



## HNA Crew Fall 2017 Program Information

**Dates:**           **Experienced Team:** Monday, August 28 – Thursday, November 9  
**Novice Team:** Tuesday, September 5 – Thursday, November 9  
*Winter season begins Monday, November 20*

**Practices:**       **Experienced Team:** Monday – Thursday, 3:15 – 6:15 p.m.; Friday, 3:15 – 5:15 p.m.  
**Novice Team:** Monday, Wednesday, Friday **OR** Tuesday, Thursday, Friday (same times as above)

**Fees:**           **\$400** for the season (see next page for payment options).  
 Rowers who qualify to participate in regattas that require travel will have additional expenses for which financial assistance may be available. Requests for financial assistance must be made in writing to the HNA Business Office ([folson@holynames-sea.org](mailto:folson@holynames-sea.org)).

**Location:**       Lake Union Crew, 2520 Westlake Avenue North, 98109.

**Transport:**     Experienced team athletes will carpool. Novice athletes will travel on HNA mini buses or a Shuttle Express bus. Buses leave promptly at 3 p.m.

**Parking/  
Pick-Up:**       There is ample free parking in front of the boathouse as well as to the north and south. It is strongly recommended that vehicles **back into parking stalls** when possible, to increase visibility when pulling out; the area is highly utilized by bikers, runners, and pedestrians. For pick-up, please keep traffic lanes clear; do not stop, hover, or wait for your daughter in the middle of the lot.

**Parent Meeting:**   **Monday, August 28, at 7 p.m. at Holy Names Academy.** It is required of all parents of student-athletes that they attend the Sports Information Night for parents each year.

**Fall Races:**       Mark your calendars! Tentative notations indicate events that depend on the size of the team and availability of boats and events. Please assume participation and stay tuned for updates.

| <b><u>Date</u></b>        | <b><u>Time</u></b> | <b><u>Event</u></b>   | <b><u>Location</u></b> | <b><u>Participants</u></b> |
|---------------------------|--------------------|-----------------------|------------------------|----------------------------|
| Sunday, September 17      | AM                 | Row for the Cure      | Lake Union             | Experienced Team           |
| Sunday, October 1         | AM                 | Tail of the Lake      | Lake Union             | All, hosted by HNA         |
| Sunday, October 8         | ALL DAY            | Head of the Snohomish | Everett, WA            | Experienced Team           |
| *Sat.-Sun., October 21-22 | ALL DAY            | Head of the Charles   | Boston, MA             | Travel Team                |
| Sunday, October 29        | ALL DAY            | Portland Fall Classic | Portland, OR           | All                        |
| Saturday, November 4      | ALL DAY            | Frostbite Regatta     | Green Lake             | Novice Team                |
| Sunday, November 5        | AM                 | Head of the Lake      | Lake Union             | Experienced Team           |

*\*Additional fees for travel regattas will be communicated well in advance of departure.*

**Eligibility:**     100%-compliance on eligibility requirements below must be met before rowers will be cleared to participate fully in practices. (See next page, **To Register**).

## TO REGISTER:

**All athletes: Complete Steps 1–3**

**Novices and first-time crew athletes: Complete Steps 1–5 (including float test)**

**1. REGISTER with HNA Athletics online through FamilyID website**

- Go to [Holy Names Academy Athletics page on FamilyID \(click here\)](#). Under *Programs*, click *2017 Fall Athletic Registration*. Under *Sections*, check *Crew*.
- Complete all registration information. NOTE: If you have previously registered for any HNA Athletics program on FamilyID, you only need to update with any changes (e.g., new contact information, different physician, new health concerns, etc.)
- Complete the three online Agreements: Athletic Handbook Acknowledgement, Concussion/Head Injury Information Acknowledgement, Parental Permission for Athletic Participation & Emergency Medical Treatment.

**2. SUBMIT a completed [WIAA Pre-Participation Physical Evaluation & History Form \(click here\)](#) and print)**

- Submit the printed form to the HNA Athletic Office. The form must be signed by a Washington-licensed physician.
- A new form must be on file with the Athletic Office each year the student intends to participate on any HNA athletic team(s).

**3. SUBMIT Crew Program Fee (\$400)**

The \$400 fee for fall crew can be paid either:

- Via check (payable to HNA Crew and mailed to Holy Names Academy, attention Caitlin McClain, 728–21st Avenue East, Seattle, WA 98112).
- Online (via PayPal) when you register with [HNA Athletics on the FamilyID website](#) (see #1 above). After choosing the program *2017Fall Athletic Registration*, follow the steps provided for online payment.

**STEPS 4 and 5 ARE REQUIRED ONLY OF ATHLETES WHO DID NOT PARTICIPATE IN HNA CREW 2016-2017:**

**4. USRowing Basic Membership and Online Waiver**

- Go to <https://membership.usrowing.org>
- Locate the **Individuals** section of the webpage and click **Join**.
- On the following screen, enter requested information for the participant and select **Holy Names Academy** for Club/Team Name.
- Continue following the prompts until you've completed your Basic Membership profile, paid the \$7.75 administrative fee, and signed the 2017 Online Waiver.

**5. PRINT and complete the HNA Crew Float-Test Form** (print the last page)

*Required only for novices and first-time athletes.*

- The form must be signed by a Certified Water Safety Instructor.
- Submit the signed form to HNA Crew Coaches.

# Holy Names Academy Crew Float-Test Form

PRINT THIS PAGE

All HNA rowers and coxswains are required to take a float test in order to verify that they are able to float and/or swim for at least 10 minutes. Print this page and take the float test form (below) to a public or private pool where a **Certified Water Safety Instructor** can conduct the test.

Holy Names Academy must have an **ORIGINAL COPY** of the float-test form. If you have participated in the Lake Union Crew/Holy Names Academy summer camps in the past three years, you may not have to re-take the test as long as we can locate your form.

You are exempt from taking the float test:

- If you are a CURRENT Lifeguard or Water Safety Instructor (WSI); submit a copy of your card.
- If you have a current Scuba Certification Card or equivalent; submit a copy of your card.
- If you have a swim/float test on file with another club, you may submit an original copy of that test.

## Procedure

In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for 10 minutes. In the final minute of the test, you must put on a life vest while continuing to tread water. A 10-minute float test is valid for three years.

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### Swimming Pool / Beach / Office Use Only

Participant: \_\_\_\_\_  
First Name Last Name

Address: \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State ZIP

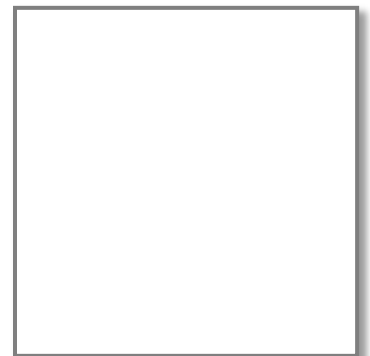
Lifeguard: \_\_\_\_\_  
First Name Last Name

Participant Identification Verified? \_\_\_\_\_  
(Lifeguard Initials)

*The above individual has successfully passed a float test as required for participation in **Holy Names Academy Crew programs**.*

Lifeguard Signature: \_\_\_\_\_

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



**Pool/Beach  
Validation Stamp**