



JUNIOR CREW REGISTRATION FORM

Athlete's Name: _____ Date: _____
Address: _____
City: _____ Zip: _____
Athlete's Cell: _____ Athlete's Birthdate: _____
Athlete's Email: _____ Athlete's School: _____ Grade: _____

PARENT / GUARDIAN INFORMATION

Name: _____ Relationship: _____
Parent /Guardian Email: _____
Email is our primary means of communication. Please keep us informed of any changes.
Dad Phone:
Home: _____ Work: _____ Cell: _____
Mom Phone:
Home: _____ Work: _____ Cell: _____

EMERGENCY INFORMATION

First Person to contact in an emergency – Name: _____
Phone: _____ 2nd Phone: _____
Alternate person to contact in an emergency – Name: _____
Phone: _____ 2nd Phone: _____

PARTICIPANT HEALTH INFORMATION – Please update this information as needed

Participant's Age: _____
Allergies: _____
Medications: _____
Medical Concerns and Conditions, Previous Injuries: _____

Limitations on Activities: _____
Comments: _____
Physician Name: _____ Phone: _____
Preferred Hospital: _____
Insurance Company: _____
Phone: _____ Group/Policy Number: _____

I recognize that any sports activity such as crew may involve certain dangers, including but not limited to the hazards of rowing, shell collision or upset, water immersion, lifting and carrying of shells and equipment, forces of nature, conditioning exercises and the actions of participants and other persons. I understand that North Cascades crew, the City of Lake Stevens, the staff and all persons related directly or indirectly with the program assume no financial obligation or liability for any injury, illness or disability arising from my child's participation in the North Cascades Crew rowing program. In the case of an accident or illness if I am not able to give consent for medical care; I hereby give permission to seek emergency medical treatment for my child.

Signature of Parent / Guardian: _____ Date: _____
Printed Name: _____



NCC Waiver & Publicity Permit

PLEASE READ CAREFULLY BEFORE SIGNING

I acknowledge that this rowing program is voluntary and involves risk of personal injury or death. By signing this release I understand that I will forfeit any right to claim damages from North Cascades Crew (or NCC), the City of Lake Stevens, Snohomish County, or their officers and employees, for personal injuries or death or property damages related to participation in this rowing program.

RELEASE AND INDEMNIFICATION AGREEMENT

I assume all responsibility for any and all risk of damage or injury that may occur to me or my property while rowing or sculling under the direction of North Cascades Crew, including boats and boat trailers owned by North Cascades Crew. In consideration of permission to participate in the programs of North Cascades Crew, I agree that NCC, the City of Lake Stevens and Snohomish County, their officers and members, employees and staff, and all persons related directly and indirectly, shall not be liable for any damages arising from personal injuries or property damage in, on, or about NCC's/Lake Stevens/Snohomish County facilities; or as a part of its programs; or as a result of the NCC's equipment on or off the premises; or as a result of any kind of negligence of NCC, the City of Lake Stevens or Snohomish County, their officers, members, employees, or of anyone else involved in the rowing program. I further agree to release and discharge and indemnify North Cascades Crew, City of Lake Stevens and Snohomish County, their officers, members, employees, staff and all persons related directly and indirectly and anyone else acting on its behalf from any and all claims, demands, rights of causes or actions, present or future, whether known, anticipated, or unanticipated, or litigation (including costs and attorney fees), including but not limited to claims of negligence resulting from or arising out of, or incident to the use (or intended use) of its premises, facilities or equipment or participation in its programs or as a result of, or incident to, any instructions that I may have received under the direction of NCC. I have read and understand the foregoing "Release and Indemnification" and sign with knowledge that I am giving up certain rights.

PUBLICITY PERMIT

I give my permission for my picture to appear in any publication for the purpose of telling of activities happening in North Cascades Crew. I understand that these publications might include city/school/crew information or promotional brochures, pictures, newspaper articles, website postings, and/or newsletters relating to any of the above activities.

I hereby give my permission I hereby do not give my permission

MEDICAL INSURANCE WAIVER

I have no insurance and accept full financial responsibility

I have insurance. Insurance Company _____

I certify that my responses above are valid and accurate.

Signature of Participant _____ Date _____

Printed Name _____



NCC Junior Crew Code of Conduct

North Cascades Crew (NCC) expects a high standard of behavior from all athletes. The following guidelines set out are minimum expectations. You represent yourself, your coaches, your family, and all members of North Cascades Crew at all times.

- I understand and agree to adhere to NCC's zero-tolerance policy regarding the use of controlled substances. This includes but is not limited to alcohol, tobacco, and illegal drugs. I will abide by my coach's recommendations for a healthy lifestyle.
- I will follow the direction of my coach and NCC adult supervisors at practice.
- I will be responsible for myself and my equipment when launching and landing, making sure that I get on and off the dock quickly.
- I will respect the person in charge in my boat (coxswain or bowman) as the only person who should be talking or giving direction in the boat during practice.
- Since my coach and NCC adult supervisors are responsible for my whereabouts during practice, I will be ready for practice on time and will let my coach know in advance if I need to come to practice late or leave early. I will stay with the group at all times unless I have permission from my coach to leave.
- I will demonstrate good sportsmanship and respect towards my teammates, my opponents, my coaches, coaches of other teams, parents, regatta staff, and officials. I will accept the decisions of my coaches and referees. I will support my team in victory and defeat.
- I will accept and carry out the instruction of my coaches, regatta staff, officials, and designated chaperones in matters including but not limited to regatta rules, transportation, curfews and accommodations at all regattas.
- I will respect NCC property and equipment and the property of equipment of others. I will refrain from activities that could damage any property and equipment. I understand that I am financially responsible for any damage that I cause by disobeying this rule.
- I will use appropriate language at all times and make sure that any conversations or topics of discussion are appropriate for all ages at practice.
- I will encourage and support my teammates and opponents, and will not criticize them.
- I will show respect in my actions and in my words to all people regardless of gender, race, creed, or socio-economic status.
- I will abide by all rules and laws of the United States of America, the State of Washington, Snohomish County, the City of Lake Stevens, and the country, state, province, county and city where I may be participating in an event.

I understand that violating or ignoring these guidelines will result in disciplinary action, including dismissal from the team.

Signature of Athlete: _____ Date: _____

Signature of Parent / Guardian: _____