



Alexandria Crew Boosters Summer Crew Registration

Adult Novice Sweep Rowing June 29 – August 1, 2009

1. Personal Information (please print clearly)

Name: _____

Address: _____

City, State, Zip _____

Home Phone: _____ Work phone: _____

E-mail: _____

2. Adult Novice Sweep Program

Eligibility: A desire to row willingness to have fun. You must be able to swim 100 meters and tread water for 2 minutes. Fee: \$250.00

Select one:

Monday/Wednesday/Friday 6:00 – 7:15 a.m.

Tuesday/Thursday 6:00 – 7:15 a.m. & Saturday 7:00 – 8:00 a.m.

3. Certification:

I certify that I am in good physical health, that strenuous exercise will not endanger my health, and I can swim 100 meters and tread water for 2 minutes.

I certify the accuracy of the information provided above, and I have read and agree to the terms of the USRA waiver on the reverse side of this form.

Participant Signature _____ Date ____/____/____

