

**COASTAL VIRGINIA COMMUNITY ROWING (CVCRowing) REGISTRATION: SESSION #4**

**Dates:** 4/12 – 5/28, 2021

Please select whether you are registering a Novice or Experienced Rower. Note there is a different training locations for the two levels.

	○ Experienced Rower*		○ Novice Rower**	
	<i>Water Practice</i>	<i>Land Practice</i>	<i>Water Practice</i>	<i>Land Practice</i>
<b>Days</b>	Mon/Tues/Wed	Fri	Tues/Thurs	Fri
<b>Time</b>	5:00-7:00 PM	5:00-6:30 PM	5:00-7:00 PM	5:00-6:30 PM
<b>Location</b>	333 Thalia Rd, VB	333 Thalia Rd, VB	PA Practice Site 652 Greentree Dr, VB	333 Thalia Rd, VB

\* Experienced Rowers = at least one season rowing on water

\*\* Novice Rower = has not rowed on water

**Cost:**

- Experienced Rower - \$525 by check - \$542 / PayPal
- Novice Rower - \$450 by check / \$465 by PayPal
- \* There may be the potential for one spring regatta. Entry fees are not included in the registration fees but are expected to be no greater than \$50.00.

**Payment:**

- **PayPal:** Go to [www.cvcrowing.org](http://www.cvcrowing.org) – Programs & Lessons> Payments

**OR**

- **Mail checks to:** CVCRowing P.O. Box 66385 Virginia Beach, VA. 23466

**Please complete this document, and the documents below. Submit all forms to [cvcrowing@gmail.com](mailto:cvcrowing@gmail.com) in order to confirm your athlete’s registration.**

Please **initial** next to each of the following bullets:

- Inclement weather: \_\_\_\_\_(initial here)
  - Updates to the Weather page will be made by 2:30pm, indicating whether or not practice will occur.
- Personal absences: \_\_\_\_\_(initial here)
  - Make up sessions are not available for practices missed due to personal reasons. However, we encourage each participant to reach out to the coaching staff for a workout they can complete independently.
- Refunds: \_\_\_\_\_(initial here)
  - Refunds will not be provided after the start date of the camp (4/12/2021).
- Paperwork and US Rowing membership Completed: \_\_\_\_\_ (Initial here)
  - CVCRowing Liability Waiver, Rev Jan 2021
  - Covid-19 Liability Waiver, Rev Jan 2021
  - Acknowledgement of Risk and Insurance Statement (Part 1 & Part 2), Rev Jan 2021
  - Photo / Video Consent Release Form, Rev Jan 2021
  - US Rowing membership: Basic for Training, Basic Plus for Indoor Championships
  - Swim Acknowledgement

Athlete’s Name: \_\_\_\_\_ School: \_\_\_\_\_

Grade: \_\_\_\_\_ 2K Results: \_\_\_\_\_

Parent/Guardian Name (print name): \_\_\_\_\_

Parent/Guardian (Signature): \_\_\_\_\_

**Coastal Virginia Community Rowing**  
**Swimming Safety Video and Swimming Ability Acknowledgment**

(Time period covered for this acknowledgment includes: 3/1/2021 – 12/31/2021)

All Coastal Virginia Community Rowing rowers are required to view the [USRowing Safety Video](#) once a year. It can be found by visiting [USRowing.Org](#) or selecting the hyperlink above.

A signed form is required from each rower and his/her parent or guardian stating they have viewed the USRowing Safety Video and understand all of the program's safety protocols.

Additionally, the parent or guardian of the rower must state that their rower does in fact know how to swim and is able to tread water. This form is to be used in conjunction with the Coastal Virginia Community Rowing Liability Waiver.

I, \_\_\_\_\_, acknowledge that I have viewed the USRowing Safety Video and understand all of the program's safety protocols.

I, \_\_\_\_\_, acknowledge that my child/ward \_\_\_\_\_ knows how to swim and tread water.

Rower Name \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_