon; Monday, January 5th at 5:00 PM; and Saturday, January 10th 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 January 5th!

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 January 14th.

Texas Rowing Center

Junior Health Assessment and Emergency Contact Information

(Please Print Neatly)

Name of Participant:	
Address:	
Gender:	Age:
Date of Birth:	Grade:
Parent / Guardian Name(s):	
Email Address of Parent:	
Email Address of Child Participant (if applicable):	
Emergency Primary Phone Number(s):	
Alternate Phone Number(s) or Contacts:	

Participant's Health Assessment

Date of last physical exam:		
Name of primary physician:		
Medical / Cognitive / Psychological / Physical Conditions or Limitations:		
Surgeries or procedures within last 12 months:		
Allergies / Dietary Restrictions:		
Medications:		
Has a doctor ever told the participant not to exercise?	YES	NO

Parental / Guardian Consent

I acknowledge, to the best of my ability, that my child is in good health and has no known medical conditions that would restrict their ability to participate in this exercise program. In the event that I cannot be contacted, I give my consent that TRC staff may determine the appropriate course of action and treatment in cases of emergency.

Print name: _____

Signature: _____

Date: _____

TEXAS ROWING CENTER LIABILITY 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 the Texas Rowing, on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estates as follows:

1. I acknowledge that rowing, kayaking, canoeing or stand up paddling, as well as any activity on the Texas Rowing dock and/or property, 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 could be uncomfortable and/or harmful; exposure to excessive heat could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps; exposure to excessive cold elements could 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. This 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 Rowing equipment or facilities, including any 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: _____ **City/State:** _____ **Zip:** _____

Phone: _____ **Email:** _____ **Date:** _____

I am renting: (please circle all that apply) CANOE KAYAK (Single / Double / Triple) STAND UP PADDLE BOARD

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:** _____