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**SPRING REGISTRATION**

**CHECKLIST OF FORMS**

**Forms to submit to Crew Coaches by Monday 3/9/2020** (first day of practice)

\_\_\_\_\_\_ **Spring Registration Form/Picture Waiver**

* Return one signed application for each rower in your household (this is a two-page form).

**\_\_\_\_\_\_** **On-Line USRowing Waiver –for both novice and returning rowers**

* The USRowing waiver must be completed each calendar year. Complete the online USRowing Waiver with your student (waivers must be submitted by the athlete or the parent or legal guardian if the athlete is under 18 years old).
* Go to https://membership.usrowing.org. Under INDIVIDUAL box, click “join” if you are a novice, or “members”→sign waiver if you are a returning rower. If you have forgotten your username or password there are prompts to help you.
* First time registrants will type in “Forest Hills Central” under “team or club name” and be asked for your club access code: **U73QV**. US Rowing charges a $9.75 admin fee.

**\_\_\_\_\_\_ A signed Athlete & Parent Contract 2020 (last page of the packet)**

**\_\_\_\_\_\_ Grand Rapids Spring Sprints waiver form (ERGATTA)**

**\_\_\_\_\_\_ Grand Rapids Invitational Waiver form**

**\_\_\_\_\_\_ Submit Payment - PLEASE ATTACH TO SPRING REGISTRATION FORM**

* Spring membership fees are $450/rower. Please make checks payable to “FHC Crew”

*\* No person will be excluded from membership because of financial need. Forms available at Athletic Office*

\_\_\_\_\_\_ **Eligibility Card from FHC Athletic Office**

* No athlete will be allowed to participate in practice until they receive an eligibility card from the athletic office.
* This card must be turned in to Coach to indicate that all forms have been completed.
* Go to **fhcathletics.com** to find, print and complete the 5 required forms.
  + **\_\_\_\_\_\_ MHSAA Athletic Physical Form**
  + **\_\_\_\_\_\_ FHPS Athletic Code of Conduct**
  + **\_\_\_\_\_\_ FHPS Athletic Participation Fee Form** (and check for $140.00 payable to “FHPS”)
  + **\_\_\_\_\_\_ Emergency Medical Information**
  + **\_\_\_\_\_\_ FHC Transportation/Private Vehicle Rules**