

FHE CREW FALL 2022 REGISTRATION

Welcome! This is the site to electronically register your kid(s) for Fall Crew 2022. A copy of your registration will be emailed to you. OR you may print this registration form from our www.fherowing.org website and send a hard copy to Ruth Brinks along with your dues (see below).

Dues for Fall 2022 are: **\$225 for high school** and **\$150 for middle school** (this fall, there may be a small additional fee associated with travel to regattas, see below).

Dues payment:

- a) Via check made payable to FHE Crew and returned to Ruth Brinks (FHE Crew c/o Ruth Brinks, 750 Purple Creek Ct. SE, Ada, MI 49301).
- b) OR online at: <https://fall-season-2022.cheddarup.com/>. This link will also be provided at the end of this registration packet. Note: this online payment site adds a service fee which we wish we could do something about!

Fall season crew dues are collected to help repair existing equipment, provide gas for safety boats and trailers, maintain the boathouse, supplement assistant coaches' salaries, provide food at regattas, and offset costs associated with transportation and lodging at certain regattas (if cleared to travel).

In the fall season, Crew operates as a club sport (rather than the school-sponsored spring season). So, there are restrictions regarding boat transportation. This fall's dues for high school rowers reflect the decrease in expenses we expect if the option to travel to regattas is not available. If we are permitted to travel there will be an additional per rower charge to cover regatta fees and travel expenses. (This charge will be relayed to parents if/when an away regatta is cleared. We can speculate that this expense will be \$100 or less per rower. High school dues for last year's fall season, which included travel to Leelanau, were \$300.) Currently, our season looks like practices and a few scrimmages or regattas at our boathouse. This opportunity provides novice rowers a chance get to know crew and seasoned rowers a space to continue their training and prepare for spring competition.

We understand that some families may have difficulty paying dues, please feel free to reach out to any member of the Board to discuss a different arrangement if this applies to your family. Any discussions will remain confidential. We want to help all families and their students succeed and have fun.

Joining FHE Crew is a team effort! Parent involvement is not only greatly appreciated, but it is essential to the success and safety of this sport. The FHE Coaches and Crew Board thank all the parents who donate their time and money to help our student athletes focus, learn, and compete, while staying safe, developing friendships, and having fun.

These Registration Acknowledgements and Agreements are effective as of the date of the electronic submission to Forest Hills Eastern Crew Board. The electronic signatures included and their related fields are treated by Forest Hills Eastern Crew Board like a physical handwritten signature on a paper form.

FHE Crew Board for 2022-2023:

Stacey Ruter (President), Sara Soho (Vice-President), Ruth Brinks (Treasurer), Samhita Rhodes (Secretary), Rose Kleff, Keri Siemens, Colleen Cox, Michael Cox, Soraida Cunningham, Elana Hostetter, and Andy Burkley.

You can contact the board at fheasterncrew@gmail.com.

(PLEASE LIST PARENT EMAIL BELOW)

The name and photo associated with your Google account will be recorded when you upload files and submit this form.

* Required

1. Email *

ATHLETE INFORMATION

2. First name of Athlete *

3. Last name of Athlete *

4. Date of Birth of Athlete *

Example: January 7, 2019

5. Athlete Grade *

Mark only one oval.

Freshman

Sophomore

Junior

Senior

6. Athlete Gender *

Mark only one oval.

Male

Female

Nonbinary

7. Athlete email address *

8. Athlete Phone number

9. Athlete T-Shirt Size (all sizes Adult) *

Mark only one oval.

XS

S

M

L

XL

XXL

Other: _____

10. Height of Athlete *

11. Weight of Athlete *

Multiple Athletes in household

12. Do you have another rower in this household? *

Mark only one oval.

Yes

No *Skip to question 14*

Multiple Athlete Information

13. For each of the other rowers please enter the following: name, date of birth, grade, phone number, and T-shirt size

Parent/Guardian Information

14. Primary Home Address for athlete(s) *

15. Parent/Guardian Name *

16. Parent/Guardian Phone Number *

17. Parent/Guardian Email address *

18. Parent/Guardian Name

19. Parent/Guardian Phone Number

20. Parent/Guardian Email address

21. Alternate emergency contact (not a parent/guardian), please provide name and phone number

Conduct

1. Athletes are representatives of FHE Crew and FHPS and are expected to conduct themselves in a respectable manner at all times, both in school and out.
2. All rules in the FHPS Athletic Code will be in effect.
3. Discipline for misconduct will be dealt with on an individual basis.

Practices/Attendance

1. Practice is REQUIRED. Practice will be held each day at a time and frequency determined by the Head Coach. Additional time commitments may be required for weekend regattas and fundraising activities.
2. Each athlete is expected to be ready to practice at the beginning of the scheduled practice time. They are responsible for dressing appropriately for the weather and bringing a full water bottle. It might be cold when we begin practice on the river.
3. Athletes are expected to schedule other obligations around practice times and coaches must be notified in advance of any reason for an unavoidable absence.
4. If an athlete misses school, that athlete is not allowed to practice that evening. Coaches need to be notified by noon of an absence from school.
5. An athlete who has unexcused and/or frequent absences from practice risks not being allowed to row at regattas at the coach's discretion.

Boathouse & Equipment

1. The boathouse is a shared and crowded facility. Rowers must show mature behavior at all times.
2. A coach must be present with any athlete in the boathouse.
3. Rowing equipment is very expensive and must be handled with care and focus. Follow coach and/or captain

Rower's
Code of
Conduct
Contract

directions regarding equipment at all times.

4. Please no food inside the boathouse.

5. All rowers/coxswains are required to participate in routine cleaning of the boathouse and FHE equipment.

Report any issues to a captain or coach.

Regattas

1. Rowers are required to attend all regattas unless previous permission has been given by the Head Coach.

Rowers will arrive at the designated time and place and will stay with the team until the conclusion of the regatta and dismissal by the coaching staff.

2. If team transportation is provided for the regatta, rowers are expected to ride with the team unless prior permission has been given by the Head Coach.

3. The team may stay in school gymnasiums when required. Male and female athletes will be assigned separate areas with chaperones. Coaches will conduct roll call at a designated time and all athletes are expected to be present and to retire to their assigned site.

4. Food may be provided for the team at regattas.

5. Regatta policy mandates that when racing, every person in the boat, including coxswains, dress in identical

uniforms. Team uniforms are to be worn appropriately and with pride at all times.

6. Even when not on the water, athletes are expected to be engaged in the regatta as supportive members of the team. This includes assisting the coaches, captains, and parent volunteers in any way necessary.

7. Rowing is not a sport that tolerates any disrespect. Athletes will exhibit the highest standards of sportsmanship.

Safety Rules

1. For the spring season, everyone must take and pass a swim test before rowing. The fall season does not require a swim test. *The swim test includes: treading water while fully clothed for five minutes, ability to put on a personal flotation device while treading water, and swimming 50 yards.

2. All boats must be accompanied by a coach in a safety launch.

3. If a boat swamps or capsizes, stay with the boat. It will help keep you afloat until a launch arrives.

4. When in the boat, follow the directions ONLY of the coxswain or coach.

5. Notify the coach immediately of any injury.

22. I have read, understood, and agree to this Rower's Code of Conduct Contract. Please enter Athlete's name as signature below. If multiple athletes, enter all their names below.

23. I have read, understood, and agree to this Rower's Code of Conduct Contract. Please enter Parent/Guardian's name as signature below.

24. Date signed *

Example: January 7, 2019

Liability
Waiver

I understand rowing is an aquatic sport and that there is a possibility that a person could fall from a dock, coaching launch, or bank, or that a boat could capsize or swamp, which all require swimming ability to recover safely, and be injured or harmed. I fully accept responsibility for my child's participation in this sport. He/she is participating with an understanding of the hazards inherent in this sport and I agree to hold harmless Forest Hills Public Schools and any of its employees or volunteers, as well as any of the FHE Crew or Rowing Board Members.

25. I have read and understand this statement and consent to participate. Athlete's name. *

26. I have read and understand this statement and consent to my athlete's participation. Parent's name.

27. Date signed *

Example: January 7, 2019

Travel Permission

28. I give permission for my athlete or athletes to travel with the FHE Crew Team with coaches and parent chaperones to and from each regatta event of the Fall 2022 high school rowing season.

Mark only one oval.

Yes

No

Medical Permission

Any coach or adult chaperone has permission to obtain emergency medical treatment necessary for my child throughout the duration of the season as outlined above. Students are required to have a current Medical History Form (sports physical) on file in the Athletic Office.

29. Please list any health concerns or physical restrictions for your athlete(s).

30. Please list any medications your athlete(s) takes regularly or must have with him/her/them at all times (e.g. insulin, epipen).

31. Please list any allergies, the reaction, and required treatment.

32. Please list any dietary restrictions.

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