



# TEXAS ROWING CENTER

Rowing\* Kayaking\* Canoeing  
Swimming\* Hiking

## Summer Water Sports Camps

Texas Rowing Center offers fun weekly water sports camps throughout the summer for elementary, middle school, and high school students. **No prior experience is required!**

**Elementary School Camps** are for kids in grades 3 through 5 and focus on having fun and watersport adventures. The elementary school camps run from 9:00 a.m. to 1:30 p.m., and the cost is \$150 for each week. Campers will experience adventures on Lady Bird Lake, in the surrounding park, and at the Austin Nature Center. Fun is guaranteed!

**Middle School Camps** are for kids in grades 6 through 9 and focus on rowing in the mornings, and kayaking, canoeing, hiking, and swimming in the afternoons. The middle school camps run from 8:00 a.m. to 5:00 p.m., and the cost is \$275 for the first week and \$175 for each additional week. These active camps are geared toward fun, learning, and adventure for all participants.

**High School Camps** are for kids in grades 9 through 12 and focus on introducing the sport of rowing and developing rowing skills. The high school camps run from 9:00 a.m. to noon, and the cost is \$195 for each week. Participants who have never rowed will be taught basic rowing skills through our Introduction to Rowing Course. Experienced rowers will improve their skills. Graduates are encouraged to continue rowing with us in our Juniors Programs.

Our certified rowing instructors and coaches teach these fun and popular summer camps. Each participant will receive a TRC T-shirt!



Call 512-467-7799 or email [info@texasrowingcenter.com](mailto:info@texasrowingcenter.com) if you have any questions.

# CAMP REGISTRATION FORM

PLEASE CIRCLE THE DATES YOUR CHILD WILL ATTEND:

Elementary School Camp Dates		
June 8 to June 12	June 15 to June 19	June 29 to July 3
July 6 to July 10	July 20 to July 24	July 27 to July 31
Aug 3 to Aug 7	Aug 17 to Aug 21	
Elementary School Camp Cost: \$150 per week.		
Middle School Camp Dates		
June 8 to June 12	June 15 to June 19	June 22 to June 26
June 29 to July 3	July 6 to July 10	July 13 to July 17
July 20 to July 24	July 27 to July 31	Aug 3 to Aug 7
Aug 10 to Aug 14	Aug 17 to Aug 21	
Middle School Camp Cost: \$275 for 1 <sup>st</sup> week and \$175 for each additional week.		
High School Camp Dates		
June 22 to June 26	July 13 to July 17	Aug 10 to Aug 14
High School Camp Cost: \$195 per week.		

**Registration:** The number of participants for each camp is limited, so sign-up early (a 50% non-refundable deposit is required). **To register, please complete the information below and mail this form and check to: 3007 Savoy Place, Austin, TX 78757, or drop it by the Texas Rowing Center.**

Campers Name		Parent/Guardian Name		
Address		Email		
City	Zip	School	Age	Grade
Home Phone		Work Phone		Emergency Phone
Parent/Guardian Signature			Amount Enclosed	

Camp info & forms are also posted on our website

[www.texasrowingcenter.com](http://www.texasrowingcenter.com)

**TEXAS ROWING CENTER IS OPEN ALL DAY, EVERY DAY!**

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# Texas Rowing Center

## Rower Information Sheet

Membership Type:  
 Yearly  6 month  
 Row Card  
 Other \_\_\_\_\_  
 Expires: \_\_\_\_\_

Name:	Occupation:	Date:	
Mailing Address:	City	State	Zip
Home Number:	Work Number:		
Email Address:	Referred By:		
Emergency Contact:	Emergency Contact Phone Number:		

How did you hear about us?

- Austin Fit  The Good Life  Town Lake Hike & Bike Trail  Hotel (Which one)  School  
 T.O.W.N.  Hill County Outdoors  \_\_\_\_\_  Other \_\_\_\_\_

### Goals: Circle All That Apply

Competition	Muscle Strengthening	Weight Loss	Meeting new friends
Stress Reduction/ Relaxation	Cross Training	Injury Rehab	Fun/Because it is the coolest sport!

Physical Condition and injuries:

Other Physical Activities:

### To be Completed by Instructor

Name of Instructor:	Amount Paid: \$
Received by:	Date Paid:
New/Renewal (Circle One)	Type of Membership:
Cash:	Check:
	Credit Card type:



“No Row Zones” Due to shallow water or obstructions

**Safety Rules – Please initial as the instructor goes through each item.**

**Do not ✓ or place an “X” Please INITIAL**

	1.I am a proficient swimmer.
	2.I know where the life jackets are and I will be responsible for putting one on every time I row.
	3.I know where the life jackets are and have declined to use one.
	4.I am aware that I need to stay within the set perimeter away from the dock during my first ten hours on the water. Scullers must be able to see the dock at all times.
	5.In case of capsizing, I am aware that I need to <b>GET BACK IN THE BOAT</b> , not try to swim to shore.Scullers must be prepared in the event of capsize: they must be able to right and re-enter the scull on the water, or be able to swim WITH THE BOAT to shore or back to the dock.
	6.I will not row before sunrise or after dusk without a light and I agree to purchase my own light. Scullers should wear one bow and one stern light on their person
	7.I am aware that I am never to go around Red Bud Island.
	8.I am aware of the traffic pattern of Town Lake and agree to follow it.
	9.I am aware that I must yield to pedestrian and cross the trail with boats in a parallel fashion <b>AT ALL TIMES.</b>
	10. I am aware that I am never to row if the wind is in excess of 22 miles per hour, if there is a thunder/lightening storm approaching or a TRC staff member advises me not to.
	11. All rowers should wear clothing appropriate to the weather conditions: warm synthetic or wool clothing, especially hat and socks are recommended in cold weather. Remember that it is always colder and windier on the water. Hat, sunscreen, sunglasses and water or sports drinks are recommended in hot weather.
	12. All rowers should check the equipment before launching and upon returning to ensure that all nuts and bolts are in place, check hull for any cracks or leaks, check foot-stretcher tie-downs and ensure that they are in place. If you notice any damage to the boat, notify the staff and complete and incident report.
	13. I have read the Safety Rules and agree to follow them. I am aware that my membership is in jeopardy should I not follow the rules in a consistent manner.

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: \_\_\_\_\_

# CAMPER PICK UP PERMISSION FORM

Parents and Guardians –

In the interest of safety, it will be necessary for all campers to check-out with a counselor before leaving each day. The camper listed below can be picked up only by those authorized below. ID may be required. This is not limited to family; if your child will be leaving with another camper please also list that camper's Parent/Guardian. Please be sure to sign at the bottoms as well. Thank You!

- Camp Counselors

Camper's Name \_\_\_\_\_

Persons authorized to pick up camper

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

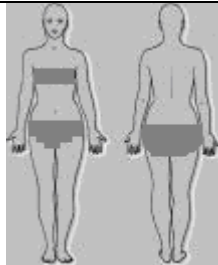
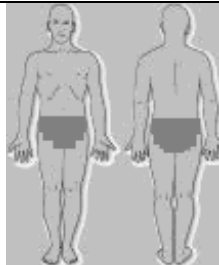
5) \_\_\_\_\_

6) \_\_\_\_\_



# Summer Camp Medical History Form

## 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 which will affect participation?	Any required medications or medical devices?	Any restrictions or information on participation?
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: _____		