



BURNT HILLS ROWING ASSOCIATION, INC.
PO BOX 248
BURNT HILLS, NY 12027

November 1, 2011

Dear Rowers and Parents,

It's time to think about the winter rowing season for the BHRA. Our season will be beginning soon at the boathouse for all middle school and high school rowers.

The main goal winter training program at Burnt Hills is aimed at providing a safe environment to maintain the skills, knowledge and conditioning that has been developed throughout a rower's career, whether that was 1 season or 6 years. The program, coached by Donica Nalbert and Mike Meier is designed for every ability and age level. All students will be working on rowing technique, speed, power, strength training, circuit training, psychological aspects of rowing, nutritional aspects of rowing, knowledge of how to prepare for the next level and more. We will utilize the combined 20+ years of rowing and coaching knowledge along with other experts to guide the students down a path aimed at meeting their goals and needs.

Specifically, participants in the winter rowing program will get an introduction to strength training. Here, high school athletes will learn safe lifting procedures and how to weight train successfully. This program was developed specifically for us by one of the Canadian National Team strength and conditioning coaches, to fit the needs of our developing athletes. As a middle school rower, these students will also be participating in a strength development program, however this program is aimed at low impact, resistance training developed by the same individual. In this program, the 6th-8th grade students use resistance bands, stability balls, aerobic steps/boxes and balance boards to make the same gains. We must stress that middle school participants will not participate in the same weight training program that high school athletes use. All students will also participate in a variety of erging sessions, where both conditioning and technique are emphasized. While in technique sessions, the coach is able to specifically demonstrate what they are looking for and help the rower achieve the correct movements. We also utilize video to help the students understand what correct rowing looks like and what areas may need adjustment. While training with us this winter, students will also be shown a variety of circuit training activities, again geared at developing muscular strength and endurance and cardiovascular endurance. Finally, this winter we will be inviting numerous guests to the boathouse to speak on a variety of topics. Those include professors, successful rowers, physical therapists, occupational therapists, coaches, nutritionists, and hopefully more. The possible topics of discussion include rhythm and how it relates to rowing, the importance of goals in individual and team motivation, how to successfully make goals, the importance of stretching and proper techniques, what it takes to be a college level athlete, the life and successes of our home town national team rower, Zumba, aerobics, low impact joint strengthening techniques, the nutritional needs of athletes and how it compares to average people and hopefully some others.

As you can see above, there is much more to winter training at Burnt Hills than just erging. As coaches, we try to keep it interesting and fun while teaching the students how to become not just better rowers, but healthier and more successful people. Many of the lessons we provide the students will be ones that they can take home and apply to school or everyday life. Winter practices are not just work and teaching however. We do take some opportunities to add in some fun events to mix things up. In the past, students have gone to indoor erg events,

snow tubing, indoor rock climbing, skiing, and we hope to incorporate some other activities this year like snow shoeing, indoor tank rowing and anything else that may interest the participants of the program.

The winter training program is very customizable to the individual needs of the rower. There are 2 programs offered, either a 60 day program at \$300 or a 36 day program at \$225. The 60 day program allows the participants to get the full benefit and value of the winter training. This allows the student the ability to attend any and all practices over the winter if they want. They can choose to come 5 days a week for the 12 weeks or anything in between. There is no requirement for attending the entire 60 days nor are there any penalties or consequences for missing a practice. If a rower thinks they will attend more than 36 days in the whole winter, they should seriously consider this option. The next option is a 36 day program. Here, rowers can start attending practices at the beginning of the winter season and can choose any day to attend until they reach the 36 day mark. There will be a punch card at the boathouse that the coach marks every day that is attended to keep track of how many days are left. The combinations with this program are endless. Again, there are no penalties for not attending the entire 36 days. It is solely up to the rower and their families to plan what and how many practices they are able to make. We know that families have different needs so by offering the flexibility here we hope to be able to accommodate the majority of those interested in participation.

The winter season will start on Monday November 21st and run through Friday March 2nd. The students will not have practice on Thursday November 24th and 25th due to the Thanksgiving holiday. In addition, there will be no practice the week of December 23rd – 2nd due to Christmas break, Monday January 16th for Martin Luther King Jr Day and the week of February 20th-24th due to winter recess. The practice schedule will also follow the winter weather announcements that the school district provides. In the light of safety, we will not hold practice if the school district determines it is not safe to hold after school activities or if the school district closes for the day due to weather. The students should listen to the end of school announcements and parents can watch the school website or sign up for the BHBL School News Notified which will send an email home for any cancellations. Any practice cancellations made due to weather may not be made up due to the tight scheduling of the winter sports season and the quick start of spring sports in March.

Registration for the winter season is open and up on regatta central. You will find registration instructions in this packet if you need assistance. In addition, the required paperwork is included and will be needed before your child is able to participate. If there are any questions regarding the format of the winter season, any concerns or how to register please feel free to contact Martha Flacke, BHRA President at president@burnthillsrowing.com or Mike Meier, BHRA Head Coach at headcoach@burnthillsrowing.com. You can also follow us on our brand new blog page at <http://bhrowing.wordpress.com>, with links to the coaches blogs.

See you at the boathouse.

Martha Hainey Flacke, President
Burnt Hills Rowing Association

Michael Meier, Head Coach
Burnt Hills Rowing Association

Regatta Central Instructions:

If you already have a regatta central account (anyone who has rowed this past winter should have one already), please SIGN IN to your account and skip to number 7.

- 1) Go to www.regattacentral.com
- 2) On the top of the screen, click the join now link
- 3) Select **Burnt Hills Rowing Association** in affiliation
- 4) Please enter the information requested on the page. This information is the account holder information and should be the parents info.
- 5) Click the clubs tab at the top of the page
- 6) Click show details in the Burnt Hills Rowing Association box
- 7) Click the join/renew link next to the rowing item (there are multiple options, so please read carefully) you wish to join
- 8) Make sure that in the “select person” drop down box, the ROWER is listed. If not, please click the new person link next to the box and enter the rowers information. If the rower does not have a usrowing number, please leave that blank.
- 9) Please click proceed to checkout on the right side of the page.
- 10) Enter ALL of the requested information and click next
- 11) When finished, select the payment method from the drop down menu and click register
- 12) If you are mailing a check, you are done. If you are paying with a credit card, that information will be entered on the next page, and your registration will be complete. You should receive a confirmation email regarding completed registration.

****Please contact Mike Meier if you have any registration problems on regatta central,
headcoach@burnthillsrowing.com or 369-7868.**

AUTHORIZATION for medical treatment of minors

If your child needs medical, dental, health or hospital services, under law, you as a parent must give permission. Naturally, if you are with your child you can give permission as the need arises. You can prepare for those unexpected times when you are not with your child by filling out this authorization form. Using this form, you can give permission to other adults to act for you, in your absence, regarding the treatment of your child. This is a legal document. After you complete this form, give a copy to each adult you have named to act on your behalf. If your child needs unexpected medical treatment, the responsible adult should present this document to the appropriate person -- physician, dentist, or hospital representative.

When a true emergency exists a child may be treated without parental consent. This will happen when a physician determines the child needs immediate medical care and that an attempt to obtain parental consent would result in a delay which would increase the risk to the child's life or health.

PLEASE COMPLETE ALL SECTIONS

A. IDENTIFICATION

Name of Minor _____

Date of Birth _____

B. ALLERGIES

My child has the following allergies or medical conditions (if none, write NONE): _____

If your child has allergies, indicate if your child does or does not have an allergic reaction kit for any of the listed allergies. If your child does, attach specific instructions to this form and indicate whether the child or the coach/chaperone will keep the kit.

C. MEDICATIONS, INCLUDING INHALERS

Medication

Medication Dosage (amount and frequency)

<input type="checkbox"/> Prescription <input type="checkbox"/> Over-the-Counter Name: _____	_____
<input type="checkbox"/> Prescription <input type="checkbox"/> Over-the-Counter Name: _____	_____
<input type="checkbox"/> Prescription <input type="checkbox"/> Over-the-Counter Name: _____	_____

My child uses inhalers as described above for respiratory ailments, and does or does not have my permission to keep this with him/her. If your child does not, then the coach/chaperone will keep it with him or her.

D. HEALTH CONDITIONS

Describe any health conditions or other health information that would help us treat your child in your absence:

Emergency contact name if parents are unavailable: _____ **Phone#** _____

Insurance Co. or Gov. Program ID/Contract# _____

Name of Ins. Plan _____ Physician's Name _____

Physician's Phone# _____ Address _____

I, being the parent, custodian or legal guardian of the above named minor, do hereby appoint the Club President, Head Coach or designated parent chaperone, to act on my behalf in authorizing unexpected medical, dental, surgical care and hospitalization for the above named minor in my absence.

Printed Name _____ Signature _____ Date _____

Phone(H) _____ Work) _____ (Cell) _____

Street Address _____ City _____ State _____ Zip _____

Form valid for a period of one year from date signed

Release of Liability



IN CONSIDERATION of being given the opportunity to participate in any US Rowing activity with Burnt Hills Rowing Association Inc.(the "Club"), as a rower, coach, or volunteer, in activities including scheduled, supervised club activities, and registered regattas but not limited to, all races and regattas, whether sponsored or attended by the Club or Club members, Club practices, workouts and other race preparations, and maintenance or construction of Club facilities or equipment (each, an "Activity"), during the policy term 12/31/10-12/31/11, 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, 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 Releasees 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 SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activities.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of US Rowing or the Club or volunteer for the Club and that, if I observe any condition that 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, waive, discharge, and covenant not to sue USRowing, Masters Rowing Association, 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 that may arise or may have arisen since the time of my first contacts with the Club and through all my future participation with the Club; and further I 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, attorneys' fees, loss, liability, damage, or cost that any may incur as a result of any such claim to the fullest extent permitted by law.

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: _____

US Rowing #: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature: _____

Organization: **Burnt Hills Rowing Association, Inc.**

Parental Consent (if the above participant is under age 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 IDEMINIFY 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 IDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorneys' 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: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Date: _____

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

XX _____

Release of Liability



IN CONSIDERATION of being given the opportunity to participate in any US Rowing activity with Burnt Hills Rowing Association Inc.(the "Club"), as a rower, coach, or volunteer, in activities including scheduled, supervised club activities, and registered regattas but not limited to, all races and regattas, whether sponsored or attended by the Club or Club members, Club practices, workouts and other race preparations, and maintenance or construction of Club facilities or equipment (each, an "Activity"), during the policy term 12/31/11-12/31/12, 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, 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 Releasees 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 SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activities.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of US Rowing or the Club or volunteer for the Club and that, if I observe any condition that 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, waive, discharge, and covenant not to sue USRowing, Masters Rowing Association, 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 that may arise or may have arisen since the time of my first contacts with the Club and through all my future participation with the Club; and further I 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, attorneys' fees, loss, liability, damage, or cost that any may incur as a result of any such claim to the fullest extent permitted by law.

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: _____

US Rowing #: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature: _____

Organization: **Burnt Hills Rowing Association, Inc.**

Parental Consent (if the above participant is under age 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 IDEMINIFY 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 IDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorneys' 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: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Date: _____

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

XX _____

**Burnt Hills Rowing Association - PO Box 248
Burnt Hills NY 12027**

Winter 2011

Name _____ Grade _____ DOB _____ Team: Boys Girls

I understand that by registering my child in the above stated rowing season, we will be expected to agree to the following procedures/policies set forth by the Burnt Hills Rowing Association:

- I will submit all required paperwork PRIOR to my child's participation in any club related activity.
- I will submit payment with this registration form, and realize that my child cannot participate unless payment has been received or payment plan arrangements have been made through the club president. ***Dues for the Winter 2011 season are \$300 for 60 day and \$225 for 36 day programs, checks payable to BHRA.**
- I understand that my dues payment is non-refundable. In the case of injury, dues will be returned at a prorated amount, only after documentation from a physician is received.
- Practice for middle school and high school rowers is offered Monday-Friday, 3:30-6:00pm.
- I understand that transportation is not provided. Transportation to and from practice is the responsibility of each participant.
- I understand that the cost of any trip throughout the winter is in addition to the dues payment.
- The BHRA Board of Directors values the safety of all rowers, and reserves the right to limit a rower's participation if determined to be a risk to themselves or a teammate.

Parent Name _____ Signature _____ Date _____

Parent Name _____ Signature _____ Date _____

Registration Checklist:

Completed 2011 and 2012 waiver _____
Signed seasonal registration form _____
Completed Medical form _____
Completed weight room release _____
Dues Payment _____

Please send all forms to: BHRA
PO Box 248
Burnt Hills, NY 12027

Total Payment Due:	
Full Time, 60 Day	\$300
Part Time, 36 Day	\$225
<hr/>	
Total enclosed	_____

Weight Room Release

I, the undersigned, do hereby acknowledge:

my consent to participate in a fitness program consisting of weight training exercises, aerobic exercises, speed, agility, power training and flexibility training that is specific to my age, gender, and current level of activity.

my understanding that the exercise program will start following a thorough pre-screening evaluation

my consent to participate in a program developed for apparently health individuals.

my understanding that there are potential risks associated with an exercise program; i.e., episodes of transient light headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps and nausea, muscle soreness, heart attack, death, muscle strains and that I assume willfully those risks;

my obligation to immediately inform the coach of any pain, discomfort, fatigue or any other symptoms that I may suffer during and immediately after the training session;

my understanding that I may stop or delay any further training if I so desire and that the training session may be terminated by the coach upon observation of any symptoms of distress or abnormal response;

my understanding that I may ask any questions or request further explanation or information about the procedures at any time before, during and after the training session;

SIGNATURE _____ DATE: _____

PARENT SIGNATURE _____ DATE: _____

WITNESS _____ DATE: _____

This form must be witnessed at the time of signing and the witness must be of the age of majority