



# Beginning Rowing Class 2020 Registration Form

Beginning Rowing I and Beginning Rowing II will teach the basics of the sport of rowing. Class participants will learn and experience the following:

- use of ergometers (rowing machines) to develop strength, endurance, and the proper sequence of the rowing stroke
- use of a rowing tank to help develop oar-skills and synchronization of each rower's actions
- handling, carrying, and rowing in 8-person shells (boats) on the Willamette River

***Please note:** This sport requires each crew of 8 rowers to carry their boat from the boathouse to the dock and carefully place it in the water before getting into seats that are on rollers. These boats are about 60 feet long, 2 feet wide, and weigh over 200 pounds (shared by the crew). Participants will learn to effectively handle these tasks, but should be in reasonable physical health to avoid injury.*

The completed Swim/Float Test Form and the CRC Liability Waiver (available on the Club's web page regarding the class) must be submitted before or at the first meeting of the class in order to continue.

## Participant information

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email Address: \_\_\_\_\_

## To complete your class registration, please submit the following:

- A copy of this registration form containing your information
- A check for \$125 made payable to *CORVALLIS ROWING CLUB*
- Mail these to:

CRC c/o Lisa Gaines  
230 NE Cambridge Circle  
Corvallis, OR 97330

## **Important attendance information**

Class sessions take place Monday & Wednesday evenings starting promptly at 5:30pm at the OSU crew dock on the east side of the Willamette River. Sessions will be over by 7:30pm at the latest. Consistent and reliable attendance is required to make progress in this team-oriented sport. Rowing skills are taught and practiced in a progressive manner and all class participants are dependent on everyone's consistent effort.

## **What is needed for the *first* class session**

- Your verified and signed Swim/Float Skills Test form
- Release of Liability (form found on our website, or a copy will be available at the class)
- A smile and a willingness to try something new and exciting – bring your *fun* side!

## **What to wear and bring to all rowing class sessions**

- Hat, sunglasses, sunscreen, and lightweight shirt are essential on the river in summer.
- Close-fitting shorts or tights that won't get caught in the equipment (i.e. bike, dance, rowing or similar shorts).
- Thick socks or clean aqua-socks are needed to keep your feet comfortable in the foot straps of the boat.
- Shoes are never worn in the boats! They are helpful for carrying the boat to/from the water, but then plan to take them off and leave them on the dock.
- Water bottle – good hydration is a must!