

**Maclay Crew
Competitive Program**

Season 2011/2012

Maclay Crew Competitive Program Season 2011-2012

Coach: Yuval Peress (Yuvi)

Assist. Coach: Matthew Lundberg (Shaft)

Welcome to Crew

The Maclay Crew Competitive Program is designed for anyone looking to get in shape or win a national medal. All you have to do is come to **2** of the **6** training sessions we offer each week.

Practices: Land and Lake practices are held Monday to Friday 3:30-6:00 and Saturdays 11:00-Noon. A minimum of 2 practices/week is required to be part of the team and compete in regattas.

Location: Land practices take place in the "erg" room on the Maclay campus and Lake practices take place on Lake Hall at Maclay Gardens. You can find out where our practices will be by checking out the calendar at www.maclaycrew.org, under competitive program.

Transportation to the lake: Once the students begin training at the lake, the team will set up a carpool system between the crew parents to drive kids to Maclay Gardens. If there are not enough drivers volunteers, parents will be responsible to make their own arrangements for their rower's transportation.

Crew Seasons: Fall (August-November) and Spring (January-May)

Between Seasons practice(December-dues apply)

Summer practices available (June and July - donations accepted)

Enrollment: To join the Maclay Crew Team please complete the 3 forms attached (Personal Information, Emergency and Waiver) and mail to "Maclay School/Crew", 3737 N. Meridian Rd. Tallahassee Fl, 32312; or hand them to the coach at the erg room. Forms may be printed from the www.maclaycrew.org website. Please, send an e-mail to the Crew Team Secretary (contacts next page) informing the name of the rower and where you've sent the completed forms.

Additionally, the Maclay School Athletic Department requires that at the beginning of every school year the Pre-participation Physical Evaluation form, the Consent and Release from Liability Certificate, and the Maclay School Emergency Treatment Authorization Card (green card) be submitted to the school prior to any student participating in any sports practice or "trying out."

Safety: Each participant must also take and pass the swim test administered by a certified life guard. If you want to "try-out" crew to check it out, you can arrange this through the crew coach.

Financial Information: Crew is an expensive sport. Maclay Crew has approximately \$80,000 worth of equipment to maintain and keep in working order, and to sometimes replace. Your dues cover coaching expenses, race fees, transporting the boats, motel and transportation expenses for your rower, some meals when traveling, and a Maclay Gardens park pass.

The monthly dues for crew are \$200, and are due by the 15th of each month.

Please make your checks payable to “Maclay Crew”, and mail the checks to Maclay School/Crew, 3737 North Meridian Road, Tallahassee, FL 32312.

In order to stop crew charges, please send an e-mail to the Coaches, Secretary and treasurer informing the day your child plans to stop practices.

Team Attire: A team t-shirt is mandatory (costs about \$20.00). A unitard (wetsuit), and a training top (compression shirt) are mandatory only for Spring Season Regattas (the cost for both is approximately \$120). A hooded sweatshirt and warm-up suit can also be ordered but it is optional. All the Maclay Crew Attire can be ordered through the crew team.

Communication: Maclay Crew maintains a Yahoo group to keep members and their families notified about upcoming events. There is a link to Yahoo group on the Maclay Crew webpage, www.maclaycrew.org, under “Mailing List”. You can join the group by sending a blank e-mail to maclaycrew-subscribe@yahogroups.com

Fall 2011 Regatta Dates: First Coast (Jacksonville, FL): October 14-15
Gatorhead (Gainesville, FL): October 21-22
Head of the Hooch (Chattanooga, TN): November 4-6

Spring 2012 Regatta Dates: TBA

Parent Involvement/Responsibility: In order for the crew program to function properly and to maximize the positive experience for the children, ALL parents need to participate. Volunteer opportunities include carpooling kids to the lake and trips, chaperoning regattas and chairing or helping on one of the Crew Committees.

Contacts:

Coach: Yuval Peres	maclaycrew@gmail.com	Phone: (850) 320-ROW2
Assist. Coach:	mssl07c@fsu.edu	
Presidente: John Foote	john@wrongfullyinjured.com	
Vice-President: Jeanne Dimitri	jeannedim@hotmail.com	
Secretary: Paige Brey	paigepbrey@yahoo.com	
Treasurer: Leslie King	leslie_bakerk@yahoo.com	

CREW DIRECTORY PERSONAL INFORMATION SHEET

Athlete

Name: _____

Grade: _____

Address: _____

Home phone: _____

Cell phone: _____

Email: _____

Athlete birth date: _____

Parents or Guardian

Names: _____

Address (if different than child): _____

Home phone(if different than child): _____

Work phones: (mom) _____

(dad) _____

Cell phones: (mom) _____

(dad) _____

Email addresses: (mom) _____

(dad) _____

**MACLAY CREW
EMERGENCY AUTHORIZATION AND CONTACT INFORMATION**

Name of Participant: _____

Parent or guardian name: _____

Emergency contact (if different from parent or legal guardian):

Address: _____

Phones: H _____ Cell _____ W _____

Doctor's name, address, and phone: _____

Allergies: _____

Medical conditions (of which we should be aware): _____

I, _____, the parent or legal guardian of _____, grant permission for necessary treatment of conditions arising during participation in activities involving Maclay Crew, including medical or surgical treatment recommended by a physician. I understand that reasonable effort will be made to contact me prior to treatment; however, if for any reason I cannot be reached, I authorize the Maclay Crew coach or a representative of Maclay School to secure medical attention by a physician or hospital for my child. I will assume financial responsibility for charges involved.

Parent or Guardian
Signature: _____

Health Insurance Company: _____

Policy and/or Group nos: _____

Address: _____

Phone No.: _____

