

CAPITAL CITY

ROWING



What is Long Skinny Boat Camp?

Long Skinny Boat Camp is the perfect opportunity for beginning rowers to learn the basic fundamentals of rowing including terminology, technique & teamwork. The experienced CCR coaching staff will provide team-building land drills in addition to on-the-water instruction for beginning rowers. Students will have the opportunity to train alongside of experienced CCR rowers for an enhanced rowing experience. Long Skinny Boat Camp is the perfect opportunity for anyone to participate in the sport of rowing.

Experience? Not Necessary!

This summer, Capital City Rowing is offering several opportunities for first time rowers of all ages who are interested in learning more about the sport of rowing. All of these opportunities will allow new & experienced rowers to participate in a hands-on introduction to rowing.

National Learn to Row Day will be July 25, 2009. Capital City Rowing is offering FREE rowing clinics to rowers of all ages & skill levels, including beginners. Participate in demonstrations, lessons, & on-the-water instruction from experienced rowers & coaches. Come spend the morning at Lake Hall, Maclay Gardens to learn more about this life-long sport.

What is Capital City Rowing?

Capital City Rowing (CCR) is Tallahassee's largest youth rowing organization that welcomes rowers from all area schools. CCR was founded in the spring of 2008 because of the combination of Tallahassee's two most celebrated rowing programs, Leon Crew & Tallahassee Area Crew. High school rowing in Tallahassee has had an accomplished 17-year history & will surely continue to gain national & regional acclaim as CCR. The team consists of men & women rowers from area high schools, including public & private schools. Each year, the team participates in a Fall & Spring race season during which they travel throughout the country to compete against the strongest competition in the nation. Our experienced coaching staff invites any middle or high school student to join the team regardless of skill-level or experience.

Why Row?

Exceptional Full Body Workout

Rowing combines the strength of the arms and back with the power from the legs to involve all major muscle groups. Though it is a high aerobic workout, rowers will benefit from low impact on the joints, which makes rowing a popular sport for all ages.

A Walk-On Sport

Unlike many other sports, rowing is an ideal sport to learn at any age. CCR welcomes rowers to join the team at any time throughout the year. Our program is designed to accommodate rowers of all skill levels. It is easier to get started than you may think!

Be a Part of a Team

Rowing is the ultimate team sport & rowers will quickly learn that being part of a 'crew' is a valuable experience. Teamwork is a necessary component of rowing & provides opportunities for leadership & personal growth.

Enjoy the Outdoors

Get out of the gym! If you enjoy exercising in an outdoor setting, then you will love the opportunity to practice & compete on the water. Few athletes have the opportunity to incorporate 'being on the water' into their daily routine, which many rowers find very satisfying.

USRowing and Capital City Rowing Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, until the end of this school year, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. 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. 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 Releasee 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. 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. 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.

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.

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

Printed Name of Participant:

USRowing # _____

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): _____