

2009 PRINCE WILLIAM CREW ASSOCIATION (PWCA) HIGH SCHOOL SUMMER ROWING CAMP

REGISTRATION INSTRUCTIONS:

Due to safety issues, registration numbers are limited! Get your registrations in early!

Step 1: Fill out the following forms (*available from your crew booster club or at www.pwrc.org*):

- 2009 PWCA Summer Crew Registration
- 2009 PWCA Waiver
- US Rowing Waiver
(download at http://www.usrowing.org/uploads/docs/2009releaseofliability_57L6XL.pdf)
- Lake Ridge Park and Boathouse Rules
- *Copy of the High School Sports Physical dated after May 1, 2009 (*Form is available in your high school office or download from: <http://www.vhsl.org/Prinwkbk/physicalform.pdf>*)

***It is highly recommended that you keep the original completed physical for your records.**

Step 2:

Submit Registration packet and payment

Make checks payable to PWCA (please don't mail cash) and mail all forms and payment to:

PWCA SUMMER CREW
c/o Jeannette Newman
15290 Lodge Terrace
Woodbridge, VA 22191

OR

Bring to Oxford Boathouse
Mon., June 15 or Wed., June 17
drop off between 4 and 5 pm

Be sure that you get your paperwork mailed by Friday, June 12 if not hand delivering.

Step 3: For racing rowers, as we get closer to putting for regattas you will be asked to go online to complete an online rowing waiver. The coaches will address this in practice and provide information then.

Registration Questions?

Ask your school's crew booster club first!

PWCA Contacts: Jeannette Newman jlnewman1@verizon.net 703-580-6496