

HNA Crew

Winter 2020-2021 Program Information

All information below is dependent on the safe resumption of youth athletic activity, as determined by County, State, and other authorities. Adjustments may be made, as necessary.

Dates: **Experienced Team:** Monday, November 30 – Friday, February 26
Novice Team: Monday, November 30 – Friday, February 26

Practices: Novice and Experienced athletes should plan on being available for practice with their assigned groups between 3:30–6:15 p.m., Monday - Friday. More specific schedules will be communicated to athletes before the start of the season. These will include specific start times, practice days, and locations to accommodate physical distancing of athletes.

We ask that families be flexible to accommodate assigned schedules and **have athletes communicate directly to coaches—BEFORE assignments are made—about any potential recurring conflicts** in schedules so that the coaches may best accommodate other immovable time commitments.

Fees: **\$400** for the In-Person + Virtual Practice options (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.

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

Transport: Families will be responsible for their athlete’s transportation to the boathouse. Transportation will NOT be provided by HNA.

Parking: An HNA Crew parking permit--for each season--will be available for purchase at time of registration.

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 N. Northlake Way to the south of LWRC boathouse or other parking spots.

Parent Meeting: A crew parent meeting will be scheduled at the beginning of the season.

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 *2020 Winter 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 [Preparticipation Physical Evaluation & History Form \(click here\)](#) and print or download

- Submit the form to the HNA Athletic Office either printed or via e-mail. The form must be signed by a Washington-licensed physician. • This form is valid for **24** months from the date signed; a current form must be on file with the Athletic Office during each year the student intends to participate on any HNA athletic team(s).

3. SUBMIT Crew Program Fee (\$400)

- Families will pay the program fee at time of registration.
- Financial aid requests should be made to Kim Dawson, Vice Principal of Student Life, at (206) 720-7815 or kdawson@holynames-sea.org.

STEPS 4 and 5 ARE REQUIRED ONLY OF ATHLETES WHO DID NOT PARTICIPATE IN HNA CREW 2019-2020:

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 2020 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.

Swimming Pool / Beach / Office Use Only

Participant: _____
First Name Last Name

Address: _____
Street

City State ZIP

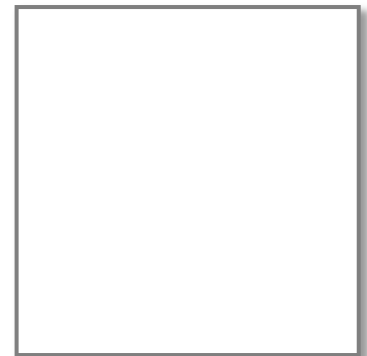
Lifeguard: _____
First Name Last Name

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**