



OPTIONAL WINTER ERG ROWING WORKOUTS

for current, past and prospective New Trier Rowers

Tuesday, January 9 – Saturday, February 24, 2018

This is a great way for new rowers to gain experience and for experienced rowers to continue conditioning.

Space is limited so sign up early!

Weekday ERG workouts will include body and weight circuit work; Saturdays will be ergs only. All classes will be taught by New Trier High School rowing coaches. To sign up complete the following form **indicating the sessions you are signing up for** and send with payment. Winnetka classes will be held in the rowing room and Northfield in the B-Building Student Commons. No refunds.

Girls:

173-492 Tuesdays (Jan 9, 16, 23, 30, Feb 6, 13, 20) 3:45- 5:45 pm **\$112** _____

173-493 Thursdays (Jan 11, 18, 25 Feb 1, 8, 15, 22) 3:45- 5:45 pm **\$112** _____

Location: Novice girls at Northfield campus. Varsity at Winnetka campus.

Adults/Girls/Boys:

173-472 Saturdays (Jan 13, 20, 27, Feb 3, 10, 17, 24) 8:30-9:30 am **\$112** _____

Location: NT Winnetka campus Rowing Room.

173-496 Fridays (Jan 12, 19, 26, Feb 2, 9, 16, 23) 4-6pm **\$112** _____

Location: NT Northfield Campus

Boys

173-494 Mondays (Jan 8, 15, 22, 29, Feb 5, 12, 19) 4-6pm **\$112** _____

173-495 Wednesdays (Jan 10, 17, 24, 31, Feb 7, 14, 21) 4-6pm **\$112** _____

Location: Monday & Wednesday Novice boys at Northfield Campus and Varsity at Winnetka.

Total Payment \$ _____

Name _____

Address _____ City _____ Zip _____

Phone: Home _____ Cell _____

e-mail address _____

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. **Register Online at www.newtrierextension.org VISA/MasterCard/Discover (no American Express):**

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

WAIVER

I agree on my behalf, and if applicable my child/ward's behalf, to the waiver, hold harmless, and indemnification terms and all other terms included on reverse side of this registration form.

Signature _____

(Adult 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.