



New Haven Rowing Club

407 Roosevelt Drive (Route 34)
Oxford, CT 06483
Tel: 203-734-0125

LEARN TO ROW PROGRAM - 2010

APPLICATION FORM

First Name _____ Last Name: _____ Nickname: _____

Address: _____ City _____ State: _____ ZIP _____

Home Tel: _____ Work Tel: _____ Cell Phone _____

E-mail Address: _____

July Class: July 13 – 31, 2010, Tuesday/Wednesday/Thursday 6 – 7:30 p.m. and Saturday 7:15 – 8:45 a.m. (12 lessons)

Cost: \$240; Application deadline: July 7, 2010

Class size limits: Minimum 8 students, Maximum 20 students

Submit application with payment by July 7, 2010 to the address above. Please mark outside of envelop “Learn to Row Coordinator” and write “Learn to Row” on check.

About You:

We require this information because the LTR program uses 8-person sweep boats that are designed for heavyweight or lightweight rowers, and the height of the rowers in a boat is also a factor. Rowing is a sport that is organized by: Age groups; by Men’s, Women’s, or Mixed boats; and by Lightweight and Heavyweight categories.

Male/Female: _____ Age: _____ Height: _____ Weight _____

Are you capable of lifting 35 pounds over your head? (You must be able to carry your share of the weight of a 4-person or 8-person boat from the boathouse to the dock).

Yes _____ No _____ Not sure _____

Rowing is a physically demanding sport that uses all of the body’s muscle groups. Please indicate in the space below your level of fitness and what other types of exercise you do on a regular basis.

Emergency Contact(s)

Name: _____ Relationship: _____

Address: _____ City _____ State: _____ ZIP _____

Home Tel: _____ Work Tel: _____ Cell Phone: _____

Applicant Signature _____ **Date:** _____