

FHE CREW SPRING 2023 REGISTRATION

Welcome! This is the site to electronically register your kid(s) for Spring Crew 2023. A copy of your registration will be emailed to you. OR, if you wish, you may print this registration form from our www.ferowing.org website and send in a hard copy to Ruth Brinks along with your dues (see below).

Dues for Spring 2023 are: \$425 (additional rowers in the family: \$200 each)

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://2023-spring-season.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!

Please know, you must also enroll your child in FinalForms through the Forest Hills Public Schools Athletic Department and submit a pay-to-participate fee (separate from crew dues) if you haven't already done this. The FinalForms link can be found at <https://foresthills-mi.finalforms.com/>.

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 Coach 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. Spring season crew dues are collected in addition to the FHPS's Pay-to-Participate fee to help FHPS purchase new equipment (such as boats or oars), 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. To that end, we are requesting all families contribute at least \$425 or more per student for dues and volunteer in some fashion at a regatta or with fundraising. Please note, our understanding is that this fee is significantly lower than many other West Michigan schools.

We do understand that some families may have difficulty with this amount, 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. We believe the best way this can be done is for every family to register and become a part of FHE Crew. You will receive information and updates about practices and regattas directly from the Crew Board when you join. Your student athlete will also be provided with food during regattas and overnight lodging if needed. Your family will be welcomed to join us at every event. If any questions, please don't hesitate to contact a Board member.

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 Crew Board like a physical handwritten signature on a paper form.

(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

ATHLETE INFORMATION

2. Last name of Athlete *

3. Date of Birth of Athlete *

Example: January 7, 2019

4. Athlete Grade *

Mark only one oval.

- Freshman
- Sophomore
- Junior
- Senior

5. Athlete Gender *

Mark only one oval.

- Male
- Female
- Nonbinary

6. Athlete email address *

7. Athlete Phone number *

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

Mark only one oval.

XS

S

M

L

XL

XXL

Other: _____

9. Height of Athlete *

10. Weight of Athlete *

Multiple Athletes in household

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

Mark only one oval.

Yes

No *Skip to question 13*

Multiple Athlete Information

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

Parent/Guardian Information

13. Primary Home Address for athlete(s) *

14. Parent/Guardian Name *

15. Parent/Guardian Phone Number *

16. Parent/Guardian Email address *

17. Parent/Guardian Name

18. Parent/Guardian Phone Number

19. Parent/Guardian Email address

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

21. Yard signs with your rower's first name on it are placed along the carpool line at school during each week we have a regatta. Yard signs are \$25 each and are reusable. Would you like to purchase one for your rower(s)? If yes, please remember to add \$25/sign to your dues check or click to add the yard sign to your order while paying using the online portal.

Mark only one oval.

Yes

No

Rower's Code of Conduct Contract

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 will 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 will 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 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 is 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 min., ability to put on a personal flotation device while treading water, swimming 50 yds.
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 requiring 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 Spring 2023 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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