



# TAMAR ROWING ACADEMY

The Tamar Rowing Academy is offering a skill based training program designed to meet the needs of young people and novice Oarspersons.

It aims to:

- Encourage more people to come into and stay in the sport of rowing
- Provide progression and reward achievement in a wide range of topics
- Show them all aspects of the sport-both competitive and social
- Provide a flexible structure for delivery of skills and development

## How do I get involved?

If you are 15 years or older, fit, have good aerobic capacity and live in the Launceston area fill in the details below. Email completed form to: [admin@tamarrowingclub.org.au](mailto:admin@tamarrowingclub.org.au)

As your introduction to the course we offer a *come and try day* followed by 6 training sessions. The sessions usually occur on a Saturday morning and after 4pm on agreed days during the week.

### Applicant Information

Name:

Male/Female

Date of Birth:

Address:

Phone:

Email:

### Parent or Guardian information

Name:

Phone:

Email:

Signature

Yes, we have insurance, but they want us to have you sign the following waiver. Please note your child must be able to swim 100 metres in rowing clothing.

**Waiver:** I release and indemnify on my child's behalf, covenant not to sue and to hold harmless each of the Club members 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 those members.

**Parental consent:** I the minor's parent or guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in the rowing activities, and agree to abide by the Safety Rules for Participants.

Signature of parent or guardian:

Date: