



ADA ROWING CLUB

SUMMER 2017

Overview: The Ada Rowing Club is a 9-week summer rowing camp organized to continue developing competitive athletes in the Forest Hills community. Open to ALL athletes with one (1) season of rowing experience.

- 1) **Physical Fitness:** through, on-land workouts, erging, and on water training
- 2) **Technical Ability:** through video analysis, small boats, and sculling
- 3) **Race Experience:** [Midwest Recruiting Regatta](#) the [Capital City Sprints Regatta](#)

Cost: \$400 Cost covers racing tank, entry fees, coaching and equipment use.
(\$350 if using unisuit from ARC received last year)
Cash or Check only – Make checks payable to [Ada Rowing Club](#).

Practice: Monday through Thursday, 6:00pm – 8:00pm

Schedule:

June 12: First Day of Camp

June 23rd: Recruiting Dinner* hosted by the Midwest Recruiting Regatta
Eberhard Center, 301 W. Fulton, Grand Rapids MI 49504
Registration includes a page in the regatta **Prospect Book**
**Athletes register for dinner separately at (<http://grrowing.org/event-2499594>)*

June 24th: [Midwest Recruiting Regatta](#) (Riverside Park, Grand Rapids)
WAIVER ATTACHED

July 3rd – 7th: Off (MHSAA Dead Week)

July 22nd: [Michigan Club Invitational Regatta](#)
This regatta is a USRowing regatta and requires the USRowing waiver. To submit the annual USRowing waiver, athletes must be active members of USRowing. To join (or renew) and submit your waiver, go to <https://membership.usrowing.org> (coaches: Forward this link to your club's participating athletes)

July 24th: Last Day – Unloading and rigging at the boathouse

COACHES

Emma Dixon (dixonemm@msu.edu) is a junior at Michigan State University, majoring in physiology with the intention of attending medical school. Her rowing experience includes being a 3-year varsity letter winner at Forest Hills Central and a 1-year coxswain at Michigan State. Beginning as a coxswain her sophomore year in high school, she has coxed many successful races, including a first place in the state championship in the JV 4+, a third place in the state championship in the varsity LTWT 4+ and as a finalist in the CSSRA regatta in the varsity midweight 4+. She continued her coxswain career at Michigan State for a year. This will be Emma's second year coaching at the Ada Rowing Club.

Karissa Cloud (cloudk@mail.gvsu.edu) has been a coxswain for six years, four of those years at FHC and two at Grand Valley State University. While at FHC she was on the women's team and received a junior varsity letter, three varsity letters, the Leadership Award and held a position as captain her senior year. At GVSU she is on the men's team, racing in the Men's 1F8 her freshman year, and the Men's 1V8 her sophomore year. At the end of her freshman year she was awarded the ACRA All-American Freshman Award. Upon completion of her sophomore year, she was awarded a varsity letter and was nominated for the ACRA Regional All-American Men's Coxswain Award. Karissa's most memorable moments from rowing were traveling to Canada with FHC for the CSSRA Regatta, flying with the GV varsity team to San Diego, California for the San Diego Crew Classic, and her favorite of all was Europe for the Henley Royal Regatta in the GV Men's V4+.

Sam Busco (sbusco@syr.edu) began his rowing career at Liverpool High School in New York. Sam currently attends Syracuse University, where he was elected captain as a Junior. In the 2016-17 season, Sam has raced bow seat in the men's Varsity 8. He has also coached for the Syracuse chargers in the off season.

ATHLETE INFORMATION

Athlete's Legal Name: _____

Athlete email: _____ Cell phone: _____

Gender (circle one): M F Date of Birth: _____ Years Rowed: _____

Side(s) Rowed (circle all that apply) Port Starboard Scull 2000m Personal Best: _____

T- Shirt Size: XS S M L XL (Circle One)

Unisuit Top: XS S M L XL (Circle One)

Unisuit Bottom: XS S M L XL (Circle One)

Please provide contact information in case of emergency:

Parent/Guardian Name: _____ Cell Phone _____

Email: _____

Parent/Guardian Name: _____ Cell Phone _____

Email: _____

Home Address: _____

Medical Information:

Family Physician _____ Physician Phone _____

Hospital Preference _____

List any allergies to food, medicine, insect bites, stings or other concerns:

Contact information if parent/guardian cannot be reached:

Name _____ Relationship _____ Phone _____

Name _____ Relationship _____ Phone _____

Other Notes/Concerns:

PLEASE ATTACH A COPY OF YOUR INSURANCE CARD

Please contact Geoffrey Sadek with any questions: (616) 856-9092 or gsadek@live.com

ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS ORGANIZATION, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: The Ada Rowing Club, and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I acknowledge that Ada Rowing Club and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

Participant's Signature
(Please print legibly.)

Date

Participant's Name

Age

Parent/Guardian Signature

Date

(If under 18 years old, Parent or Guardian must also sign.)

Assumption of Risk – Waiver of Liability – Indemnification Agreement (READ BEFORE SIGNING)

The Meijer State Games of Michigan (hereafter referred to as MSGM) is a multi-sport, Olympic-style event that welcomes athletes regardless of age or ability. The Games embody the values of participation, sportsmanship, and healthy living among residents of the state of Michigan. MSGM makes available more than 30 games and activities that may be loosely categorized as 1- Team Sports (such as basketball, lacrosse, rugby, and volleyball), 2- Individual Sports (such as archery, disc golf, shooting, track & field), 3- Combative Activities (such as boxing, fencing, and taekwon do), 4- Water-related Sports (such as diving, wakeboarding, and rowing), and 5- Racing Activities (such as Sk, BMX, and mountain biking). Some of the many benefits the participant gains from competing in his or her chosen activity include physical fitness, fun & enjoyment, teamwork, opportunity to compete, better health, weight maintenance, social interaction, building friendships, and involvement in wholesome recreation. The required physical exertion ranges from mild to very strenuous, depending upon the activity and the motivation of the participant; the required skill level ranges from moderate to highly skilled, depending upon the activity; and the competitiveness of the activity ranges from moderate to highly competitive. Most fitness, skill, and competition levels can be accommodated.

While the many benefits of these activities are apparent, *MSGM and its staff regard participant safety as a top priority* and feel it is important that the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN understand that there are risks inherent in all physical activity. MSGM takes great care to reduce the risks associated with the many physical activities offered at the facility.

Nevertheless, regardless of the care taken to provide safe activities and to avoid injuries, some risks are inherent in the activity and cannot be totally eliminated without changing the nature of the activity. These risks are usually called *inherent risks*. It is impossible to list all of the inherent risks of a single sport, let alone all the risks in more than 30 sports. All the same, a number of common inherent risks (but by no means, all) that might be present in one or more of the sports offered will be listed here. Some of these include:

heat-related illnesses (e.g., heat stroke, heat exhaustion, heat cramps);

over-exertion (e.g., long runs, all-out effort, continuing after severe fatigue)

slips or falls due to imperfect playing surfaces (e.g., wet spot on basketball court, wet fields or track from rain, uneven mountain bike path);

being struck by an object (e.g., ball, puck, bat, hockey stick, lacrosse stick, arrow, bullet, car, skateboard, ski, bike, boxing glove, spear);

collisions (e.g., with walls, tables, participants, spectators, officials, bikes, diving boards, trees);

contact with co-participants or competitors (e.g., scrums, blocking, tackling, rebounding, racing, judo throws, wrestling moves);

trips or falls (e.g., rebounding, when blocked, diving for a ball, slips on slick playing surfaces, from skateboard or bikes);

drowning (e.g., when injured on a dive, boat capsizes, fall from boat); and

other inherent risks (e.g., *participant-related* [participant failure to adhere to posted rules or warnings; careless, erratic, or negligent acts by co-participants]; *facility/equipment-related* [e.g., unexpected equipment failure; unknown facility hazards or defects]; *personnel-related* [e.g., errors in judgment by MSGM personnel, game officials, or volunteers -- including, but not limited to, misjudging participant abilities or fitness, misjudging weather conditions, failure to give adequate warnings or instructions, concentration lapses while supervising]; and *opening ceremony activities* [e.g., fireworks and other special activities].

MSGM feels that it is important that the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN understand that three types of injuries can occur. *Minor injuries* are the most common and include, but are not limited to, muscle soreness, headaches, sprains, abrasions, cuts, black eyes, blisters, and bruises. *Serious injuries*

are less common, but can occur occasionally. They include, but are not limited to, broken bones, concussions, torn ligaments or cartilage, eye injuries, cuts, broken teeth, and internal injuries. *Catastrophic injuries* are very rare; but MSGM feels that every ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN should be aware of the slight possibility. These infrequent injuries include permanent disability, brain injury, paralysis, blindness, and even death.

Assumption of Inherent Risks: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN assert that I have previously participated in the sport(s) for which I have registered to participate; I am familiar with the inherent risks associated with the sport(s); and I have been reminded of some of the minor and serious inherent risks by the preceding paragraphs. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, understand that all activities of MSGM include inherent risks that cannot be totally eliminated regardless of the care taken by MSGM. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, 1) know, 2) understand, and 3) and appreciate the types of injuries inherent in MSGM activities. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, hereby assert that participation is voluntary and the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN knowingly assume all inherent risks of the activity.

Waiver of Liability for Ordinary Negligence of MSGM: In consideration of permission to participate in MSGM activities, today and on all future dates, I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, on behalf of myself, my spouse, heirs, executors, administrators, personal or legal representatives, and assigns (hereafter referred to as the *Releasing Parties*) do hereby waive, release, covenant not to sue and discharge MSGM [including the West Michigan Sports Commission, Kent County, Meijer State Games of Michigan, corporate partners, directors, board members, officers, employees, volunteers, independent contractors, agents, equipment suppliers, and owners of all venues] (hereafter referred to as the *Protected Parties*) from liability from any and all claims, demands, and actions of every name and nature including those arising from the ordinary negligence of the *Protected Parties*.

This agreement applies to 1) personal injury (including death) from incidents or illnesses arising from participation in MSGM activities including, but not limited to: the opening ceremony activities; recreational, practice, or competitive activity; events; organized or individual training and conditioning activities; as an observer or spectator; and individual use of all facilities. This applies to all facilities, fields, equipment, and all other venues or premises including the associated sidewalks and parking lots and to 2) any and all claims resulting from the damage to, loss of, or theft of property.

Indemnification: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, also agree to hold harmless, defend, and indemnify MSGM (that is, defend and pay any judgment and costs, including investigation costs, attorney's fees, and related expenses) from any and all claims of *Releasing Parties* or others acting on my behalf, arising from participation in MSGM Activities, (including those arising from the inherent risks of the activity or the ordinary negligence of *Protected Parties*).

I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, further agree to hold harmless, defend, and indemnify MSGM against any and all claims of co-participants, rescuers, and others arising from the conduct of the participant in MSGM activities.

Clarifying Clauses: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN confirm that:

1) This agreement supersedes any and all previous oral or written promises or agreements. I understand that this is the entire agreement between me and MSGM and that it cannot be modified or changed in any way by representations or statements by any agent or employee of MSGM.

2) The foregoing Assumption of Risk, Waiver of Liability, Indemnification Agreement, and Covenant Not to Sue is intended to be as broad and inclusive as is permitted by the laws of the State of Michigan and that if any portion thereof is held invalid, it is agreed that the balance shall continue in full legal force and effect.

3) If legal action is brought, either the state court for Kent County, Michigan, or the United States District Court for the Western District of Michigan has the sole and exclusive jurisdiction and that only the substantive laws of the State of Michigan shall apply.

Acknowledgements to Promote Participant Safety: These affirmations aid MSGM in providing for the health and safety of the participant.

Health Status. The participant affirms that he or she:

- Possesses no health problems or physical disabilities that would make participation unwise or risk injury.
- Understands that MSGM advises all participants to seek medical clearance prior to participation.
- Understands that it is his or her duty to inform staff and cease exercise immediately if there is any unusual discomfort (e.g., faintness, shortness of breath, high anxiety, chest pains) during participation.
- Possesses sufficient skills, experience in the activity, coordination, and fitness to safely participate.

Medical Care. The participant affirms that he or she:

- Authorizes the use of first aid by MSGM authorities if MSGM deems it is needed.
- Authorizes the use of CPR and/or an AED if MSGM authorities deem it is needed.
- Authorizes MSGM to secure emergency medical care and transport if deemed necessary.
- Agrees to assume all cost of emergency care and transportation.

Rules and Safety. The participant affirms that he or she agrees:

- To report all injuries (even minor injuries) so that MSGM may make a record of the injury.
- To wear all recommended safety gear during participation.
- To follow all rules of the activity and of MSGM.
- To inform MSGM of any conduct or condition that creates a hazard for participants or others – and will immediately discontinue further participation in said activity.
- That MSGM has authority to halt my participation if it endangers the participant or others.

Photo/Video Release. The participant affirms:

- That MSGM has permission to take photos and videos of him or her during the event and may use such for promotion, advertising, and marketing the Meijer State Games of Michigan.

Acknowledgment of Understanding: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, have read and understand this Agreement. I understand that I am giving up substantial rights, including the right of both the participant and the parent or guardian to sue for damages in the event of death, injury or loss. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, acknowledge that I am voluntarily signing this agreement, and intend my signature to be a complete release of all liability, including that due to inherent risks or the ordinary negligence by the *Protected Parties*, to the greatest extent allowed by law of the State of Michigan. Further, I, the Parent/Guardian, assert that I have explained the risks of the activity to my minor son or daughter and that he or she understands this Agreement.

----- Name of PARTICIPANT (Print)	----- Date	If Participant Is a Minor, Parent/Guardian Must Complete the following:		
----- Signature of PARTICIPANT	----- Name of Parent/Guardian	----- Signature of Parent/Guardian	----- Date	
	----- Name of Parent/Guardian	----- Signature of Parent/Guardian	----- Date	