



RADNOR GIRLS CREW CLUB (RGCC)

Learn-to-Row Camp 2025

June 16 - 19, 9am-12pm

Program overview

Are you a rising 8th or 9th-grade girl at RMS who is interested in giving crew a try? Join RGCC for our summer Learn-to-Row (LTR) program. The goal of RGCC's Learn-to-Row program is to introduce the sport of rowing to girls entering 8th and 9th grades at Radnor Middle/High School. The four-day (Monday-Thursday) session will teach the mechanics of rowing with one oar (sweep rowing).

RGCC coaches will be assisted by current and former athletes from RHS, enabling the participants to talk with experienced girls about the sport as well as get more personal instruction.

Space is limited and registrations will be processed in the order in which they are received. All forms and payments are required to participate.

Once your daughter's spot is confirmed, you will receive a follow-up email with specifics on what to bring and how to dress.

Details

- **Location:** Hines Rowing Center, 801 Washington Street, Conshohocken, PA, 19428
- **Dates and times:** June 16 - June 19: 9am-noon
- **Cost:** \$445 (\$375, plus \$70 Hines Rowing Center fee)

Registration deadline: Sunday, June 1

- The program is limited by the availability of equipment and coaching staff. Registrations will be processed in the order in which they are received. All forms and payment are required to participate.
- This packet can be scanned and emailed to: registration@radnorgirlscrewclub.org. Payment may be made via venmo to: @RadnorGirls-CrewClub
- Or, the packet and check made payable to: Radnor Girls Crew Club can be dropped off to: ATTN: Lisa Horninger, 10 Oakford Road, Wayne, PA 19087

Questions: registration@radnorgirlscrewclub.org



Radnor Girls Crew Club Registration Checklist

Athlete's Name: (Last Name, First Name) _____

Grade _____

I am registering for Learn to Row Camp, June 16 - June 19 (9am-noon) _____

Please make sure each item is included before checking it off. Return checklist with registration packet

to: registration@radnorgirlscrewclub.org

1. ____ This checklist
2. ____ RGCC Registration Form/Permission to Treat
3. ____ RGCC Waiver and Release of Liability
4. ____ Hines Rowing Center Code of Conduct
5. ____ USRowing Release of Liability

Athletes may not participate until all forms have been received.



RGCC Registration Form/Permission to Treat

Athlete's Name: _____ **Grade:** _____ **Home:** (____) _____

Street: _____ **City** _____ **Zip:** _____

Cell: (____) _____ **Email:** _____

Mother's Name: _____ **Home:** (____) _____

Street: _____ **City** _____ **Zip:** _____

Cell: (____) _____ **Email:** _____

Father's Name: _____ **Home:** (____) _____

Street: _____ **City** _____ **Zip:** _____

Cell: (____) _____ **Email:** _____

If Parents Will Not Available During Session:

Emergency Contact _____ **Home:** (____) _____

Relationship: _____ **Work:** (____) _____ **Cell:** (____) _____

PERMISSION TO TREAT

In the event of an emergency requiring medical attention, I grant permission to a physician or other hospital personnel designated by the Radnor Girls Crew Club coaching staff to attend to my daughter.

Parent's Signature _____ **Date** _____

Insurance Company: _____ **Policy No.:** _____

Group No.: _____ **Phone:** _____

Primary Subscriber Name: _____

Do your daughter wear contacts or glasses (circle which if yes) Yes _____ No _____

Does your daughter have or has she ever had:

• Asthma? Yes _____ No _____

Diabetes? Yes _____ No _____

• Kidney injury? Yes _____ No _____

• Heart condition? Yes _____ No _____

If yes to any of the above, please explain, including any prescription medicine taken on a regular basis (use reverse side if needed):

List any medications you are allergic to: _____

Please note any condition other than stated above of which a physician should be made aware _____

RGCC Waiver and Release of Liability

IN CONSIDERATION of being given the opportunity to participate in the Radnor Girls Crew Club and to utilize the Hines Rowing Center facilities, 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 the water and land based, that I am qualified, in good health, and in proper physical condition to participate in such activities, and that I am able to swim.
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 may be caused by my own actions, or inactions, the actions of others participating in the Radnor Girls Crew Club, or the negligence of the "releasees" named below;
 - c. I am responsible for arranging for my own transportation to and from Radnor Girls Crew Club practices, regattas and other events and, while the club may help facilitate the organization of transportation (by carpool or otherwise), I, alone, accept full responsibility and all risks; and
 - d. there may be other risks and social and economic losses either not known to me or not 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 Radnor Girls Crew Club activities.
3. AGREE AND WARRANT that I will examine and inspect each activity in which I take part 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 that activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue Hines Rowing Center, located at 801 Washington Street, Conshohocken, PA 19428, Radnor High School and the Radnor Girls Crew Club, their administrators, coaches, directors, agents, officers, volunteers and employees, and other participants, and, if applicable, owners and lessors of premises on which the activities take 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 releasees 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 may incur as a result of such a claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, and understand that I have given up substantial rights by signing it and have signed it freely and without any induction 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.

Printed Name of Athlete: _____ **Date of Birth:** _____

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

Athlete's Signature (only if age 18 or older): _____ **Date:** _____

Phone: _____

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 Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each such Releasee 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: _____

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

Parent/Guardian Signature (if participant is under the age of 18) _____ **Date:** _____

Phone: _____

Hines Rowing Center Code of Conduct

Hines Rowing Center (HRC), the Whitemarsh Boat Club (WBC), and Tenants cooperatively require compliance with property and house rules, as well as any existing club or team rules. Violation of the Code of Conduct will result in expulsion from the HRC property, criminal prosecution and personal financial liability.

1. Rowers must comply with all rules and regulations of HRC to ensure its smooth operation as a multi-school facility for Junior, Collegiate and Masters rowers. Any violation of rules could result in reprimands, penalties, suspension, an ultimately expulsion from the rowing program.
2. Rowers must respect all HRC property and equipment; any defacement or property or "graffiti" is considered vandalism and will be treated as such with local authorities.
3. HRC is a multi-team facility. Good sportsmanship is promoted at all times on and off the water. Respect for self, teammates, coaches, HRC members, officials, and other teams, clubs, and camps rowing out of HRC is to be shown.
4. Rowers are not permitted to engage in dangerous horseplay while on HRC grounds. Rowers are expected to be aware of their surroundings at all times. The launching of boats can be very hazardous. The sport of rowing is the priority at all times.
5. Littering is prohibited. Disposable plastic water bottles are prohibited. Rowers must carry their own reusable water bottles. In an effort "to go green," HRC has provided recycling containers as well as trash receptacles. Rowers are expected to pick up after themselves.
6. Rowers must comply with HRC housekeeping rules while in the HRC Locker Room, Shower and Toilet areas. These areas must be kept neat and clean.
7. Rowers may not change in their cars or in the parking lot.
8. Rowers are to refrain from disrespectful conduct including verbal abuse and profane language of each other and anyone on the Upper Schuylkill waterway.
9. Rowers and parents must park in the designated parking area, not in the coaches' and WBC member parking area. Speeding and reckless driving are against the law and dangerous. Rowers involved in such behavior in the parking lot and on Washington Avenue will be banned from HRC property.
10. Swimming off the docks is prohibited.
11. Out of respect to other schools that use the docks simultaneously, launching and landing of shells must be done **very quickly** within the allotted time window for each program. All stretcher and height adjustments must be done in the boathouse prior to launching, or on the water, not while on the dock. Oars must be staged on the dock prior to bringing the boat down to the dock, and oars must be removed IMMEDIATELY after landing.
12. While on HRC property, all rowers must wear shirts, no bare tops or sports bras.
13. The possession of alcohol or any illegal substance is prohibited and will be prosecuted to the full extent of the law. No smoking on the HRC property.
14. Illegal possession, carrying or discharge of any explosive or firearm or other weapon will be prosecuted to the full extent of the law.
15. Rowers and programs are responsible for damage to HRC property, equipment and infrastructure while on site.
16. Launches are to be secured and motors stored properly at the end of the season.
17. Gas containers are to be properly stored and locked up daily.
18. Logging in and out while rowing is required.
19. Bow balls are required on all boats prior to leaving the dock.
20. Minimal usage of all utilities is everyone's responsibility.
21. No student should be on site or on the water without either a coach or a parent physically present at the Facility.

Violations of the HRC Code of Conduct will result in the following:

First offense – Notification to the responsible coach by HRC management of an infraction of HRC Code of Conduct. Internal team or club discipline will take over (except in the case of violations of law, including vandalism).

Second offense – Notification to the responsible coach, suspension from HRC Property for one week, notification of Athletic Director, or sponsoring organization.

Third offense – Notification to the responsible coach and Athletic Director and suspension from HRC for one year.

HRC retains the right to suspend entire teams for cumulative offenses of individuals on that team.

I have read, understand and agree to follow terms stated above.

Athlete's Signature _____ **Date:** _____

Parent/Guardian Signature _____ **Date:** _____



Release of Liability

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. 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 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. 5. I agree to be familiar with, comply with, and be bound by the Rules and Regulations of USRowing, including but not limited to the USRowing Rules of Rowing (www.usrowing.org), the World Anti-Doping Code (www.usada.org), and the codes, rules, policies and procedures of the U.S. Center for SafeSport (the "SafeSport Rules," www.SafeSport.org), including with respect to

the exclusive authority and jurisdiction of the U.S. Center for SafeSport to investigate and resolve reported sexual misconduct and the discretionary authority to investigate and resolve reports of other misconduct. I further agree that arbitration pursuant to the binding arbitration provisions of the SafeSport Rules shall be the exclusive method to resolve any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation (the "Arbitration Procedure")

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING.

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.

Participant's Information

Name (print): _____
Signature: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Date: _____
USRowing Member # (if applicable): _____
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. I agree to be bound by the Arbitration Procedure with respect to any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation.

Parent/Guardian Information

Name (print): _____
Signature: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Date: _____

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