

MIDDLE SCHOOL



10-27 46th Avenue, Suite 101
Long Island City, NY 11101
www.rownewyork.org

Dear Parent/Guardian:

We are delighted that your daughter is interested in joining Row New York!

The purpose of Row New York is to empower New York City high-school and middle-school girls and prepare them for college by way of a competitive rowing program and comprehensive academic support. Middle-school participants learn the basics of land training, team building, and actual rowing (in boats) on Meadow Lake in Flushing Meadow Park. In addition, the girls receive academic services such as tutoring and high-school preparedness. Below is some information to take home with you.

HOW DO YOU FIND OUT WHETHER YOU MADE IT ON THE TEAM?

1. Send an email to MStrategy@rownewyork.org after Saturday, September 24th, at 3:00 PM.
OR
2. Call 718-395-7495 to hear a message listing the Middle School girls who made the team.

WHEN AND WHERE IS THE FIRST PRACTICE?

If you attend MS 8 or PS 268, the first practice is Monday, September 26, at 4:30 PM.
If you attend any OTHER SCHOOL, the first practice is Tuesday, September 27, at 4:00 PM.
Practices are in Flushing Meadows Corona Park (see directions).

TRANSPORTATION

Athletes take NYC transit to designated meet-up locations where our vans pick them up. Some athletes are driven by a family member. It is your choice! Subway and driving directions are included in this packet. If you cannot afford a metrocard, we give you one.

THE PROGRAM IS FREE

Row New York is free for families who earn under \$100,000 per year. Families who earn \$100,000 or more per year must pay \$200 for the fall 2011 season. If you fall into the latter category and you make the team, we will ask you to make payment.

If you or your daughter have any questions about this registration packet or about rowing in general, please do not hesitate to email me at nathan@rownewyork.org. Also, visit our website at www.rownewyork.org. Thank you!

Sincerely yours,

Nathan Young
Director of Middle School Programs

Clara Wille
Middle School Program Assistant



FREQUENTLY ASKED QUESTIONS

HOW WILL I KNOW WHETHER I MADE THE TEAM?

Email MStrategy@rownewyork.org after 3 PM on Saturday, September 24th.

An automatic response with a list of names will be sent to you. You will not get personalized responses to any query from this address.

Call 718-395-7495 after 4 PM on Saturday, September 24th.

Listen to the answering machine, which will read the list of names. Please be aware that many will call, so it might be busy for some time.

When is the first day of practice?

If you attend MS 8 or PS 268, the first practice is Monday, September 26, at 4:30 PM.

If you attend any OTHER SCHOOL, the first practice is Tuesday, September 27, at 4:00 PM.

When will practices be after that?

MS 8 and PS 268: Mondays and Fridays, 4:30 to 6:30, at Flushing Meadows Corona Park
Wednesdays, 4:30 to 7:00, at our Office in Long Island City

OTHER SCHOOLS: Tuesdays and Thursdays, 4:00 to 6:00, at Flushing Meadows Corona Park
Wednesdays at our Office in Long Island City

How do I get there?

We would like you to travel by subway with the other girls on the team from your school to our pick-up location.

We pick you up in a van at the train!
Directions via subway are on the next page.

If my parent will be driving me, how do I get there?

Please see the directions on the following page.

What should I wear/bring to practice?

1. Wear shorts/sweats, a t-shirt/sweater, and athletic shoes. Do not wear overly baggy clothes.
2. Water bottle
3. The Completed Registration Packet

Is it free?

Yes, if your family earns under \$100,000 per year. If your family earns \$100,000 or more per year, it costs \$200 for the fall season.

If I make the team, do I have to know how to swim?

We will teach you to swim if you do not know how! If you cannot swim, we enroll you in free swim lessons. Please note that students wear life-vests, and the lake is only 4 feet deep, so you will be safe!

Do I have to come to every practice?

Yes! Make every effort to come to every practice. We know things come up, but those who train the most win races.

What if I am late, can't make it, or have any problems?

Coach Nate 919-260-7831 nate@rownewyork.org

Coach Clara 914-466-8895 clara@rownewyork.org

Wait. Why am I doing this again?

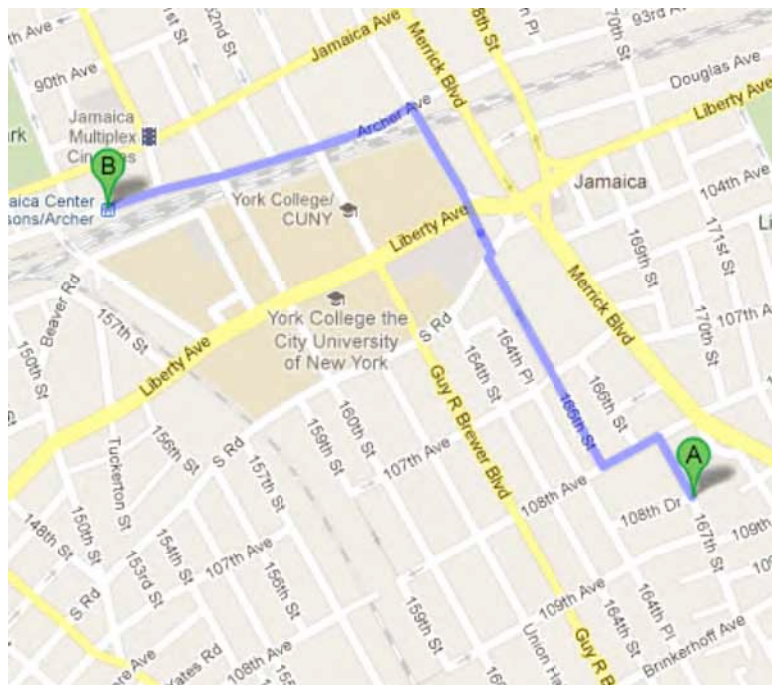
Get fit. Hang out with friends. Be independent. Travel. Have a lot of fun.

Get ready for the High School team. Visit colleges. Get great academic support and SAT prep. Compete.

Gain opportunities to vie for college recruitment and scholarships through rowing....and more...

DIRECTIONS FOR STUDENTS FROM MS 8 and PS 268

On Mondays and Fridays, Row New York picks up athletes from Jamaica at the Forest Hills stop on the F or E trains.



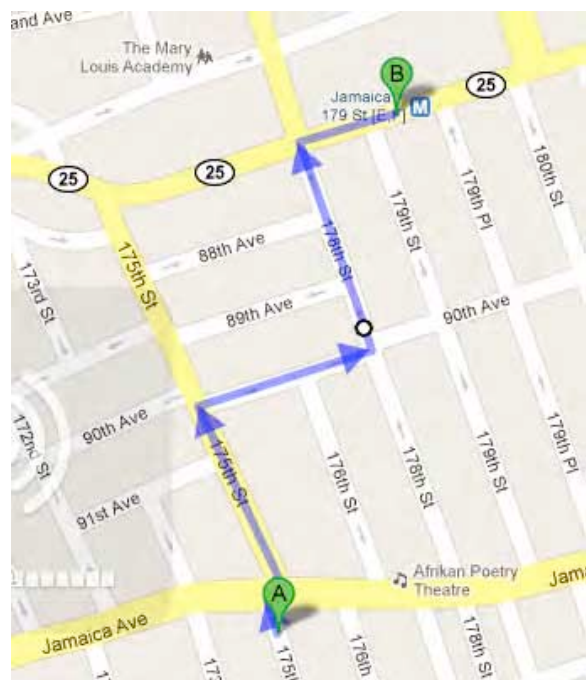
FROM MS 8

Walk to 108th Ave and make a left. At 165th Street, take a right. Walk all the way to Archer Ave, and take a left.

Get on the E train.

Get off at Forest Hills – 71 Ave.

Follow the signs for 108th street and exit there. Look for the bright, red Row New York van.



FROM PS 268

Exit the school and walk up either 175th St or 176th St (depending on which exit you leave through). Cross Jamaica Ave, and continue up either street. At 90th Ave, make a right. Then take a left onto 178th Street.

Make a right onto Hillside Avenue. Enter into the subway, and take the F train toward Manhattan

Get off at Forest Hills – 71 Ave. Follow the signs for 108th street and exit there. Look for the bright, red Row New York van.

DRIVING

Address:

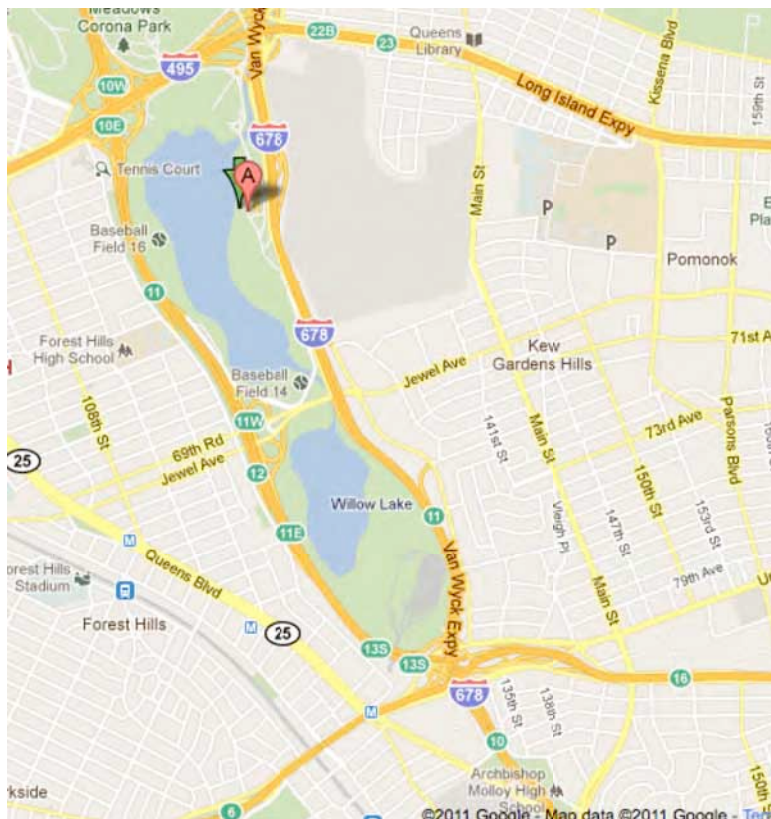
For directions, go to the following URL:

<http://www.rownewyork.org/about-us/locations-and-directions#queensboathouse>

DIRECTIONS FOR STUDENTS FROM OTHER SCHOOLS

On Tuesdays and Thursdays, Row New York picks up athletes from the Citi-Field station on the 7 train (it's where the US Open is held).

Take the 7 train to Citi-field station (between the 111th and Main St. stops).



Get off the train and go downstairs one level. Follow the signs for the USTA Billie Jean King National Tennis Center. Walk through the turnstiles towards the MTA booth. Turn left at the MTA booth. Go down the small flight of stairs – DO NOT go to the street level. You will see a wooden boardwalk on your left.

Walk up the wooden boardwalk as it joins with a larger boardwalk. Continue straight and head downhill (Citi Field will be BEHIND you as you walk down the big ramp). At the end of the ramp, make a U-turn to the left, walking by the tennis courts until you come to Perimeter Road. That is where we pick the athletes up!

DRIVING

Address:

For directions, go to the following URL:

<http://www.rownewyork.org/about-us/locations-and-directions#queensboathouse>



UNIVERSAL STUDENT INFORMATION & PERMISSION SLIP

(Version February 2011)

PERSONAL INFORMATION

My child has my permission and support to participate in Row New York from the signature date on the last page until s/he has withdrawn from the program in writing. I understand that during the years that my child is a member of Row New York, s/he may be involved in one or more of the following activities, including, but not limited to, rowing on Meadow Lake; indoor training at the YMCA, at the Row New York office, and Sarah Lawrence College; competing in regattas and participating in college and business/corporate visits in and outside of New York State; academic sessions at Row New York's offices; and swim test and swim lessons.

Student Name: _____

Street Address/Apt. #: _____

City: _____ State: _____ Zip Code: _____

Phone #: _____ Date of Birth: _____

In the future, I would prefer materials in Spanish

Your Race/Ethnicity (used for statistical purposes)

- Black
- Central, East, Southeast Asian
- Hispanic/Latin
- Middle-eastern, Persian, Arab and other Semitic (incl. North African Arab)
- Native American
- Pacific Islander (Native Hawaiian/Polynesian, Micronesian, Melanesian)
- South Asian
- Other Oceanic (Australian Aboriginal)
- White (Non-Hispanic)
- Other, please list: _____

Were you born in the United States (used for statistical purposes)? YES NO

If not, where were you born? _____

Was your mother born in the United States (used for statistical purposes)? YES NO

If not where was she born? _____

Was your father born in the United States (used for statistical purposes)? YES NO

If not where was he born? _____

PARENT/GUARDIAN INFORMATION:

Name(s): _____ Relationship: _____

Address: _____

Phone# (work): _____ Phone# (home): _____

Phone# (cell): _____ Parent's Email _____



2011 FEE INFORMATION

Row New York middle school programs are free for athletes whose families earned between \$0 and \$99,999 in adjusted gross income (line 37 of Form 1040 of tax year 2010). Families who earned \$100,000 or more in adjusted gross income in 2010 must pay \$200 for the Fall 2011 Middle School Season. Currently, we are not requesting documentation of your earnings. We reserve the right to request documentation in the future for past years, so please help us keep the registration process simple by being honest!

Fall 2011

Income Level	Fee
\$0 - \$99,999	NONE
\$100,000 or more	\$200*

Please check one box.

- In 2010, my family had between \$0 and \$99,999 in adjusted gross income (line 37 of form 1040).
- In 2010, my family had \$100,000 or more in adjusted gross income (line 37 of form 1040).

*Payment is due before student may participate.



MEDICAL HISTORY INFORMATION

Does your child have any medical problems (i.e. diabetes, asthma, seizure disorder, etc.)? YES NO

If YES, list medical problem(s) _____

Does your child take any medication? YES NO

If YES, list medication(s) with dosages and frequency of dosage: _____

Does your child have any allergies? YES NO

If YES, list allergies: _____

(The purposed of the above listed information is to ensure that medical personnel have details of any medical concern which may interfere with or alter treatment)

Has your child suffered any injuries in the last 18 months? YES NO

If YES, please describe the injury and your child's current condition: _____

Does your child have any limitations on the types of activities in which he or she may be involved?

YES NO If YES, list limitation(s): _____

Will these medical problem(s), your child's use of medication, allergies, injuries, etc. affect your child while he/she is rowing or swimming? YES NO If YES, please explain: _____

If YES, what precautions should be taken while your child is participating in rowing or swimming? _____

Does your family have any history of heart problems at a young age (if yes, please describe)? _____

Is there anything else that you feel Row New York, Inc. should know about your child's health condition? Please explain: _____

Date of last physical exam: _____

Does your family have insurance? YES NO

Does your family have Medicaid/Medicare? YES NO

Name of Insurance Carrier: _____ Plan or Policy No. _____



PHOTO RELEASE, REPORT CARD RELEASE, AND LIABILITY WAIVER

Routine videography and photography taken during practices and at races are sent on to potential funders and the media to build support for Row New York. The student noted below and his/her parent/legal guardian give Row New York permission to use photos of the student in materials that promote Row New York. This may include brochures, newspapers, the Internet, magazines, or television. The student noted below and his/her parent/legal guardian give Row New York permission to take a photo of the student to be used in his/her Flushing YMCA identification card. In order to help our participants excel in school and prepare for college, we ask that the Row New York Academic Director have access to your child's report cards. Report cards will NOT be shared with ANY outside sources. The student noted below and his/her parent/legal guardian give Row New York permission to request and review the student's report cards.

The student noted below and his/her parent/legal guardian shall save Row New York, Row New York officers, directors, employees, and agents and the participating rowing facility harmless against any and all injury, loss, or damage and any and all claims for injury, loss, or damage or whatever nature (1) resulting from the student's participation in Row New York or (2) in connection with the student's use of the rowing facility, equipment, or premises where these practices and competitions take place.

I hereby give my child permission to participate in any and all programs associated with Row New York Incorporated including but not limited to Row New York, Inc.'s rowing-related, education-related, reproductive health-related, and guest speaker programs and field trips related thereto.

Row New York, Inc. regularly utilizes vans and/or cars to transport participants to practices, races, field trips and other events. At present, your permission is requested below for your child, to be transported either (i) with the entire team to these events in the vans and/or cars used by Row New York, Inc. for transportation to these events or (ii) in the event that vans and/or buses do not have the capacity to transport all the rowers, with one of our Volunteer Coaches in a private automobile.

With my signature below, I hereby give my permission to have my child participate in the various practices, races, and field trips in which Row New York, Inc. routinely participates throughout New York City and surrounding areas and to be transported to such events via the vans and/or cars used by Row New York, Inc. for such purposes or via the private automobile of a Volunteer Coach.

With my signature below, I hereby give my permission to Row New York, Inc. Incorporated ("Row New York, Inc. ") to give consent on my behalf in the event of the need for the emergency administration of medical treatment which Row New York, Inc. , in its sole discretion, believes to be necessary and appropriate, including, without limitation, treatment by trained First Aid personnel, Emergency Medical Technicians, First Responders, Paramedics and Emergency Room Physicians. In consideration of Row New York, Inc., permitting my child to participate in Row New York, Inc. activities and programs, I hereby release, discharge and agree to indemnify and hold harmless Row New York, Incorporated, its directors, organizers, sponsors, coaches, staff, volunteers and agents from any and all claims, liabilities or caused of action arising out of such treatment and with respect to the exercise of its judgment in this regard. I further attest that I have disclosed all vital and important health information (allergies, medications and medical limitations on activities), which would be necessary for the proper care of my child. I agree to pay, and to assume responsibility, for all medical expenses incurred in the treatment of my child.

Signature

For: _____
Child's Name

Parent/Guardian Name (printed)

Date

Release of Liability

Fax: 609-924-1578



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/10 – 12/31/11, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I 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. I 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 Release 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. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing 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. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, 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 Releasee 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, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

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:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant’s Signature: _____

Organization: _____

PARENTAL CONSENT

(if participant is under the age of 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 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 Releasee, 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, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address: _____

City _____ State _____ Zip _____

Phone: _____ Date: _____

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

This is THE USRowing Release of Liability, which should be copied for your use.