**Rower Information:**

Rower Name (Last)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(First)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rower Cell #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rower Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade entering in 9/2018\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A one-time swim test certification is required for all Learn-To-Row students/first-time rowers and can be completed at a YMCA or by a certified lifeguard. The Swim Test Certification Form is on the Ridgewood Crew website, “Forms” section. Please attach the swim test certification to this form, if required.

**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”) must be attached to this form.

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, Swim Test Certification, and check to:

Ann Hida/Ridgewood Crew

373 Shelbourne Ter

Ridgewood, NJ 07450

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| **Learn-to-Row Program:** For those with no rowing experience |
| **Group** | **Dates** | **Days** | **Times** | **Max # rowers/session** | **COST** | **SELECT** |
| LTR 1 | 6/2 & 6/3 | Sat/Sun | 11am - 3pm | 8 | $300 |  |
| LTR 2 | 6/9 & 6/10 | Sat/Sun | 11am - 3pm | 8 | $300 |  |
| LTR 3 | 6/17 & 6/18 | Sat/Sun | 11am - 3pm | 8 | $300 |  |
| LTR 4 | 6/23 & 6/24 | Sat/Sun | 1 - 5pm | 8 | $300 |  |
| LTR 5 | 6/26 & 6/27 | Tue/Wed | 1 - 5pm | 8 | $300 |  |
| LTR 6 | 7/17 & 7/18 | Tue/Wed | 1 - 5pm | 8 | $300 |  |

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| **What To bring:** |
| 1: Water Bottle |
| 2: Fitted Clothing- Loose or baggy shorts will become caught in the equipment. |
| 3: Extra Clothing- In the event of rain, rain jacket. |
| 4: Hat & Sunscreen |
| 5: Sneakers & Socks |
| 6: Lunch or Snack |

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| **Novice Program:** For those who have completed the Learn-to-Row session or less than one year of experience |
| **Group** | **Dates** | **Days** | **Times** | **Max # rowers/session** | **COST** | **SELECT** |
| Novice 1 | 7/25 – 7/29 | Wed-Sun | 11am - 2pm | 16 | TBD |  |
| Novice 2 | 7/31 – 8/4 | Tue-Sat | 11am - 2pm | 16 | TBD |  |