



SHS CREW 2011 FORMS CHECKLIST

FORMS TO HAND IN:

The following forms are included in your folder:

- Blue card
- SHS Consent to Participate and Acknowledgement of Risks and Rules
- SHS Athletic Eligibility Information
- SHS Athletic Contest Bus Waiver Form
- SHS Interim Health History Form
- Stonington Crew Athlete Acknowledgement of SHS Crew Policies & Expectations Form
- FOSC Family Contact information Form
- FOSC Photo Waiver Form
- SHS Crew Rowing Release and Waiver of Liability, Assumption of Risk Form

Please complete **all forms** and return them as a group. The forms must be submitted to the team representative at practice

Deadline: March 14th If we have not received all of the completed forms by this date you will not be able to participate in practice NO EXCEPTIONS

Georgia Wostrel will be at the beginning of practices to collect the forms. If you need to contact her, please call her at **home: 860-599-6035**, on her **cell: 401-286-9228** or **email: georgia@wostrel.com**.

Do not return these forms to the school.

Stonington High School Athletic Department

Athletic Eligibility Information

Please Print and Parents/Guardians Sign at Bottom

Sport: _____ Season – Year: _____

Name: _____
Last First Middle

Address: _____ Date of Birth: _____
Street Month/Day/Year

_____ Phone: _____
Town Home

_____ Zip _____
Parent's business/Cell phone

Guidance Counselor: _____

Transfer Students (Complete this section)

Previous School: _____

Town: _____ State: _____ Zip: _____

Sport(s) Participation: _____
Fall Winter Spring

Foreign Students (Complete this section)

Country: _____ High School Graduate: Yes No

Circle one: Immigrating or Non-immigrating

Exchange Program: _____

I hereby acknowledge that the information provided here, most importantly the information pertaining to residency and the athlete's date of birth, is completely accurate.

Parent's/Guardian's Signature: _____

Date: _____
Month/Day/Year

**Stonington High School Athletic Department
Athletic Contest Bus Waiver Form**

Please Print

Name of Athlete: _____ Grade: _____

Sport: _____ Season – Year: _____

Name of Parent/Guardian: _____

As a part of the educational program offered by the Stonington Public Schools, there are a number of athletic programs in which students may participate. These programs may include practice and preparation sessions that may begin before or continue after the regular school day. The school district provides bus service for away athletic contests and events. However, no such bus service is provided for before school or after school practice and preparation sessions.

Parents and third parties sometimes offer a voluntary or private transportation for students engaged in such before school or after school practice or preparation sessions as a matter of convenience.

The Stonington Public Schools is not responsible for, nor will it assume responsibility for any supervision or scheduling of such transportation, nor will it assume responsibility for any accident or injury arising from or related to any such transportation of students for before and/or after school practice or preparation activities. The school district has no insurance for, nor will it assume under any circumstances, responsibility for such transportation. Parents and guardians authorizing such private transportation are required to waive any right to or claim of responsibility on the part of the school district for such transportation.

As a parent/guardian of the above named student, I am aware of the Stonington School District's policies, and further:

1. I understand that the Stonington High School Athletic Department's policies and rules on team travel require that students ride the bus to and from all away athletic events, and that any departure from this requirement will release the Stonington Public Schools from any and all liability of whatever kind or from whatever source for injury or damage that may occur in providing or utilizing alternate transportation.
2. I understand that in using a parent or third party transportation, authorizing parents and guardians release The Stonington Public Schools, The Stonington Board of Education, its members, employees, agents and officers from any claim or liability of any kind or from any source with respect to the above-described transportation.
3. I understand that any school-sponsored activity shall not begin until the student is under the supervision of the coach, as the case may be, and shall end upon the parent or third party picking up the son/daughter.

This is to codify that I am the parent/legal guardian of the above named student and that I assume full responsibility and legal liability for the transportation of my son/daughter **to** and/or **from** before school or after school practice or preparation sessions and that my son/daughter has my permission to drive himself/herself or to travel with a third party to such before school or after school practice or preparation sessions.

Parent's/Guardian's Signature: _____ **Date:** _____



STONINGTON HIGH SCHOOL – TRIP TO CGA ROWING TANKS

ROWING RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT (“AGREEMENT”)

IN CONSIDERATION of being given the opportunity to participate in any way in any (“Club”) activities (“Activity”) until the end of this calendar year, 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 water and land based, and that 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 ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity;
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club 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. HEREBY RELEASE, discharge, and covenant not to sue US ROWING, the Club, their administrators, directors, agents, officers, members, volunteers, and employees, other participants, 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; 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 the result of such claim.

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, not withstanding shall continue in full force and effect.

PRINTED NAME OF PARTICIPANT _____

ADDRESS: _____
(Street) (City) (State) (Zip)

TELEPHONE: _____ DATE: _____

PARTICIPANT’S SIGNATURE (only if age 18 or over): _____

PARENTAL CONSENT

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 in 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 INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, low liability, damage, or cost any may incur as the result of any such claim.

PRINTED NAME OF PARENT/GUARDIAN: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

TELEPHONE: _____ DATE: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____

Stonington High School Athletic Department

Consent to Participate and Acknowledgement of Risks and Rules

Please Print

Name of Athlete: _____ Grade: _____

Sport: _____ Season – Year: _____

I/We hereby acknowledge an awareness that participation in any interscholastic, club, or intramural sport involves a risk of injury, which may include severe injuries possibly involving paralysis, permanent mental disability, or death, and that these injuries may occur in some instances as a result of unavoidable accidents.

I/We recognize the importance of following coaches' instructions regarding playing techniques, training, and other team rules, etc., and agree to obey such instructions.

I/We have read the rules that pertain to alcohol and drug use and understand the possible consequences that may result from infraction of these rules.

I/We have read the policy regarding "Bullying" or hazing and understand that these types of practices, no matter how slight, will not be tolerated for they do harm to the victims and break down team and school unity.

We as coaches, parents, and athletes will do our best to promote amongst the teams and players an attitude that is nurturing and not one that will cause harm or ridicule.

We as coaches will be diligent to stop instances of hazing and report them immediately to administration.

I/We accept these risks and policies as stated in this handbook in giving consent to participate in the above mentioned sport for this upcoming season.

Athlete's Signature: _____ Date: _____

Father or Guardian's Signature: _____ Date: _____

Mother Guardian's Signature: _____ Date: _____

Head Coach's Signature: _____ Date: _____

**Stonington High School Athletic Department
Interim Health History Form**

****Please Print****

Athlete's Name:	D.O.B.:
Home Address:	Home Phone:
Sport / Season / Year:	Grade:

1. Since your last physical exam, have you had any illness whether disabling or not?

Yes No

If yes, explain: _____

2. Since your last physical exam, have you had any injuries disabling or not?

Yes No

If yes, explain: _____

3. Has there been any other change in your health, strength or maintenance of condition not covered above?

Yes No

If yes, explain: _____

4. Do you have any other health-related problems you would like to discuss?

Yes No

If yes, explain: _____

Parent/Guardian's Signature: _____ Date: _____

Athlete's Signature: _____ Date: _____



Friends of Stonington Crew

Photo Waiver Form

The Friends of Stonington Crew has my permission to use child's photographs in publications, web pages and other promotional materials produced, used by and representing Friends of Stonington Crew and Stonington Crew Team. I understand there will be no compensation to me for this use.

I am aware that pictures may be posted onto the Stonington Crew website at www.stoningtoncrew.org. The pictures will be used for the purpose of documenting races at various regattas and other events held by the Friends of Stonington Crew.

Pictures posted to the website are considered the property of Friends of Stonington Crew and may not be sold or reused without the express consent of the Friends of Stonington Crew Organization

I have read the foregoing disclaimer and agree to be bound by it.

Student's Name

Parent/Guardian Signature

Date



Athlete Acknowledgement of SHS Crew Policies and Expectations

As a member of the Stonington High Crew Team, I agree to abide by the following policies and expectations. I understand that failure to abide by these policies and expectations may result in my being dismissed from the team.

1. I will maintain a C average at Stonington High with no grade lower than a D+ for continued eligibility.
2. I will arrive on time for practice each day and be ready to row at 3:00 p.m. sharp. I will expect to stay at practice until 6:00 p.m.
3. I will not allow participation in other extra-curricular activities or employment to interfere with crew practice or participation in races.
4. During spring break, I will remain in the Stonington area and participate in all scheduled practices and races.
5. I will show proper respect for coaches, teammates and opponents at all times. I understand that the decisions of the coaches are made in the best interest of the team as a whole, and that these decisions are final.
6. I will arrive at practice and races with proper clothing appropriate to the full range of potential weather conditions. I will complete all waiver forms and other required forms and submit them to the coaching staff in a timely manner. I will arrive at the Seaport on time for travel to away races.
7. I will participate in all scheduled fundraising events. I will not shirk this responsibility in the expectation that my teammates will pick up the slack.
8. I will contribute to the care and maintenance of the shells, oars and other equipment both during the season and during the off-season.
9. I will participate in the winter workout program unless I am participating in a winter sport. I will not use alcohol, drugs or tobacco products.
10. As a member of the SHS Crew Team, I will always behave in an exemplary manner recognizing that I am a representative of the Town of Stonington, Stonington High School and SHS Crew - one of the most respected and successful scholastic sports teams in the State of Connecticut.

Athlete name: _____ r

Athlete signature: _____

Parent signature: _____

Date:



Friends of Stonington Crew

<u>Title</u>	<u>Name</u>	<u>Phone #</u>	<u>E-mail</u>
BOARD			
President	Gregory Wostrel	401-286-9228	gregory@wostrel.com
Vice President	Linda Hutter	860-572-7232	lmhutter@comcast.net
Treasurer	Sue McCarthy	860-599-1916	suemccarthy99@gmail.com
Secretary	Rhandi Lee	860-599-0426	davidrhand@comcast.net
Chuck Wagon	TBD		-
Apparel	Muggie MacDonald	860-599-5248	davemuggie@hotmail.com
COACHES			
Boy's Varsity	Mike O'Neill	860-460-1887	mike.oneill@egreenbuilt.com
Girl's Varsity	Sarah Buck	860-932-1951	shscoachbuck@yahoo.com
Girl's Novice	Candice Webb	860-460-8327	cwebb610@gmail.com
Boy's Novice	Alex Porter	860-495-5260	alex.prtr@gmail.com



Friends of Stonington Crew

Facts & Figures

Parent Booster Organization: Friends of Stonington Crew, Inc. (FOSC) 501C3 registered non-profit corporation.

Annual Operating Budget: Over \$32,000.

Sources of Operating Income: Program dues, team fundraising, and private donations.

Average Yearly Team Size: 90 students - Includes girls and boys, novice (1st year) and varsity rowers.

Coaching: Head men's coach, head women's coach, two novice coaches and four assistant coaches.

Equipment: Six eight-person racing shells; 48 carbon fiber oars; six electronic "coxswain boxes;" four motorized coaching/safety launches; 19 indoor rowing machines (ergs;) racing shell transport trailer; and safety gear, including VHP radios, life jackets, cell phones, and other necessities.

Competition: Home and away regattas. Bus transportation for team, truck and trailer for shells and equipment. Examples of racing: SHS 1st varsity boys versus opponent 1st varsity boys. SHS 2nd varsity girls versus opponent 2nd varsity girls, etc.

Program Fee: \$175.00 which includes yearly rowing fee, food at regattas. Sweatshirts and waterproof weather jackets are available for purchase. Parent participation at regattas, fundraisers and equipment maintenance is expected.

Home Venue: Mystic Seaport Museum - On water season: March 14 - May 31.

Practice times:

Conditioning training - late November until pre-season training begins.

Preseason: January 15 - March 15 at SHS weight room.

Regular Season: Monday through Friday Novice: 2:30 - 4, Varsity: 3:30 - 6:00.

Website: www.stoningtoncrew.org - Provides team communication, schedules, notices and regatta directions.



STONINGTON CREW: TEAM POLICY

Academic Performance: Rowing is a sport that relies on self-discipline and personal commitment. SHS Crew expects that athletes will demonstrate this both on the water and in the classroom. While SHS requires that athletes have passing grades in at least four classes for sports eligibility, SHS crew expects a C average with no grade lower than a D+ for continued eligibility. Grade sign-off sheets will be circulated to teachers at the end of the third quarter to ensure these academic standards are being met.

Attendance at Practice: Rowing is perhaps the ultimate team sport. There are no superstars in crew – a 100% contribution from each rower is essential to winning a race. This commitment to the team begins at practice. We cannot row the racing shells with less than 9 individuals – if one person fails to show up for practice, the entire boat loses valuable training time. Team members must plan on being at practice every day of the season unless the rower is ill (requiring absence from school) or injured. Rowers are expected to arrive on time for practice each day and be ready to row at 3:00 p.m. sharp. Rowers are expected to stay at practice until 6:00 p.m. to ensure that equipment is cleaned and secured, and the coaches have an opportunity for a final meeting with the team to review the day's practice and discuss the schedule for the rest of the week. Exceptions (coming late or leaving early) must be cleared a day in advance with the coach.

All rowers must accept that during crew season, outside of academics of course, the primary after school commitment must be to crew. This means that participation in other extra-curricular activities or employment cannot interfere with crew. In addition, during spring break, athletes must remain in the area and not spend the week on vacation, as we will be in the middle of the competitive season. The coaches will endeavor to set aside two days during the vacation week for visiting colleges. Otherwise, athletes are expected to be at practice and compete in the weekend races.

Mutual Respect: Crew is a sport that demands appropriate respect, sportsmanship and exemplary conduct. This respect starts between coaches and rowers. The SHS coaches make an extraordinary commitment in time and energy to make the SHS Crew Team possible. They strive to treat each and every rower as an individual and coach to help every athlete achieve their best possible performance. Although they are demanding and will never shirk from providing constructive criticism, they will never berate or belittle an athlete for their performance. In return, the coaches expect the mutual respect from the athletes. Coaches should always be referred to as coach and not by their first or last name alone. Athletes must also follow the coach's direction during practice. If you disagree with a coach's training approach or boating decision, discuss it with him/her after the practice in private. However, remember that the coach must consider the success of the team over the wishes of the individual, and in the end the coach's decision is final.

Respect must also extend to fellow teammates and competitors. Arguments and conflicts between teammates on and off the water are totally unacceptable as they detract from the team effort that is essential to success. This applies specifically to coxswains and rowers. On the dock and in the boat, the coxswain is in charge. If you disagree with a coxswain's approach, take it up with the coach in private, not in the boat or on the dock. As for interaction with competitors from other schools, remember rowing is a sport that is noted for fierce competitiveness but also exemplary sportsmanship and camaraderie. If incidents arise on the water or on the dock, under no circumstances will an SHS rower engage in an argument or conflict with a member of another team. Inform your coxswain and coach of the incident and it will be dealt with either with the race officials or the opponent's coach.

Being Prepared: The success of a crew depends heavily on being prepared for a race. This includes having waiver forms submitted in a timely manner and always having proper clothing for practices and the race. Weather conditions in rowing can be harsh and can change rapidly. Hypothermia is a real and serious risk to rowers. Rowers must always bring clothing for wet and/or cold weather rowing on the water, and a change of clothing for after the race. Rowers showing



STONINGTON CREW: TEAM POLICY

up to practice without proper clothing may be pulled from the boat at the coach's discretion. Rowers must also arrive on time at the Mystic Seaport for travel to away races. Team members arriving more than 5 minutes late may be left behind. This will result in the athlete losing their seat in the boat to another rower.

Safety on the Dock and Water: Any activity on the water can be hazardous if proper procedures and precautions are not followed. In addition, our success depends on the integrity of the shells we row, which are valued at \$10,000 or more. For this reason, on the dock and in the water, rowers must focus their complete attention on the boat and on the practice. No idle conversation or fooling around can be tolerated from the time the boat is taken off the rack, until the time it is back on the rack.

Representing Stonington and Stonington High School: All rowers must remember that SHS Crew represents the Town of Stonington, Stonington High School and the entire team while in Stonington and away at regattas. The team has worked diligently to establish a positive image within the Town of Stonington and throughout Connecticut. This image has benefited the team greatly as reflected in the generous donations we receive from the local community to keep the program running. Members of SHS Crew must present the best possible image when participating at practice and at regattas. In particular, rowers must remember that we are guests at Mystic Seaport and that without use of the docks at the Seaport the crew program would be in serious jeopardy. While at the Seaport all rowers must behave in a mature and responsible manner. No horseplay, or inappropriate dress or language can be tolerated on the Seaport grounds. All spare clothing and personal possessions must be kept in or near the dock boxes while practicing on the water.

Care and Maintenance of Equipment: For the SHS Crew to be competitive, the racing shells and oars must be properly maintained. This requires a concerted effort from the coaches, the volunteer parent supporters who help maintain the boats, and most of all, the athletes who row the boats. Athletes must make themselves available before and after practice, and at other times as required, to help load, unload and maintain the boats, oars and associated equipment.

Participation in Fundraising Activities: Stonington Crew exists largely because of the fundraising efforts sponsored by the Friends of Stonington Crew. Rowers are expected to actively participate in these fundraising activities when they are scheduled to the same degree that participation at practice and regattas is expected. These fundraising events include the Golf Tournament(October), Pancake Breakfast & Basket Raffle (March), and the annual Row-a-thon. Without these fundraising efforts, there would be no practice or regattas.

Health and Conditioning: Competitive rowers are always in excellent physical condition. This means that all rowers must be in top shape by the beginning of the competitive rowing season (about March 15). To ensure this, athletes are encouraged to participate in the winter conditioning program or be engaged in a winter sport. Although athletes are not expected to work out every day, they should plan on attending workout sessions at least 3 days a week. Rowers must also pay attention to proper diet and proper rest. And finally, rowers must not use alcohol, drugs or tobacco products. Any athlete found using these substances will be cut from the team.