



# PRE- WINTER LEARN to ERG ROWING TECHNIQUE CLASSES



for students (13 years old and over) and adults new to the sport  
**Tuesday, November 7 – December 12, 2017**

**Space is limited so sign up early!**

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500 meter splits, strokes per minute, Power-10's and leg drive will all be part of the new rowing jargon you learn as part of this class. You will not be required to row a 2,000-meter test piece, but will learn how to:

- **Adjust the ergometer ("erg") properly before rowing**
- **Row with proper technique so you don't injure yourself**
- **Apply power most effectively**
- **Test your conditioning, design workouts and train to meet fitness goals**

You'll understand that dipping your hands, shooting your slide or opening your back early is not desirable. You'll learn that suspending your body weight on the end of the erg is desirable.

**Tuesday classes will be held at the New Trier High School Winnetka Campus Rowing Room**, located just off of the stairwell at the south end of the field house.

Classes will be led by New Trier High School rowing coaches. Wear tighter-fitting shorts (biker style) and a T-shirt. Bring a water bottle. To sign up, complete this form and send with payment or register online at [NewTrierExtension.org](http://NewTrierExtension.org).

**Class size is limited, please register early! Co-ed classes open to boys and girls, at least 13 years of age as well as adults.**

**173-491** Tuesday (Nov 7, 14, 21, 28. Dec. 5, 12)      6-7 pm      **\$140** \_\_\_\_\_

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](http://www.newtrierextension.org)** VISA/MasterCard/Discover (no American Express):

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

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

**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)

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.