

WINTER LEARN TO ERG ROWING TECHNIQUE CLASSES

Tuesday January 4- February 22, 2022



NEW TRIER
extension



For students (13 years and over) and adults new to the sport. Space is limited so sign up early!

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. If you have prior rowing experience, you will be appropriately challenged to maintain proper technique while increasing your physical fitness. 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

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.

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. Students must register prior to attending class. No refunds.

220-611 Tuesdays (January 4, 11, 18, 25; February 1, 8, 15, 22)

6 - 7 p.m. **\$160** _____

Location: New Trier Winnetka Campus Rowing Loft.

TOTAL \$ _____

Name: _____ Birthdate: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Email: _____

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, 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 _____ 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.

NEW TRIER TOWNSHIP HIGH SCHOOL DISTRICT 213 2021 ATHLETIC ACTIVITIES ASSUMPTION OF RISK, WAIVER OF LIABILITY AND HOLD HARMLESS RELATING TO CORONAVIRUS/COVID-19 The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person to person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The IHSA has recently released a plan with guidelines and preventative measures to reduce the spread of COVID-19; however, New Trier cannot guarantee that you or your student will not become infected with COVID-19. Further, participating in New Trier Extension (NTX) and New Trier athletic activities could increase your risk and your student's risk of contracting COVID-19. By registering myself/ student and clicking the acknowledgement checkbox below, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my student and I may be exposed to, or infected by, COVID-19 by participating in NTX and New Trier athletic activities and that such exposure or infection may result in personal injury, including, but not limited to, illness, permanent disability and death. I understand that the risk of becoming exposed to, or infected by, COVID-19 by participating in NTX/New Trier athletic activities may result from the actions, omissions or negligence of myself and others, including, but not limited to, New Trier employees, volunteers, agents, and program participants and their families. I voluntarily agree to assume all of the forgoing risks and accept sole responsibility for any injury to my student or myself, including, but not limited to, personal injury, as described above, damage, loss, claim, liability, or expense, of any kind, that I or my student may experience or incur in connection with my student's participation in New Trier Extension summer athletic activities and workouts. On my behalf, and on behalf of my student, I hereby release, covenant not to sue, discharge, hold harmless and indemnify New Trier, its Board of Education and its members, employees, volunteers, agents and representatives (the Indemnitees) of and from any claims, including, but not limited to, all liabilities, lawsuits, actions, damages, attorney's fees, costs, expenses or loss of any kind arising out of, or relating to, my or my student's participation in the NTX/ New Trier Athletics 2021-2022 Activities, including, but not limited to, any claim brought by my student. I understand and agree that the foregoing includes, but is not limited to, any claims based on the acts, omissions, or negligence of the Indemnitees relating to COVID-19 infection, whether occurring before, during or after participation in the NTX/ New Trier Athletics 2021-2022 activities.