



Tulsa Youth Rowing Association

2020 Summer Camp Informational Packet

Hello!

My name is Stephanie Reynolds. I am Board President of Tulsa Youth Rowing; and I will be your primary contact for the upcoming Summer Camp. I am available to answer any questions you may have and ensure your athlete receive a great summer camp experience!

I am writing to provide you with important logistical information about the upcoming Summer Camp, and to inform you of how the next week will be run. We have a full schedule planned for all of the participants, and look forward to welcoming you to our program!

It is our hope that upon completion of this week of training, you will have a better understanding of the sport of rowing. We also hope that you will consider competing with our team (8th-12th grade) or being a member of our middle school program (gROWth – 7th and 8th grade)!

If you have any questions about the program from a parental perspective (i.e. costs, travel, etc), please do not hesitate to contact me @ President@okrowing.org.

Without any further ado, I'll send you on your way! Please review the following pages prior to your first day of the camp. Let me know if anything is unclear!

- **YOU WILL NEED TO HAVE TWO FORMS COMPLETED IN ORDER TO PARTICIPATE IN THE CAMP!** (If you have already successfully completed a swim test with us in the past, you need only do it once. However, the USRowing Waiver needs to be updated every year)

1. USRowing Waiver

- Go to this link: <https://membership.usrowing.org/individual/join>
- Enter your personal information to see if USRowing has a membership record for you on file.
 - o Club or Team Name: **Tulsa Youth Rowing Association** (NOT Tulsa Rowing Club)
 - o Team Code: **9QY36**
- Membership Type: **Basic Membership-Free (Admin. Fee \$5.75)**
- Continue filling out the required information for your Profile (Step 2), Education (Step 3), and Compliance (Step 4) before proceeding to Check Out (Step 5).
- Once successfully completed and the admin fee has been paid, the coaching staff is able to view your completed profile/waiver online. No need to print this document; however, please record your USRowing Membership ID# just in case we run into any issues.

2. Covid19 Release of Liability Waiver

- Can be found under "download forms" on registration page. www.okrowing.org



➤ **CLOTHING AND ATTIRE**

- The best clothing to wear is **TIGHT FITTING**. Current athletes usually wear practice t-shirts and spandex shorts (basketball shorts and giant/baggy shirts will get caught in movable parts and can result in tears or grease stains – ruining that article of clothing!).
- It will be important for you to bring **running shoes, a water bottle, sunscreen, and a hat** for protection from the sun (bug spray may come in handy, too). Please do not forget a water bottle! There will be water fountains for refilling purposes if needed (at the beginning and end of each practice). **TYRA does not support the use of shared water bottles.**

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