



Harriton High School

600 North Ithan Avenue, Rosemont, PA 19010 525-1270

Rowers & Friends of Harriton Crew:

As the 2012 Racing Season rapidly approaches, it is quite evident that many of the Harriton Crew members are eager to get on the water. Please note that there are several tasks, peripheral to actual rowing, that must be completed before the team will be permitted in boats.

Pls. review the following:

- Harriton Crew General Guidelines
- 2012 Harriton Racing Schedule
- UPenn Tank Information (Directions)

Pls. download (if applicable) and complete:

- Philadelphia Scholastic Rowing Association of Liability Form
(Will be sent via email from Regatta Central by the end of Feb./beginning of March)
- PIAA Physical Form
- Villanova Boathouse Waiver
- Harriton Athletic Training Rules
- Crew Seasonal Information Form*

*Completion of the Crew Seasonal Information Form will facilitate the creation of daily boat line-ups and will serve as the master receipt of the acceptance of policies outlined by the Harriton Crew General Guidelines, Athletic Training Rules, and Villanova Boathouse Standard Operating Procedures. Please return all four forms together in the original packet.

Please note:

- **Feb. 5th, Feb. 12th, Feb. 26th and Mar. 4th from Noon-4:00pm:**

Crew Tank time has been reserved at UPenn and is pending approval. Attendance by Freshmen/Novice is **mandatory** and is imperative for the safety of all crews. Returning rowers are required to attend at least two sessions. Circuit workouts will be conducted in conjunction with tank time. Attendance will influence initial crew line-ups.

- **Swim Test (Time & Date TBA):**

There will be a **mandatory** swim test at the St. Joseph's University Pool. All new rowers/coxswains are required to attend. ***Due to safety concerns: No exemptions will be made and re-tests will NOT be given to those who do not pass during the initial test.***

A Reminder:

-PIAA forms must be completed as soon as possible [**Note: The Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) shall be performed no earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.**].

-Requests for Crew Scholarships or special arrangements for the payment of dues should be submitted before the season begins. Crew Scholarships will be based on participation in the LMSD Reduced-Lunch Program. **All Scholarship requests should be directed to Thomas Ferguson, A.D.**

A Final Note:

For those new to Crew, both rowers and parents alike, please be patient. It takes time before one can truly appreciate the sport of rowing. The coaching staff is looking forward to a fun, successful, and productive season. As always, we hope that all will share in our enthusiasm.