

OTTAWA NEW EDINBURGH CLUB (ROWING)



PRIVATE COACHING FOR SCULLING

APPLICATION FORM

Note: Sculling is rowing with two blades and two hands in a quad, double, or single shell.

PROGRAMME INFORMATION:

- Focus on excellent technical training and the ONEC sculling technique
- For intermediate scullers or experienced scullers returning to the sport after many years
- For adults (minimum age: 18 years of age)
- Led by a trained rowing coach
- Flexible timing to fit your schedule
- After you pay and sign this form, the coach will contact you in order to schedule your lesson (s)

		Duration	When	No.	Cost per Member (incl. HST)	Cost per non-member (incl. HST)	Your fee
A	Private Coaching	1 1/2 hour lesson	By appointment	1	\$50	\$60	
B	Semi-private	1 1/2 hour lesson	By appointment	2	\$30	\$40	
C	Group Coaching	1 1/2 hour lesson	By appointment	3	\$25	\$30	
D	Group Coaching	1 1/2 hour lesson	By appointment	4	\$20	\$25	

PARTICIPANT(S) INFORMATION:

Last Name (of main contact):	First Name:	Tel (home):	Tel (work):
Address:	City:	Prov:	Postal Code:
E-mail address:		Would you like to receive Club information via e-mail? () Yes () No	
Last Name of Guardian (if applicable):	First Name of Guardian:	Tel (home):	Tel (work):

EXPERIENCE

When, where, and for how long have you sculled? _____

ONEC ROWING NOTES

1. Everyone receiving sculling instruction must know how to swim 100 metres and be in good physical shape.
2. All participants must wear appropriate attire for rowing and be prepared to get wet.
3. Rowers must take care to protect the rowing shells (including the riggers and fins), handle the shells carefully, wipe them off, and ensure that they are properly stored.
4. For safety reasons, rowing coaches have the final decision on which rowers go out and under what circumstances.
5. Lessons must be paid in full by either of the following methods:
 - Payment in person at the ONEC tennis pavilion
 - Cheque payable to "Ottawa New Edinburgh Club" (ONEC), mailed to the address below.

WAIVER

This waiver MUST be signed and dated.

If I or any person named on this form joins a rowing program, I certify that I/he/she can swim 100 metres unassisted, see hazards, and exercise strenuously. The Club has the right, at any time, to ask for a Doctor's certificate specifying that the member is in good health for rowing and to suspend membership pending the provision of this certificate.

I recognize that the use of the facilities and services at the Ottawa New Edinburgh Club as well as sailing, rowing, and tennis activities involve potential risks. I undertake, in my personal capacity and those whom I represent, have custody, my heirs and assigns, to indemnify and save harmless the Ottawa New Edinburgh Club its officers, employees, coaches, independent contractors and other representatives, their successors, heirs and assigns, from and against all claims, damages, loss, costs and expenses relating to any injury including death, or loss of or any damage to my or third party's property and arising out of or being incidental to my presence at the Club or the practice of the activities mentioned hereinabove.

Signature of participant(s) or guardian(s):

Date (yyyy/mm/dd):

PRIVACY POLICY

ONEC respects the privacy of participants and members. Basic data are collected for the purposes of communicating information on day camps, health, security, and registration issues, events and programs. Data collected are never sold.

Mail cheque and registration form to:
Ottawa New Edinburgh Club (ONEC)
P.O. Box 74088
R.P.O. Beechwood
Ottawa, ON K1M 2H9