



NORC Junior Rowing Handbook

For Rowers & Parents





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PART I GENERAL INFORMATION

Welcome to New Orleans Rowing Club (NORC) Junior Program! This handbook contains information to help new rowers and their families understand this exciting sport. It also outlines policies and procedures that govern the day-to-day activities of the NORC Junior program. New rowers and parents should familiarize themselves with all of the information contained in this handbook. If you have any questions, please do not hesitate to ask returning parents, directors, coaches, or organizers of the program, as they will certainly be eager to share their experiences. Information is also posted on our website, www.NewOrleansRowingClub.org. We encourage you to visit the site often.

ABOUT THE PROGRAM

Established in 2016, the New Orleans Rowing Club Junior Program is New Orleans' rowing program for high school and middle school aged youth. Ours is a competitive, community-based program, and therefore enrollment in the program demands far more than mere attendance. We expect hard work, commitment, and sacrifice from our teammates. We also demand the highest levels of teamwork, sportsmanship, and behavior from the young people who will represent NORC as ambassadors of the sport on the local, regional, and national levels. In return, our athletes experience one of the most rewarding lifelong sports in existence and earn the chance to represent our community in competition throughout the region.

MISSION

The NORC Junior Program is one dimension of the New Orleans Rowing Club, a non-profit 501(c)(3) public charity. New Orleans Rowing as a whole is dedicated to promoting the sport of rowing to juniors, open and master rowers in the City of New Orleans. The mission of NORC's Junior Program is to:

- Develop teamwork, sportsmanship, integrity, and self-discipline in all our athletes
- Develop the skills necessary to compete successfully at regattas in Louisiana, or at the regional or national level.
- Provide rowers with a safe, organized and supervised rowing environment
- Provide our team with safe equipment and the best coaching available



COACHES

John Huppi, Director of Junior Rowing & Head Coach
571.283.2991, John.huppi@gmail.com,

John was named Head Coach and Director of Junior Rowing at the New Orleans Rowing Club in 2015. Highlights include leading the team to back-to-back wins in the Novice and Varsity 1x events at the Halifax Summer Regatta. In total, John has led his crews to more than 22 medals in both men's and women's events. John also serves as the NORC Club President.



John rowed at Tulane University from 2007-2011, where he made four appearances at the ACRA National Championship and two appearances at the Henley Royal Regatta (England). John earned ECAC All-Conference and ACRA All-Region honors and was elected team captain from 2008-2011. After graduating, John returned home to Washington, DC where he continued rowing with Capital Rowing Club and Potomac Boat Club. Highlights include winning the USRowing National Championship in the Men's AA8+. In 2014, John moved back to New Orleans where he and his wife, Hannah, began sculling for the first time. They won the FISA World Rowing Masters Championship in the Mixed A2x in 2018 and still enjoy competing today. Outside of rowing, John runs a real estate development company and works in the School of Architecture at Tulane University.

Current Certifications - USRowing Coaching (Level II), USOC Safe Sport, Adult & Pediatric First Aid/CPR/AED, LA Dept. of Wildlife & Fisheries Boater Education

Michael Merwin, Assistant Coach
407.403.1671, MichaelMerwin@MichaelMerwin.com

Michael was named Director of Learn-To-Row and Head Novice Coach in January 2015. Highlights of his tenure include overseeing the introduction of more than 275 adult athletes and 75 junior athletes to the sport of rowing. Michael began his rowing career at Boone High School in Orlando, FL. After starting his undergraduate studies at the University of New Orleans, Michael joined and started competing with NORC in 2013. Michael is currently studying Computer Science at the University of New Orleans. Outside of school and rowing, Michael is an avid sailor and marathon runner.



Current Certifications – USOC Safe Sport, Adult & Pediatric First Aid/CPR/AED, LA Dept. of Wildlife & Fisheries Boater Education



Hannah Huppi, Assistant Coach
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Hannah was named Assistant Coach of the NORC Junior Program in January 2015. Hannah rowed for Tulane University from 2007-2011. In 2009, she won the Women's Club 8+ event at the Head of the Hooch Regatta. She also earned ACRA All-Region and ECAC All-Academic honors, and was nominated as the women's team captain her senior year. After graduating, Hannah rowed in Washington, DC with Alexandria Community Rowing. In 2014, she moved to Berlin, Germany to obtain a master's degree in international marketing. Upon graduating, she returned to New Orleans to start her professional career and continue competing with New Orleans Rowing Club. Hannah has won a number of medals in masters and open sculling races at the regional, national, and international levels. Outside of rowing, Hannah runs a national real estate photography company. She is also an avid runner who competes in marathons and ultramarathons.



Maggie Daly, Assistant Coach
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Maggie has over a 15 years of rowing and coaching experience. After first experiencing success in the sport at Atlanta Junior Rowing Association and St. Andrews Rowing Club in Atlanta as a middle and high school athlete, Maggie was recruited and went on to row for 4 years at Princeton University. There, she won the Ivy League Championship in 2011, raced at 2011 Women's Henley, placed top-10 at Head of the Charles a few years in the Open 4+, and placed in the top-5 teams at NCAA Championships for 2010, 2011, and 2012. After graduation, Maggie lived in Chicago, coaching the novice women's team at University of Chicago as well as youth sculling and adult novice rowing at Lincoln Park Boat Club, while also racing and winning a number of Master's National titles as part of the LPBC Competitive Team. Now, Maggie works at Youth Rebuilding New Orleans as a Program Manager and enjoys running endurance and track events outside of rowing.



Emily Gass, Assistant Coach
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Emily's rowing career started at St. Louis Rowing Club and developed into a collegiate rowing opportunity at Princeton University, where she raced competitively for 4 years. After graduation, Emily took a fellowship at a school in Shanghai where she coached rowing for middle school students. During the summers that followed, she returned to the U.S. and coached Learn to Row and competitive high school rowing at St. Louis Rowing Club. She moved to New Orleans in 2015 and volunteered with Tulane University's club rowing team. Outside of rowing, Emily spends much of her time riding and racing bikes.



THE TEAM

The New Orleans Rowing Club offers several rowing programs for different age groups; high school, middle school, and adult. This handbook focuses on the competitive high school and developmental



middle school rowers. Additionally, the governing bodies of rowing in the U.S. force rowers to be categorized into Varsity, Junior Varsity, Novice, and Development. This is to ensure fairness in competition between athletes of similar skill, size and experience levels. Thus, NORC's junior program is structured as follows (boys and girls):

- **COMPETITIVE VARSITY & NOVICE (HIGH SCHOOL)**

- **VARSITY** – Rowers selected by the coach, due to performance or other factors, for our most competitive boats and races against other clubs' varsity teams. Additionally, the varsity squad enters both varsity and junior varsity events. Varsity events are first boat races and the junior varsity boats can race in second, third and fourth boat events.
- **NOVICE** – Rowers who demonstrate the potential and aptitude for competition and who seek to develop their competitive racing experience. Novice is an ideal place for those who wish to build strength and conditioning in order to eventually earn a spot on the varsity team. Additionally, USRowing defines Novice rowers as anyone who has started the sport within the previous 12 months. This means there are often a separate “novice” category at regattas, regardless of age.

- **DEVELOPMENT (MIDDLE SCHOOL)**

- **DEVELOPMENT** – Suitable for new rowers to develop skills without the added pressure of competition and for experienced rowers who, as deemed by coaches of the rower, would benefit from a less race-centric atmosphere in which to build rowing-specific strength, proficiency and skill. Additionally, all rowers aged 12-14 will automatically be considered development unless otherwise determined by the coach.

TRYOUT AND CUT POLICIES

We rarely cut kids because most novices that come out are good matches for the sport. Currently, we don't have formal tryouts. Typically, new rowers' row with the team during a trial period for a few days before deciding on whether rowing is right for them. It's during that time that the coaches will let anyone know whether or not rowing is a good sport for them. To row, each rower must be dedicated, hardworking and have a positive attitude.

RECRUITING FOR NORC

Chances are you were recruited by one of the NORC team coaches. Recruiting for NORC is a major part of our program and critical to our success. We visit a number of area high schools during the year with indoor rowing machines and videos. If you are interested in getting students from your school involved, please contact the NORC Head Coach.

SCHEDULE: See NewOrleansRowingClub.org

THE ROWING SEASON



The rowing season at the high school level aligns with the academic school year, roughly September through early May.

- Fall season consists of longer-distance “head races” from 4-5km on a winding course. Boats start at set intervals from one another.
- Spring season consists of 1-2km sprint races on a straight, 2-8 lane course, with all boats started at once.
- The USRowing SE Youth Championships occurs once per year in late April or early May.
- Rowers who successfully pursue a bid on a Junior National Team can compete through the summer with that team at their own expense.
- Our adult masters (i.e. rowers over 21 years of age) competitive season runs from July to November. Thus, masters and junior program often share equipment throughout the year.
- NORC will often run summer camps, typically in August, for prospective rowers who wish to try the sport before joining the team in the fall as a Novice or Development rower. NORC will sometimes run a pre-season conditioning camp prior to the start of the school year for returning rowers.

FALL SEASON

The fall season begins in late August, around Labor Day. Fall season runs from late August to early-November. Practices are every Tuesday, Thursday and Saturday (when not at a regatta). Most Thursday practices are held at the team’s indoor training facility. Attendance is paramount; if one rower is absent the whole boat cannot go out. Rowers are asked to contact their coach directly regarding their schedule. At NORC, communication is between the coach and the rower. A mandatory parent/guardian meeting will take place at the beginning of the fall season.

During the fall season, the coaches will concentrate on rowing technique. NORC typically attends one to two regattas in Louisiana, Tennessee, Texas or Florida. NORC also races locally, inviting teams to scrimmage on Bayou St. John. The regatta schedule is communicated to families at the beginning of the season.

WINTER SEASON

Winter season begins after a brief break from the fall season. Rowers go inside to practice. The athletes train by using a variety of “off water” training techniques, mainly on indoor rowing machines (ergometers, or “ergs”). Practice is three days per week and times are slightly shorter than practice on the water. In addition to erg workouts, NORC incorporates weight training, running, stretching, and sport specific drills in the winter season.

Winter training is an important part of conditioning for spring season, which is the main competitive season. The erg scores compiled from the training are crucial to any collegiate or Junior National Team acceptance. Of course, if a rower plays a winter sport that keeps him/her



in shape, that is an acceptable alternative to winter training with NORC. However, if you are not planning on participating in another competitive sport during the winter season, it is highly recommended that you row. The winter season ends at the end of January.

SPRING SEASON

NORC tries to be back on the water for spring season at the beginning of February (weather permitting and based on Mardi Gras). Practice is three days per week, all at the boathouse. Since Spring season is NORC's more competitive season, attendance is extremely important. Since NORC rowers come from a variety of schools, rowers do not take time off for "spring break."

Regattas during the spring season might typically include travel to Austin, TX; The Woodlands, TX; Oakridge, TN; Gainesville, GA; as well as the SE Youth Championships in Sarasota, FL. In recent years, NORC squads have brought home many medals from these regattas. Qualifying varsity boats from SE Youth Championships can participate in the USRowing National Youth Championships at the beginning of June. This regatta is not part of the regular schedule and those who qualify to participate must pay a supplemental fee to cover the costs of attending. The regatta location varies each year.

SUMMER SEASON

The summer season is a chance for our rowers to recover mentally and physically. It is also the club's most active one for adult masters members and Learn-To-Row programs. In order to ensure our limited fleet is available for these programs, junior rowers do not have priority usage of equipment in summer months. Programming for junior rowers includes a 2-week small boat camp in the middle of August. Under no circumstances may junior rowers access the site or use club boats, oars, motors, or launches in summer months without a coach's supervision and the knowledge and approval of the Board.



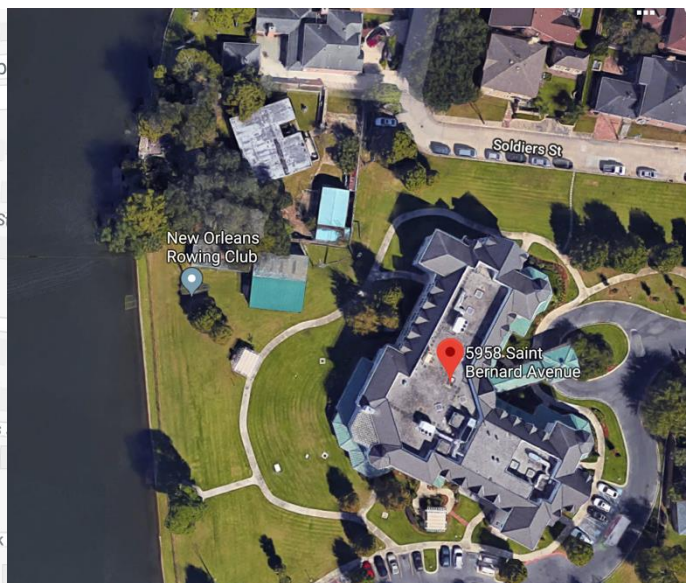
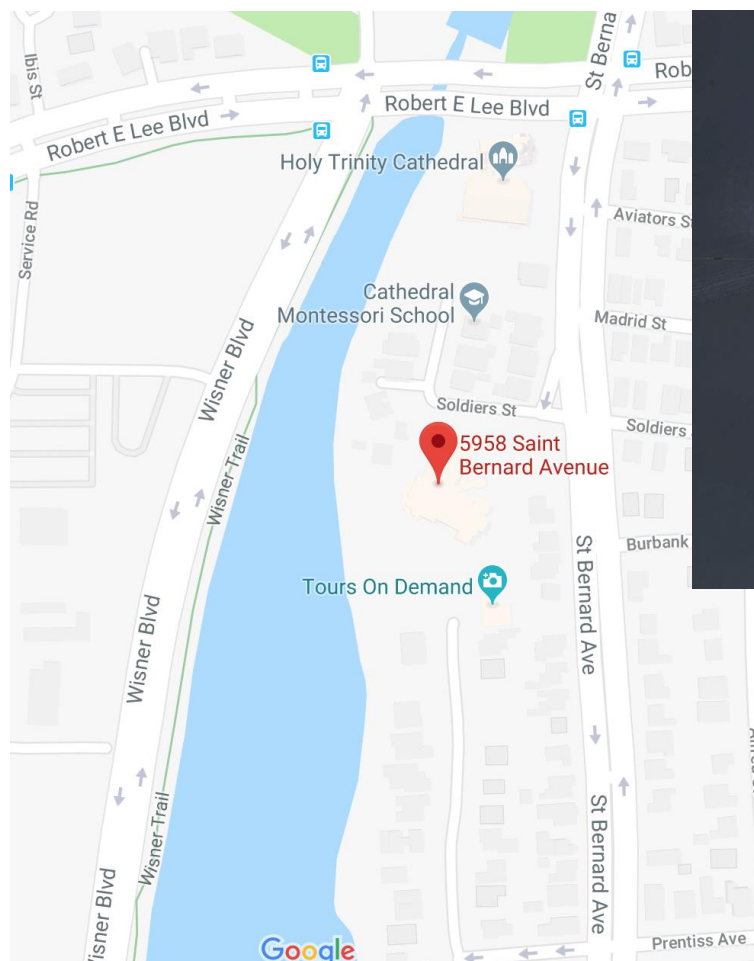
PROGRAM FEES AND PAYMENT: See NewOrleansRowingClub.org for season fees

- All Fees are non-refundable once registration closes. Rowers whose accounts are past due will not be permitted to practice or row with the team.
- Payments are due by the end of the registration period (end of the first week of practice)
- This program fee covers only a portion of the total expenses for any given year! NORC augments program fees with periodic fundraising efforts. Unless a separate agreement is in place with a particular school, all rowers and parents are asked to participate in external fundraising when needed.
- Separate fee structures may be negotiated with individual schools on a case-by-case basis. This includes sibling discounts, payment plans, and grants for disadvantaged families.
- Additional expenses for regatta travel not covered by NORC includes: lodging costs, meals, travel costs, additional uniform items, etc.

Registrations and payments are handled via the NORC website. This allows our administrators to collect accurate and complete contact information at the time of registration. By exception, payments can also be made directly to the head coach via check (made out to New Orleans Rowing Club).

BOATHOUSE LOCATION

The NORC boathouse is located at 5958 St. Bernard Avenue, New Orleans, LA 70122. Our facility is leased from Vista Shores Assisted Living Facility and is located behind the main building on the Bayou St. John waterfront.



PARKING & DROP OFF

All athletes and parents should park and/or drop off on Soldiers Street, which is located on the north side of the Vista Shores Assisted Living Facility. Please do not enter or park inside the Vista Shores property or dedicated parking lot.



PART II

ROWERS' AND COXSWAINS HANDBOOK

CODE OF CONDUCT

Participation in the NORC Junior Program requires rowers to abide by the following code of conduct and to sign and return a Statement of Understanding to this effect. Depending on the severity of a violation, the rower may be subject to disciplinary action deemed appropriate by the coaching staff and the NORC director.

1. RESPECT FOR SELF

- a. Rowers must maintain a minimum 2.0 GPA to be considered "in good standing."
- b. NORC has a zero-tolerance policy regarding the use of all tobacco, alcohol and/or illegal substances of any kind. In addition to the obvious issues of legality and health, use of such substances greatly *diminishes performance, violates the trust of teammates*, and creates an *unacceptable risk to safety* in the face of rigorous training undertaken at practices and races. Therefore, team members, as a condition of their enrollment on the team, agree to abstain from all such substance use for the duration of the rowing season.
- c. Rowers agree to wear proper attire at all times during practices and regattas. Attire will not have offensive statements or logos and must not impede the rowing stroke. Shorts should be "fingertip" length at a minimum, and tight enough around the legs to not get caught in the seat tracks. Spaghetti strap tops are not permitted for women. Boys must wear shirts. Sports bras must have appropriate coverage over them.
- d. Rowers commit – to themselves and their teammates – to give their best effort and maintain their fitness level throughout the rowing season.

2. RESPECT FOR OTHERS: Rowers agree to respect their teammates, coaches, and other rowers along with personal and club property. This includes NORC and other organization's facilities and equipment, transportation and lodging facilities, and the personal property of all other individuals. Respect takes many forms; undermining a coach or teammate verbally or through one's actions will not be tolerated.

- a. Horseplay or reckless behavior is not allowed on the NORC premises or on Vista Shores premises. Any damage caused by a rower that results in repair and/or replacement costs will be at that rower's expense.
- b. Junior Program rowers are not permitted on the club premises unless supervised by a coach or an adult member of the club.
- c. Theft of any property from NORC will not be tolerated. Stealing will result in immediate dismissal from the team.



- d. Inappropriate language – including music with inappropriate or explicit lyrics – is not permitted on the premises of NORC, on the water, on team buses, in team hotels, or at race sites. USRowing Regatta Officials and Referees can and do disqualify entire teams for the use of foul language at regattas. Therefore, this type of behavior has immediate and severe consequences.

3. PERSONAL ACCOUNTABILITY

- a. Timeliness: Every team member is expected to arrive at practice on time and ready to row. If you will be late for some reason, tell your coach beforehand. No rower may leave the practice before the coach has dismissed the team. For safety and accountability reasons, athletes are not permitted to linger in the parking lot after practice.
- b. Consistency: Rowers agree to commit to the team and not miss or skip practice unnecessarily. To build successful boats, teammates must practice together as frequently as possible. Inconsistent attendance at practice impacts the entire team.
- c. Teamwork: Practices and regattas are a chance for our team to function as a unit to accomplish the tasks required. Rowers may not leave a scheduled practice or a race before the coach has dismissed the team. To ensure accountability and that all race tasks are accomplished on time and with precision, rowers are not permitted to leave the trailer area without permission from a coach.

4. SPORTSMANSHIP

- a. Rowers will at all times exhibit the highest levels of sportsmanship toward their teammates and competitors. Sportsmanship includes many things: Respect for coaches and referees, respect for fellow competitors, respect for the rules of competition, and a willingness to help other athletes in a time of need are just a few.
- b. NORC's rowers are expected to foster an environment of fairness and mutual respect in all they do, confident in the knowledge that *their* preparation and hard work determines *their* performance. Bullying or otherwise undermining a fellow teammate's ability, reputation, or standing on the team, verbally or through one's actions, will not be tolerated.



DAILY POLICIES AND PROCEDURES

1. **FORMS AND WAIVERS:** No team member will be allowed to participate until all medical forms, waivers, swim test, and the statement of understanding have been completed and returned.
2. **ATTIRE:** Team members must come prepared with appropriate rowing attire to practice and races.
 - a. **Practice attire:** Rowing shorts (spandex type), non-baggy T-shirts, socks and running shoes are a must EVERY DAY. Flip flops or sandals are also appropriate in the boathouse area. Rowing shorts should be black or blue – white rowing (spandex) shorts are not appropriate. Bathing suit tops, sports bras, baggy clothing, or bare chests are not considered appropriate attire. Athletes should be prepared for excessive temperatures, both hot and cold.
 - b. **Regatta attire:** NORC varsity unisuit or NORC novice tank/trousers are the accepted regatta attire. Bathing suit tops, sports bras, or bare chests are not considered appropriate for competition or warmups. NORC t-shirts, sweats or shorts may be worn over unisuits
3. **ATTENDANCE:** Rowing is a team sport that is severely hampered by absenteeism. Being on a team is a serious commitment that must not be compromised by lack of dedication and poor time management.
 - a. An absence will be excused only if it is medical or school related, such as a special teacher conference or makeup test. There will be no other “excused” absences. In all cases it is expected that you notify your coaches ahead of time.
 - b. Excessive absences may result in a suspension from a race or regatta, losing a seat on your boat, and/or any other sanction to be determined at the coach’s discretion.
 - c. Notification to coaches is the responsibility of the rower, not the parents.
 - d. Under no circumstances are fees refundable due to excessive absences. Refunding of fees is at the sole discretion of the Board of Directors.
 - e. Attendance at *all* regattas is expected. In the event of emergencies, religious obligations, or academic conflicts, certain exceptions may be made. Rowers must let their coaches know as soon as possible of any conflicts. Notice less than 1-month before a regatta may

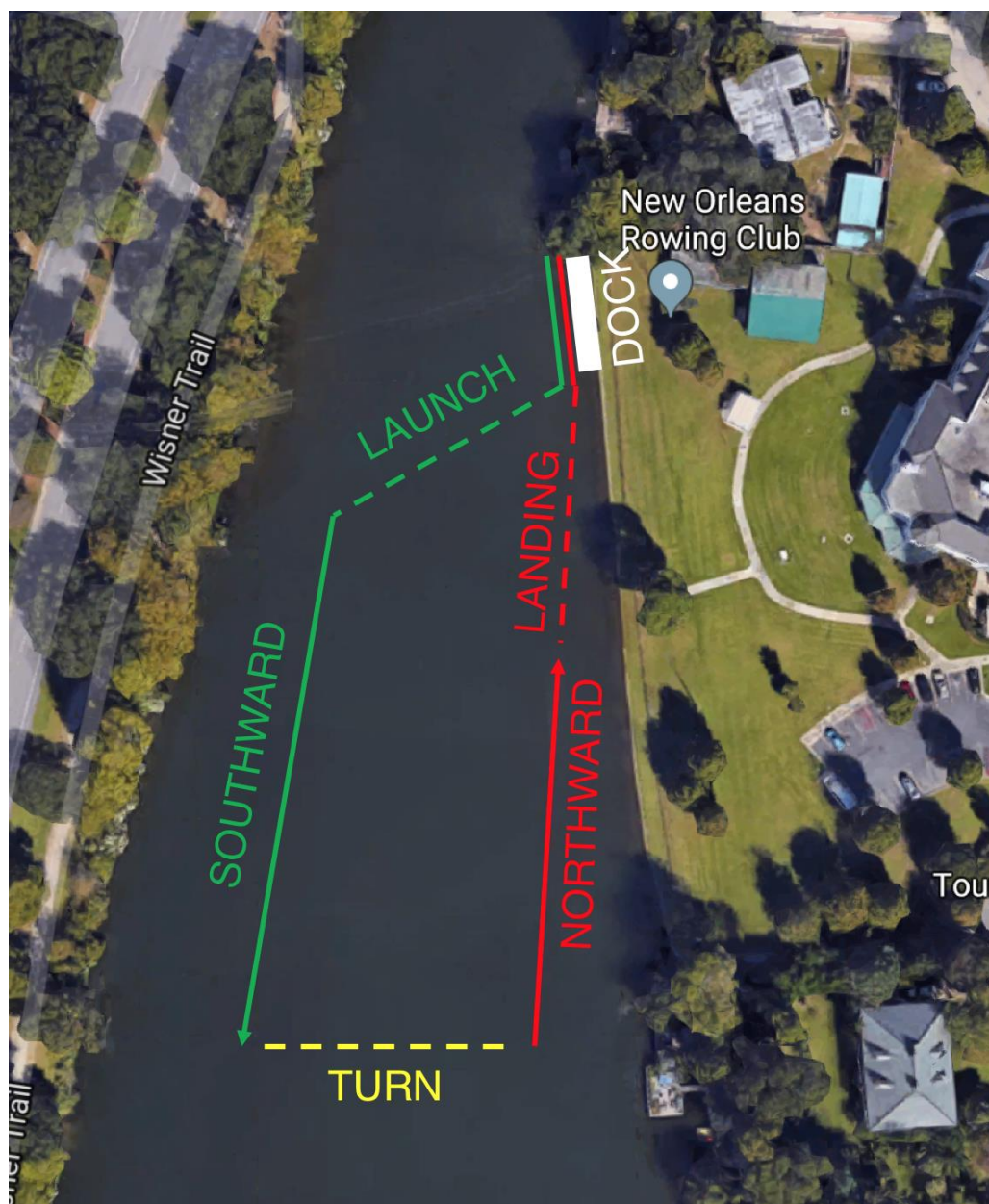


result in disciplinary action by the coach. School dances (Prom) and/or music festivals shall not take precedence over racing.

4. **SAFETY:** EVERYONE at a practice or competition is responsible for safety, both on the water and off. By its nature, there is a personal maturity and physical strength and stature required to row. The measures below are the *minimum* daily steps our high school and middle school athletes take in practices or competition to mitigate potential safety risk.

NORC's safety procedures are detailed in our Membership Handbook.

- a. **SUPERVISION:** Coxswains and rowers will not row outside of hailing distance of the safety launch unless expressly directed by a coach (for instance, if a coach must respond to an emergency while sending other crews directly to shore).
- b. **ATHLETE FOCUS:** Rowers must be quiet in the boats and listen to the coxswains and coaches' commands and directives.
- c. **TRAFFIC PATTERN:** Coxswains and rowers must be alert to the boat traffic on the water and avoid obstacles or collisions at all costs. This includes yielding to motorboats when and if necessary and following the established traffic pattern.



- d. **WEATHER:** Coxswains and rowers are to return to dock or nearest shore in the event of lightning, rising winds, excessive debris in the water, or white caps. In addition to the above-mentioned scenarios, practice may be cancelled or delayed due to excessive temperatures ($>95^{\circ}\text{F}$, $<32^{\circ}\text{F}$), fog, or presence of ice. Light rain is generally NOT a reason for practice cancellation. In general, all decisions related to weather are made on-site and just prior to the scheduled start time.
- e. **EQUIPMENT:** Coxswains and rowers are expected to inspect their boat and seat before launch to reduce safety issues on the water and let the coaches know if there is an issue.



- f. **SWIMMING ABILITY:** You do not need to be a great swimmer to row but basic swimming skills are required. It is possible that a boat could capsize, and the rowers must have the ability to swim to safety or tread water until help arrives. The rower's parent/guardian will be asked to verify the rower's swimming ability in the registration forms.
 - g. **RESTROOMS:** Given our practice site's location and the fact that practice often ends in the dark, athletes will go to the restroom using the "buddy" system. Access to a restroom is provided by Vista Shores Assisted Living Facility, however, these facilities should be used sparingly to maintain a positive relationship between parties.
5. **COMMUNICATION:** Team captains and coxswains are expected to conduct themselves as leaders within the team. For routine issues, rowers will try to resolve issues or questions first with their coxswains, then the team captains. The team captains will bring team related issues to the coaches. For exceptional circumstances, coaches maintain an open-door policy and are available to discuss and resolve conflicts on the team as needed.
6. **TEAM ROMANCES:** While we completely understand this time of their lives, we ask that our athletes respect their teammates, their coaches, and the club at large, by not advertising their affections while at practice, at team events, or on team trips. Failure to adhere to this guideline will result in a phone call to parents, and a second offense may result in sanctions, including team suspension. Team activities are neither the time nor the place for personal displays of affection.

SANCTIONS

Team members who violate the Code of Conduct, spirit or letter, will be held accountable for their behavior. Disciplinary action may range from simple tasks around the boathouse or standard physical exercises to more formal sanctions that include removal from practice, temporary suspension from the team, or suspension from one or more regattas. These sanctions are completely at the discretion of the coach. Severe violations will be brought to the Club President or Board of Directors who may assess any of the following sanctions at their level:

- Termination from the program for the remainder of the season without refund
- Permanent expulsion from the program (i.e. barring)

The NORC Board of Directors will communicate formal disciplinary actions to the team member in question and/or his or her parents. Parents may address concerns regarding such measures directly to the Board of Directors and, if they are not satisfied with its explanation of events and



consequences, they may appeal the decision in order to provide additional evidence or information. The Board's decision after any appeal is final.

On occasion, a parent's behavior toward coaches, team members, other parents, regatta officials, or NORC leadership may result in sanctions that affect their child's continued involvement with NORC. Contentious, confrontational, or blatantly disrespectful athletes or parents who fail to act in a civil, mature manner may be barred from further participation with the club.

RACING LINEUPS AND BOAT SELECTION

- **ROWERS:** All NORC team members who commit themselves and show up to practice will row and compete at some point in the season. However, to be selected for the most competitive boats, coaches apply a mix of selection criteria that is part art and part science. Rowers are constantly assessed throughout every practice, every workout, and every team event. Selection is based on a mix of:
 - **Physical Ability:** Height, strength, erg scores, technical ability, and other factors
 - **Mental Ability:** The ability to follow directives, handle equipment safely and responsibly, and hold oneself accountable for performance
 - **Sound Judgement:** An ability to make good decisions in high-pressure situations
 - **Attitude:** One's demeanor when subjected to rigorous physical and mental demands and behavior toward teammates and coaches
 - **Compatibility:** How a rower interacts with teammates in a boat's specific lineup
- **COXSWAINS:** The term "coxswain", or "cox'in", is an old naval term for the commander of a small boat. Coxswains are expected to be leaders on the team. In a coach's absence, the coxswain has the responsibility for implementing the race strategy, correcting technique, and executing the workout as planned – all while extracting the maximum possible effort from their teammates. If a team member is deemed to not be tall enough or physically strong enough to row, becoming a coxswain is often an ideal way to participate – one that builds leadership, confidence, and technical acumen. Rowers, too, may be asked to rotate in as coxswains on occasion. Refusing to serve as a coxswain when asked by coaches runs counter to the teamwork expected of NORC rowers.

Selection is the sole responsibility of the coach and decisions of the coaching staff are final. No rower's seat is guaranteed because of experience, seniority or past results. Whatever the decisions of the coaches, all rowers and coxswains are expected to fulfill their assigned responsibilities to the best of their ability. If an athlete does not accept the decision of a coach they may be suspended from racing or otherwise sanctioned. Parental intervention to sway a coach's decision will not be tolerated.



BASIC PERFORMANCE STANDARDS: All athletes must keep themselves in good physical condition and report to practice ready to work hard. They can achieve this in the off-season by eating nutritious meals and maintaining an aerobic conditioning level through cross-training (biking, erging, swimming, running or any other means of physical conditioning to maintain weight and strength). This helps coaches ensure that the physical demands of the program do not injure athletes as they enter the more competitive spring training. Minimum performance standards for all rowers by the middle of the fall season are as follows:

- **Girls:** 15 “military style” push-ups and able to run 30 minutes continuously without walking. Erg standards for returning rowers will be set by the coaches throughout the year. Standards may be relaxed for younger, development athletes.
- **Boys:** 25 “military style” push-ups and able to run 30 minutes continuously without walking. Erg standards for returning rowers will be set by the coaches throughout the year. Standards may be relaxed for younger, development athletes.

INJURIES

All injuries regardless of how insignificant must be reported to your coach. Coaches will inform the rower’s parents and the Board of all injuries sustained at practice. If a coach sees an injury or suspects an injury or health concern, they will report it to the parents immediately. If the athlete continues to show pain, limping, or any health risk, they will not be permitted to participate until the issue is resolved. Athletes and parents that knowingly withhold information on injuries will be subject to sanctions. These guidelines are to ensure that we are all working toward healthy safe teams. Unless otherwise directed by the coaches, injured rowers are expected to attend all practices as there may be other exercises the rower can do. Additionally, the injured athlete may be able to shadow or assist the coaching staff as needed.

OTHER HEALTH ISSUES

At the start of the season, coaches should be informed by rowers or the parents as to any medications or preexisting medical conditions that rowers may have. This will help the NORC coaching staff to better assess or react to a medical emergency. Parents will insure that the athlete has whatever medication or device they need (epi pens, inhalers, etc.) and possesses the knowledge to use them properly.



PART III PARENTS' HANDBOOK

GENERAL

Rowing is a sport unlike any other. New parents may find its lexicon, traditions, and format completely foreign, but with a little time and the help of our more experienced parents you will hopefully soon come to realize what it is that keeps our youth rowers hooked. A wealth of information now exists online regarding the sport's long history, most storied rivalries, and many dimensions. At the end of this section are listed some useful websites and resources that can help you get familiar with rowing and gain a better understanding of what your child is experiencing at practices and competition.

The role of NORC is to promote and develop the sport in New Orleans and to increase access to our local waterways by all members of the community. The club, like the sport, is comprised of many demographics.

- **Masters Rowers** – Ages 21+ who may row competitively or recreationally
- **Junior Rowers** – Ages 12-18
- **Collegiate Rowers** – Affiliated with an institution of higher education
- **Elite Rowers** – training for national championships and internationally sanctioned events

CLUB VS SCHOLASTIC COMPETITION

One unique aspect of the sport specific to high school rowing is that kids can compete both for their club and for their high school within the same season and from the same team. In other words, American rowing nurtures both Club and “Scholastic” events – sometimes even at the same regattas. A child may row under NORC's name and colors in one event against other clubs – with boat mates from a variety of other schools – and can also row in a scholastic event against crews from one school under that school's affiliation. NORC is a club with a “consortium” of participating schools. This format enables students the chance to race in the widest possible number of regattas and events while building lifelong friendships across school lines. It also allows our coaches greater flexibility in fielding boats, which benefits the entire team.

BOAT TYPES & ROWING EVENTS

Athletes with two oars – one in each hand – are scullers. There are three sculling events: the single – 1x (one person), the double – 2x (two), and the quad – 4x (four). Athletes with only one oar are sweep rowers. Sweep boats may or may not carry a coxswain to steer and be the on-the-water coach. In boats without coxswains, one of the rowers steers by moving the rudder with his or her foot. Sweep rowers come in pairs without a coxswain (2-), fours with a coxswain (4+), and the eight (8+), which always carries a coxswain. The eight is the fastest boat on the water. A world-level men's eight is capable of moving almost 14 miles per hour.



Athletes are identified by their seat in the boat. The athlete in bow is seat No. 1. That's the person who crosses the finish line first (which makes it easy to remember). The person in front of the bow is No. 2, then No. 3, ..., No. 8, a.k.a. the stroke. The stroke of the boat must be a strong rower with excellent technique, since the stroke sets the rhythm and number of strokes per minute the rest of the crew must follow.

At certain regattas, rowers also have the ability to compete in either open weight or lightweight events. USRowing defines a junior lightweight to be no more than 130lbs for girls, and 150lbs for boys.

BALANCING PRIORITIES

Rowing does require a sizable commitment of time and energy. Parents often worry that the time and energy spent rowing will have adverse effects on their child's academic pursuits. In fact, the discipline and commitment that rowing requires often helps students to manage their time better and be more efficient in the studies. Crew is unique in that the absence of even one rower can prevent the entire team from practicing and will hurt the team's ability to prepare and race successfully. We would not presume to tell you how to organize your child's time or encroach on your personal decisions, we do ask that you be aware of the consequences to the rest of the team if you consider keeping your child home on a particular day. If you become concerned about your child's academic performance, and you worry that rowing is to blame, please come talk to one of our coaches. *Remember to keep our coaches informed if your child will miss practice!*

VOLUNTEER DRIVEN

NORC is an all-volunteer group of coaches and administrators dedicated to supporting the junior program in the management and fulfillment of the rowing experience. Please be mindful that most of our coaches have full-time jobs or are in school, and often balance training in the sport of rowing themselves.

PARENT SUPPORT AREAS

▪ REGATTA TRAVEL

- Travel itineraries will be distributed approximately two weeks prior to each regatta. This will contain all information pertaining to the specific trip.
- Travel to regattas is the responsibility of all parents. Student athletes are not permitted to travel to regattas alone. Parents are welcome to *help with* acquiring hotel rooms and find good rates but is not a booking agent.



- Whenever possible and safe, we will attempt to travel up and back to in-state regattas on the same day. Departure times from our area will be contingent on each regatta's specific schedule of events.

- Rowers arrive and leave as a team. When travelling by car, all rowers are expected to be at the designated meeting point at the racecourse unless other arrangements have been made with the coaches prior to departing the club.
- Coaches and other parents may be willing to provide rides and act as a guardian to your child during regatta trips. All arrangements must be communicated to the coaches. Additionally, rowers who share a ride with a coach or other parent should expect to cover all appropriate travel costs incurred by the driver/guardian, including hotel and gas costs.
- If a rower needs to leave a regatta early, they must have the approval of his or her coach and the consent of their parent, prior to the trip.

▪ **HOTEL ACCOMODATIONS**

- When rooms are necessary, rooms will be reserved and held for rowers attending the regattas as well as the coaches. These rooms are a courtesy, not a guarantee. You may select a room from the block being held, if there are rooms available. Ultimately, it is the responsibility of all parents to make and pay for their own reservations.
- Coaches will assign the rowers' rooms prior to the regattas, if rooms are to be shared. Only parents can check-in at the hotel desk.
- To ensure rowers are best prepared for competition the next day, coaches will establish a "lights out" time for the team - typically 10pm unless otherwise told by a coach. Parents will not take students out for special breakfasts, functions, etc. during a team event without prior approval from a coach.
- Coaches may establish sanctions at their discretion for any room causing a disturbance for which coaches are called by the hotel management or for any damage to hotel property. This may include prohibiting the offenders from participating in the regatta. Damage to hotel property is at the rowers' expense.

▪ **TRAILERING**

- NORC does not own a towing vehicle. We ask responsible parents each year to tow the NORC boat trailer. This volunteer will work with coaches to coordinate arrival time and will be compensated for gas and certain expenses as required.



- Athletes are expected to help with all activities related to loading and unloading the trailer, both at the NORC boathouse and the regatta. Athletes should not expect to be released until after the trailer is determined to be travel-ready by the coaches.

▪ **RACE DAY**

- Regattas are always congested and distracting. Parents are asked to concentrate on the setup of support items like tents, tables, grills, etc., and not partake in the boat loading and unloading, which is the responsibility of the athletes and coaches. We do this to instill responsibility and discipline in our athletes and to ensure clear and efficient communication between coaches and rowers.
- **Preparation:**
 - Help your rower follow the schedule your coach lays out for him or her. Rowers must be where they need to be, when they need to be there.
 - Parents, family and friends are not permitted at the trailer until loading or unloading is complete, unless otherwise allowed by the coach. Please leave ample room around the trailer for the boats, oars, and other necessary racing equipment. Tents and grills must be kept outside the equipment area.
 - All “alternatives” on the team will follow the same rules and directives of active rowers.
 - Parents who wish to bring pets should ALWAYS check the local rules and regulations of the regatta venue. Often, we are in public parks which have strict leashing or anti-pet policies.
- **Cleanup and Departure:**
 - Do not plan to leave the regatta site until the trailer is completely loaded and the coach has dismissed the teams. Exceptions may be made by the coach on a case-by-case basis, but please keep them informed if you must leave early for some reason.
 - Typically the trailer will be unloaded and boats re-rigged after a regatta at the next regularly scheduled practice. However, in some cases rowers may be asked to unload on the day they return so that boats are ready and available for use by other members of the club. The coach will make this call at his/her own discretion.

ADMINISTRATIVE REQUIREMENTS

Rowers must be paid in full by the deadline set by club administrators. All new rowers must sign a waiver, complete a medical release, and sign the Code of Conduct acknowledgement before their first practice. Additionally, a swim test may be administered by the coach. A variety of organizations govern our sport, including USRowing. Unfortunately, each has its own waiver – as do some regatta hosts. Please be patient as you may be asked to sign multiple non-NORC waivers at various points in the year.



WHAT YOUR FEES COVER

Operating a rowing program is an expensive endeavor. New boats range from \$7,000-\$50,000 in price; oars are on average \$400 each. If we want the best equipment for our athletes, we must pay the price. Many schools find those costs prohibitive, which is one reason consortiums like ours help keep expenses down. Your program fees cover only the basic operating costs of the program such as replacement equipment, insurance, fuel, maintenance, repair parts, regatta fees, transporting the boats, and miscellaneous expenses from the club's daily operations. NORC is a not-for-profit organization, and our only stream of revenue are the program fees of its members (both Masters and Juniors), our Learn-To-Row classes and camps, and our fundraisers.

COMMUNICATION

Most of the communication that you will receive from NORC will be via email or text. It is critical that we have an accurate email and phone number for parents *and* rowers. This information is kept in our club database, which is not shared outside of the club. Parents are also encouraged to visit the NORC website and social media (FB & Instagram) pages on a regular basis.

FREQUENTLY ASKED QUESTIONS

- **WHAT IS A "JUNIOR"?**

A "Junior" is a term we use frequently to describe all high school and middle school athletes in the 12-18 age range. Most athletes are ready to try the sport of rowing around their 12th birthday. Much of this is dependent on their growth spurt and physical maturity level, and the NORC coaches will determine when an athlete is ready to race.

- **WHAT MAKES A GOOD ROWER?**

Rowers are generally tall, strong athletes who are able to leverage their size and length to produce a long, powerful stroke. Shorter and lighter athletes have the potential to make up any physical differences and shortcomings through sheer grit and a strong power-to-weight ratio. Almost all of a rower's power is generated from the legs.

- **WHERE DO NORC ROWERS COME FROM?**

Athletes come from many schools across the city to row for NORC. We have had rowers from Jesuit, Lusher, Holy Cross, McGehee, Dominican, Newman, Country Day, NO Military Academy, Waldorf, Benjamin Franklin, Sacred Heart, and the Homeschooling Network. If you do not go to a school that is listed on one of our current rosters, don't worry. Anyone can row for NORC even if they don't have others from their school to row with. That is why NORC started this program – to help families like you access the sport.

- **ARE TRIAL PERIODS ALLOWED?**

Generally, the first of practice is the trial period. The first installment of season fees is due after the first week of practice. Additionally, after this first week the coaching staff



must begin preparing the team for the first race and cannot deal with rowers who are “one foot in and one foot out.”

- **CAN WE PARTICIPATE HALF-TIME OR FOR JUST PART OF THE SEASON?**

In general, no. This is a competitive team and, thus, full participation at all practices and regattas is expected. Missed practice time directly correlates to poor racing performance and due to the team nature of the sport, missed time will inhibit the

performance and positive experience of your teammates as well. Exceptions are rare and usually granted for situations out of the control of the athlete (military relocation, etc.).

- **WHAT OTHER EXPENSES SHOULD I EXPECT?**

Program fees do not yet cover the cost of rowers’ travel expenses (lodging, gas, meals, etc.), varsity uniforms, or NORC apparel. You should expect to cover these costs during the course of the year. The race-day uniform requirements include the NORC unisuit for all varsity rowers, or the NORC racing tank and black spandex for all novice rowers.

- **WHAT IS EXPECTED OF ME AS A PARENT OF AN NORC ROWER?**

Arranging to transport your child to and from the boathouse for practices and to and from any regattas. Meeting all rowing-related financial obligations on time and in full, enthusiastically supporting the fundraising events throughout the year, wearing your NORC colors at regattas, volunteering at regattas when asked, and minimizing unnecessary interference during regularly scheduled practices.

- **WHAT IS EXPECTED OF ME AS A PARENT AT REGATTAS?**

Cooperate with our coaches’ requests on race-day. Coaches know best what events and timelines each rower must adhere to in order to make the day run smoothly. Remain civil and cooperative with other parents, other teams, regatta officials, and our rowers. Help set up tents and food tables. Help supervise team members while traveling, in the hotel, and at the site. Help clean up our tent sites after each regatta. Please take lots of pictures to share with other parents and rowers. Enthusiastically support *all* our NORC competitors.

- **CAN WE PURCHASE EQUIPMENT FOR OUR ROWER?**

Parents or junior rowers are discouraged from buying their rowers their own “private equipment” (i.e. boat, oars, etc.) since storage space is limited at NORC. Additionally, we find that junior rowers often grow out of equipment quickly since proper equipment is tied to athlete size and weight. Athletes who are interested in purchasing new



equipment are encouraged to approach the Director of Junior Rowing about donating to the club.

- **WHAT IF WE ARE CONCERNED OR UPSET OVER LINEUP DECISIONS?**

Race lineups and “who makes which boat” are one of the biggest friction points on a team. Coaches must remain objective, impartial decision makers who weigh the training objectives and needs of the team/boat with a holistic assessment of every rower. Coaches are in their position due to their experience and sound judgement; the decision on who will be boated where is both an art and a science. Race lineups are not negotiable. The coach’s decision here is final!

- **WHAT DOES GOOD ROWING LOOK LIKE?**

The best crews (often the one’s winning regularly) will exhibit exceptional rowing skill. This includes:

- Continuous, fluid motion of the rowers
- Synchronization of all rowers
- Clean catches of the oar blade
- Even oar blade feathering
- Consistent boat speed
- Rowing looks graceful, almost effortless (don’t be fooled, they are working hard!)

- **ARE THERE SCHOLARSHIPS FOR ROWING IN COLLEGE?**

Yes, there are scholarships available for rowers and coxswains. Due to Title IX, scholarships are most widely available to female athletes. Collegiate open weight women’s rowing is governed by the NCAA. Competitive Division I, II, and III schools actively recruit rowers. There are currently 138 schools that offer DI, II or III rowing. On average, there are 20 individual scholarships available per team at the DI and DII levels. For men and lightweight women, there are several Varsity programs (supported by the University), however many of the competitive rowing teams are actually club sports (unofficial teams) that have limited to no support from the school. Club teams generally have limited influence in the admissions office. However, many college club teams row competitively in the same regattas as the Varsity programs.

- **WHEN SHOULD THE COLLEGE RECRUITMENT PROCESS START?**

In short, the athletes’ junior year of high school. Athletes should prepare a rowing resume, create a profile on USRowing’s “Row on Recruiting” database, participate in indoor rowing competitions each winter, sign up for summer rowing program, such as that offered by NORC, sign up for official USRowing ID and Development Camps, obtain on-water videos of the athlete rowing, and register for the NCAA Clearinghouse. Please keep in mind that universities are not allowed to contact/call you until after July 1st going into your senior year. Some may be able to send marketing information before July 1st via email, but that’s it. In the



fall and winter of your junior year, you should also go to each school's website and fill out any rowing recruiting forms and start communication. In the spring of your junior year, try to narrow down your list of schools and ask your high school coach to get in contact with the coaching staff. After July 1st, you will be able to communicate with each college approximately once per week. Rules vary somewhat between Division I, II, and III. In the fall of your senior year, college coaches will often ask for your academic materials (transcripts, test scores, resume). "Official "visits" may be scheduled with teams. This includes spending time with the team including current coaches and rowers.

- **WHAT ARE BAD HABITS DURING THE RECRUITING PROCESS?**

- Poor research on programs
- Ruling out programs or not casting a wide enough net
- Poor communication through email, letters, or phone
- Poor first-impressions, appearing immature and unprepared
- Taking unannounced, unofficial visits
- Not sending video of you rowing ("ergs don't float")
- Not using the established online recruiting questionnaires for each school

- **DO COLLEGE ROWING TEAMS ACCEPT WALK-ONS?**

Yes, most college rowing teams accept walk-ons or have a public try-out for interested students. The size and strength of the team will determine how many open roster spots are available. It is not unheard of for large teams to accept 50-60 freshman walk-ons each on the men's and women's team.

- **WHAT ARE GOOD ERG SCORES?**

The indoor rowing machine, commonly referred to as an "erg", is the preferred method of tracking strength and endurance off the water. The standard test is 2000 meters. When looking at colleges, recruiters will often ask for your "2k" time. Low, or fast "2k" times generally correlates to a fast rower on the water. Most collegiate varsity programs will look for women who can pull below 8:00 minutes and men under 6:45, at a minimum.

- **WHAT IS A COXSWAIN?**

Crew also has an important position called the coxswain, a naturally light person who motivates the rowers, executes racing strategy and steers the racing shells. There are collegiate scholarships available for good junior coxswains.

- **ARE ROWERS REQUIRED TO WEAR LIFE JACKETS?**

While most water sports require the use of lifejackets, especially for youth, national safety organizations (such as the US Coast Guard) recognize the inhibiting nature of lifejackets on successful rowing and racing. This is because the use of a lifejacket



actually prevents rowers from performing a full rowing stroke. This does not mean the sport of rowing overlooks safety by any means. All boats and oars are designed to float when capsized and rowers are instructed to never leave the boat to swim to shore. Additionally, our coaches follow all guidelines provided by USRowing to ensure athlete safety both on and off the water. Furthermore, all athletes must complete a waiver indicating the ability to tread water for at least 5-minutes and swim at least 100 yards. The Junior Program also conducts an annual swim test at a local controlled pool facility to ensure athletes are comfortable in the water in the event of a capsize.

- **CAN MY CHILD TAKE PRIVATE LESSONS?**

Yes, NORC does offer private lessons at a rate of 3 1-hour classes for \$100. Those who seek private lessons are usually seeking extra water time, usually in the single, outside of standard practice times. In general, NORC tries to avoid long-term private lesson arrangements and prefers athletes to participate in regular group programming.

USEFUL RESOURCES

- www.NewOrleansRowingClub.Org – Website for New Orleans Rowing Club.
- www.facebook.com/neworleansrowingclub - Official Facebook page
- [@NewOrleansRowingClub](https://www.instagram.com/NewOrleansRowingClub) – Official Instagram page
- www.row2k.com – Excellent photo and video galleries. Also has articles, regatta schedules, and daily links to every media article that mentions rowing.
- www.USRowing.org – Website for the sport's US governing body
- www.WorldRowing.Com – Website for sport's international governing body
- www.jlrracing.com – Team's preferred apparel vendor. Dedicated team store is open at the start of each season
- **Popular Books & Film Featuring Rowing**
 - The Social Network (2010) – Film
 - Boys in the Boat (Daniel James Brown, 2013) – Book
 - The Boys of '36 (PBS, 2017) - Documentary
 - Assault on Lake Casitas (Brad Lewis, 2011) - Book
 - The Amateurs (David Halberstam, 2012) - Book



WAIVER AND RELEASE OF LIABILITY (PART 1/3)

(This waiver for NORC and the NORC boathouse facility)

Part 1 – Waiver and Release of Liability Form

IN CONSIDERATION of being allowed to participate in the United States Rowing Association and/or the NEW ORLEANS ROWING CLUB, LTD. athletic/sports programs and related events and activities which might be held at Bayou St. John, Vista Shore Assisted Living Facility, New Orleans City Park or Lake Pontchartrain, I acknowledge that:

1. By virtue of my participation I risk bodily injury, paralysis, dismemberment, and death, and other loss including damage to property.
2. I knowingly and freely assume all such risk.
3. I release, hold harmless, and promise not to sue the officers, officials, agents, employees, members, or guests of the following entities: UNITED STATES ROWING ASSOCIATION, the NEW ORLEANS ROWING CLUB, LTD., VISTA SHORE ASSISTED LIVING FACILITY, NEW ORLEANS CITY PARK, CITY OF NEW ORLEANS, ORLEANS LEVEE DISTRICT, LAKE PONTCHARTRAIN and/or BAYOU ST. JOHN.

VOLUNTEER/PARTICIPANT (signature)

DATE: _____

VOLUNTEER/PARTICIPANT (print name)

Part 2 – Swimming Competency Form

I hereby acknowledge that I can **swim 100 yards** in a competent manner and can **remain afloat for at least 5 minutes**. If I cannot swim 100 yards in a competent manner and or cannot remain afloat for at least 5 minutes, then I **MUST** wear a life jacket while on the water.

VOLUNTEER/PARTICIPANT (signature)

DATE: _____

VOLUNTEER/PARTICIPANT (print name)

FOR VOLUNTEERS / PARTICIPANTS OF MINORITY AGE (less than 18 years of age)

If the volunteer/participant is less than 18 years of age, then the parent or legal guardian must also sign below.

This is to certify that, as parent/guardian of this volunteer/participant, I do consent to his/her waiver and release and swimming competency part as set forth above.

PARENT/GUARDIAN (signature)

PARENT/GUARDIAN (print name)

DATE: _____

RELATIONSHIP



STATEMENT OF UNDERSTANDING (PART 2/3)

By signing below, I acknowledge that I have read the NORC Junior Program Code of Conduct and daily policies in entirety. I agree to abide by the rules of the club herein, by my coach's direction, by the rules of rowing, and by all other operating guidelines implemented by NORC.

I understand my commitment to my teammates and to this rowing program.

Signed,

Rower's Signature

Parent's Signature

Dated



Please separate and return as soon as possible.

WAIVER AND RELEASE OF LIABILITY (PART 3/3)

(This waiver for Krewe Du Crossfit, the official land-based training facility for NORC)



Krewe du CrossFit
8013 Leake Avenue
New Orleans, LA 70118
www.kreweducrossfit.com

ATHLETE WAIVER

Full Name	Email Address	Gender
<input type="text"/>	<input type="text"/>	<input type="text"/>
Street Address	City	State
<input type="text"/>	<input type="text"/>	<input type="text"/>
Country	Date of Birth	Phone
<input type="text"/>	<input type="text"/>	<input type="text"/>
Emergency Contact Name	Emergency Contact Phone	
<input type="text"/>	<input type="text"/>	

This is a liability release. By affirmatively agreeing to it by initialing each section, you are waiving certain legal rights and are completely releasing potential claims. Please read it carefully.

Express assumption of risk: I, the undersigned, am aware that there are significant risks involved in all aspects of physical training. These risks include, but are not limited to: falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains, sprains, and other injuries. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s).

I willingly assume full responsibility for the risk to which I am exposing myself and hereby accept full responsibility for any death, injury, or other damages that may result from participation in any activity or class while at or under the direction of GNO Fitness, LLC d/b/a Krewe du CrossFit.

I hereby acknowledge that I have no physical impairments, injuries, or illnesses that will endanger myself or others.

Initial here:

Release: In consideration of the above-mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities offered by GNO Fitness, LLC d/b/a Krewe du CrossFit, I, the undersigned, hereby release GNO Fitness, LLC d/b/a Krewe du CrossFit, as well as its principals, agents, employees, and volunteers, or anyone acting on its behalf, from any and all liability, claims, demands, actions, or rights of action which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above-mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

If I am signing on behalf of a minor child, I give full permission for any person connected with GNO Fitness, LLC d/b/a Krewe du CrossFit to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well-being of the child.

I hereby acknowledge that I release the parties listed above from any and all liability, claims, demands, actions, or rights of actions as detailed above.

1/2



Initial here:

Indemnification: I, the undersigned, recognize that there are significant risks involved in the activities offered by GNO Fitness, LLC d/b/a Krewe du CrossFit. I therefore accept all financial responsibility for any injury that I may cause either to myself or to any other participant due to my negligence. Should GNO Fitness, LLC d/b/a Krewe du CrossFit, as well as its principals, agents, employees, and volunteers, or anyone acting on its behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless GNO Fitness, LLC d/b/a Krewe du CrossFit, its principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligence and/or intentional act(s) or omission(s) while participating in activities offered by GNO Fitness, LLC d/b/a Krewe du CrossFit, at the main building or abroad. This includes, but is not limited, to parks, recreational areas, playgrounds, areas adjacent to the main building, public property, and/or any area selected for training by GNO Fitness, LLC d/b/a Krewe du CrossFit. This Agreement shall be governed by and construed in accordance with the laws of the State of Louisiana, without giving effect to any choice or conflict of law provision or rule that would cause the application of the laws of any other jurisdiction, excluding any choice of law rules that may direct the application of laws of another jurisdiction. I have read and understood the foregoing assumption of risk and release of liability and I understand that by signing this Agreement, I am obligated to indemnify the parties named for any liability, including, but not limited to, the injury or death of any person and damage to property belonging to me or others caused by my negligence and/or intentional act(s) or omission(s). I understand that by signing this form I am waiving valuable legal rights.

I hereby acknowledge that I agree to indemnify and hold harmless the parties listed above for any injury, death, or damage to property as detailed above.

Initial here:

☐ I agree to these terms.

Sign your name below:

Please read the [Electronic Records and Signature Disclosure](#)

☐ I agree to use electronic records and signatures