



Spring 2010 FORM CHECKLIST



Forms are now on www.farmingtoncrew.org under "Forms"
YOU WILL NOT GET COPIES!

DUE BY 3/8/10, FIRST DAY OF PRACTICE. NO FORMS, NO PLAY.

1. YOU MUST HAVE AN **UP-TO-DATE PHYSICAL** ON FILE WITH NURSE TO PARTICIPATE. CHECK WITH NURSE OR COACH TO CONFIRM YOUR DATE. NO EXCEPTIONS

Physical Date Checked and OK Date _____

2. YOU MUST HAVE AN **EMERGENCY CARD**, NEW EVERY SEASON, ON FILE WITH COACH TO PARTICIPATE. NO EXCEPTIONS

Emergency card on file Date _____

3. YOU MUST HAVE READ THE **FHS Student Code of Conduct**, HAVE THE PAGE SIGNED AND DATED, ON FILE WITH COACH TO PARTICIPATE. NO EXCEPTIONS

Code of Conduct on file Date _____

DUE BY 3/19/10, END OF FIRST WEEK OF WATER PRACTICE. NO WAIVERS, NO CHAMPIONSHIP RACES. NO CHECK, NO CLOTHES.

4. YOU MUST HAVE READ THE **FHS CREW BEST PRACTICES STATEMENT**, HAVE THE **FHS CREW CONTRACT** SIGNED AND DATED AND ON FILE WITH COACH TO PARTICIPATE. NO EXCEPTIONS

Crew Contract on file Date _____

5. YOU MUST HAVE COMPLETED THE **ONLINE ROWING LIABILITY WAIVERS**

Complete Date: _____

6. YOU MUST HAVE A COMPLETE **REGISTRATION FORM** WITH YOUR CHECKS FOR Spring 2010 ATHLETIC AND CREW FEES (\$250) AND ANY **REQUIRED CLOTHING**. PLEASE USE SEPARATE CHECKS FOR EACH.

Registration Form Athletic/Crew Fee Required Clothing (shorts or unis)

7. **OPTIONAL CLOTHING ORDER FORM** can be turned at any time before 3/17. Please use a separate check, and make sure all personalization is CLEAR.

Optional Clothing Form Optional Clothing Check

8. **DUCK SHEET DUE APRIL 23!** We will collect sheets from ALL rowers.

Duck Sheet completed and money collected