

# Holy Names Academy Crew

## Spring 2010 Registration Form

Please keep this page for your reference.

**Practices:** **February 1–May 17, 2010** (for those who qualify for Nationals, the season will be extended until **June 13**)

Monday–Thursday, 3:10–6 p.m.; Friday, 3:10–5 p.m.

**Fees:** **\$210** for experienced rowers and **\$255** for novice rowers (includes \$45 USRowing membership), due by **February 1**, payable to **Holy Names Academy Crew**. Financial aid for crew is available through the Business Office at school. Athletes who are invited to participate in regattas that require traveling will have additional expenses, for which there is also financial assistance.

**USRowing:** Individual USRowing membership is required for participation at the Regional Championship regatta. Experienced rowers should renew their memberships independently. Novice rowers will be registered by the head coach. The annual membership fee is \$45 and is included in the program fee for novices.

**Parent Meeting:** **Monday, February 22, at 6:30 p.m. at Lake Union Crew**

**Spring Break:** Formal practice will not be held during Spring Break week, April 5–9. Lake Union Crew indoor facilities will be available for those rowers who would like to use them.

**Where:** Lake Union Crew, 11 East Allison Street. One block west of Eastlake Avenue East, and two blocks south of the University Bridge. Athletes leave school as a group and take the bus from 23rd Avenue East to the boathouse. The bus stops at the top of the hill above the boathouse. **Please walk down the hill facing traffic and no more than two people across for safety reasons!** Some athletes carpool. No driver may take more passengers than there are seat belts.

**Parking:** Athletes who drive must fill the LUC parking lot completely first, and back into the stalls. Do not park on the street unless the lot is completely full. Use the key board to hang your keys when you park behind someone.

**Pick-up:** We have a requirement from the City of Seattle regarding procedures for parent pick-up of athletes at LUC. When picking up your athletes, you must do one of the following: A) Pull into an available onsite parking space. B) Pull into a vacant street parking space. C) Wait at our offsite spaces at 2920 Eastlake East. D) Pull into one of the “waiting-zone” spaces at the intersection, marked with “No Parking” signs. It is important that you do not hover anywhere on the street, even if you see your athlete coming down the dock. Please back into a spot so she can load her bags. We take this requirement of the City very seriously, and any athlete whose parent does not comply will be cut from the team.

### **Spring Races:**

	Saturday, March 20	Green Lake Extravaganza	Green Lake	All day
	Sunday, March 21	Seattle Henley Regatta	Lake Union	Half day
V8 & JV8	Thurs.– Sun., March 25–28	*San Diego Crew Classic	San Diego, CA	All days
Experienced	Saturday, April 17	Lakeside–HNA Duel	Lakeside Boathouse	Half day
	Fri.– Sun., April 23–25	*Brentwood	Victoria, BC	All days
Must qualify	Saturday, May 1	Opening Day	Montlake Cut	Half day
	Fri.–Sun., May 14–16	*NW Junior Regionals	Vancouver, WA	All days
Must qualify	Tues.–Sun., June 8–13	*Junior Nationals	Cincinnati, OH	All days

**\*Additional fees for travel, lodging, and food will be communicated well in advanced of departure.**

# HNA Crew

## Spring 2010 Registration Form

Please submit this form with payment and paper and online waiver complete to Coach McClain or Coach Tschannen on the first day of Spring practice.

_____	_____	_____	_____
First Name	Last Name	Class	Date of Birth
_____		_____	_____
Address		City	State ZIP
_____		_____	
Parent's Name		Parent's Name	
_____		_____	
Parent's E-mail #1		Parent's E-mail #2	
_____		_____	
(_____)_____	(_____)_____	(_____)_____	
Parent's Phone #1	Parent's Phone #2	Parent's Phone #3	
_____		_____	
(_____)_____	_____		
Home Phone	Rower's E-mail		

### Annual Online Waiver

In addition to submitting the paper version of the 2010 USRowing waiver, please also complete the online waiver necessitated by many of the Spring races

### Instructions

1. Go to <https://www.regattacentral.com/athletes/> where you can enter your Roster Code and submit their waiver.
2. Enter Holy Names Academy's Roster Code **QU-939215** and your last name. Your full name should then show up, click it.
3. On the next screen you will be asked about whether you have a current, paid USRowing Membership. If you know your number or it is accessible, please enter it. If not, you can proceed with the "no (unsure)" option.
4. Continue by filling out the contact information page, reading the waiver, and clicking the final "submit application and waiver" button.
5. You should be directed to confirmation page.

**IMPORTANT:** Waivers must be submitted *by the athlete or her legal guardian*. (Coaches are not permitted to submit a waiver on a rower's behalf)