



## JUNIOR ROWING – SUMMER CAMP APPLICATION FORM

Childs Name	Parents Name
Address	
	Post code
Parents email address	
Date of birth	Home tel. no.
Shoe size (UK) *	Parents Mobile no.
Height (metres) *	Weight (kilos) *
Emergency contact details:	

\* We need this information to find the most suitable equipment for you to use.

### Week required (Please tick)

**Week 1 - Monday 17<sup>th</sup> to Friday 21<sup>st</sup> July - 11 to 13 years**

**Week 2 - Monday 24<sup>th</sup> to Friday 28<sup>th</sup> July - 14 to 16 years**

**Week 3 - Monday 31<sup>st</sup> to Friday 4<sup>th</sup> August - Intermediate**

**Week 4 - Monday 7<sup>th</sup> August to Friday 11<sup>th</sup> August - 11 to 13 Years**

**Has the participant any health conditions, impairments or disabilities of which the course organiser and coaches should be aware? If so, please state:**

**Please give details of any medication taken:**

**How would you specify the participant's current activity level?**

*Henley Rowing Club, Wargrave Road, Henley-on-Thames RG9 3JD*

*Tel. 01491 573943 [captain@henleyrowingclub.org](mailto:captain@henleyrowingclub.org)*

**Health note:** Regular exercise may include some risk, especially for those who have been sedentary. Before beginning a regular exercise programme, you should consult your doctor if you are: over 40 and have not done any regular exercise for this past five years; smoke; have high blood pressure/cholesterol; have any signs/symptoms of any disease; experience chest pains/dizziness/loss of consciousness; are recovering from a serious illness or surgery ; have a pacemaker or another implanted electronic device; have any other concerns about your ability to undertake regular exercise.

### **Swimming competence**

The participant is able to swim at least 100 metres in light clothing. **Yes / No**

**How did you hear about this course?**

### **The small print:**

**Your signature below confirms that you have read and accepted in full the conditions of the course outlined here:**

- I apply for the participant to become a temporary member of Henley Rowing Club for the duration of the Camp.
- I understand that there is no refund once I have registered for the camp.
- Should any circumstances occur that should render the information incorrect then I will notify the coach immediately.

### **Times for the Junior Rowing Summer Camp**

**10am to 3pm Monday to Friday**

**Lunch provided – Please specify any allergies or dietary requirements**

**Parental Signature .....**

**Date: .....**

**Please post to –  
Captain  
Henley Rowing Club  
The Boathouse  
Wargrave Road  
Henley  
RG9 3JD**

**Please include a cheque to ‘Henley Rowing Club’ for the sum of £200, with the participant’s full name written on the back of the cheque.**