

Crew Participation Checklist

All Forms To Be Turned In To Mr. or Mrs. Tomcany @ MHS or Lee-Jackson

Before Or By 2/24/15

- VHSL Physical, Dated 6/2014 or after, OR obtained through MHS last May.
- NOTE NEW REQUIREMENT: Concussion Class for Parents, Athlete & Coaches given by Athletic Dept.
- Academically Eligible!
- Read ALL info and letters in packet WITH parents-FILL OUT FORMS.
- Swim Test Form filled out and SIGNED BY PARENT on bottom left. Bring Sweat Pants (with draw string) Sweat Shirt and Swimsuit. All OTHER FORMS are also DUE!
- Student Information Form filled out and turned into Mr. Tomcany at MHS or Mrs. Tomcany at Lee-Jackson by 2/24/15.
- US Rowing Waiver signed by parents and returned.
- Parents or Athletes over 18-Go to <http://www.signyourwaiver.com/> to sign your waiver on line in order to participate in Occoquan & US Rowing events
- Extracurricular and Academic Enhancement Policies signed by Parents and Athlete.
- Swim Test Passed.
- Obtain good running shoes. It is very important to have good shoes.
- Close fitting workout clothes that won't get caught in the moving parts of the boat.
- Foul weather clothes for the start of the season. Better to have close fitting light layers with good insulating and weather repelling qualities than one heavy coat or sweatshirt.
- GOOD ATTITUDE!
- Strong Work Ethic or Willingness to learn one!
- Post schedules, Maps, Info Sheets and Roster where you can find them. You will refer to them more than you think and they will save you a lot of needless questions and information frustration.
- Use www.row2k.org, ncasra.org (VASRA), usrowing.org, roninracing.com and boathouserow.org for loads of info on crew and regattas.
- Bring a water bottle with your name on it every day.