Winter Indoor Training Program
March 2–April 15, 2020
with
Merrymeeting Community Rowing Association
Ages 12–18
Brunswick Resident Fee: $200   Non Residents $265
Minimum 5-Maximum 10

Price includes Coach led indoor rowing practices meeting 5 days per week at the Brunswick Recreation Center. Class will use combination of callisthenics, weights, and indoor rowing machines. This program is a prerequisite to participate in the spring On-Water rowing program hosted by MCRA at https://www.regattacentral.com/clubs/?org_id=4518

This Indoor Winter Training Program is for those individuals seeking to build fitness either in preparation for joining the spring MCRA rowing team or to simply master the use of the indoor ergometer. Using rowing machines (ergs), body weight exercises, running, and games, participants will work on goals related to fitness, rowing technique, team dynamics, and safety. This six-week program will adequately prepare participants to join the spring team and continue their rowing experience on the water. Participants will gain competition experience through indoor intra- and interclub scrimmages.

This program begins March 2nd, 2020 at the Brunswick Rec Center. Practices are M-F, 3-5pm. No practice during spring break. This program is a prerequisite to participate in the On-Water program beginning on April 16th.

Please visit https://www.regattacentral.com/clubs/?org_id=4518 for more information on that program.

Prerequisites:
Participants must:
- Be 12 or older as of May 30, 2020
- Complete the online USRowing Association Waiver
  (Requires Basic Membership - $9.75 Club Code F6VF3, necessary for club insurance purposes)
  https://membership.usrowing.org/individual/join

Inclusion:
Merrymeeting Community Rowing Association is committed to diversity and inclusion. Please contact programs@rowbrunswick.org for more information on applying for financial assistance.
Brunswick Parks & Recreation Department
Indoor Winter Rowing Training, Spring 2020

Brunswick Resident Fee: $200; Non-Residents $265

Please Print

Name_________________________________ Age, as of May 30, 2020________ Date of Birth__________

Street Address____________________________________________ Town____________ Zip_________________

Parent/Guardian #1________________________________ EMAIL_________________________________

Parent/Guardian #1 Home Phone_________ Parent/Guardian #1 Work Phone_________ Parent/Guardian #1 Cell________

Parent/Guardian #2________________________________ EMAIL_________________________________

Parent/Guardian #2 Home Phone_________ Parent/Guardian #2 Work Phone_________ Parent/Guardian #2 Cell________

Emergency Contact, other than parent: ______________________ Relationship________________________

Day Phone________________________________________________ Cell_________________________________

Allergies/Physical or Emotional Limitations________________________________________________________________________

This Program is a prerequisite to participate in the on-water Spring Rowing Program 2020, beginning on 4/15/20. Please visit RegattaCentral Clubs to see information and waiver forms to sign up for the spring water program (https://www.regattacentral.com/clubs/?org_id=4518)

Have you completed the online US Rowing Association Waiver?   Yes□ No□

Club Code is: F6VF3  Basic Membership Fee is $9.75  This step is required for Club Insurance Purposes

I give permission for my, above named, child to participate in the Indoor Rowing Winter Training Program, March 2- April 15th, 2020.

Signature of Parent/Guardian________________________________________________________ Date_________________

Parent/Guardian Name(s) Please Print____________________________________________________

Visit us online at brunswickme.org/departments/parks-recreation/ for a list of our current programs and to obtain registrations.