

**Long Beach Junior Crew
Registration Packet
2009/2010**

The following forms must be completed and returned when registering and prior to participation:

- 1 Rower Information Sheet (p.14)
- 2 Medical & Liability Release and Authorization to Treat a Minor (p. 15, 16, and 17)
- 3 Alcohol, Tobacco & Illegal Substance Policy (p. 18)
- 4 Parent Responsibilities (p. 19)
- 5 Volunteer Committees (p. 20)
- 6 Skills/Connections (p. 21)
- 7 Rower & Parent Receipt of Information And Agreement of Support (p. 22)
- 8 Automatic Checking Account Debit Form (ACH) (p. 23)
- 9 Voided check for ACH
- 10 Uniform order (bring to Open House) (p. 24 &25)
- 11 Participant Code of Conduct (p. 26)
- 12 USRowing Proof of Membership
- 13 USRowing Release of Liability (hard copy and on-line) (p. 27)
- 14 Photographic Model Release (p.28)

The following fees are due when registering and prior to participation:

- | | | |
|---|--|-------|
| 1 | New Member Registration Fee (non-refundable) | \$100 |
| 2 | Additional Sibling Registration Fee (non-refundable) | \$ 50 |
| 3 | First Dues Payment for September: | \$330 |
| 4 | Equipment Fee (per family) | \$400 |

***Please write a separate check for items 1&2, 3 and 4.
See page 4 for information on the Ergathon fund raiser.***

(Families with more than one child in LBJC may request a 10% additional child(ren) discount on dues.)

Dues are paid by ACH debit from October to May. The only exceptions are:

1. A lump-sum payment of \$2,822 (which includes a 5% discount) for full dues through May.
2. Two lump-sum payments of \$1,485 payable at registration and on January 1st.

Any other payment or contribution to LBJC should note you rower's name and the nature of the payment on each check, which may be placed in the LBJC mailbox at the boathouse or mailed to:

Long Beach Junior Crew
5318 East Second Street
PMB 366
Long Beach, CA 90803

Please note:

1. Uniform orders must be paid by check at the time the order is placed. See mandatory and optional items on page below.
2. Every rower and coxswain must become a member of USRowing and maintain a current membership throughout their time at LBJC. Membership cost is \$45 and is paid directly to USRowing. Please join USRowing online at http://www.usrowing.org/Join_Renew/MembershipOptions/index.aspx . In addition, please also sign the USRowing Waiver on-line at the link above. A hardcopy of the waiver is required to be completed and submitted with the LBJC registration package. Proof of USRowing membership is also to be included in the completed registration packet.

As space allows, we accept new rowers until the middle of January.

Program Overview

Parents

Welcome to Long Beach Junior Crew! Please read the following important information. Our website www.longbeachjuniorcrew.org is a key source of information for the club. Most of our communication to you is sent out through our website and by e-mail.

About Long Beach Junior Crew

LBJC was established in 1986 to encourage young people to experience the sport of rowing. In addition to learning basic boat handling, water safety, rowing techniques and race strategy, young rowers gain an appreciation for teamwork and sportsmanship through practice and competition.

Mission

To be recognized not only for the quality of our rowing but also for the qualities of our rowers.

The Teams

Novice (first year of competitive rowing, grades 9 - 12)*
Varsity*

*Anyone interested in participating must be able to run/jog a mile without stopping (men: 8:30 minutes or better, women: 10:30 minutes, or better), and complete any other fitness tests required by the coach(es).

Practice Schedule

The practice schedule is set by the coaches and is subject to change. Practice includes skills instruction and conditioning on the water; land training; video; goal setting, focusing and coping strategies; lectures on sportsmanship, nutrition, etc.

The fall practice schedule is expected to be as follows:

Varsity Women	MTWThF	3:45-6:15 pm and Sat 6:30-9 am
Varsity Men	MTWThF	3:45-6:15 pm and Sat 6:30-9 am
Novice Women	MTWThF	3:45-6:15 pm and Sat 6:30-9 am
Novice Men	MTWThF	3:45-6:15 pm and Sat 6:30-9 am

The winter and spring break practice schedule will be set by the coaches.

Participation Costs and Scholarships

Dues

Include coaching fees, use of boats, ergs and other equipment, insurance, rent, locker room cleaning, most travel costs, annual banquet, race fees, race-day snacks and other incidentals.

Payment of Dues

Payment is due the 1st of every month. Accounts are considered past due if payment has not been verified by the CFO by the 10th of the month. Notification will be issued for past due accounts that payment is due by the 13th of that month. At that time your rower will be suspended from the program until delinquent payments are satisfied. All dues are non-refundable.

Please note that beginning with the 2010-2011 season, ACH dues payment will no longer be accepted. Dues payments will be by one of the lump sum options (limited exceptions may be made available with CFO approval).

Uniforms

At Open House all new rowers must purchase a uniform package consisting of:

- 1 pair practice shorts (“trou”)
- 1 long sleeve technical shirt
- 2 short-sleeve T-shirts (gray, yellow or white)
- 1 team splash jacket / wind pants
- 1 travel polo shirt
- 1 unisuit

See order forms on pages 25 and 26 for pricing.

Logo Wear

Look great on campus! Show your support for LBJC at the races! LBJC Logo Wear is the answer. From sweatshirts to duffel bags to sunglasses, you’ll find something for every member of the family. So bring your checkbook to all events and select your favorite LBJC items. See order forms on pages 25 and 26 for items and pricing.

Trip Fees

Most trip costs are included in the dues. Additional trip fees may be payable for Nationals, Head of the Charles and other non-budgeted travel.

Scholarships

A limited number of partial scholarship opportunities are available to members of the Competitive Team who maintain an excellent attendance record and exhibit exceptional sportsmanship. The scholarships are designed to assist a parent in paying LBJC dues. Athletes will continue to incur costs for travel and uniforms. To request financial aid please complete the scholarship application available from the LBJC Secretary. Please see website for contact information. Your application will be reviewed by the Long Beach Junior Crew Board of Directors. They will contact you regarding your application status and the amount of aid you may be able to receive. Scholarship families are required to be active participants in our volunteer program.

Fundraising

To keep participation dues as minimal as possible all members and their families are required to participate in all fundraising efforts undertaken by the club. Our main fundraisers are the Ergathon and car opportunity drawing when available.

Annual Banquet

This is a season-ending special evening that traditionally includes an awards ceremony and dinner. Rowers' costs are covered in their dues. Parents and guests will be charged a nominal amount.

Volunteerism

In order for Long Beach Junior Crew to remain successful, we rely heavily on Volunteerism from our participating families. Each family is required to volunteer for at least one committee and volunteer during one of the regattas that we host for a total of 20 volunteer hours per season.

Independent Study

Check with your school counselor to determine if you are eligible for credit for Independent Study. Progress reports will be maintained, grades given and attendance recorded and sent to the high schools for those athletes receiving P.E. credit. Participants who receive school credit for Independent Study have a responsibility not only to LBJC but also to their schools. Infractions of the LBJC Codes of Conduct will be reported to school counselors. Parents are responsible to ensure that their rower collects, properly prepares and submits the required information to their school on a timely basis.

Ergathon!

LBJC Members and Families,

The following are a few of the most commonly asked questions regarding our most important fundraiser of the year.

What is an Ergathon?

The Ergathon is a marathon-like relay in which rowers take turns to “erg” a set distance or time on rowing machines called ergometers.

Who participates?

ALL Long Beach Junior Crew rowers and coxswains.

Why? How much money do I need to raise?

To keep participation dues as minimal as possible all members and their families are expected to participate in any fundraising efforts undertaken by the club. Our main fundraiser is the Ergathon. Tax-deductible donations are solicited in exchange for rowers “erging” a specified distance or time on a rowing machine called an ergometer. Rowers are required to raise a minimum of \$300.00 per family, but often find they can raise more. We will have more information regarding the Ergathon at the beginning of the season.

When do I turn in my money?

Generally prior to the Ergathon. Please refer to the season’s schedule. Rowers should start collecting donations right now. A sample letter that may be used when requesting donations will be distributed.

If you have any further questions, please contact an LBJC director.

Race Schedule

The Season

The rowing season begins in the fall in September. The racing season ends with the Southwest Regional Championships in May. Strong performances at Regionals could result in selected crews being invited to compete at the Youth National Championships in Cincinnati in June. Exceptional athletes may then have the opportunity to try out for the US Junior National teams that compete later in the summer. During the fall, races are “head races,” in which rowers race a set distance in time-trial format. In the spring, the race format changes to “sprints,” in which up to six crews compete in head-to-head races. The race schedule will be finalized after a statewide coaches' meeting held the last week of September.

Note that Regionals may conflict with AP testing and Nationals with graduation. Please make the necessary travel arrangements in advance so that your rower will be able to attend these critical events.

Tentative Racing Schedule

Date:	Event:	Location:
November 1	Newport Autumn Rowing Festival	Newport Aquatic Center
November	San Diego Fall Classic	San Diego
December 6	Long Beach Christmas Regatta	Long Beach
January 31	Long Beach Indoor Sprints	Boathouse
February 14	Cal Cup #1	Boathouse (Hosted by NAC/MAC)
March	Novice Regatta /Redwood Shores Invitational	Lake Merced / Redwood City
March 21	Cal Cup #2	Boathouse (Hosted by LBJC)
April 4	San Diego Crew Classic (Varsity Only)	San Diego
April 17-18	Long Beach Invitational Regatta	Long Beach
May 8-11	Southwest Regional Junior Championships	Sacramento
June 10-14	US Rowing Junior Nationals (Qualifying Boats)	Cincinnati, OH

Further Information

Strategic Goals

The aims of the LBJC program are:

- To develop as fully as possible the health and welfare of all students.
- To provide advanced training beyond that taught in physical education classes and intramural activities.
- To instruct the skills necessary for achieving the highest possible level of accomplishment.
- To instill attitudes of sportsmanship, discipline, healthy competition, and team spirit.
- To teach health habits necessary for proper physical development and athletic participation.
- To provide adequate athletic programs, facilities and equipment for boys and girls.

The objectives of LBJC include the following:

- To meet the needs and interests of those students who are gifted athletically.
- To meet the urge for competition and develop the will to excel.
- To develop each participant's conditioning and skills needed to participate in rowing.
- To develop good community relationships and attitudes toward athletics.
- To teach habits of health, safety, cleanliness, and physical fitness.
- To develop each participant's moral, social, and ethical values.
- To provide opportunities to exemplify and observe good sportsmanship/citizenship.
- To provide opportunities to make lasting friendships with teammates and opponents.
- To give all students the opportunity to become members of a team.
- To give a student an early understanding that participation in athletics is a privilege that carries responsibilities.

Attendance

- Coaches set up practice workouts based on a specific number of athletes in attendance. (If an athlete fails to appear at practice or a race, last minute changes consume precious time, and if several athletes fail to attend, the result may be a canceled practice or a missed race for the rest of the team.)
- Rowers and coxswains will arrive on time to practices, races, and any other scheduled LBJC event. Violators may be asked to leave.
- Consistent absence from practice is grounds for dismissal from the team.
- A minimum attendance record of 80% or the Coach's permission is required to race.
- Parent/Guardian written notification may excuse an illness or injury.
- Written doctor's release forms are required to return to practice after missing more than 5 days of practice due to illness or injury.

Practice

- Rain or shine at Marine Stadium at the Pete Archer Rowing Center.
- Except for observed religious holidays, Thanksgiving Day, Christmas Day and New Year's Day, there are no scheduled holidays for crew practice. Any other days off are at the coaches' discretion. Try to schedule family vacations around practice and race days.
- Practice continues over Winter break in preparation for the Spring racing season.
- ***Spring Break is in the middle of racing season, and any rower who plans to miss this week, or any other scheduled practice for any reason, will lose his or her chance of earning a seat in a priority boat. Coaches will handle this issue on an individual basis.***

The only acceptable reasons for absences include illness, family emergencies, religious holidays and academic commitments, such as exams. Three unexcused absences will be considered grounds for possible dismissal from the team. If proper notification of an athlete's absence is not received, their coach determines the penalty. Any other emergency absences should be reported before 2pm on weekdays to 562-431-1644.

Transportation

Participants are responsible for their own transportation, to and from the Boathouse, for practices, home races, and some away races. **LBJC is in no way liable for any rower, coxswain or guest once they leave the boathouse or race site after, or during, practices or races.**

“Away” Race Transportation:

- No athlete shall drive him or herself to, or home from, an away race.
- No athlete may drive another athlete to or from an away regatta.
- Rowers will not drive or be driven by athletes from other teams.

- Rowers are required to stay with the team at all times at regattas.
- For events where we use team provided group travel, rowers must travel to and from the venue/hotel with the team. They may not leave the hotel or rowing venue with their parents without the prior, express approval of the head coach.
- While traveling to or from regattas, the athletes will be expected to wear LBJC polo shirts or jackets and nice pants, shorts or skirts.

Parking

We share the boathouse and parking facilities with several other clubs/organizations. Therefore, we must strictly enforce parking rules. These are “no tolerance” rules: Violators will be asked to leave

- Do not park in spaces reserved and designated for handicapped drivers. The boathouse is used by adaptive rowers.
- Do not park in the Lifeguard spaces
- No speeding – Limit 10mph through parking lot
- No speeding on Boathouse Lane - observe posted limits
- Absolutely NO NOISE is permitted on Boathouse Lane before 7 am. Please respect our neighbors.

Personal Gear

Store all personal gear in the appropriate locker room.

Private Lessons

Private lessons at the Boathouse are not permissible.

Erg Room

- Wipe down all machines, ergs and benches after each use
- No spitting on the floor at any time
- All weight plates, dumbbells and any other equipment must be re-racked after each use
- Chewing gum is not allowed in the erg room
- Food is not allowed in the weight room, unless specifically approved by the head coach
- Pick up all bottles, trash, etc. put into the garbage cans located around the building
- Shirt and closed toes shoes must be worn at all times unless otherwise specified by the coach

General Rules

- The sharing of water bottles can transmit many infections and viruses, ranging from the common cold, to flu and mono, and this practice is absolutely forbidden. Rowers should bring their own personal water bottles to practices and races.
- All rowers and coxswains should come to practices properly attired. This means wearing the appropriate clothing for the sport of rowing – such as running shoes, bike shorts, and aerobic workout gear etc... Baggy shorts cannot be worn in the boat or on the erg as they get caught in the tracks. Open toed shoes are not permitted in the workout room or for running.
- The equipment (boats and oars) must be thoroughly washed down after each practice, towed off and returned to the correct boat racks. The towels should be returned neatly to their racks.
- Ergs should be cleaned after every use and training equipment put away.
- Rowers and coxswains representing LBJC in competition MUST wear official LBJC clothing and each crew MUST dress uniformly.

The Participant Code of Conduct provided within this packet is to be signed and returned at registration.

Overnight Trips

- Trip curfews will be set by the coaches and enforced by the chaperones. No one is allowed out after curfew. Violation of curfew may result in the instant dismissal of the offender from the Team, with the rower transported home at the cost of his/her parent/guardian.
- Rowers and coxswains may only be in the hotel room of a member of the opposite sex if a coach or chaperone is present. Violation of this rule will result in the removal from competition of both the offender and everyone present in the room with him/her. Exceptions may be made by the Coach for boat meetings prior to a race when the coxswain is of the opposite gender of the rowers.
- Hotel rooms, regatta sites, buses and vans will be cleaned and returned to their original condition. Individuals will be held responsible for any damage to any equipment, rooms, buses, etc...
- All members are required to remain to load and unload the boat trailers before and after they travel to races until the coaching staff releases them.

LBJC Program Philosophy

We believe the underlying values we teach are fundamental to our rowers' development as athletes, students, and people. Although one of our goals is to develop crews that will compete for national and regional championships, the most important lessons extend far beyond the boat. The value of hard work is at the heart of everything we teach. We believe that:

- Rowing should be fun *and* educational.
- Everyone must put their own interests second to the team's.
- There is inherent value in hard work.
- One should strive to be among the nation's best *and* exemplify true sportsmanship.
- One should win and lose with equal grace, and *always* participate with joy.
- Every time you come to practice, you should learn something.
- Athletics should complement academics.
- Making your best effort takes courage. Courage is habit-forming.

Which is more important, winning or having fun?

We believe in winning, and we believe in enjoying the experience, but both are simply components and by-products of a more immediate and achievable goal: hard work.

For LBJC, the fun we seek is the deep satisfaction of knowing that you have tried your best and given your all, whether or not you win and whether or not you make the "top" boat.

"Things are more likely to go your way when you stop worrying about whether you're going to win or lose and focus your full attention on what's happening right this moment."

— Phil Jackson

Winning is the result of hard work. Do the work, and the results will take care of themselves. The best you can hope for is to work hard enough that you win every race you're capable of winning.

"Fun" is a by-product of hard work. What are the pleasurable things that come from hard work? To name a few: individual and team improvement, team spirit, more wins, the satisfaction of knowing you've challenged yourself, and the self-confidence of knowing that you were up to the challenge.

"We're good because we work harder than anybody else." — Walter O'Malley

Who is more important, the individual or the team?

The golden rule is that the team, or the crew, comes first. However no crew can reach its potential without every individual making a contribution. Each rower must be aware of his or her importance to the team.

"One finger can't lift a pebble." — Hopi saying

This means that everyone is working towards the same goals, and they have to put their private agendas aside when they interfere with the team's goals. The coaches look to get the most out of the team, and they will try to get the most out of every rower. Competitive rowers all want to race as much as possible, be in the top boats, get the most attention, but the attitude we're looking for is "what can I do to help the team?"

"In order to have a winner, the team must have a feeling of unity; every (rower) must put the team first ahead of personal glory." — Bear Bryant

The coach considers each rower as part of the whole. In an ideal situation, every rower will be proud of his or her contribution to the team's success.

Every rower gets the same opportunities in practice to earn a seat in a boat. Whether in competitions or practice, the coach is responsible for identifying the strongest line-ups, which means constant reevaluation. Opportunities vary from group to group, depending on experience. The more experienced the rower, the more he or she will be expected to earn his or her place in the boat.

Every rower has a role. Only a few rowers can make the priority boats at any one time. Those who do not are vital parts of the team's success. They always have the opportunity to show they can help the team improve. They can raise the level of practice, and do their best to improve every boat they are in, and be ready to take advantage when opportunities are presented to them. When a rower isn't happy with his or her role on the team, the appropriate action is to be sure he or she understands what he or she needs to do, then work as hard as possible to make it happen.

*For the strength of the Pack is the Wolf,
and the strength of the Wolf is the Pack.
— Rudyard Kipling*

What does Long Beach Junior Crew represent besides rowing?

We do all we can to stay aware of the big picture. This means keeping one practice, one erg test, or one competition in perspective. We recognize that there are values more important than winning which we must follow as we pursue rowing excellence. We believe our philosophy allows us to remain true to our principles and develop great crews and rowers.

While we do not expect rowers and their families to put rowing above everything else in their lives, we know what it takes to be successful as a team or an individual. Goal setting, time management, prioritizing, making tough choices, and self-discipline are all skills that will allow rowers to grow as athletes and people. Our crews are most successful, and individual rowers have fulfilling experiences, when the commitment level is highest.

We are preparing rowers for success as student-athletes. That's student first, athlete second. We have coaches who have rowed at high school and college and beyond who understand just how difficult it is to balance academics, sports, family, and social life. However, this does not mean that rowers are encouraged to miss practices for academic reasons. Student-athletes must learn how to plan ahead, so we expect that rowers will not miss practices due to a lack of foresight. In the end, however, we'd rather you miss a practice and invoke a modest penalty than fail to turn in an assignment.

At LBJC we expect that the rower will do everything possible to fulfill his/her commitment to the team. The consequences for missing a practice or competition are more than obvious things like possibly losing your seat in a boat. When you miss an opportunity to practice, you won't improve. This will affect your performance, achievement of your goals, and thus your enjoyment of the sport.

There are a number of important lessons that come from participating in team sports, especially at the high level at which LBJC crews perform. Here are a few of the things that we consider important: accepting responsibility,

teamwork, communication, challenging yourself, discipline, and working passionately for something. We are aware of the big picture, and we try to make it a part of everything we do.

Parent Interaction with Coaches

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Many rowing coaches at the high school or club level coach rowing for the love of the sport. It certainly isn't for the money. After all, how much would someone have to pay you to spend your early mornings and late afternoons during the winter and spring in a boat on a cold river or lake, usually in the rain, trying to get eight or more high-school aged kids to do the same thing at the same time?

With that in mind, here is some advice for keeping good relations with the rowing coach.

1. Volunteer to help. Most rowing clubs work only with lots of volunteer labor. Just ask the Board of Directors what needs to be done, and offer to help. Most clubs need help in a variety of areas, including food preparation for regattas, boat and trailer maintenance & repairs, boathouse repairs, bookkeeping, travel arrangements, fundraising, banquet organization, newsletters, website maintenance, etc. You will find that many rowing club “problems” in the club are often resolved by volunteer labor. Find out who does what in your club and direct inquiries to a director. Avoid asking the coach about everything, eventually he or she gets overloaded with such inquiries and this contributes to coaching “burn-out”. Check with the club's officers, assigned mentors, and other parents. . If you do need to speak with a coach, do NOT interrupt the coach during practice. Discussions with a coach may only take place after practice and with a director present.
2. Out of respect for our coaches' time and privacy, their phone numbers and e-mail addresses will not be distributed nor should they be used if known. Please send all e-mail communications to an LBJC Board member and they will facilitate communication with the coach.
3. Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport, but it is unlikely that the coach is trying to “kill” the rowers.
4. Coaches have complete charge of their crews. Avoid getting involved in “seating” disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience. On top of that, different combinations of rowers will cause different results – it is all geared toward finding the right combination that will cause the boat to move like a finely crafted Swiss watch. When your rower complains about how he or she is being seated in a boat, listen sympathetically, but then encourage him/her to stick with it and try harder over the next few weeks. It may not sound fair, but seat selection cannot be democratic. Someone has to make the decision. Rowers and parents are expected to respect the coaches' decision and requests.
5. Problems that arise should be dealt with in the following order: Rower--Coach, Parent--Board of Directors.
6. Rowers and parents should request a director to set up a meeting with the coach to discuss sensitive issues. After practice may be appropriate for brief unemotional discussions, but difficult or emotional situations require that separate meetings be requested. Dealing with difficult problems immediately before practice usually does not result in resolution and can disrupt practice for the rower, coach and entire team. A coach cannot be expected to give up practice time to meet with parents or a rower.
7. Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay if the coach is temporarily not occupied, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc. Since the coach's mind is generally preoccupied, he or she won't be likely to remember anything you say anyway.

Races – A Guide for Parents

(The following has been adapted for LBJC from an article at NorthwestRowing.com)

Advice for race day: plan to go early, stay all day, and bring everything you need with you.

Here are the details:

Check the website and your e-mail the night before the regatta for any last minute changes that may have been posted.

Get a map to find your way to the regatta. Most racecourses are listed in the locations section of the website. When possible, these maps have both driving directions and where to park, and often, where to find the best viewing.

Be there on time. Most regattas start at 7 or 7:30 am. Schedules of events are often not available ahead of time, so it may be difficult to plan your arrival around when your rower will be racing. Last minute boating changes do occur, so the best bet is to be at the regatta from the start, unless you are sure that you won't miss anything by arriving later! At some regattas, schedules are posted, at some copies are available, at others (especially ones with just a few teams), nothing is printed or posted and you just need to ask someone who looks knowledgeable when your rower may be approaching the finish line.

Mandatory Transportation for Rowers. Your rower will be transported to the regatta, usually very early in the morning, on a chartered bus leaving from the tennis courts at the top of Boathouse Lane. Rowers are required to return on the bus.

Rowers will need to be at the regatta for the entire event. Even when not racing or preparing to race, they are expected to be available to unload and rig boats, help cheer for their teammates, fill in for other injured or missing teammates in unexpected races, help de-rig, load trailers, and assist in unloading the boats from the trailer and returning them to the Boathouse.

Interacting with your Rower. Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when (s)he needs or wants something (food, clothes, money). It is best if you are not the one responsible for required equipment for your rower, there will be a time when (s)he needs it and you are not in sight. Prior to your rower's boat launching, the coach will meet with the entire boat and go over final per-race information. Stay clear of your rower from the time of the pre-race boat meeting until your rower has been released from the post race debrief. Your rower needs to be focused at this time, and unfortunately family and friends are a distraction.

Dress appropriately. Dress in layers, you can discard if the sun makes an appearance. Some suggested clothing items: comfortable shoes which don't get wet in the rain, wool socks, tee-shirt covered by a long-sleeve shirt, covered by a sweatshirt, which is covered by a Gortex or similar waterproof jacket. Make sure you have a hat or cap of some sort that keeps the rain off your head, even a baseball style hat helps. And finally, bring a good pair of polarized sunglasses – it always seems that when the sun does appear, it is directly across from where you are watching the races.

Personal Items. Remember that there may not be a store nearby, and you might not want to give up your parking place to go search for one. The restroom facilities are usually port-a-potties. Therefore a roll of toilet paper and some feminine supplies sealed in a plastic bag can be lifesavers when needed.

Tools for Watching Races. You will want to keep track of your rower's races; so get a race schedule as soon as they are available (they run out at many regattas). Bring a yellow highlighter and a pen to mark your rower's races and make notes. You will also find that it is nearly impossible to tell which boat is which without binoculars – invest in a good set as soon as possible. Other essential supplies include a reliable camera.

Taking Pictures. You will soon learn that pictures of crew races are disappointing. Unless you have an extra-long telephoto lens, you won't be able to tell which boat is which, even at its closest point. Your best chance to take pictures is when the boats are being prepared for a race, moving the boat to the water, loading the boat in the water, and taking a “team picture” after the boat has been returned to the stretchers. Even for those shots a telephoto lens helps considerably.

Socializing. Regattas are hours of boredom punctuated by a few minutes of excitement as your rower races. Most regattas have areas where teams can set up tents and supply food for their rowers. Find out where most of the other parents will be watching the races, and set up your folding camp chairs. You may not be sitting in the chairs all the time, but it reserves a spot for you to call home and where you can store your gear. One of the more pleasant activities at regattas is having hours of time to talk with other parents – you will become good friends with many of them. Visit with the parents running the food tables, and you will learn more about how the rowing program works than from any other source. Bring along a book to read, just in case.

Food. A few regattas have food that can be purchased, although the quality varies greatly. Regardless, plan on bringing plenty of food for yourself. Our Hospitality Coordinator will take care of your rower's meals and snacks.

Rower's Clothes. Bring a bag of extra clothes for your rower. At some regattas during the season, they will be in dire need of an extra pair of socks, sweatpants, or sweatshirt. A warm blanket might also be handy.

Good Luck, and Enjoy the Regatta!

Regatta Volunteer Positions

The following is a list of the regatta volunteer positions available for LBJC parents, families, and friends. Some of these positions require prior training, others require no prior training. **All positions must be filled.**

- * Announcer – Headquarters (2)
- * Award Distribution (2)
- * Clerk of the Course (2)
- * Communications – Set-Up
- * Communications – Take-Down
- * Concession Seller (3)
- * Beach Master (1)
- * Beach Master Assistant
- * Driver – Marshal
- * Driver – Judge/Referee (4)
- * Driver – Safety (2)
- * Driver – Traffic Control (2)
- * Driver – Set-Up – stakeboats/buoys (2)
- * Driver – Shuttle
- * Driver – Take-Down (3)
- * Finish Line Assistant (2)
- * Finish Line Timer (12)
- * Finish Line Flag Holder (2)
- * Helper – Set-Up on Water
- * Helper – Take-Down/Clean up
- * Launch Master
- * Parking Lot Assistant
- * Program Distributor/Vendor
- * Radio Relay Assistant
- * Race Results Poster
- * Set-Up Helpers
- * Sign-In Coordinators
- * Stakeboat Holder (20)
- * Weigh-In Assistant



Long Beach Junior Crew Information Sheet

Start Date: _____

Quit Date: _____

Rower's Name: _____ Circle One: M or F Circle One: Novice or Varsity

School: _____ Birth date: _____ Grade: _____

Primary Household: Parent(s) or Guardian(s) Name(s): _____

Please Print

Address: _____

City: _____ Zip: _____

Telephone:

Home (____) _____ Cell 2 (____) _____

Cell 1(____) _____ Work(____) _____

Parent's E-Mail Address (please print): _____

Rower's E-Mail Address (please print): _____

Rower's Telephone: _____

If your rower has two households, please provide further information below:

Name(s): _____

Please Print

Street: _____ City _____ Zip _____

Telephone: (____) _____ (____) _____

E-Mail Address: _____

Long Beach Junior Crew Authorization to Treat a Minor (Please print): Date: _____

Participant / Rower's name: _____
Telephone: _____ (home); _____ (work/cell)

Emergency Medical Information

Rower's birth date: _____

Physician / HMO: _____ Physician Telephone: _____

Physician / HMO Address: _____

Medical History: Allergies: _____

Medications: _____

Known Medical Conditions/Comments: _____

Insurance Information:

Insurance Carrier: _____ Policy / Group #: _____

Insured's Name: _____

Employer: _____ Telephone: _____

Emergency Contact Information:

1) Name: _____ Tel: _____ Relationship: _____

2) Name: _____ Tel: _____ Relationship: _____

I am fully aware of and appreciate the risks & other damages and losses associated with participation in this rowing program. I agree that (a) The Long Beach Rowing Association & the Long Beach Junior Crew; (b) associated coaches, volunteers & parents, as a group or as individuals, assume no liability or financial obligation for any loss, accident or illness incurred by the above named participant in the course of his/her association with the program. The above named participant/rower is in good physical condition with no limitations: there are no known diseases or physical conditions that could result in the participant being harmed by this program. While I understand that hospital / physician / coaches will try to contact me, as the parent/guardian of the above named participant/rower, I authorize in my absence the emergency evaluation and treatment deemed necessary by the attending physician in the case of an accident or illness. The Participant is a competent swimmer and can tread water for ten minutes.

LBJC Medical & Liability Release: I (we) the undersigned parent(s) or legal guardian(s) of _____ (rower's name), a minor, do hereby authorize and consent to any x-ray, anesthetic, medical or surgical diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medical Practice Act or a Dentist licensed under the provisions of the Dental Practice Act and of the staff of any acute general hospital holding a current license to operate a hospital from the State of California Department of Public Health. 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 and power to render care which the aforementioned physician in the exercise of his/her best judgment may deem advisable. It is understood that the effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached. This authorization is given pursuant to the provisions of section 25.8 of the Civil Code of California. I understand that I am responsible for the costs of all medical treatment.

Signature of parent or legal guardian

Date

Release of all Claims and Liability: In consideration of the acceptance of my application for entry in the recreational activity described in the application form, I hereby waive, release & discharge any & all claims for damages, for death, for personal injury or property damage which I may have or which may hereinafter inure to me, my heirs, or my beneficiaries, as a result of my participation in said recreational activity. This release is intended to discharge, in advance, promoters, sponsors, officials, & any & all involved municipalities &/or municipality employees or other public entities and their employees (& their respective agents & employees), from & against any & all liability arising out of or connected in any way with my participation in said recreational activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. I further understand that serious accidents occasionally occur during the recreational activity in which I am going to participate; & that participants in this recreational activity occasionally sustain mortal or serious personal injury; &/or property damage, as a consequence thereof. Knowing the risks of the recreational activity that I am enrolling in, nevertheless, I hereby agree to assume those risks & to release & hold harmless all of the persons or entities mentioned above who (through negligence or carelessness), might otherwise be liable to me (or my heirs, beneficiaries or assigns) for damages. It is further understood & agreed that this waiver, release & assumption of risk, is to be binding on my heirs, beneficiaries & assigns. I agree to accept & abide by the rules & regulations that control & are in effect for participation in the recreational activity in which I am enrolling. Further, the property on which this recreational activity is to be conducted may not be in a safe condition. It is understood & agreed that by engaging & participating in the recreational activity, I am hereby waiving any & all right to claim any damages or injuries which may occur to me as a result of unsafe condition of the property. I further understand & acknowledge that I am fully, & willingly giving up any claim against or right to sue, the Long Beach Junior Crew, Long Beach Rowing Association, or their employees, agents or assignees for any injury that I may suffer, its' employees, agents or representatives or by the dangerous conditions of any property on which the recreational activity is being conducted. I am fully aware that participating in the recreational activity in which I am enrolling is a dangerous activity and I voluntarily participate in said activity with the knowledge of the danger involved & hereby agree to accept any and all risk or injury. I have fully read this form & fully understand the contents thereof, & hereby freely & willingly apply my signature below as my agreement to this release of liability.

Participant/Rower Signature & Date

Parent/Legal Guardian Signature & Date

Beach Junior Crew Authorization to Treat a Minor (Please print): Date: _____

Participant / Rower's name: _____

Telephone: _____ (home); _____ (work/cell)

Emergency Medical Information

Rower's birth date: _____

Physician / HMO: _____ Physician Telephone: _____

Physician / HMO Address: _____

Medical History: Allergies: _____

Medications: _____

Known Medical Conditions/Comments: _____

Insurance Information:

Insurance Carrier: _____ Policy / Group #: _____

Insured's Name: _____

Employer: _____ Telephone: _____

Emergency Contact Information:

1) Name: _____ Tel: _____ Relationship: _____

2) Name: _____ Tel: _____ Relationship: _____

I am fully aware of and appreciate the risks & other damages and losses associated with participation in this rowing program. I agree that (a) The Long Beach Rowing Association & the Long Beach Junior Crew: (b) associated coaches, volunteers & parents, as a group or as individuals, assume no liability or financial obligation for any loss, accident or illness incurred by the above named participant in the course of his/her association with the program. The above named participant/rower is in good physical condition with no limitations: there are no known diseases or physical conditions that could result in the participant being harmed by this program. While I understand that hospital / physician / coaches will try to contact me, as the parent/guardian of the above named participant/rower, I authorize in my absence the emergency evaluation and treatment deemed necessary by the attending physician in the case of an accident or illness. The Participant is a competent swimmer and can tread water for ten minutes.

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Signature of parent or legal guardian

Date

Release of all Claims and Liability: In consideration of the acceptance of my application for entry in the recreational activity described in the application form, I hereby waive, release & discharge any & all claims for damages, for death, for personal injury or property damage which I may have or which may hereinafter inure to me, my heirs, or my beneficiaries, as a result of my participation in said recreational activity. This release is intended to discharge, in advance, promoters, sponsors, officials, & any & all involved municipalities &/or municipality employees or other public entities and their employees (& their respective agents & employees), from & against any & all liability arising out of or connected in any way with my participation in said recreational activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. I further understand that serious accidents occasionally occur during the recreational activity in which I am going to participate; & that participants in this recreational activity occasionally sustain mortal or serious personal injury; &/or property damage, as a consequence thereof. Knowing the risks of the recreational activity that I am enrolling in, nevertheless, I hereby agree to assume those risks & to release & hold harmless all of the persons or entities mentioned above who (through negligence or carelessness), might otherwise be liable to me (or my heirs, beneficiaries or assigns) for damages. It is further understood & agreed that this waiver, release & assumption of risk, is to be binding on my heirs, beneficiaries & assigns. I agree to accept & abide by the rules & regulations that control & are in effect for participation in the recreational activity in which I am enrolling. Further, the property on which this recreational activity is to be conducted may not be in a safe condition. It is understood & agreed that by engaging & participating in the recreational activity, I am hereby waiving any & all right to claim any damages or injuries which may occur to me as a result of unsafe condition of the property. I further understand & acknowledge that I am fully, & willingly giving up any claim against or right to sue, the Long Beach Junior Crew, Long Beach Rowing Association, or their employees, agents or assignees for any injury that I may suffer, its' employees, agents or representatives or by the dangerous conditions of any property on which the recreational activity is being conducted. I am fully aware that participating in the recreational activity in which I am enrolling is a dangerous activity and I voluntarily participate in said activity with the knowledge of the danger involved & hereby agree to accept any and all risk or injury. I have fully read this form & fully understand the contents thereof, & hereby freely & willingly apply my signature below as my agreement to this release of liability.

Participant/Rower Signature & Date

Parent/Legal Guardian Signature & Date

Long Beach Junior Crew Authorization to Treat a Minor (Please print): Date: _____

Participant / Rower's name: _____

Telephone: _____ (home); _____ (work/cell)

Emergency Medical Information

Rower's birth date: _____

Physician / HMO: _____ Physician Telephone: _____

Physician / HMO Address: _____

Medical History: Allergies: _____

Medications: _____

Known Medical Conditions/Comments: _____

Insurance Information:

Insurance Carrier: _____ Policy / Group #: _____

Insured's Name: _____

Employer: _____ Telephone: _____

Emergency Contact Information:

1) Name: _____ Tel: _____ Relationship: _____

2) Name: _____ Tel: _____ Relationship: _____

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Signature of parent or legal guardian

Date

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Participant/Rower Signature & Date

Parent/Legal Guardian Signature & Date

Alcohol, Tobacco, and Illegal Substance Policy

Long Beach Junior Crew enforces a “Zero Tolerance Policy” regarding the acquisition, use or possession of alcohol, marijuana, or any other illegal substance. Simply stated, this policy provides that any LBJC member who is found to have acquired, used or to have been in possession of alcohol, marijuana, or any other illegal substance at any time during an LBJC activity or official event will have his or her membership immediately suspended pending a termination proceeding before the LBJC Board of Directors.

This policy applies to all LBJC activities, including practices, regattas, and official LBJC social events. It also applies at all times during those activities, including from the time a member enters the Boathouse parking lot, boards a bus, or enters the premises of an official social event until such time as the member ceases to be engaged in the activity or event and has left the premises. Since LBJC encourages good citizenship this policy also applies to non-LBJC activities and events.

A termination for violation of this policy shall be effective for an indefinite period. In the event of a termination of membership as a result of this policy, the affected member will forfeit, without right of reimbursement, all membership dues. The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of Long Beach Junior Crew.

Unfounded, malicious reporting of violations of the above policy will result in the indefinite suspension of the guilty party/parties.

Procedures for Enforcement

The coaches are charged with the initial responsibility of investigating and determining whether a violation of the Policies has occurred. On making the determination that a violation has occurred, the coaches shall promptly inform the member who committed the violation and the Board of Directors. The member shall have five days to request that the Board of Directors review the determination. A failure by the member to request review by the Board of Directors within five days shall be deemed an admission of the violation. If the member requests a review, he or she will not be subject to any penalty until after the review. The Board of Directors shall review the determination at its next meeting.

Athlete’s Signature: _____ Date: _____

Parent/Guardian’s Signature: _____ Date: _____

Parent/Guardian’s Signature: _____ Date: _____

Parent Responsibilities

Being an LBJC parent entails certain responsibilities. I agree that I will:

1. read the article: "Interaction with Coaches";
2. ensure that all forms and fees are delivered on time;
3. take an active role in the LBJC volunteer program;
4. respect that the coaches have full responsibility for training the participants;
5. respect the coaches as the final authority on boat selection and rowing matters;
6. remember that coaches seek to create a positive experience for as many athletes as possible and that while decisions may be somewhat subjective, they are not personal;
7. not distract the coaches before, or during, practice or races;
Refrain from communicating with coaches during practice and do not telephone or e-mail a coach directly.
8. attend all mandatory Parent Meetings;
9. refrain from making disruptive or negative comments about any participants, coaches, the program, directors, officials, or opponents. Lack of cooperation with this may result in my child and me being removed from the program.
10. participate in all fund raising activities and in service activities;
11. support my child and enjoy his or her growth and development through their commitment, dedication and teamwork!

Parent/Guardian's Signature: _____

Date: _____

Parent/Guardian's Signature: _____

Date: _____

Volunteer Committees

Parent participation is vital to the continued success of LBJC. We ask that all families participate fully.

Please circle the committees on which you are willing to serve.

Monthly Newsletter (Cox Box)

Ergathon

Publicity

Uniforms

Fundraising

Grants

Volunteer Coordinator

Banquet

Regatta Program

Regatta BBQ

Regatta Ice

Regatta T-shirts

Regatta Food Sales

Regatta Director (Beach)

Regatta Sponsors

Silent Auction

Independent P.E.

Car Raffle

Roving Volunteer (call on me whenever needed)

Meals for Coaches (Thursdays)

Meals for Regatta Volunteers

Regatta Director (Admin.)

Recruiting

Scrip Sales

Boat Maintenance

Launch Drivers for Regatta

Hospitality (for team, and special events)

Name: _____

Phone: _____

E-mail: _____

Rower Name: _____

Skills and/or Connections

Please circle area(s) you maybe able to help LBJC:

- | | |
|--|---|
| Wood worker | Hotels |
| Printing | Boat Maintenance/ supplies |
| Banners | Fiberglass repair |
| Metals / trophies | Electrical work |
| Painting | Photography |
| Grant Writing | Excellent writing skills |
| Boat driver with experience or interested in being trained for our regattas' | Bus Service |
| 15 passenger van | Large Dumpster access |
| Golf cart for Regattas (total 3 1/2 days use) | Paper supply for copies |
| Large truck | Sound systems (microphone and speakers) |
| Sound systems | T-shirts |
| Motor Boats for regattas | Multi frequency radios |
| Waste management company: Dumpsters, cardboard trash cans. | Do you personally work for a company or know a company that gives out grants to non-profit 501(c)3. |
| Legal advise for a non-profit 501(c)3. | Food/drink donations |
| Rowing experience | Catering |
| Connection with Long Beach City Officials | Fund raising |
| Video camera and TV to be used at two Regattas | |

Please list other ways that you may be able to help LBJC:

Name: _____

Phone: _____

E-mail: _____

Rower Name: _____



**Long Beach Junior Crew
Rower and Parent Receipt of Information
and Agreement of Support**

We have received and read the program information and policy documents outlining the Long Beach Junior Crew goals, schedules, rules, regulations, expectations and general guidelines.

As a rower on the Long Beach Junior Crew and as parent(s) of a member of the rowing program, we understand and support the rowing program in its philosophy and policies, including, *inter alia*, the Participant Code of Conduct, Parent Responsibilities, and Zero Tolerance Policy.

Rower Signature _____ *Date* ____/____/____

Parent Signature _____ *Date* ____/____/____

Parent Signature _____ *Date* ____/____/____

The Board of Directors is available to discuss any questions and concerns you may have about any issues, including those not covered in this document.

ACH AUTHORIZATION AGREEMENT

(ACH Debits)

I (we) hereby authorize Long Beach Junior Crew, hereinafter called COMPANY, to initiate debit entries to my (our) Checking Account indicated below at the depository financial institution named below, hereinafter called DEPOSITORY, and to debit the same to such account. I (we) acknowledge that the origination of ACH transactions to my (our) account must comply with the provisions of U.S. law.

PAYMENT INFORMATION

AMOUNT OF PAYMENT: _____

DATE OF MONTHLY PAYMENT: 1 ST _____

BANK INFORMATION

Name _____ Branch _____
City _____ State _____ Zip _____
Routing Number _____ Account Number _____

This authorization is to remain in full force and effect through May 2010 or until COMPANY has received written notification from me (or either of us) of its termination in such time and in such manner as to afford COMPANY and DEPOSITORY a reasonable opportunity to act on it, whichever occurs first.

Signature(s) _____ Date _____
Signature(s) _____ Date _____

NOTE: ALL WRITTEN DEBIT AUTHORIZATIONS MUST PROVIDE THAT THE RECEIVER MAY REVOKE THE AUTHORIZATION ONLY BY NOTIFYING THE ORIGINATOR IN THE MANNER SPECIFIED IN THE AUTHORIZATION.

A voided check is required to be submitted with form when registering.

Uniform Order Form



ROWER NAME: _____

PARENT NAME: _____

PHONE NUMBER: _____

DATE: _____

Mandatory Items

	Size*	Cost	Quantity	Total
Tee Shirt White. Short-sleeved	_____	\$18	_____	_____
Cold Weather "Technical" Shirt. White. Long-sleeved	_____	\$30	_____	_____
Team Rowing Shorts. (Circle: Men's / Women's)	_____	\$32	_____	_____
Logo Splash Jacket	_____	\$82	_____	_____
Wind Pants	_____	\$58	_____	_____
Unisuit—Men's	_____	\$72	_____	_____
Unisuit—Women's	_____	\$75	_____	_____
Polo Traveling Shirt: (Circle: Men's / Women's) (Circle color: White - Varsity Blue - Novice)	_____	\$22	_____	_____

Optional Items

	Size*	Cost	Quantity	Total
Tee Shirt. Gray. Short-sleeved. (limited supply)	_____	\$18	_____	_____
Tee Shirt. Yellow. Short-sleeved. (limited supply)	_____	\$18	_____	_____
Tee Shirt. Gray. Long-sleeved. (limited supply)	_____	\$22	_____	_____
Tee Shirt. White. Long-sleeved.	_____	\$22	_____	_____
Parka Jacket. Navy.	_____	\$110	_____	_____
Gym Shorts. Navy. (no XS) (Circle: Men's / Women's)	_____	\$22	_____	_____
Logo Hooded Sweatshirt	_____	\$35	_____	_____
Logo Sweatpants (no XS)	_____	\$30	_____	_____
Visor. Red. (limited supply)	_____	\$12	_____	_____
Baseball Hat. Blue.	_____	\$12	_____	_____
Mesh Baseball Hat. White.	_____	\$17	_____	_____
Backpack	_____	\$45	_____	_____
Duffel Bag	_____	\$35	_____	_____
Parent's Polo Shirt (Circle: Men's / Women's) (Circle Color: White Blue Red—limited supply)	_____	\$22	_____	_____

GRAND TOTAL QUANTITY _____

GRAND TOTAL COST

\$ _____

*Sizes run XS, S, M, L and XL. Larger sizes may be available by special order.

Prices are subject to change without notice.

Long Beach Junior Crew

Participant Code of Conduct

Participation in a crew program demands fitness, determination, strength, and a competitive instinct. It also bestows friendship, camaraderie, and an enormous sense of teamwork. It is with this in mind that the following Code of Conduct has been prepared.

- 1 I will work out in the Boathouse or row only when I have been fully registered with paid dues and fees
- 2 I will pay the required dues and fees on time.
- 3 I understand that if I am expelled from LBJC for disciplinary infractions, or if I quit the team, I will forfeit any and all payments made.
- 4 I will participate in all mandatory LBJC fund raising events.
- 5 I will maintain a satisfactory record of conduct, citizenship, grades, and attendance in school.
- 6 I will demonstrate support for coaches and fellow rowers, and show team spirit at all LBJC events and competitions.
- 7 I will be responsible for the proper care and use of equipment and for the boathouse.
- 8 I will pay for any equipment willfully or negligently damaged or lost. Removal of any equipment from the Boathouse without the approval of the coaches is forbidden.
- 9 I will be punctual for practices and meetings.
- 10 I will participate fully in all the aspects of training.
- 11 I understand that the use of alcohol, tobacco, or any illegal substances is unacceptable by participants and will not be tolerated
- 12 My family and I understand that we are expected to volunteer our time for the LBJC program each year, and we promise to fulfill our obligations to help.
- 13 I promise to conduct myself with decorum and good sense, to behave courteously and considerately to all, and to refrain from vulgar language.
- 14 I will treat all teammates, opponents, coaches, directors, officials, and parents with respect.
- 15 I understand theft at the Boathouse or at any LBJC activity will not be tolerated.
- 16 I will respect the authority and decisions of the coaches as well as that of chaperones and other appropriate authorities.
- 17 I realize that team goals come before my needs or desires.
- 18 My parents and I will observe the rules regarding transportation to and from away rowing events.
- 19 My family and I understand that if I receive credit for Independent Study my school will be notified if I am in breach of this Participant Code of Conduct.
- 20 My parents and I understand that failure to let the coaches or any member of the Board of Directors know immediately if there is someone on the team who is not adhering to the Participant Code of Conduct is in itself a breach of the Code of Conduct.

I/We understand the rules and the possible disciplinary actions for violations, which could range from a verbal warning to suspension or expulsion from the program.

Rower Signature _____ *Date* ____/____/____

Parent Signature _____ *Date* ____/____/____

Parent Signature _____ *Date* ____/____/____

Release of Liability

Fax: 609-924-1578



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 12/31/08 – 12/31/09, 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 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. 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.

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.



Photographic Model Release

Long Beach Junior Crew a California non-profit public benefit corporation located in Long Beach, CA is hereinafter referred to as LBJC.

Photographic images taken of LBJC rowers participating in any LBJC related activities are hereinafter referred to as the Images.

Any individual affiliated with LBJC or the rowers taking images are hereinafter referred to as the photographer.

I hereby give LBJC and the photographer and their assigns my permission to license the Images and to use the images in any media for any purpose (except pornographic, defamatory, libelous or otherwise unlawful) which may include, among others, sale, advertising, promotion, marketing and packaging for any product or service. I agree that the images may be combined with other images, text and graphics, and cropped, altered or modified.

I agree that I have no rights to the images and all rights to the images belong to LBJC and the photographer and assigns. I acknowledge and agree that I have no further right to additional consideration or accounting, and that I will make no further claim for any reason to LBJC, photographer and/or assigns. I acknowledge and agree that this release is binding upon my heirs and assigns. I agree that this release is irrevocable, worldwide and perpetual and will be governed by the laws of California.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph.

I have read this release and before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and I agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

I am 18 years of age or older and I am competent to contract in my own name.

LBJC rower name: _____

LBJC rower signature: _____

I am the parent of legal guardian of the LBJC rower named above who is a minor and I sign on their behalf agreeing to the terms of this release.

Name of parent or legal guardian: _____

Signature of parent or legal guardian: _____