

Miami Beach Rowing Club



High Performance Sweep and Sculling Summer Camp 2009

Former Olympian, Current U.S Junior National Team Coach and Miami Beach Rowing Club Head Coach Francisco Viacava along with his experienced staff are ready to challenge all rowers to reach their higher potential in both sweep and sculling. The camp is designed to teach and improve fundamental rowing technique, mental aspects of racing & training, and overall strength & flexibility. All boys and girls with or without experience from any high school or rowing club are welcome to join.

The camp will be held at one of the most beautiful rowing facilities in the country, the Ronald W Shane Watersports Center in Miami Beach, home to the Miami Beach Rowing Club, the University of Miami and Barry University Rowing Teams. The recently renovated Shane Center houses a complete fitness center, including a Concept II ERG room, a weight training equipment room, locker rooms and showers. During the sessions, the MBRC summer camp and home crews will use the facility exclusively. The facility is located on the calm waters of Indian Creek. The second floor offers a spectacular new meeting and events space with a full catering kitchen for both rowing events as well as private functions.

Camp Sessions (all sessions run from 8:00 am to 12:00 pm)

The camp will run for three weeks from June 29th to July 17th and will allow for any combination of one, two or three weeks.

Camp Costs

The cost of the camp depends on the number of weeks chosen:

- \$395 for one week
- \$595 for two weeks
- \$875 for three weeks

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Camp Schedule

8:00 – 8:30	Meet and Stretching (Swimming test to be administered the first day of camp)
8:30 – 11:00	Water and Land training (including boat maintenance)
11:00 – 11:30	Stretching and Core Exercises
11:30 – 12:00	Lecture and/or video discussion on various topics

What to Bring?

- Swimsuit and towel for the swimming test (First day only)
- Combination lock for your boathouse Locker
- Rowing clothes for 1 row per day (running shoes, spandex, t-shirts/tank tops [not loose fitting], socks)
- Sun protection, including a hat and sunscreen (SPF 15 or greater)
- Wristwatch
- Change of DRY clothes

Miami Beach Rowing Club Summer Camp 2009 Registration



Please turn in your registration soon, as sessions fill quickly!

Name_____

Birth date_____

Address_____

Camper's email_____

City/State/Zip _____

Parent's email_____

Home Phone_____

Grade completed

Camper's Cell phone_____

7___8___9___10___11___12___

High
School_____

Experience Level

Weeks 1___2___3___

____ Novice (no experience up to one
(1) year of rowing/coxing experience)

Height_____

____ Varsity (one (1) or more years of
rowing/coxing experience)

Weight _____

Payment Method

Check Number _____

Visa/MC Card Number _____ - _____ - _____ Exp. Date ___/___

Authorized Signature _____ Date ___/___/___

Miami Beach Rowing Club
Summer Camp 2009 Medical Release



Emergency information for _____

Parent/Guardian's Name: _____

Parent/Guardian's Name: _____

Address _____

Address _____

Home Phone _____

Home Phone _____

Work Phone _____

Work Phone _____

Cell/Pager _____

Cell/Pager _____

Person to notify in case neither parent/guardian can be reached:

Name: _____

Address: _____

Phone: _____

Physician's name: _____ Phone: _____

Please check with a physician before beginning the rowing program and list any medical problems or medications that coaches should be aware of. You may attach an additional sheet if necessary. This information will remain confidential.

I certify that my son/daughter (name) _____ is in good health and able to participate in the physical activity of the camp program. The camp has my permission to provide emergency medical care in the event that my son/daughter is injured or sick.

Parent signature _____ Date _____

Please attach a copy of your insurance information to this form. Thank You!

WAIVER FORM

IN CONSIDERATION of being given the opportunity to participate in any MIAMI BEACH WATERSPORTS CENTER, INC., DBA Miami Beach Rowing Club ("Club") activities ("Activity") 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 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 names 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 USRowing, 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; 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's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that 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 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:

Signature (only if age 18 or over)

X _____

Date: _____

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 part by the 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, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian:

Address: _____

Phone: _____

Date: _____

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

X _____