Ridgewood Crew
Junior Rowing Program

Rower Information:

Rower Name (Last)_____(First)_____

Address_____

Home #_____ Rower Cell #_____

Rower Email Address_____ DOB_____

School_____ Grade entering in 9/2018_____

Parent/Guardian Information:

Parent 1 Name_____

Parent 2 Name_____

Parent Address (If different than rower's) _____

Parent 1 Email _____ Parent 1 Cell_____

Parent 2 Email _____ Parent 2 Cell _____

Special Instructions:

If you are new to Ridgewood Crew, A completed Ridgewood Crew Waiver (listed under "Forms"), and completed swim test form must be attached to this registration.

All programs must be prepaid, with the check payable to Ridgewood Crew. Receipt of check is required for participation confirmation. No refunds will be provided for athletes who drop out of the program.

Please mail the completed Sign-Up Sheet, Ridgewood Crew Waiver, and check to:

Ann Hida/Ridgewood Crew
373 Shelbourne Ter
Ridgewood, NJ 07450

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Fall Session				
Ridgewood Crew Fall racing team: Intended for returning Ridgewood Crew athletes that are interested in competing in the fall, maintaining and developing overall fitness and improving technique. Busing to PRRA will be offered on weekdays leaving from RHS.				
DATES*	**DAYS**	**TIME**	**COST**	**SELECT**
Sept 10- Oct. 29			$800	
Returning Girl rowers	Monday, Wednesday	4 – 7pm		
	Sunday	8 – 11am		
Returning Boy rowers	Tuesday, Thursday	4 – 7pm		
	Saturday	8 – 11am		
*No practice on September 19				
REGATTAS				
1: Head of the Passaic Passaic River October 14				
2: Head of the Schuylkill River, Philadelphia PA October 28				

Ridgewood Crew Novice Development Team: Intended for rowers who have completed a LTR program and would like to further their rowing technique, improve their fitness and develop skills needed to compete at the junior rowing level.				
DATES*	**DAYS**	**TIME**	**COST**	**SELECT**
Sept 15- Oct. 27	Saturday, Sunday	12:00 – 2:30	$375	
*No practice on October 14				

Ridgewood Crew LTR Programs: A mandatory program for those interested in learning about/competing in the sport of rowing. A swim test is also required				
PROGRAM	**DATES**	**TIME**	**COST**	**SELECT**
LTR 7	Aug. 30/31	8am – 12pm	$300	
LTR 8	Sept. 8/9	8am – 12pm	$300	
LTR 9	Nov. 3/4	8am – 12pm	$300	