

Charles River Scullers Women's Sculling

Summer 2017 Registration

Charles River Scullers is a summer sculling camp that is open to all rowing and sculling women who wish to improve their technique, fitness and racing skills in a small team setting, and who meet the standards set by the CRS coaching staff. The racing program prepares scullers for national and international level competition. Racing requires a high degree of individual commitment. Further information can be found on our website:

<http://www.charlesriverscullers.com/>

Program dates: **June 19 - August 14 (8 week program)**
 June 19 - July 17 (4 week program)
 **There is an optional early start date of June 12.*

Camp Fee: **U19 \$5,500 for 8 weeks, \$4,000 for 4 weeks**
 U23 \$x,xxx for 8 weeks, \$x,xxx for 4 weeks
 (\$1000 deposit, remainder due by May 31)

U17/19 Includes:

4 or 8 weeks coaching and racing

Race entry fees

Most travel costs for US Club Nationals* and Canadian Henley (**There is an additional cost associated with airfare to Club Nationals in Cincinnati, OH.*)

Unisuit and gear package

U23 Includes:

4 or 8 weeks of coaching

Race entry fees

Unisuit and shirt

Registration: mail this completed form with a non-refundable \$1000 deposit to:

Lisa Stone
541 Ward Street
Newton, MA 02459

Due on or before May 31:

- Remaining balance (refund policy: 50% of the balance will be refunded if notification is received before June 7)
- Medical Form from your doctor (any form that your doctor uses is fine)
- Swim test (evidence of having passed it, a copy of your school or club form)

Charles River Scullers Women's Sculling: Participant Information

___ U19 4 week program \$4,000

___ U19 8 week program \$5,500

___ U23 4 week program \$x,xxx

___ U23 8 week program \$x,xxx

Participant Information:

Full name: _____ Date of Birth: _____

Address: _____ US Rowing #: _____

City, State, Zip: _____

Home phone: _____ Rower's cellphone: _____

Rower's email: _____

School and Graduation Year: _____

Rowing Program (if you didn't row for your school): _____

Parent/Guardian Information:

Name: _____

Address (if different from above): _____

Email: _____ cellphone: _____

Emergency Contact (if different from above)

Name: _____ Relationship: _____

Phone numbers: _____

Coach Information:

Name: _____ Phone: _____

School or club: _____ Email: _____

Health Information:

Doctor: _____ Phone: _____

Date of most recent physical exam: _____ (mail a copy by May 31)

Do you have any physical disorder or health condition (such as asthma, diabetes, heart problems, seizures, or back, joint or muscular problems) or any other condition that may affect your ability to row safely or that our coaches should know about? **NO YES**

Charles River Scullers Women's Sculling: unisuit sizing

The following chart is taken from JL Racing's website. Please fill it out so that we can order your unisuit. If you have a JL unisuit that fits well, include the size where indicated and we will send that instead of the measurements. For more information about how to measure, go to (there is a link on the registration page on our website if you don't want to type it in!):

http://www.jlracing.com/howto/images/content/JL_women_size.pdf

INSTRUCTIONS--FILL IN ALL THE SPACES. If you have worn a JL Unisuit, fill in the sizes you will find on BOTH THE TOP AND THE BOTTOM portions of the suit.

Note: JL sizing does not correspond to ANY OTHER manufacturer's sizing.



WOMEN'S SIZING SHEET

CHANGES TO YOUR ORDER: We understand that rowers come and go during the selection process, and that you may need to make changes to your order while it is in production. We will try and accommodate this reality, but any change may incur extra charges and lengthen the turnaround time. Changes to delivery addresses once the order has been processed are made at the risk of the customer.

	name	Ht in inches	Wt in lbs	KNOWN JL SIZES ONLY!		office use only	body configuration, body comments	USE TAPE MEASURE FOR ACTUAL MEASUREMENT			
				top	bott			bra with cup	pant size	waist	hips
	Mary Hammersmith	6'	185lbs	XL	L		big bust, normal proportions, fit	40C	14	34.5"	44"
	Maggy Medium	5'8"	155	M	M		long torso, broad back, evenly proportioned	36B	10	30"	40"
1											
2											



Notes (from the JL website):

- Key measurements for women are: height, weight, hip, and bra size (including cup).
- Body Comments that make a difference in sizing are: Long- (or short-) waisted; Very long legs; Huge thighs; Barrell-chested; Swimmer's back.

Known existing JL Size:

If you/your athletes know your JL size and are happy with it, please fill these columns in on our sizing sheet. It is important to notice that top and bottom sizes of unisuits can be different. Be sure and check the size tag for each.

Representations, Release and Indemnification

I understand that my participation involves rowing in an open craft in a physically demanding activity where there are inherent and other risks and dangers, including bodily injury, personal injury, disability, death, and other loss ("Damages"). I further understand that such Damages may be caused by my action, inaction or negligence or that of any of the Releasees (as defined below) or others. In addition, I understand that certain on-shore activities such as, but not limited to, carrying boats, may also pose risk of such Damage. My decision to participate in this program is made by me in full recognition of these risks and is entirely voluntary. I represent that I am in adequate physical condition to participate in these activities, that I will not use any boat unless I am able to swim safely under the prevailing conditions, and that I will notify my coaches and anyone supervising my participation if I have or if I develop any condition that may affect my ability to participate in these activities without posing a danger to my health or safety or the health or safety of others. I agree to and will adhere to all rules of Charles River Scullers and in addition all rules announced by my coaches and anyone supervising my participation.

In consideration of your acceptance of this application, I hereby agree for myself, my executors, administrators, and assignees to release my supervisors and coaches of this program and Charles River Scullers, Winsor School, Belmont Hill School, their officers, employees, representatives, successors, agents, and assignees ("Releasees") and each of them of and from all liability and Damages resulting from or that relates in any way to my participation in this program and my use of any facilities or property relative thereto ("Claims"). I further agree to indemnify and hold harmless Releasees and each of them from any and all liability and Damages (including attorneys' fees) on account of Claims.

Signature of Participant

Date

I verify that I am the parent or guardian of the above Participant, that he/she is a minor, that the statements, representations, and agreements ("Agreements") in the above paragraphs are accurate, and that the Participant has read and understood all Agreements. I agree to be bound by all Agreements.

Signature of Parent, Guardian

Date