



Cohasset Maritime Institute

2010 SPRING ROWING PROGRAM

Students in 8th – 12th Grade

Sign Up Meeting

Tuesday, March 9, 2010

7 PM

CSCR 40 Parker Ave.

Session Dates: MARCH 22nd – June 10th 2010

Mondays and Wednesdays- 3:30 - 5:00

Tuesdays and Thursdays- 3:30 – 5:00

Program begins with land workouts; erging, skills training, fitness...

Wednesday and Thursday's training at The Scituate Racquet Club

“Team selection, boat selection, and seat selection will be coach determined.”

Please bring signed waiver, application and payment to the sign up meeting

★Tuesday, March 9th, 2009 at 7:00 PM held at CSCR , 40 Parker Ave.★

COHASSET MARITIME INSTITUTE

2010 HIGH SCHOOL SPRING SESSION APPLICATION

Please make checks payable to Cohasset Maritime Institute, indicate the payment is for a student rower, the name of the student in the message line.

SESSION FEE: \$275.00

_____ **Mondays/Wednesdays 3:30 – 5 PM**

_____ **Tuesdays/Thursdays 3:30 – 5 PM**

Student Name _____

Address _____

City, State, Zip _____

Home Phone (required) _____

Student Cell Phone _____

Student e-mail (required) _____

Parent e-mail (required) _____

Student Insurance Provider and registration number _____

Facebook: (circle one) yes no

Emergency Contact Person

Name _____

Home Phone _____

Cell Phone _____

Experience Level

Have you had previous rowing experience? _____ If so, where and for how long?

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COHASSET MARITIME INSTITUTE

2010 RELEASE OF LIABILITY

IN CONSIDERATION of being given the opportunity to participate in any Cohasset Maritime Institute/US Rowing (“CMI/US Rowing”) activity; including scheduled, supervised club activities and registered regattas, until the end of this calendar year, I, for myself, my personal representatives, assigns, heir, 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 Releasee 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.
2. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of CMI/US Rowing 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.
3. HEREBY RELEASE, discharge, and covenant not to sue CMI/US Rowing, 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 operation; 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 may incur as a result of such claim, to the fullest extent permitted by law.

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, CMI/US Rowing	
Signature of Participant	
Address, City, State, ZIP	
Phone	

★ Consent (if Participant is under the age of 18 in Massachusetts) ★

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 Releasees, 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, the fullest extent permitted by law.

Parental Signature _____ **Date** _____