



Welcome!

We are happy to have you and your rower in our Intrepid Rowing Club family.

As a new rower, we will need required paperwork on file with our registrar, Diana Pegrum. All paperwork can be found in this packet and also on our website. Once completed, please email the documents to dianapegrum@gmail.com or bring hard copies to practice and place in the clear bin hanging in the support trailer.

Two waivers need to be signed online in order to participate in the rowing regattas.

US Rowing Club Membership and US Rowing Club Waiver

Two types of memberships are available;

Basic – basic membership is free, with a \$6.00 admin fee assessed at checkout..

Championship – \$45.00/year. You will need this type of member if you will be racing at any championship race (Sarasota States and/or Nationals in Cincinnati). Feel free to join if you would like the extras, i.e. Rowing Magazine, discounts on items.

- Go to www.USRowing.com
- Click on the Join & Renew button at the top.
- This will take you to a page that explains the two memberships.
- Click on Join and complete the information.
- If you already have a membership, I highly recommend you update your profile information.
- If you were a member of the former club, please delete that club from your profile.

NOARA Waiver

This link does not work on mobile devices.

http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_sc_holastic

Team App is used for our centralized communication. Please download the app and request access to Intrepid Rowing Club.

Once on Team App please find the IRC Handbook in the documents section. This handbook should answer any questions you have regarding the club and if not, do not hesitate to contact us or use the Parent Chat area in Team App.

Again, welcome to the Intrepid Rowing Club!

INTREPID ROWING CLUB
Rower Information

Name: _____ Date of Birth: _____

Home Address: _____

Home Phone: _____ Rower Cell: _____

Rower Email: _____

Shirt Size: _____ Age: _____ Grade: _____ School: _____

Allergies: _____

Medical Conditions: _____

Parent/Guardian Information

Name: _____ Name: _____

Relation to Rower: _____ Relation to Rower: _____

Home Phone: _____ Home Phone: _____

Cell Phone: _____ Cell Phone: _____

Email: _____ Email: _____

Emergency Contact – Other than parent

Name: _____ Relation to rower: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Referred by: _____

INTREPID ROWING CLUB - Club Dues and Fees

You are considered paid in full and in good standing if:

- Payment made in full
- Have completed and signed ACH Form before the due date
- Scholarship Committee Waiver
- Special Circumstance Payment Arrangement is approved financial officer and approved by the Board President.

We understand that special financial circumstances may arise. In such cases you must contact Board Treasurer and/or Board President to arrange.

Fall Season (Head Racing Season)

Dates: August 1 through Dec 31

Fee \$1000

Due Date: Fees are due August 15th

Spring Season (Sprint Racing)

Dates: January 1 through April 30th

Fee: \$1000.00

Due Date: January 15th

Summer Season (Special Regattas and Train for Nationals and Learn to Row /Race)

Dates: May1 -July 31

Fee: \$400.00

Due Date: May 15th

*All Club dues cover coaching fees, storage fees, and regatta fees

Forms of Payment for Club Dues

In order to offer several convenient ways to pay the club has several agreeable forms of payment.

ACH Withdrawal is the only way to make payments (They will come out in four payments on the first of each month). All other forms are payment in full by the due date.

- Cash (Paid in Full)
- Check (Paid in Full)
- Credit card (Paid in Full)
- Monthly ACH Withdraw

Club Dues Structures, Refund Policy and Discounts

Refunds are not granted for any reason other than an initial ten day grace period of that season.

Refunds are not provided to rowers who leave the team or are dismissed based on a violation of Club rules.

30% of your dues count as a tax deduction since they are escrowed for equipment.

Sibling Discount

Crew member families with multiple rowers will receive 20% discount per season on 2nd 3rd and 4th rower. This only constitutes club dues.

Late Rower Season Dues

If a rower comes in after the season starts for the first 30 days they are expected to pay the full due structure outlined above. After the 30th day of the season that new rowers dues will be prorated for that season of the time left.

Additional Costs to Consider

- Uni approximately \$115.00
- Uniforms (5 Team Shirts/Tanks) \$40.00
- Team Gear – Hats, Visors, etc.
- Special Regattas – Head of the Schuylkill, National Championships
- Hotel and Travel
- Gym Membership



**A or B Rowing Inc.
Db a Intrepid Rowing Club
Rowing Release of Liability**

IN CONSIDERATION of being given the opportunity to participate in any Intrepid Rowing Club activity, including scheduled, supervised club activities, and registered regattas, 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 Intrepid Rowing Club 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 Intrepid Rowing Club, 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.

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:

Date of Birth: _____

Address: _____

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

Phone: _____ **Date:** _____

Participant’s Signature:

**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)

ACH Recurring Payment Authorization Form



Schedule your payment to be automatically deducted from your checking or savings account.

Just complete and sign this form to get started!

Here's How Recurring Payments Work:

You authorize regularly scheduled charges to your checking or savings account. You will be charged the amount indicated below each billing period. A receipt for each payment will be emailed to you and the charge will appear on your bank statement as an "ACH Debit." You agree that no prior-notification will be provided unless the date or amount changes, in which case you will receive notice from us at least 10 days prior to the payment being collected.

Please complete the information below:

I _____ authorize **Intrepid Rowing Club** to charge my bank account
(full name)
indicated below on the _____ of each month for payment of my rowing club membership dues.
(day of the month)

Billing Address _____ Phone# _____
City, State, Zip _____ Email _____

Account Type:	Checking	Savings
Name on Acct	_____	
Bank Name	_____	
Account Number	_____	
Bank Routing #	_____	
Bank City/State	_____	



SIGNATURE _____ DATE _____

I understand that this authorization will remain in effect until I cancel it in writing, and I agree to notify Intrepid Rowing Club in writing of any changes in my account information or termination of this authorization at least 15 days prior to the next billing date. If the above noted periodic payment dates fall on a weekend or holiday, I understand that the payment may be executed on the next business day. I understand that because this is an electronic transaction, these funds may be withdrawn from my account as soon as the above noted periodic transaction dates. In the case of an ACH Transaction being rejected for Non Sufficient Funds (NSF) I understand that Intrepid Rowing Club may at its discretion attempt to process the charge again within 30 days, and agree to an additional charge for each attempt returned NSF which will be initiated as a separate transaction from the authorized recurring payment. I acknowledge that the origination of ACH transactions to my account must comply with the provisions of U.S. law. I agree not to dispute this recurring billing with my bank so long as the transactions correspond to the terms indicated in this authorization form.

INTREPID ROWING CLUB
Authorization for Medical Treatment of Rower

I am the parent/person having legal custody of or am the legal guardian of (rowers name)

_____ a minor rowing for Intrepid Rowing Club. In case of emergency, I understand in the event I cannot be reached, I, do hereby authorize the board members, coaches or other representative of Intrepid Rowing Club, as agents for the undersigned, to consent to any x-ray examination, and the anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable, and is to be rendered under general or special supervision of any physician and surgeon licensed under the provision of the Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of said physician or in said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required, but is given to provide authority or power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which a physician, meeting the requirements of this authorization, may, in the exercise of his/her best judgment, deem advisable.

I hereby authorize any hospital which provides treatment to the above named minor to surrender physical custody of such minor to my above-named agent(s) upon completion of treatment. These authorizations will remain in effect for one (1) year from the date notarized unless revoked in writing and delivered to said agent(s).

Parent or Guardians Signature: _____

Parent or Guardians Name: _____
(PLEASE PRINT)

Date: _____

Rowers Name: _____
(PLEASE PRINT)

INTREPID ROWING CLUB

Rower Code of Conduct

Each rower and family is to read and sign in acknowledgment of the code of conduct. Rowers have a tradition of excellence on and off the water. We expect all of our athletes to keep up this tradition, not only here, but also in school. Any violations of the Code of Conduct shall be discussed with the individual rower and parents. The coaching staff may impose any or all of the following sanctions:

- Removal from practice or regatta
- Assignment to an alternative boat
- Suspension from participating in the following regatta
- Suspension from participating in any rowing activity for a period up to 2 weeks
- Suspension from the rowing team for the remainder of the season

EXPECTATION OF TEAM MEMBERS:

- The use of profanity at any Intrepid Rowing Club event is not allowed.
- Abusive or derogatory language toward another athlete, coach, parent, another crew or the power boater who just waked you will not be tolerated.
- Zero tolerance regarding the use of alcohol, tobacco or any illegal substances. These are strictly prohibited.
- Rowers will not, under any circumstances, participate in physical violence or threats of physical violence before, during, or after any practice or regatta against any team member, coach, opponent, or spectator.
- Athletes shall participate in all practices and regattas committed to. Athletes should review their schedules before committing to a practice schedule or registering for competitive rowing because missed practice will cause the athlete to be moved to a less competitive boat, and a late or missed regatta will cause the athlete to be barred from competitive rowing for the season.
- Athletes shall be attentive to coaches before practice to hear seating assignments and plans.
- Athletes shall have and display positive attitudes and a willingness to work with and encourage others at all times.
- Rowers shall follow the instructions of any coach immediately. Disrespectful or abusive language or actions by athletes towards coaches, coxswains, parents or members of the public at large will not be tolerated and constitute grounds for disciplinary action.
- Talking in a boat is not just disruptive it is unsafe. The coxswain or bow seat in un-coxed boats is the only person who should be talking unless asked a direct question by a coach.
- Athletes shall attend the entire practice or regatta unless they have advance permission of coach.
- Respect the equipment and the facility. Please treat the boats with extreme care. Broken equipment keeps us from practicing and is expensive to repair and/or replace. Please let a coach know if you notice broken equipment so it can be repaired as soon as possible.

- Safety hazards should immediately be reported to the coaching staff.
- All athletes are representatives of Intrepid Rowing Club and the sport of rowing and should behave appropriately at all times. Congratulate competitors on a job well done after every race. “Good Race” goes a long way towards creating good will. All comments about a race shall be held in check until the crew gets off the water and can sit down face to face with the coach to discuss the race.
- Proper attire must be worn at all times. All attire should not have offensive statements or logos and not impede the rowing stroke. Shorts should be tight enough around the leg to not get caught in the seat tracks.
- Junior rowers must race in their team unisuit. Athletes are expected to show pride in their crew team by wearing team t-shirts, hats, jackets and hoodies.
- Rowers are required to wear shirt or a cover (no bare chest or sport bras) when on launch property or at regattas unless actively working out or given permission from coach.
- All IRC athletes should take an active role in helping IRC crews prepare for races (help with shoes, oars, etc.) and IRC athletes should cheer on IRC crews whenever possible.
- The student/athlete must be in good academic standing. If not, the student will be required to work with the coach on a remediation plan to balance academics with participation on the crew team.
- Rowers are not to drive themselves or other rowers to and from regattas unless accompanied by their parent or guardian.
- Rowers in the juniors program are not to be at the boathouse/launch site unless supervised by a coach or an adult member of the Intrepid Rowing Club who assumes responsibility for you.
- Rowers will not engage in the inappropriate use of social media that is deemed to be hurtful, inappropriate, derogatory, or harassing. In addition, threats, inappropriate pictures, teasing, and racist or sexist comments will not be tolerated.

I acknowledge receipt of the IRC Rowing Club Code of Conduct and agree to abide by the terms and conditions thereof.

Rower Printed Name: _____

Rower Signature: _____ Date: _____

Parent Printed Name: _____

Parent Signature: _____ Date: _____

INTREPID ROWING CLUB Swim Test Completion Release

Because rowing is a water related activity, it is critical that each rower have certain basic swimming skills.

In order for any student athlete to participate in any water related activity with Intrepid Rowing Club, the parent or parents of each rower shall either;

- (1) Certify that their son or daughter is a competent swimmer, or
- (2) If unable to make this certification without conducting a swim test, shall conduct the swim test set forth below and must complete this certification and provide it to Intrepid Rowing Club.

The Swim Test is comprised of the following in the order shown without rest intervals:

- Jump feet first into water over the head in depth, level off, and begin swimming.
- Then swim 100' using any stroke. The 100' feet must be completed in one swim without stops and include at least one 180-degree turn.
- Then tread water or stay afloat for 5 minutes without touching bottom or using any floatation device or other support.
-

Complete all form spaces below and submit to Intrepid Rowing Club. Complete **one** of the following:

I, the undersigned parent of _____ (**rower's name**) hereby attest and certify that my son or daughter is a competent swimmer and is deemed skilled enough to participate in water related activities with Intrepid Rowing Club.

Parent Name: (print): _____

Parent Signature: _____ **Date:** _____

(or)

I, the undersigned parent of _____ (**Rower's Name**) hereby attest and certify that my son or daughter has taken and passed the Swim Test and request Intrepid Rowing Club to allow them to participate in water related activities:

Parent Name: (print) _____

Parent Signature: _____

Test date: _____

INTREPID ROWING CLUB

Photo/Video Release

Rower/Parent Agreement:

I hereby consent and authorize Intrepid Rowing Club to disclose the following information when connected to any Intrepid Rowing Club activity.

- Use of my child's image in team pictures on the Intrepid Rowing Club website and Intrepid Rowing Club social media sites (Facebook, Twitter, Instagram, Shutterfly).
- Use of my child's pictures on the Intrepid Rowing Club website Intrepid Rowing Club social media sites (Facebook, Twitter, Instagram, Shutterfly).
- Use of my pictures submitted for posting on the Intrepid Rowing Club website Intrepid Rowing Club social media sites (Facebook, Twitter, Instagram, Shutterfly).
- Use of my child's name to identify him/her in pictures on the Intrepid Rowing Club website.
- Use of my child's pictures in Intrepid Rowing Club publications.
- Use of my child's pictures with information released to the media related to Intrepid Rowing Club sanctioned events.

Rower's Name: _____

Parent Signature (Print): _____

Parent Signature: _____

Intrepid Rowing Club - Regatta Information

Arrival Times: Arrival times at local regattas vary for the rowers and coxswains. The time will be set by the coaches but will be early in the morning. It is important that all rowers and coxswains arrive on time, which is sometimes 7:00 a.m. or earlier, or their boat will be disqualified and they will not be allowed to row. Coaches will advise the rowers of the arrival time during the week preceding the regatta.

Transportation: The Club does not provide transportation to local regattas. Carpooling is recommended as parking is limited.

Heat Sheets: A listing of the days races will be available a day or two before the regatta on www.Regattacentral.com. You can print the heat sheets out before the event or access them on your phone on the day of the regatta.

Schedule: Regattas are all-day events and the rowers are expected to be there until the end of the regatta to take care of the equipment and support their teammates. IF a rower needs to leave before the end of the regatta, the rower must let his or her coach know ahead of time.

Food: IRC food tent provides breakfast, snacks and drink for rowers and parents, throughout the day at all local regattas.

How to dress and what to bring: Rowers must have their unis/tank with them. Also, bring your Intrepid Rowing Club t-shirts.

Rowers should be prepared for all weather conditions. It can be rainy and muddy.

Rowers should bring and apply sunscreen prior to their race, rain or shine, because you may sit on the water anywhere from 10 minutes to an hour.

Rowers should also bring: running shoes for warm up runs, a change of clothes and comfortable shoes for after the races. Sunglasses are also recommended.

Parking: There is often a fee for parking so remember to bring cash.

Viewing: There will be viewing on the banks of the river or lake. Bring folding chairs as well as raingear, sunscreen and sunglasses. Binoculars are a good idea as well as reading materials or hobbie to occupy yourself between events.