

**River City Rowing Club Junior Crew  
Handbook Contract  
2006-2007**

In order to assure that there is a common understanding between the rowers, coxswains, coaches, and parents, River City Rowing Club Junior Crew has developed a Handbook. This Handbook includes the structure of the RCRC Junior Crew, the basics of rowing and racing, general information about practice, and guidelines for the rowers, coxswains, parents, and coaches. The Handbook is given to each rower or coxswain when he/she enters the program and is intended to be a reference for the rower/coxswain and his/her parents throughout their time with RCRC Junior Crew. Additional information may be added or information may be amended each year. These should be kept with the original Handbook.

I have read and understand the River City Rowing Club Junior Crew Handbook. I agree to abide by the guidelines set forth therein.

Print Name: \_\_\_\_\_

Junior Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_