

Holy Names Academy Crew

Spring 2017 Program Information

Dates: Monday, February 6 – Monday, May 22, 2017. (For those who qualify for Nationals, the season will extend until **June 12.**) Optional practices will be held during **Spring Break, April 17-21.** Varsity-level rowers hoping to qualify for Nationals should plan to be available to practice April 17-21 (practice times TBD).

Practices: Monday – Thursday, 3:15 – 6:15 p.m.; Friday, 3:15 – 5:15 p.m.

Fees: **\$400 for experienced rowers** and **\$445 for novice rowers** (novice fee includes \$45 USRowing membership; see below), due by Monday, January 30. Pay online at [Family ID](#) or by check made payable to HNA Crew. Financial-aid requests for Program Fees should be made in writing to Mrs. Kim Dawson, Vice Principal of Student Life (kdawson@holynames-sea.org).

USRowing: Individual USRowing membership is required for participation at the District Championship Regatta. Experienced rowers should renew their memberships independently. Novice rowers will be registered by the Head Coach. **The annual membership fee is \$45 and is included in the program fee for novices.**

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

Tryouts: Tryouts will occur February 6-15. Final rosters will be announced by February 16. Program fees will be refunded for students who do not make the team.

Transport: Starting Monday, February 27, a ShuttleExpress bus will transport the novice team to the boathouse after school. Prior to that date, the coaches will continue to drive HNA buses to the boathouse.

**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.

Spring Schedule:

Who	When	What	Where	Time
Parents	Mon., Jan. 23	Parent Meeting	HNA	7:00 PM
All	Friday, March 3	BIRC Scrimmage	Bainbridge Island	PM
TBD	Saturday, March 11	SRA Scrimmage	TBD	AM
Travel Team	Fri.-Sun., March 17-19	*Shamrock Invitational	Redwood Shores, CA	All day
Home Team	Saturday, March 18	Green Lake Spring Regatta	Green Lake	All day
Exp.	Saturday, April 1	Husky Open	Montlake Cut	AM
TBD	Saturday, April 8	Lakeside Scrimmage	Lakeside	AM
All	Fri.-Sun., April 28-30	*Brentwood Regatta	Victoria, BC	All days
Must qualify	Saturday, May 6	Windermere Cup	Montlake Cut	AM
All	Thurs.-Sun., May 18-21	*NW District Champs	Vancouver, WA	All days
All	Week of May 30	HNA Crew Banquet	TBD	PM
Volunteers	Sunday, June 4	HNA Crew Experience	LUC	AM
Must qualify	Tues.-Mon., June 6-12	*Youth National Champs	Sarasota, FL	All days

*Additional fees for travel, lodging, and food will be communicated well in advance of departure. Requests for financial assistance must be made in writing to the HNA Business Office (folson@holynames-sea.org).

For Brentwood, current passport or enhanced driver's license/ID are required for travel. Copies required at registration for eligibility to participate in regatta. Novices included!

TO REGISTER:

All athletes: Complete Steps 1 and 2 (also 3 if needed)

Athletes who did not participate in Winter 16-17 Crew: Complete Steps (1–4)

1. REGISTER with HNA Athletics online through FamilyID website

- Go to [Holy Names Academy Athletics page on FamilyID \(click here\)](#). Under *Programs*, click *2017 Spring Athletic Registration*. Under *Sections*, check *Crew*.
- Complete or update basic family 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).
- If you participated in Fall or Winter Crew, you only need to select and register for Spring 2017 Crew.
- Athletes who have not previously registered for any HNA Athletics program in the 2016-2017 school year and their parents must complete the three online Agreements: Athletic Handbook Acknowledgement, Concussion/Head Injury Information Acknowledgement, Parental Permission for Athletic Participation & Emergency Medical Treatment.

2. SUBMIT Spring Crew Program Fee

The \$400 (experienced rowers) or \$445 (novice rowers) fee for spring 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 *2016 Spring Athletic Registration*, follow the steps provided for online payment.

3. SUBMIT a photocopy of Passport or Enhanced ID (print the last page)

Required only for first-time athletes or those whose document has expired.

4. Complete paper and online USRowing Waiver of Liability (print the next page)

- Submit the signed paper waiver form to HNA Crew coaches.
- For the online waiver go to <https://membership.usrowing.org/>
- Locate the Individuals section of the webpage and hover over the Members arrow to display more options; click Sign Waiver.
- On the following screen enter your member number and password to be taken to your Membership Profile.
- Click Sign Waiver and complete the 2017 online waiver.





USRowing Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/16 – 12/31/17, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. 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 Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

USRowing # _____ **Date of Birth:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Date:** _____

Participant’s Signature:

Organization:

PARENTAL CONSENT (If participant is under the age of 18)

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Date:** _____

Parent/Guardian Signature (only if participant is under the age of 18):

This is THE USRowing Release of Liability, which should be copied for your use.