

Argonaut Rowing Club

2011 Recreational Rowing Information Form



Contact information:

Name: _____

Phone: _____ Email: _____

Nights I would like to row (choose one):

Monday / Wednesday _____ Tuesday / Thursday _____

Able to Spare: _____ Monday _____ Tuesday _____ Wednesday _____ Thursday

I am okay sharing my information with other club rowers so that I can be contacted to spare (y / n)

Preferred method of contact: _____ Phone _____ Email

I would like to row on Saturday, if possible (y / n)

(Note: Saturday rowing is tbd and dependent on resource availability)

I have experience with: _____ Sweep (_____ Port _____ Starboard) _____ Sculling _____ Coxie

I would classify myself as a rower who is looking for an experience that is:

_____ Rowing for Fitness and Fun – Looking to get out on the water for some exercise and social interaction. Do not wish to race.

_____ Rowing to Race - Looking for an experience with some occasional coaching, an introduction to training for competition with the goal of competing in some races (eg. ARC social regattas – eg. 500 m sprints, CORA or other club regattas)

I am willing to help in the following ways:

- | | |
|------------------------------------|--|
| _____ Be a “crew captain” | _____ Help with weeknight ARC Regatta |
| _____ Equipment maintenance & care | _____ Communications to other Rec members – organizing rows, spares, event information |
| _____ Other: _____ | |

I am already a member of a crew (y / n)

If possible, we, _____ (crew name), would like a _____ reserved for rowing the following days _____ at _____.

Crew members: _____

(Note: Reservations are held until 15 minutes after start time after which the boat will be accessible to others. Doubles cannot be reserved unless rowing in a competitive racing program.)