



## HUMBOLDT BAY ROWING ASSOCIATION JUNIORS 2017 – 2018 FALL AND SPRING SEASONS

The HBRA Juniors rowing team is an organization of rowers with the focus of training 11-18 year olds to be competitive rowers. Our goal is to expand the sport of rowing in Humboldt County so no experience is necessary to be on the team.

### **PRACTICES ARE MONDAY THROUGH FRIDAY FROM 4:00PM – 6:15PM FOR NOVICE/6:30PM FOR VARSITY.**

Competitive Rowers are expected to show to as many practices as they can on a regular basis. All rowers are expected to notify the coach of your attendance in advance using the team snap availability feature.

Seasons are structured as **Fall** = September - December/ **Spring** = January – May, with 2-3 regattas in the fall and 4-8 regattas in the spring.

**Costs:** \$450 per season (Fall: Aug 28– Dec 18/ Spring: Jan 4– May 9). There will be additional costs associated with all rowing events and team clothing.

- Payments for dues can be made all at once (\$450) or in four monthly payments (\$112.50) due on the first practice of each month. All payments must be made via check or cash by the due date and be given to Head Coach Scott so he can record it and give you a receipt. **Please do not put any money into the boathouse box.**
- Families with more than one rower receive a 10% discount off monthly dues.
- Regatta fees are in addition to club dues (approximate cost of each regatta = \$150.00 + personal food and gas costs).
- This year you can keep track of payments for your rower on the team snap payments page.

**Forms:** Please make sure the following forms have been completed and turned in to the head coach or to the lockbox in the boathouse.

\_\_\_ - Membership Agreement

\_\_\_ - Safety Rules and Code of Conduct

\_\_\_ - USRowing Waiver/Membership. To be on the team you must have a basic or championship membership with USRowing and have both the paper and online waivers completed. The paper version is attached.

The USRowing membership online waiver can be found at <http://www.usrowing.org/membership/>. There is a good description of what each membership offers, the primary difference is that as a championship member the rower will be permitted to race at championship and USRowing hosted events. We go to two of these at the end of the spring season so if you are unsure about this click on basic membership and you can upgrade later if needed. It will cost \$5.75 for a basic membership or \$45 for a championship membership. Membership lasts 1 year from date of purchase.

Select the Join button at the bottom of the individual membership section and fill out the forms. Please select “Humboldt Bay Rowing Association” under the “club or team name” line and HBRA’s Club Access Code is **9FGCL** when it prompts for it.

### **WHAT ROWERS NEED TO BRING TO PRACTICE:**

Snug fitting clothes – long sleeve wool shirts and spandex shorts is my rowing attire of choice because it stays warm when wet and stays out of the way of the oars and rolling seat. Thick socks are also a good idea

Water bottle – full of water

Wrist watch – nothing fancy just something so the kids know what time it is on the water

Shoes to run in – avoid the fancy expensive shoes

## REQUIRED FUNDRAISING

Each family is required to help fundraise throughout the season. Dues pays for coaching stipends, Boat maintenance, club insurance and utilities but does not leave much money left over for new equipment. To purchase equipment, we must raise money. We offer several club fundraisers throughout the season and require help from all the rowers and their families to make them happen. For info about what the next fundraiser is and how you can help, watch out for emails and check our team website. There is a nice, new fundraising section on the website just for our juniors.

If you absolutely hate fundraising then you may buy out of each season's fundraising for \$300.00 (which is our goal for each team member to raise).

## GREAT RESOURCES FOR INFORMATION

[Teamsnap.com](#) – We will send you an invite. This program can be viewed online or through an app on your phone. This will be our primary source of communication this year. You can use the program to get contact info for the team, update your contact info, check your account balance with the team, email or message the team, check past emails, see the team calendar and enter your availability to attend each event or practice. It can be a very useful tool for planning but everyone needs to use it to make it work.

[hbra.org/hbrajrs.html](http://hbra.org/hbrajrs.html) is the url for the Juniors team website. – So much useful info on this page I cannot even list it all here. Check it out!!!

[usrowing.org](http://usrowing.org) – official US Rowing website

[row2k.com](http://row2k.com) – good source for rowing current events and race results

Facebook- [Humboldt Junior Crew 2017-2018](#) – request to join (closed group)

[Humboldt Bay Rowing Association](#) – open page to all – where I try to put all our news

Scott Gibson (Head Coach) – contact me any time: [hbajrscoach@me.com](mailto:hbajrscoach@me.com), 707/845-4752 – call or text

Cassie Nordstrand (Head of Juniors Parent Group): [humboldt.jr.rowing@gmail.com](mailto:humboldt.jr.rowing@gmail.com), 707/268-8842

MaryAnn McCulloch (HBRA treasurer/billing): [payments@hbra.org](mailto:payments@hbra.org)

## IMPORTANT DATES TO PUT ON YOUR CALENDAR:

**September 3rd** - Petaluma River Marathon - I would like to take some rowers down. Let me know if you are interested.

- **September 6th** - Jrs Parents meeting - Adorni Center 5:30 pm

- **October 15th** - Head of the Port of Sacramento – We are doing this instead of Wine Country

- **October 28th** - Head of the American – A good straighter course. Great first race for Novice

- **November 12th** - Head of the Lagoon - Masters race on Saturday, Juniors on Sunday.

## PARENT COPY OF 2017 - 2018 MEMBERSHIP AGREEMENT (keep for your information)

- I/We, the undersigned, agree to pay a Seasonal Membership Fee of \$450 to Humboldt Bay Rowing Association (HBRA) for the rowers(s) whose name(s) appear on the Membership Agreement. Dues are payable regardless of the number of practices attended. Payments may be made all at once or in 4 equal installments of \$112.50 per month due by the 1st of each month and subject to a \$25.00 late charge if not received by the 20th of each month. HBRA agrees to provide our rowers(s) with coaches and rowing facilities for USRowing sanctioned rowing club activities.
- I/We agree that we will continue to be charged fees, and we agree to pay them, until we provide written notice that we are discontinuing our membership in Humboldt Bay Rowing Association. Notice must reach the treasurer prior to the first of the month to stop billing.
- I/We agree to assist in fundraising for the club during the season or buy out of fundraising for \$300.00/season. Seasons are structured as **Fall** = September - December/ **Spring** = January – May.
- I/we agree to help with club activities during the season for a minimum of 10 hours per family. I/We understand that these volunteering hours helps keep membership fees as low as possible while providing a fun and safe rowing environment for our children.
- I/We understand that HBRA communication and invoicing is by email and Team Snap. I/We agree to keep our contact information current. Non-receipt of a billing statement does not relieve you of the responsibility of paying your dues on time.  
Note: The contract will be signed upon initially joining the club. Thereafter, in December of each year notifications concerning any changes to the contract will be distributed electronically. Unless a family terminates their club membership at the start of the new year, it is assumed that they understand and will abide by the new version of the contract.
- By joining Humboldt Bay Rowing Association, I/We consent to the publication of information and/or imagery related to their participation via electronic, print or other media.
- I/We have received the HBRA Safety Rules and Code of Conduct and I have read and discussed them with my rowers.

### HBRA LATE PAYMENT POLICY

Monthly HBRA installment fees are billed on the first of each month, and payment in full is due by the 1st of that month.

- An account is considered delinquent and subject to a \$25.00 late fee if full payment of the HBRA fee is not received by the 20th of the month in which it was billed.
- Membership privileges are automatically suspended if dues are not paid in full within 60 days of the original due date. Regatta fees must be paid by the date of the event. Unpaid regatta fees will result in the rower being excluded from future regattas until the fee is paid. Payment of these fees may be postponed if the HBRA Board of directors has a documented and approved alternate payment plan for the delinquent fees.
- Suspended members are not permitted to participate in any aspect of HBRA, including practices and any other club functions until the account is brought current.
- Members with delinquent but not yet suspended accounts are invited to propose an alternate payment plan to the Board for consideration. The proposed plan should be submitted in writing, and include contact information and a repayment schedule.
- Notify the treasurer of your intent to propose a repayment plan. Also notify the treasurer if you plan to leave the proposal in the HBRA lockbox. You may also give the proposal to the treasurer.
- The Board will review the proposed payment plan as soon as practical, and will provide their decision on the repayment plan to the member in writing. If the repayment plan is not approved prior to 60 days of nonpayment of a fee from the original due date, club membership will be automatically suspended.
- Instances of repeated delinquency or suspension may result in termination of the family's club membership.
- Annual fund raising fees are a separate financial obligation due by season's end

# HUMBOLDT BAY ROWING ASSOCIATION

## SAFETY RULES

The following rules reflect our concern for the safety of our rowers, coaches, parents, administrators and officials.

Safety rules include but are not limited to:

- Do not enter the water unless a coach is present.
- No pushing, or horseplay of any kind at, or around the boathouse.
- Chewing gum is not permitted during practice or race events.
- Possession or use of alcohol, tobacco products, controlled substances or weapons is prohibited.
- All rowers must remain at the boathouse until practice is over unless arrangements have been made with the coach in advance.
- Hair longer than shoulder length must be bound during practice.
- The changing rooms are for one person at a time, please wait your turn.
- Proper respect, sportsmanship, and courtesy towards coaches, officials, parents, competitors and team members will help to ensure the safety of members of our team.

## CODE OF CONDUCT

Humboldt Bay Rowing Association is a community of rowers, coaches and parents. Our goal is to foster a cooperative atmosphere, working together to make this the best team it can be. Please remember that you are representing the club whenever you are involved with any HBRA activity.

It is HBRA policy that the following behaviors are unacceptable:

1. Disrespect to coaches.
2. Disruption of team activity, willfully disobeying coaches or officials or authority.
3. Disregard for basic safety for self or others.
4. Verbal harassment or use of profanity.
5. Causing, attempting to cause, or threatening to cause physical injury to another person.
6. Purposefully damaging or stealing team property.
7. Possession or use of drugs, alcohol, tobacco or weapons.

Discipline will be handled by the coaches and the board of directors, in accordance with the Humboldt Bay Rowing Association Participant Safety Policy (which can be found under the safety tab at [hbra.org](http://hbra.org)).

Consequences will include, but are not limited to:

1. Warning of inappropriate behavior.
2. Time-out.
3. Removal from practice... parent will be notified to pick rower up.
4. Probationary period or suspension followed by probationary period. \*
5. Dismissal from the team. \*

\* An appeal may be made to the Board of Directors; however, the decision of the board will be final.

Parents are expected to treat coaches and officials with respect and to abide by the team code of conduct

# 2017 – 2018 HUMBOLDT BAY ROWING ASSOCIATION MEMBERSHIP AGREEMENT

**Please complete both sides of this agreement and return to HBRA coach or to the HBRA lockbox in the HBRA Boathouse.**

This form must be submitted within the first week of your rower attending practice.

• I/We, the undersigned, agree to pay a Seasonal Membership Fee of \$450 to Humboldt Bay Rowing Association (HBRA) for the rowers(s) whose name(s) appear on the Membership Agreement. Dues are payable regardless of the number of practices attended. Payments may be made all at once or in 4 equal installments of \$112.50 per month due by the 1st of each month and subject to a \$25.00 late charge if not received by the 20th of each month. HBRA agrees to provide our rowers(s) with coaches and rowing facilities for USRowing sanctioned rowing club activities.

\_\_\_\_\_ **initial**

• I/we agree that we will continue to be charged fees, and we agree to pay them, until we provide written notice that we are discontinuing our membership in Humboldt Bay Rowing Association. Notice must reach the treasurer prior to the first of the month to stop billing. \_\_\_\_\_ **initial**

• I/We agree to assist in fundraising for the club during the season or buy out of fundraising for \$300.00/season. Seasons are structured as **Fall** = September - December/ **Spring** = January – May. \_\_\_\_\_ **initial**

• I/we agree to help with club activities during the season for a minimum of 10 hours per family. I/We understand that these volunteering hours helps keep membership fees as low as possible while providing a fun and safe rowing environment for our children. \_\_\_\_\_ **initial**

• I/We understand that HBRA communication and invoicing is by email and Team Snap. I/We agree to keep our contact information current. Non-receipt of a monthly billing statement does not relieve us of the responsibility of paying your dues on time.

Note: The contract will be signed upon initially joining the club. Thereafter, in December of each year notifications concerning any changes to the contract will be distributed electronically. Unless a family terminates their club membership at the start of the new year, it is assumed that they understand and will abide by the new version of the contract. \_\_\_\_\_ **initial**

• By joining Humboldt Bay Rowing Association, I/We consent to the publication of information and/or imagery related to their participation via electronic, print or other media. \_\_\_\_\_ **initial**

• I/We have received the HBRA Safety Rules and Code of Conduct and I have read and discussed them with my rowers. \_\_\_\_\_ **initial**

Rower(s) Name(s): \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Signed: \_\_\_\_\_  
parent/guardian date

# 2017 HBRA RROWER INFORMATION & EMERGENCY CONTACT INFORMATION

## ROWER INFORMATION:

Rower #1:

Rower's First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Rower's: Age \_\_\_\_\_ Sex \_\_\_\_\_ Birth date \_\_\_\_\_

Rower's Email \_\_\_\_\_ Phone Number \_\_\_\_\_

Rower #2:

Rower's First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Rower's: Age \_\_\_\_\_ Sex \_\_\_\_\_ Birth date \_\_\_\_\_

Rower's Email \_\_\_\_\_ Phone Number \_\_\_\_\_

Rower #3:

Rower's First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Rower's: Age \_\_\_\_\_ Sex \_\_\_\_\_ Birth date \_\_\_\_\_

Rower's Email \_\_\_\_\_ Phone Number \_\_\_\_\_

## PARENT/GUARDIAN INFORMATION:

Name(s): \_\_\_\_\_

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

City: \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Numbers (Home): \_\_\_\_\_

Cell Phone Numbers: \_\_\_\_\_

Work Phone Numbers: \_\_\_\_\_

**E-Mail Addresses:** \_\_\_\_\_

## EMERGENCY INFORMATION

Emergency phone (i.e. work phone, grandparents, etc.) \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Doctor's Telephone Number \_\_\_\_\_

Rower's allergies/health/behavior concerns we should know about: \_\_\_\_\_

# Humboldt Bay Rowing Association

## Humboldt Junior Crew Team

### Swimming Certificate of Competence

Please sign and return.

Crew is a water sport that carries with it certain basic risks. Humboldt Bay Rowing Association plans activities and crew practice on Humboldt Bay. Crew members may unexpectedly land in the water for the following reasons:

- Boat flipping over
- Boat collision with another water craft
- Ejection from the boat as a result of “catching a crab”
- Falling off of a platform or dock
- Unauthorized swimming in bay

Although all practices and regattas are supervised by adults, a boat may go out of sight of the coach because of the physical geography of the bay, boat positions in a regatta, or other less predictable circumstances. Accidental immersion in cold water can occur at any time, although all efforts to minimize accidents of this kind will always be in place.

All crew members must be competent swimmers. For your child to participate in this program, you must confirm his/her ability to swim.

I certify that my child is a competent swimmer and fit to participate in the sport of rowing.

**Name of Crew Member:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

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



# 2017 Release of Liability



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/16 - 12/31/17, I, for myself, my personal representatives, assigns, heirs, and next of kin.

- 1. I 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. I 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 Release named 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. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing 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. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, 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 alleged to be caused in whole or in part by the negligence of the Releasee 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 expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

This is THE USRowing Release of Liability, which should be copied for your use.

I have read this agreement, fully understand its terms, understand that I 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 to 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.

Participant’s Name (Printed)

USRowing # Date of Birth

/ /

Street Address

City State Zip

Participant’s Cell # (if applicable)

( )

Participant’s Signature Date Signed

/ /

Participant’s Email address (if applicable)

Organization: Humboldt Bay Rowing Association

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### PARENTAL CONSENT

(if participant is under the age of 18).

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 negligence of the Releasees or otherwise, including negligent rescue 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 Releasee, 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, to the fullest extent permitted by law.

Parent/Guardian Name (Printed)

Street Address

City State Zip

Cell Phone Home Phone

( ) ( )

Parent email address

Parent/Guardian Signature (if participant is under the age of 18)