



Dear Learn-to-Row Candidate:

Each year the Carnegie Lake Rowing Association (CLRA) conducts a Learn-to-Row program to teach the sport of rowing to individuals with no prior sweep rowing experience. **The program goes from September 12 through November 26, 2009.** Our aim is new club members of any age who are dedicated, physically fit individuals intent on becoming competitive rowers who realize the significant time commitment this activity requires. If this is a goal for you, then we cordially invite you to apply for the Learn-to-Row Program.

In order to help orient you to the club and the L-T-R Program, **there is a mandatory weekend-long session for all individuals in the program starting on Saturday, September 12 (from 8:00 AM to 5:00 PM) and Sunday, September 13 (from Noon to 5:00 PM).** This weekend will include both land and water introductions to the sport of rowing. You will hear an overview of CLRA club policy and mission and participate in training on indoor rowing machines and boats. In addition, you will meet coaches and club members who will act as your rowing mentors throughout the weekend and beyond.

The number of participants in our L-T-R program is limited due to equipment and personnel. If the number of applicants exceeds our limitation (currently 48 individuals), we will hold a lottery after the close of the application period and select the maximum number to be in the program this year. You will be notified if you have or have not been selected and your application check will be returned if you have not been selected. (We will not deposit checks until the first closing date, Friday August 21)

You must also successfully complete our “swim test” which consists of being observed by a certified lifeguard that you can stay afloat in water over your head for a period of ten minutes. This requirement can be completed at any public (YMCA, YWCA, recreation department, etc.) or private (country club, hotel or swim club) pool. There is a certificate in this application packet that must be completed and signed by a certified lifeguard. We recommend that you wait for your acceptance notice (sent after August 21) into the program before completing this requirement.

#### **Requirements for joining the Learn-to-Row Program (no exceptions)**

1. Be one of the completed applications drawn in the lottery (if necessary)
2. USRowing waiver completed and signed by you or Parent/Guardian if under 18 (included in application packet)
3. Payment of the all inclusive Learn-to-Row program fee (\$300)
4. Available for the mandatory L-T-R weekend September 12 & 13
5. Swim test successfully completed
6. Minimum age - high school (going into ninth grade)

#### **Requirements for successfully completing the Learn-to-Row Program**

1. Completed a minimum of 10 (more is better) on-the-water rowing sessions before Thanksgiving (November 26)--There are approximately 20 plus opportunities to row on-the-water each fall. Make sure that your personal schedule and any traveling requirements will allow you to meet these goals. Many Sundays are not available due to regatta conflicts so every participant must row at least one additional time during the week.
2. Participated weekly. Our Learn-to-Row program is structured so that new skills are introduced each week so you need to participate at least once every week.
3. Evaluated by our coach(es) as having learned the basics of rowing to continue next year. Those who are successful may join as regular members next year and participate in our rowing programs. Those unsuccessful may be asked to repeat the Learn-to-Row Program or think seriously about trying another sport.

## A Few Words About the Commitment Required

Before applying, you should consider the exceptional commitment required to succeed at learning to row and continuing as an active rowing club member. First of all, there are the physical demands. We are a racing club and such rowing requires regular and intense conditioning. If you are not now in reasonably good condition, the odds on seeing this through are not in your favor. Secondly, there are heavy time demands. Our rowing sessions for regular members are 5:30 AM – 7:15 AM five times a week year-round (and additionally at 7:00 PM – 9:00 PM in the summer plus Sunday afternoons.) To participate successfully, you need to be active on a regular basis. Remember that completing the L-T-R program is just the beginning, not the end of rowing with CLRA. Being an active, rowing member of CLRA takes up a lot of time. If you live a considerable distance from the Princeton University Boathouse factor in the time it will take to arrive on time for rowing sessions. If your occupation, lifestyle or studies will not allow the time to participate in at least two sessions per week for the rest of your rowing career with CLRA, you may want to reconsider this particular athletic activity.

### What to expect as a member of the Learn-to-Row Program

1. Hard work
2. Honoring your commitments, when you sign up to row, be there
3. Unpleasant weather at times
4. Being on time, arriving 15 minutes ahead of time...that's 5:15 AM!
5. Teamwork, working cooperatively with others toward shared goals
6. Conditioning, getting or keeping yourself in good physical shape
7. Learning a new skill
8. Fun, making a lot of new friends through a shared experience

If you are interested please complete the application (use the active PDF and fill it out online and then print it, so we can easily read your information **ESPECIALLY YOUR EMAIL ADDRESS**) & waiver and return them with a check for \$300 before August 21 or sooner. All completed applications should be received by August 21 to be considered for the initially accepted group for this year's Learn-to-Row Program. The fee includes the orientation weekend, your special club membership and seat fees through the end of the program (Thanksgiving Day). Checks should be made payable to Carnegie Lake Rowing Association. Please mail your payment and application & waiver to: CLRA, P.O. Box 330, Princeton, NJ 08540-0330.

If you are under 18 and are accepted into the program, it is a good idea (but not required) to have a parent or guardian accompany you during the first 3 hours on Saturday, September 12 (8:00 AM until 12:00 noon) so they may ask any questions about the program or schedules.

When we receive your complete membership application, we will place you in the initial group (if received by August 21.) A lottery may be held if the number of applications exceeds our capacity; if there are still places remaining, we will hold the application period open until all slots are filled. After August 21, you will receive a letter from the club indicating either that you have been accepted into our LTR Program along with some additional details about the Introduction-to-Rowing weekend or that you have not been one of those applications drawn in the lottery and did not make this year's Learn-to-Row Program (your check will be returned with this letter).

Thanks for your interest. We look forward to working with you. Please contact us if you have a specific question about your eligibility, otherwise most all questions will be answered in your acceptance letter or at the Introduction-to-Rowing weekend.

**NOTE: We will contact you via email with an acceptance letter and other information. Please be sure to add our names and CLRA to your email permissions list and modify any SPAM filters.**

Sincerely,

Patrick Lyons, LTR Co-Coordinator  
609-497-1656 - days, leave a message or 609-683-1295 eves (pel@lyonsgraphics.com)

Robert Honstein, LTR Co-Coordinator  
609-924-9240 - days (rlh@newlincapital.com)

Rose Ford, LTR Co-Coordinator

Enclosures: LTR Membership Application & waiver (pages 3 & 4)  
Swim Test Form (page 5)



Carnegie Lake Rowing Association  
2009 Learn-to-Row Application - page 3

P.O. Box 330, Princeton, NJ 08542-0330 www.clra.com

Please PRINT clearly

**This is an active pdf form. Please fill it out online and then print it out and mail it in.**

First Name and Last Name (First name that you want to be called by. Please keep it simple.)

Mailing Address

City

State

Zip

Evening Phone

Daytime Phone

email Address (Very important--please print CLEARLY)

I am applying for the LEARN-TO ROW PROGRAM to learn how to row.

I am applying for the LEARN-TO COX PROGRAM only and understand that I will not be permitted row, only cox.

The information provided (name, phone numbers, mailing address and email address) is used in our printed membership directory mailed only to club members and our online membership directory protected by a members only password. Please ensure that it is accurate and legible. Both directories are for official club use only. Enrollment in the LTR program is your permission for CLRA to use this information.

Male  Female Birthdate: MO \_\_\_\_\_ DD \_\_\_\_\_ YR \_\_\_\_\_ Age (as of December 31, 2009): \_\_\_\_\_

I am a current member of USRowing USRowing # \_\_\_\_\_

I am a current Princeton University student in this program: \_\_\_\_\_

Occupation \_\_\_\_\_

Rowing Experience \_\_\_\_\_

Skills/Interest in areas to help with operations/activities \_\_\_\_\_

How did you hear about our rowing club? \_\_\_\_\_

If you are applying to the LTR program with another person, what is his or her name? \_\_\_\_\_

FEES (September 12 – November 26, 2009)	\$ 300.00	Learn-to-Row Program
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In addition to my dues, a tax deductible donation of \$ \_\_\_\_\_ is included.

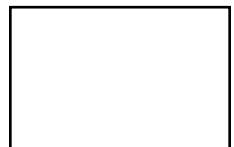
Complete application and the USRowing waiver form (page 4). If you are accepted into the program please bring your completed swim test certificate to the first Introduction-to-Rowing weekend session on Saturday, September 12.

Send application with your check to: Learn-to-Row, Carnegie Lake Rowing Association, P.O. Box 330, Princeton, NJ 08542-0330  
You MUST include Learn-to-Row fee of \$300.00 and signed waiver form (page 4). Incomplete applications will be returned. Please make checks payable to: Carnegie Lake Rowing Association.

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

For Club Use Only: #

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# USRowing Waiver Form

IN CONSIDERATION of being given the opportunity to participate in the Carnegie Lake Rowing Association, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. 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. 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 releases 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. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club 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. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, 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 Releasees 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.

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.

Printed Name of Participant \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

Phone: \_\_\_\_\_ Date: \_\_\_\_\_ Participant's Signature : \_\_\_\_\_  
(only if age 18 or over)

## PARENTAL CONSENT

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 Releases, 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.

Printed Name of Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

Phone: \_\_\_\_\_ Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_  
(only if participant is under the age of 18)



# 2009 Learn-to-Row Program Swim Test

As a currently accredited lifeguard, I certify that I have observed:

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Applicant's Name

complete a test consisting of staying afloat for 10 minutes without aid in water over his/her head.

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Printed Lifeguard Name

Date

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Signature

Facility/Organization

Please bring this completed certificate to the Introduction-to-Rowing session on Saturday, September 12, 2009. You will not be allowed to continue in the Learn-to-Row program without this completed certificate.