



# Bedford Crew

## Fall 2016 Registration Packet

### Mandatory Forms :

- Registration form
- Bedford Crew Club Release of Liability
- Code of Conduct/Media release form
- Consent for Treatment
- Commitment sheet
- Physical/Medical Consent form from your Physician (signed Dr.'s form clearing you for physical activity.) (Physical exam good for 2 years – schedule now if you need a new one!) Please note that Bedford Crew does not have access to forms on file with BHS Athletic Department.

### Payment (due June 30<sup>th</sup>):

- \$500 (check made out to Bedford Crew)
- On-line store will open early August (look for an email with more information then) should you need to purchase a new race tank or other gear.

### Practices:

- Regular season schedule:
    - Men:** Mon/Wed - boathouse 3:30p–6:00p. Tue/Thu –BHS 2:50p–5:00p
    - Women:** Mon/Wed – BHS 2:50p-5:00p. Tue/Thu – boathouse 3:30p -6:00p
- Fridays are left open for appointments and other personal issues. Saturday practices will also be scheduled around race days.

### Important Date Schedule:

- Monday, August 15<sup>th</sup> – Pre-season begins – times tbd
- Thursday, August 25<sup>th</sup> – First day of school. Men at BHS, Women at boathouse. Regular schedule (see above) commences.
- Saturday, September 17<sup>th</sup> – Ergathon, Bedford, NH
- Saturday, September 24<sup>th</sup> – WOW race in Concord, NH
- Sunday, October 2<sup>nd</sup> - Textile River Regatta, Lowell, MA
- Sunday, October 9<sup>th</sup> – Jr. & High School Regional Regatta, Worcester, MA
- Sunday, October 16<sup>th</sup> – NH Championship, Pembroke, NH
- Sunday, October 23<sup>rd</sup> – Head of the Charles, Boston, MA (not for everyone)
- Saturday, October 29<sup>th</sup> – Head of the Headless, Hooksett (fun race with Lurgio Crew)

**\*\*Completed forms and payments must be received by July 15<sup>th</sup>, on a first-come, first-serve basis.**

**Please mail them to**

**Lori Ashooh, 59 Pasture Lane, Bedford, NH\*\*\*\***



## BEDFORD CREW

### Registration – Fall 2016

Email: [lashooh@comcast.net](mailto:lashooh@comcast.net)

[www.bedfordcrew.org](http://www.bedfordcrew.org)

### FALL 2016 REGISTRATION FORM

Name of Rower: \_\_\_\_\_

Year Graduating: \_\_\_\_\_ M/F \_\_\_\_\_

Rower Email: \_\_\_\_\_

Rower Cell#: (    ) \_\_\_\_\_ / \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State: \_\_\_\_\_

Home Phone: (    ) \_\_\_\_\_ / \_\_\_\_\_

D.O.B.: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Parent/Guardian Information** (Email is important if you wish to receive emails from the Crew Club. This is our primary source of communication. **PLEASE write legibly**).

Parent/Guardian #1: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian #2 \_\_\_\_\_ Email: \_\_\_\_\_

#### Registration Fee\*:

Per Rower:     \$500             Check #: \_\_\_\_\_

#### \*Refund Policy:

- Withdrawal requested from date of rower's registration through August 1st : 100% refund of total registration fees refunded less a \$25 administrative fee per rower.
- Withdrawal from the team after August 1<sup>st</sup> and prior to the third day of practice is entitled to a 50% refund of the total fee.
- Withdrawal requested after third day of practice: no refund.
- Any exceptions to the refund policy due to illness, injury, or other extenuating circumstances will be addressed on a case-by-case basis at the beginning of the season. There is no guarantee that any exception will be made.

Parent – please sign here acknowledging refund policy: \_\_\_\_\_

**Uniforms:** All new rowers are required to purchase a tank (\$36). For those who have purchased a uniform in prior seasons, you DO NOT need to buy a new one. Online store will open in August. More information to follow.

**Parents:** Can you help out? We can't do this alone! Please check if you are interested in any of the following committees:     Fundraising              Regatta/Food              Equipment              Website Maintenance



**BEDFORD CREW**  
**Registration – Fall 2016**

Email: [lashooh@comcast.net](mailto:lashooh@comcast.net)  
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**2016 CODE OF CONDUCT AND MEDIA RELEASE**

*It is the mission of the Bedford Crew Club to provide Bedford High School students with the most enriching team-oriented athletic experience possible, while setting the highest standards of academics, responsibility, and sportsmanship for its participants. This Code of Conduct is being implemented for this purpose.*

1. The student/athlete must be in good academic standing at Bedford High School. 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.
2. Team members are expected to be present at all practices, team meetings, contests, and special occasions unless excused by the coach. Unexcused absences may result in loss of rowing privileges and potential ineligibility.
3. The possession or use of tobacco, alcoholic beverages, or illegal drugs is prohibited by members of Bedford Crew. In addition, any misconduct resulting in a school suspension will also not be tolerated.
  - a. Upon evidence of possession or use of any of the above, and including egregious misconduct as outlined in the BHS handbook under "Citizenship and Student Behavior" resulting in a school suspension, the student/athlete will be suspended from the team, pending investigation.
  - b. The final decision to remove a student/athlete from athletic participation for the completion of the season will be made by the Coach in consultation with Bedford Crew Board of Directors.
4. Team initiations and hazing are strictly prohibited. Any athlete participating in such behavior, or who has awareness of such behavior without reporting it will be subject to permanent removal from the team.
5. In accordance with the above, I give Bedford High School permission to release the academic status and/or disciplinary actions against the student to a board representative of Bedford Crew.

We understand that these provisions will be enforced and failure to sign this document will not prevent its sanctions from being applied.

Parent/Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**Media Release:**

I give my permission /  I do not give permission for photographs, videos and interviews to be taken of the above named individual during Bedford Crew activities. It is my understanding that any such images or interview content or portions thereof may be used for public view. Further I hereby authorize the Club to release/use my name in conjunction with the aforementioned images in recognized, responsible publications or media outlets, on Bedford Crew's website and as otherwise reasonable responsibly approved by the Bedford Crew. The purpose of this may be in conjunction with a general news release such as sports reporting or more specifically for recruiting or as part of publicity and marketing campaigns, fundraising efforts, or other Bedford Crew initiatives.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**BEDFORD CREW**  
**Registration – Fall 2016**  
Email: [lashooh@comcast.net](mailto:lashooh@comcast.net)  
[www.bedfordcrew.org](http://www.bedfordcrew.org)

**2016 CONSENT FOR TREATMENT FORM**

Rower's Name: \_\_\_\_\_ Grade \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_(\_\_\_\_)\_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_ Cell Phone: \_\_\_\_(\_\_\_\_)\_\_\_\_\_

Parent/Guardian 2: \_\_\_\_\_ Cell Phone: \_\_\_\_(\_\_\_\_)\_\_\_\_\_

Health Insurance Co.: \_\_\_\_\_ Policy #: \_\_\_\_\_

Group #: \_\_\_\_\_ Phone #: \_\_\_\_\_

If parents cannot be reached, please contact:

Name/relationship: \_\_\_\_\_ Phone #: \_\_\_\_(\_\_\_\_)\_\_\_\_\_

Health History: (include allergies, surgeries, injuries, long-term illnesses, heart trouble, concussions, asthma, and other breathing difficulties etc. If there is anything else that might helpful in coaching your child, please include here as well. Include dates where appropriate)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Current medications: \_\_\_\_\_

Date of last tetanus: \_\_\_\_/\_\_\_\_/\_\_\_\_

I hereby give permission for the care and emergency treatment of \_\_\_\_\_ by physicians, athletic trainers, coaches, EMTs, or hospital emergency room personnel for treatment of any illness or injury resulting from or affecting his/her athletic participation.

Preferred Physician: \_\_\_\_\_ Phone #: \_\_\_\_(\_\_\_\_)\_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_/\_\_\_\_/\_\_\_\_  
DATE

## BEDFORD CREW RELEASE OF LIABILITY

IN CONSIDERATION of being given the opportunity to participate in any Bedford Crew Club and Amoskeag Rowing Club activity, including scheduled, supervised club activities, and registered regattas, during the policy term **1/1/16 – 12/31/16** 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 Bedford Crew 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 Bedford Crew Club, Amoskeag Rowing Club, other rowing Clubs with whom we compete or share equipment, 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:** \_\_\_\_\_

**Organization: Bedford Crew Club**

**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):** \_\_\_\_\_

## EXPECTATIONS FOR MEMBERS OF THE BEDFORD CREW TEAM:

### Rules for attendance:

Because we do not have room to take everyone who will want to row, we are initiating stricter attendance rules, consistent to those who participate in athletic activities at BHS (adapted from the BHS Athletic Expectation Handbook). We are hoping to field a team of dedicated, committed athletes who put rowing as a priority.

- All athletes are **expected to attend all practices, races and fundraising events**. Attendance is a commitment the entire family must agree on.
- Limited participation in athletics **will not** be allowed. (Example: special arrangements for individuals to practice less than the schedule number of days per week for work, Driver's Education, and other activities)
- Excused absences include only those for (a) illness, (b) school field trips, (c) doctor appointments, (d) religious holidays. Coaches should be given at least 24 hours notice if athlete will not be at practice.
- The schedule leaves most Fridays free of practices. Please use these days for college visits, doctor appointments, haircut appointments, etc. whenever possible.
- There are many dates to take the SAT's. Please try to schedule outside of the crew season if at all possible.

### Practices:

Pre-season starts on **Monday, August 15<sup>th</sup>**. Last day of practice will be **Saturday, October 24<sup>th</sup>**. First day of school is 8/26, at which point the following practice schedule will go into effect:

**Men:** Mon/Wed - boathouse 3:45p-6:00p. Tue/Thu – BHS 2:50p-5:00p

**Women:** Mon/Wed – BHS 2:50p-5:00p. Tue/Thu – boathouse 3:45p-6:00p

Fridays are left open for appointments and personal days. Saturday practices will be scheduled around race days.

Rowers are expected to provide their own transportation to the boathouse on practice days and to races on race days. Carpools are encouraged and the team captains will help coordinate.

### Important Date Schedule:

- Monday, August 15<sup>th</sup> – Pre-season begins – times tbd
- Thursday, August 25<sup>th</sup> – First day of school. Men at BHS, Women at boathouse. Regular schedule (see above) commences.
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Yes, I am able to commit 100% to the 2016 fall season, as outlined above. I understand that unexcused absences may result in getting pulled out of a lineup on race day.

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Parent Signature

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Athlete signature