

# HNA Crew

## Fall 2019 Program Information

**Dates:**           **Experienced Team:** Monday, August 26 – Friday, November 8  
**Novice Team:** Tuesday, September 3 — Friday, November 8  
*Winter season begins Monday, November 18*

**Practices:**       **Experienced Team:** Monday – Friday, 3:15 – 6:15 p.m.  
**Novice Team:** Monday, Wednesday, Friday **OR** Tuesday, Thursday, Friday (start time is 3:30 p.m.)  
*All novice team participants should plan to attend the first day on Tuesday, September 3*

**Fees:**           **\$450** for the season (see next page for payment options).  
 Students who have a financial-aid application on file in the Business Office may request SAFE funds to assist with non-tuition needs. To request crew-registration fee assistance, please call or e-mail Mrs. Kim Dawson, Vice Principal of Student Life, at (206) 720-7815 or [kdawson@holynames-sea.org](mailto:kdawson@holynames-sea.org).  
 For rowers who qualify to participate in regattas that require travel expenses, please e-mail Mrs. Francis Olson, Business Manager, at [folson@holynames-sea.org](mailto:folson@holynames-sea.org).

**Location:**       Lake Washington Rowing Club – [910 N. Northlake Way, 98103](#).

**Transport:**     Transportation from school to the boathouse is primarily via athlete-driven carpools. However, transport via carpool is not guaranteed or required, so anyone without a carpool will travel on HNA mini-buses or a Shuttle Express bus. Buses leave promptly at 3 p.m. each practice day. To be connected with carpool opportunities to practice and/or home after, please complete this [survey](#) by **Wednesday, August 21**.

**Parking:**       A HNA Crew parking permit, for each season, will be available to students committed to carpooling. Carpooling is defined as one driver and three crew athletes. HNA will provide a discounted monthly parking permit for \$100 per month for families who desire to purchase a permit. Carpool drivers and discounted-parking drivers will receive a parking permit to display on their dashboard for the U-Park parking lots. Refer to parking lot maps [here](#).

**Pick-Up:**       HNA community cannot use the main apron (tarmac) in front of LWRC for pick-up or drop-off. Car drivers should use the adjacent public parking spaces south of the LWRC boathouse or elsewhere to wait for their student. Please respect paid parking lots in surrounding vicinity. Do not idle or block off N. Northlake Way to the south of LWRC boathouse or other parking spots.

**Parent Meeting:**   **Monday, August 26, at 7 p.m. at Holy Names Academy.** It is required of all parents of student-athletes that they attend the Sports Information Night for parents each year.

**Experienced Fall Races:**   Mark your calendars! Tentative notations indicate events that depend on the size of the team and availability of boats and events. Please assume participation and stay tuned for updates. Novices will participate in scrimmages throughout the season.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Participants</u>
Sunday, September 15	AM	Row for the Cure	Lake Union	Experienced Team
Sunday, October 6	AM	Tail of the Lake	Lake Union	Experienced Team
*Sat.-Sun., October 19-20	ALL DAY	Head of the Charles	Boston, MA	Travel Team
*Sunday, October 27	ALL DAY	Portland Fall Classic	Portland, OR	Home Team
Sunday, November 3	AM	Head of the Lake	Lake Union	Experienced Team

*\*Additional fees for travel regattas will be communicated well in advance of departure.*

## TO REGISTER:

100%-compliance on eligibility requirements below must be met before rowers will be cleared to participate fully in practices.

### **All athletes: Complete Steps 1–3**

### **Novices and first-time crew athletes: Complete Steps 1–5 (including float test)**

#### **1. REGISTER with HNA Athletics online through FamilyID website**

- Go to [Holy Names Academy Athletics page on FamilyID \(click here\)](#). Under *Programs*, click *2019 Fall Athletic Registration*. Under *Sections*, check *Crew*.
- Complete all registration information. NOTE: If you have previously registered for any HNA Athletics program on FamilyID, you only need to update with any changes (e.g., new contact information, different physician, new health concerns, etc.)
- Complete the three online Agreements: Athletic Handbook Acknowledgement, Concussion/Head Injury Information Acknowledgement, Parental Permission for Athletic Participation & Emergency Medical Treatment.

#### **2. SUBMIT a completed [WIAA Pre-Participation Physical Evaluation & History Form \(click here\)](#) and print)**

- Submit the printed form to the HNA Athletic Office. The form must be signed by a Washington-licensed physician.
- A new form must be on file with the Athletic Office each year the student intends to participate on any HNA athletic team(s).

#### **3. SUBMIT Crew Program Fee (\$450)**

The \$450 fee for fall crew can be paid either:

- Online (via PayPal) when you register with [HNA Athletics on the FamilyID website](#) (see #1 above). After choosing the program *2019 Fall Athletic Registration*, follow the steps provided for online payment.
- Via check (payable to HNA Crew and mailed to Holy Names Academy, attention Caitlin McClain, 728–21st Avenue East, Seattle, WA 98112).
- Financial aid requests should be made to Kim Dawson, Vice Principal of Student Life, at (206) 720-7815 or [kdawson@holynames-sea.org](mailto:kdawson@holynames-sea.org).

### **STEPS 4 and 5 ARE REQUIRED ONLY OF ATHLETES WHO DID NOT PARTICIPATE IN HNA CREW 2018-2019:**

#### **4. USRowing Basic Membership and Online Waiver**

- Go to <https://membership.usrowing.org>
- Locate the **Individuals** section of the webpage and click **Join**.
- On the following screen, enter requested information for the participant and select **Holy Names Academy** for Club/Team Name.
- Continue following the prompts until you've completed your Basic Membership profile, paid the administrative fee, and signed the 2019 Online Waiver.

#### **5. PRINT and complete the HNA Crew Float-Test Form (print the following page)**

*Required only for novices and first-time athletes.*

- The form must be signed by a Certified Water Safety Instructor.
- Submit the signed form to HNA Crew Coaches.



# Holy Names Academy Crew Float-Test Form

PRINT THIS PAGE

All HNA rowers and coxswains are required to take a float test in order to verify that they are able to float and/or swim for at least 10 minutes. Print this page and take the float test form (below) to a public or private pool where a **Certified Water Safety Instructor** can conduct the test.

Holy Names Academy must have an **ORIGINAL COPY** of the float-test form. If you have participated in the Lake Union Crew/Holy Names Academy summer camps in the past three years, you may not have to re-take the test as long as we can locate your form.

You are exempt from taking the float test:

- If you are a CURRENT Lifeguard or Water Safety Instructor (WSI); submit a copy of your card.
- If you have a current Scuba Certification Card or equivalent; submit a copy of your card.
- If you have a swim/float test on file with another club, you may submit an original copy of that test.

## Procedure

In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for 10 minutes. In the final minute of the test, you must put on a life vest while continuing to tread water. A 10-minute float test is valid for three years.

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### Swimming Pool / Beach / Office Use Only

Participant: \_\_\_\_\_  
First Name Last Name

Address: \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State ZIP

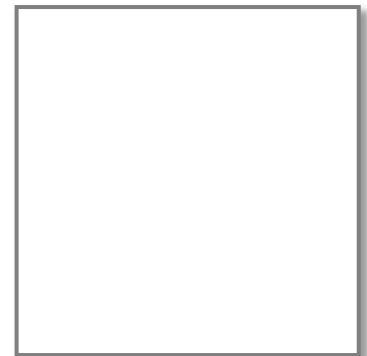
Lifeguard: \_\_\_\_\_  
First Name Last Name

Participant Identification Verified? \_\_\_\_\_  
(Lifeguard Initials)

*The above individual has successfully passed a float test as required for participation in Holy Names Academy Crew programs.*

Lifeguard Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**Pool/Beach  
Validation Stamp**