

OPTIONAL WINTER ERG ROWING WORKOUTS

Tuesday January 8 - Saturday, February 23, 2019



NEW TRIER
extension



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 are designed for HS rowers, either at the novice or JV/V level, and will be taught by New Trier High School rowing coaches. Register at **NTX203.net** or complete this form; students are expected to register for and attend all classes. Winnetka classes will be held in the Rowing Room and Northfield classes in the B-Building Student Commons. No refunds.

Girls N, JV, & V:

191-492 Tuesdays (Jan. 8, 15, 22, 29, Feb. 5, 12, 19) **3:45-5:45 p.m.** **\$112** _____

191-493 Thursdays (Jan. 10, 17, 24, 31, Feb. 7, 14, 21) **3:45-5:45 p.m.** **\$112** _____

Location: Novice girls at Northfield campus. JV + Varsity at Winnetka Rowing Room.

Adults/Girls/Boys

191-496 Fridays (Jan. 11, 18, 25, Feb. 1, 8, 15, 22) **4:00-6:00 p.m.** **\$112** _____

191-472 Saturdays (Jan. 12, 19, 26, Feb. 2, 9, 16, 23*) **8:30-9:30 a.m.** **\$112** _____

Locations: **FRIDAYS** - Northfield Campus. **SATURDAYS** - Winnetka Campus Rowing Room. *Sat., 2/23 meets at Northfield Campus.

Boys N, JV & V:

191-494 Mondays (Jan. 7, 14, 28 Feb. 4, 11) **4:00-6:00 p.m.** **\$80** _____

191-495 Wednesdays (Jan. 9, 16, 23, 30 Feb. 6, 13, 20) **4:00-6:00 p.m.** **\$112** _____

Location: Novice boys at Northfield campus. JV + Varsity at Winnetka Rowing Room.

Total Payment \$ _____

Name: _____ Birthdate: _____

Address: _____

City: _____ Zip: _____

Personal Phone: _____ Work Phone: _____

Email Address: _____

Emergency Contact: _____ Phone: _____

QUESTIONS? Call us at (847) 446-6600 | **REGISTER ONLINE** at www.ntx203.net
OR **MAIL this form** with check or credit card information to: NTX, 7 Happ Rd., Northfield, IL 60093

VISA/MasterCard/Discover (no American Express):

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)

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.