

Miami Beach Rowing Club

2016 Summer Camp



Miami Beach Rowing Club's Head Coach Vladimir Matovic and his experienced staff are ready to challenge new and experienced rowers to reach their potential in both sweep and sculling.

MBRC's rowing camp is designed to teach and improve fundamental rowing technique, mental aspects of racing & training, and overall strength & flexibility. All boys and girls entering 7th - 12th grades with an interest in joining the winning tradition of MBRC are welcome.

The camp will be held at one of the most beautiful rowing facilities in the country, the Miami Beach Watersports Center, located on the calm waters of Indian Creek. Home to the Miami Beach Rowing Club, the University of Miami and Barry University rowing teams, the state of the art center houses a complete fitness center, including a Concept II ERG room, a weight training room, locker rooms and showers. During the summer camp sessions MBRC will use the facility exclusively.

Camp Dates: The camp allows any combination of one, two, three or four weeks.

Week 1	Monday, June 20 to Friday, June 24
Week 2	Monday, June 27 to Friday, July 1
Week 3	<u>Tuesday</u> , July 5 to <u>Saturday</u> , July 9
Week 4	Monday, July 11 to Friday, July 15

Camp Times: 8:30 am to 12:00 pm

Camp Fees:

\$325 for 1 week (5 days)	\$600 for 2 weeks (10 days)
\$825 for 3 weeks (15 days)	\$995 for 4 weeks (20 days)



6500 Indian Creek Drive
Miami Beach, FL 33141
Phone 305-861-8876 | Fax 305-861-8841
www.rowmiamibeach.com

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Camp Schedule

8:30 – 9:00AM	Meet and warm-up (Swim test* on first day of camp)
9:00 – 11:30AM	Water and Land training (including boat maintenance)
11:30 – 12:00PM	Stretching and Core Exercises

What to Bring?

- Change of clothes every day
- Towel for the swim test* to be performed in rowing clothes
- Rowing clothes for one row per day: running shoes, socks, spandex shorts, t-shirts/tank tops [not loose fitting]
Please note our dress code requires appropriate athletic clothing: shorts are to reach the tip of the fingers when both arms are extended by the side. T-shirts are to be worn at all times. Clothing from other youth rowing programs is not permitted.
- Sun protection, including a hat, sunglasses and sunscreen (SPF 20 or greater)
- Reusable water bottle

*If your child has not participated in an MBRC program, the swim test will be administered the first day of camp or the first day weather conditions permit. The test is mandatory and consists of a freestyle swim for 200 yards non-stop, treading water for 5 minutes and then put on a life vest.



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Miami Beach Rowing Club 2016 Summer Camp Registration

Camper's Name: _____

Address _____

City/State/Zip _____

Athlete's cell phone _____

Athlete's email _____

Date of Birth _____ Height _____ Weight _____

Parent/Guardian's name: _____

Email: _____ Cell: _____

Parent/Guardian's name: _____

Email: _____ Cell: _____

School: _____

Grade in 2016 – 2017: 7__ 8__ 9__ 10__ 11__ 12__ (6__ only with Head Coach approval)

Experience Level:

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

_____ (1) or more years of rowing/coxing experience

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Camp Fees: Please pay with cash, check, VISA or Master Card. (Sorry, we don't accept Am Ex)

\$325 for 1 week

\$600 for 2 weeks

\$825 for 3 weeks

\$995 for 4 weeks

Camp Dates _____

Number of weeks _____

Total Amount: _____ Check Number _____ or charge my VISA or Master Card below:

VISA/MC card number _____ - _____ - _____ Exp. Date ____/____ Code _____

Name on Card: _____

Authorized Signature _____ Date ____/____/____

Initial _____ I ACKNOWLEDGE THAT ANY AND ALL FEES, SERVICES AND/OR GOODS ARE NON-REFUNDABLE

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Medical Consent Authorization

Check with a physician before beginning the rowing program. Please attach a copy of your insurance information to this form.

Camper's name: _____ **Date of Birth:** _____

Address: _____ **Phone:** _____

Medical Provider Information:

Insurance Provider: _____ **Policy Number:** _____

Physician: _____ **Physician's Phone:** _____

Physician's Address: _____

In Case of Emergency, Contact:

Name	Phone	Relationship
_____	_____	_____
_____	_____	_____

Known Medical Problems and Medications:

This information is included to provide information to emergency personnel of medical problems and medications in an emergency situation.

Existing Medical Problem <i>(Example: Asthma)</i>	Medication Taken <i>(Example: Combivent)</i>	Dosage Taken <i>(Example: 2 puffs)</i>	Dosage Frequency <i>(Example: "Twice Daily")</i>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Medical Consent Authorization:

In the event of an injury, accident, illness or other emergency, and if the above stated physician cannot be reached, I authorize my child to be treated by certified emergency personnel such as emergency medical technicians, emergency room physicians and other emergency room personnel such as nurses and laboratory technicians. I agree to accept financial responsibility for the costs related to this medical treatment.

 Name & Signature of Authorized Parent or Guardian Phone _____ Date _____

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Code of Conduct

Rowers have a tradition of excellence on and off the water. We expect you to honor this tradition and be in good standing at the Center, your school and the community. Personal discipline is a requirement of this program. We encourage each one of you to be the best you can be.

- ✓ Conduct yourself in a manner that reflects positively on you, your family, your community and the Miami Beach Rowing Club.
- ✓ Always show respect for coaches, staff, team members and others who share the facility.
- ✓ Use of alcohol, tobacco and illegal substances is prohibited. They damage your health and your ability to train. Campers agree to abstain from alcohol, tobacco and illegal substances.
- ✓ Social network sites are monitored by the coaches as well as college admissions directors. Be mindful of the image you project of yourself. Postings of anything related to MBRC must first be approved by the head coach. Campers are responsible for their own personal messages and images. We encourage the use of security passwords on electronic devices.
- ✓ Campers consent to participate in interviews, photography, video and other such media and grant the right to edit, use, and reuse for the Center's advertising and marketing purposes including use in print, on the internet, and all other forms of media. I hereby release the Miami Beach Watersports Center Inc., and its agents & employees from all claims and liabilities in connection with the above.
- ✓ MBRC's dress code requires appropriate athletic clothing. Shorts are to extend to the tip of the fingertips when both arms are extended by the side. T-shirts are to be worn at all times. Clothing from other youth rowing programs is not permitted.
- ✓ Secure your personal belongings and store bags in the locker room. Bags may not be left in the common areas or boat bays. The Center is not responsible for damaged or missing items.
- ✓ Remember that rowing is a team sport. Your actions and in-actions affect everyone on the team. Consider this and act accordingly. If you cannot make a practice it is YOUR responsibility to notify the coach in advance. Missing practice without notifying the coach of a valid reason will be considered an unexcused absence. The coach will determine what denotes a valid reason.
- ✓ Respect the equipment and the facility. Treat the boats with care and report broken equipment to the coach as this would keep us from practicing as well as being expensive to replace.

Infractions upon these rules could lead to disciplinary action including community service, suspension or expulsion from the program.

I have read the Code of Conduct and agree to act in a manner consistent with its requirements.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

WAIVER

Miami Beach Rowing Club

IN CONSIDERATION of being given the opportunity to participate in any Miami Beach Watersports Center, Inc., Ronald W. Shane Center, Miami Beach Rowing Club or City of Miami Beach activities, 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 allege 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: _____ **Date of Birth:** _____

Signature if over 18 years: _____ 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:

Parent/Guardian Signature:

Address: _____

X

Phone: _____

Email: _____

Date: _____

ADDENDUM FOR USE IN FLORIDA

NOTICE TO THE MINOR CHILD'S PARENT OR GUARDIAN

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF *Miami Beach Rowing Club* USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM *Miami Beach Rowing Club* IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT **ARE** A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM AND *Miami Beach Rowing Club* HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

Signature of Natural Guardian

If Participant Is a Minor, by my signature, I release all claims that both they and I have.

(Parent or Guardian's Signature if participant is a minor)

Date