

**ATTENTION:  
PARENTS AND CREW MEMBERS**

- 1) Information in this packet covers the coming season for those involved with the Crew Program at MHS.
- 2) PLEASE read all of it, NOW, with your child and SIGN/FILL out the forms found at the back of the packet. Return them to Mrs. Tomcany at Lee Jackson or Mr. Tomcany at MHS by or before Feb 23<sup>rd</sup>. The student info form should be carefully completed so we can use the info to fill out entry forms, get uniforms and make up a phone/email roster.
- 3) Parents: please note that there is a Parent and Crew Fellowship/Info pot luck dinner immediately following practice on Friday, March 6<sup>th</sup>, at 5:45 pm, location, Williams Wharf Community Building. Come find out about how the Crew Program works, how parents help with our home regattas, meet the coaches, and help feed HUNGRY kids. They are always ready to eat after practice!! Drinks, napkins, paper plates and cutlery will be provided. As to what item to bring: A Crew Parent will call you to coordinate what type of dish, salad, main meat or pasta dish, fruit/vegetable or desert for each parent/family to bring.
- 4) Please file this info packet in a safe place for future reference as it has maps and info, which avoids unnecessary questions and lack of information.
- 5) Please note that Physicals must be COMPLETE and SIGNED by Doctor, Parents AND Students before practice can be attended. Two (2) missed practices for lack of forms or physical results in dismissal from the team. GET THEM DONE NOW. PHYSICALS DUE to Athletic Director: Feb. 23, 2015.
- 6) Forms Needed: PHYSICAL, INSURANCE INFO FORM ON PHYSICAL, ATHLETIC POLICY, CREW STUDENT INFO FORM, U. S. ROWING WAIVER FORM, AND SWIM TEST FORM. (Student must bring enclosed form to swim test Signed and Filled out)
- 7) All forms are DUE to Mr. or Mrs. Tomcany by Feb. 23, 2015, Before Practice Starts: 3:15 PM Monday 2/23/15
- 8) Thank you for your attention and your child's interest in Rowing. We all look forward to a smooth and orderly opening of the season and exciting racing.