NEW TRIER extension

SUMMER 2017 ERG

ROWING WORKOUTS

For current, past, and prospective high school and adult rowers

Great for new rowers to gain experience
and for experienced rowers to continue conditioning.
Space is limited so sign up early!

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ERGOMETER workouts will be held at the New Trier High School **Northfield Campus** Commons and will include body and weight circuit work. Each course is 1.5 hours per session. Classes taught by New Trier High School rowing coaches.

Indicate which course(s) you are signing up for. Register online at www.newtrierextension.org or mail/fax this form along with a check or credit card info for each course selected payable to New Trier Extension.

Space is limited. You will receive an e-mail confirmation once you register.

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172-620 Mon 1-2:30 pm _____ GIRLS: June 12, 19, 26, July 10, 17, 24 $96
172-621 Wed 1-2:30 pm _____ GIRLS: June 14, 21, 28, July 12, 19, 26 $96

172-622 Tues 1-2:30 pm _____ BOYS: June 13, 20, 27, July 11, 18, 25 $96
172-623 Thurs 1-2:30 pm _____ BOYS: June 15, 22, 29, July 6, 13, 20, 27 $112

Late/mixed registrations are $16.00 per erg session.(Please circle dates attending). No refunds. Space is limited.

Late/ Mixed registrations # classes ____ x $16= **Total Payment $ _____**

Name_____

Address_____ City_____ Zip_____

Home Phone_____ Cell_____ Work Phone_____

e-mail address_____(for NTX use only)

Starboard, port, coxswain or don't know? _____

Register online at www.newtrierextension.org *or* **MAIL** with check or credit card information to:
NTX, 7 Happ Rd., Northfield, IL 60093 *or* **FAX** with credit card information to: **(847) 446-6614**
VISA/MasterCard/Discover (no AmEx):

Card # ___ ___ ___ ___ - ___ ___ ___ ___ - ___ ___ ___ ___ - ___ ___ ___ ___ Exp. Date ___ ___ / ___ ___

WAIVER
I agree on my behalf, to the waiver, hold harmless, and indemnification terms and all other terms included on reverse side of this registration form.

Signature_____ Date_____
(**Signature REQUIRED to process registration**)

Emergency Contact _____ **Phone** _____

New Trier Extension Waiver, Hold Harmless, and Indemnification Terms

I recognize and acknowledge that there are certain risks of physical injury to participants in the course or courses identified on page 1 of this registration form (the "Course"), and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that I or my minor child/ward sustain as a result of participation.

I release and discharge New Trier Township High School District No. 203, the New Trier Extension Program, including the Board of Education, its members, employees, agents, and volunteers ("New Trier High School") from any and all claims from injuries, including death, damages, or losses which I or my child/ward may have or which may accrue on account of participation in the Course.

I further agree to indemnify, hold harmless, and defend New Trier High School from any and all claims resulting from injuries, including death, damages, and losses that I or my child/ward sustain arising out of, connected with, or in any way associated with the activities of the Course.

It is my express intent that this waiver and release shall bind the members of my family, spouse, heirs, assigns, and personal representatives and shall be deemed as a release, waiver, discharge, and covenant not to sue New Trier High School.

In the event of an emergency, I authorize New Trier High School to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my or my child/ward's immediate care and agree that I or my child/ward's will be responsible for payment of any and all medical services rendered.

I have read and understand the registration form, including the warning of risk, assumption of risk and waiver and release of all claims.

If any term, covenant, condition, or provision of this registration form is held by a court of competent jurisdiction to be invalid, void, or unenforceable, the remainder of the provisions shall remain in full force and effect and shall in no way be affected, impaired, or invalidated.