

LAKE QUINSIGAMOND COMMUNITY
ROWING
SUMMER PROGRAMS 2014

Welcome to the wonderful world of rowing.

Lake Quinsigamond Community Rowing will be bringing the sport of rowing to the greater Worcester

community this summer. We will be offering both youth and adult rowing programs on Lake

Quinsigamond during the months of June and July.

Youth Rowing

Two/two weeks session.

Sculling 101

- Introductions to sculling and equipment.
- Basic sculling technique.
- Safety
- Open to boys and girls grades 8-12.

Meeting times:

- Monday-Wednesday-Thursdays
- 3:30pm to 5:30pm
- June 9 – 20, 2014
- *June 23- July 2

June 30-July 1-2 practices will be held on Mon-Tue-Wed

- Cost for the program: \$75.00
- This program is designed for those who have no experience in sculling
- This two weeks program is limited to 16 rowers.

ALL PROGRAMS REQUIRE A VALID SWIM TEST AND A SIGNED WAIVER.

Junior Competitive Rowing Program:

Registration June 9 at 3:30pm

Program runs June 9- July 7 Mon-Thurs.

Practice times June 9-20 3:30-5:30pm

Practice times June 23-July2 9:00-11:00am

Races will be on either Saturday or Sunday.

Open to boys and girls grade 9-12.

Both sculling and sweep rowing offered.

Cost \$125.00 limited membership to LQCR.

Race schedule for summer 2014:

June 14 Lawrence Celebration Regatta

June 21 Slide into Summer Erg Challenge

June 29 Lowell Festival Regatta

July 4,5,6 Independents Day Regatta

Philadelphia

Additional cost for Regatta will be extra.

Rowers will have to provide their own transportation to the first two races.

Philadelphia cost TBD.

THESE PROGRAMS REQUIRE A VALID SWIM TEST AND A SIGNED WAIVER.

ALL ROWING PROGRAMS WILL BE RUN OUT OF LQCR BOATHOUSE AT

REGATTA POINT at 5 North Lake Ave Worcester, Ma.

Anyone interested in our Adult programs go to

www.worcesterboatclub.com This is LQCR

Adult / Masters Website.

For more information or questions call

Rich Stavros at 339-221-0991 or email at www.starbeamsproductions@hotmail.com

Lake Quinsigamond Community Rowing

PERMISSION SLIP

Participation in athletics/rowing is inherently dangerous. Even when all reasonable precautions are

taken, rowers can be, and indeed, may be injured. All students participate in rowing voluntarily with the

permission of their parents or guardians and will follow all rules set by LQCR. Student/Rowers may

also be photographed and/or videotaped by the media at regatta (races) or practices.

Lake Quinsigamond Community Rowing rowers and their parents or guardians:

- Accept the inherent risks associated with rowing.
- Accept the inherent risks associated with transportation to and from practices and regattas (races)

Student Name _____ Date of Birth _____

Student's Signature Parent/Guardian Signature

Date _____

Lake Quinsigamond Community Rowing
Medical Emergency Form

Emergency Contact Person (Primary)

Name: _____ Relation: _____

Phone: _____ Cell: _____

Emergency Contact Person (Secondary)

Name: _____ Relation: _____

Phone: _____ Cell: _____

Previous Injuries/Illnesses (asthma, allergies): _____

Current Medications: _____

Allergies to Medications: _____

Bees or Peanut Butter reactions: YES _____ NO _____

Please attach a current physical from your doctor/health provider.

Lake Quinsigamond Community Rowing

Swimming Certification

Name of rower/participant: _____

I hereby certify that the participant can SWIM 75 YARDS in a competent manner and

can REMAIN AFLOAT FOR AT LEAST 5 MINUTES.

Participant Signature _____

Parent/Guardian Signature _____

Date _____

Lake Quinsigamond Community Rowing requires all participants to take a swim test.

Lake Quinsigamond Community Rowing 2014

Coach's Information Form

Contact information

Name _____

Address _____

City _____

State/Zip _____

Parent/Guardian _____

Phone number _____

Cell number _____

Email (rower) _____

Email (parent) _____

Registration Form _____ Swimming Cert. _____

US Rowing waiver _____

Medical Emergency Form _____ Medical Form _____

Permission Form ___ Payment ___ Code of Conduct _____

Lake Quinsigamond Community Rowing

Participant Code of Conduct

All Lake Quinsigamond Community Rowing Participants are expected to adhere to the following code of conduct, which includes, but is not limited to, the items below.

While participating in Lake Quinsigamond Community Rowing programs and events:

1. I will demonstrate good sporting behavior. I understand respect for other participants, coaches, officials, volunteers, other teams and spectators are essential for amateur competition and fair play.

2. I agree to attend and take part in all scheduled land/water practices and activities.
3. I understand that if I am unable to attend a practice for any reason I will notice the coach as soon as possible.
4. I agree to accept and carry out the instructions of the coaching staff.
5. I will discuss any problems that may arise with the coaching staff.
6. I understand that alcohol, controlled substances. Tobacco and weapons are prohibited.
7. I will be respectful of other people's possessions and property and will refrain from activities that cause damage to either.
8. When traveling with the team for races, I will be respectful of other participants and all adult chaperones, realizing that my behavior affects others with whom I travel.
9. I am fully aware that I represent not only myself but Lake Quinsigamond Community Rowing program on and off the water.
10. In addition I will adhere to all LQCR safety policies.

In general, we ask that participants never do anything, which will have an adverse effect on his or her ability to perform, or create an unfavorable impression of his/herself or Lake Quinsigamond Community Rowing.

Print Rower's Name _____ Signature _____

Print Parents' Name _____ Signature _____

Date _____ Date _____