

ALL RRC information and announcements will be sent through our email list. YOU MUST REGISTER YOUR EMAIL ADDRESS ON THE RRC WEB SITE. Please go to the Web site and follow the simple instructions for signing up. We cannot add e-mail addresses listed on this form to the list.



## LEARN TO ROW

All registrations **MUST** be accompanied by a signed waiver form.

Space is limited to 18 rowers per session and is allocated based on date of payment.

Pay early to reserve your spot. A minimum of 8 rowers is required to run a session.

Learn to Row (LTR) programs are for people who have little or no rowing experience but would like to learn the basics of sweep rowing and to generally become familiar with the sport. Many of our Learn to Row graduates have continued rowing with RRC's Sweep programs, and a number of them have earned gold medals at USRowing's Masters National Championships and other national regattas.

### 2009 LTR CLASS SCHEDULES

Two LTR sessions are being offered during the summer, with morning and evening classes available. Each program consists of a four-week session that meets three times per week. Upon completion of LTR, rowers may register to continue to row in RRC's other sweep programs (additional fees apply).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Ph( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

I declare that I am a capable swimmer: \_\_\_\_\_  
 Signature Date

Please sign up for your first choice. Depending on the numbers, you may be asked to adjust your schedule so that we can combine times or programs to fill boats and make efficient use of coaching time:

**A. MORNING SESSION**

Tuesday/Thursday mornings (5:45-7:45 a.m.) + Saturday mornings (8:45-10:45 a.m.)

**B. EVENING SESSION**

Monday/Tuesday/Thursday evenings (6:00-8:00 p.m.)

1. Learn to Row Program Session 1: (4 weeks): June 1-27, 2009 \$ 220\*

\_\_\_\_\_ A. Morning (Tuesday, June 2-Saturday, June 27)

\_\_\_\_\_ B. Evening (Monday, June 1-Thursday, June 25)

2. Learn to Row Program Session 2: (4 weeks): July 6-August 1, 2009 \$ 220\*

\_\_\_\_\_ A. Morning (Tuesday, July 7-Saturday, August 1)

\_\_\_\_\_ B. Evening (Monday, July 6-Thursday, July 30)

How did you hear about us?  
 C-ville  
 Hook  
 BR Outdoors  
 Facebook  
 Flyer  
 T-shirt  
 FridaysAfter5  
 Friends  
 Sign/Banner  
 Other

\* Payment for Learn to Row must be made in full before the start of the program. If a rower is unable to complete the season, fees will not be refunded except for medical reasons.

### DISCOUNT POLICY

- 10% discount applies on lower-cost program(s) for second (or subsequent) family member(s).

# 2009 Waiver Form



**RIVANNA ROWING CLUB**  
P.O. Box 5797  
Charlottesville, VA 22905  
434 978-2092  
[www.rivannarowing.org](http://www.rivannarowing.org)

IN CONSIDERATION of being given the opportunity to participate in any **RIVANNA ROWING CLUB** ("Club") activities ("Activity") until **MAY 15 OF THE YEAR FOLLOWING THIS CALENDAR 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 Releases 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 the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, 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 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 any may incur as a result of such claim.

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:**

\_\_\_\_\_  
**Address:** \_\_\_\_\_  
STREET

\_\_\_\_\_  
CITY STATE ZIP  
**Phone:** (\_\_\_\_\_) \_\_\_\_\_ **Date:** \_\_\_\_\_

**Participant's Signature (only if age 18 or over):**

\_\_\_\_\_

## PARENTAL CONSENT

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 of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

**Printed Name of Parent/Guardian:**

\_\_\_\_\_  
**Address** \_\_\_\_\_  
STREET

\_\_\_\_\_  
CITY STATE ZIP  
**Phone:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

\_\_\_\_\_