

# East Lyme Fall Crew 2019

## A Program of the East Lyme Rowing Association

For the Fall of 2019, the East Lyme Rowing Association will offer a club rowing program four days a week with four head races. The program will run after school on Monday, Tuesday, Thursday and Fridays at the ELHS Boathouse on Lake Pattagansett. This year's program directors are High School Coaches Scott Mahon, Mary Jennings and Mike Shugrue. Please understand that in the Fall season, we are a club and not a school sponsored sport. Thus, we have to cover all costs including entrance fees, truck rental, gas and insurance.

**Start Date: August 26**

**Practice Days: Monday, Tuesday, Thursday and Fridays**

**Practice Times: 2:45 – 5:00 pm**

**Races:**

- CRI Fall Classic (Boston) 9/21
- Head of the Tomahawk (Glastonbury) 9/28
- Head of the Riverfront (Hartford) 10/6
- New England Jr Regional Regatta (Worcester) 10/13

**\*\* Head of the Charles 10/19 – We have bid for 2 Varsity slots – this will be an additional cost for those attending – approximately 65 dollars**

### **Registration**

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

Name of Parent(s) or Guardian(s): \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

Parent E-mail: \_\_\_\_\_ Athlete E-mail: \_\_\_\_\_

School/Grade in September 2016 \_\_\_\_\_ / \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Fee: \$360.00**

**Please make check payable to ELRA and mail this form, or bring it with you the first day with payment and the ELRA Rowing Waiver to:**

### **East Lyme Rowing Association**

Fall Rowing Program

P.O. Box 36

East Lyme, CT 06333

If you have any questions, please contact Coaches Scott Mahon: 860-949-5422 or [scott.mahon@elpsk12.org](mailto:scott.mahon@elpsk12.org) or Mary Jennings: [mary.jennings@elpsk12.org](mailto:mary.jennings@elpsk12.org) 860-985-8948.

# East Lyme Rowing Association

## *Athlete Authorization, Injury Waiver & General Release Form*

As a participant in any East Lyme Rowing Association (aka ELRA) and/or East Lyme High School Crew program, I acknowledge that participation in any event and/or practice exposes me to a possible risk of personal injury. I, hereby release the East Lyme Rowing Association and its officers, directors, coaches and affiliates, from any and all liability from property damage, personal injuries or other claims arising from or in connection with my participation in the program including claims that are known and unknown, foreseen and unforeseen, future or contingent. I covenant that I will not now or at any time in the future, directly or indirectly, commence or prosecute any action, suit or other proceeding against ELRA and its officers, directors, coaches and affiliates, arising out of or relating to the actions, causes of action, claims and demands hereby waived, released or discharged by me. For good and adequate consideration, which I acknowledge I have received, I hereby grant, release, and quitclaim to ELRA the right and authority to use my photograph, likeness for promotional and advertising purposes or programs as ELRA in its sole discretion will deem appropriate. I acknowledge that I have read and fully understand this Injury Waiver and General Release Form. This agreement will be binding on me, legal representatives, heirs, successors and assigns.

I 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 activities.

**I verify that as a participant in any ELRA rowing program, I am able to swim 100 yards, tread water for 10 minutes, and swim 10 feet underwater.**

DATE: \_\_\_\_\_

PARTICIPANT PRINTED NAME: \_\_\_\_\_

PARTICIPANT SIGNATURE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

EMERGENCY PHONE: \_\_\_\_\_

EMERGENCY PHONE: \_\_\_\_\_

### **PARENTAL CONSENT (*To be completed by parent/guardian if participant is under the age of 18*)**

The undersigned ("Parent"), parent of \_\_\_\_\_ ("Subject"), hereby consent to affirm, and, on behalf of Subject, agree to be bound by the Injury Waiver and General Release Form attached hereto which has been signed by Subject. Parents also represent, warrant and agree that Parents (is)(are) entitled to the care and custody of Subject and (is)(are) Subject's legal guardian(s); that during the minority of Subject and for a reasonable time afterwards, Parents will use all reasonable efforts to prevent Subject from attempting to or actually disaffirming the Injury Waiver and General Release Form signed by Subject; that Parents hereby acknowledge that Parents have read the Injury Waiver and General Release Form and are satisfied that it is fair and equitable for the benefit of Subject; and that Parents will not revoke this consent and approval.

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

NAME AND RELATIONSHIP TO SUBJECT: (please print)

NAME (PRINT): \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_