



LAKE LAS VEGAS ROWING CLUB

LAKE LAS VEGAS ROWING CLUB JUNIOR CREW PROGRAM OVERVIEW

SRING 2025
JANUARY 6th – MAY 5th

Welcome to the Spring 2025 Junior Crew Team

This packet provides important information on our upcoming season. It includes your paperwork, practice schedules and important dates. Please read it carefully.

1. Please return completed paperwork to your coach ASAP
2. Athletes will not be able to continue without the documentation completed and any past due payments turned in.

Contact information

Jim Andersen, Executive Director, Head Coach
Jim@llvrc.org 702-625-2724 or 415-309-9421 cell

Scott Harris, Assistant Coach, Boatman ScottHarris65@gmail.com 425-306-0910

LLVRC Boathouse (Close to) Lake Las Vegas Parkway & Paraggi Bay Drive, Henderson, NV 89011
LLVRC Mailing Address 1035 Charlene Court, Henderson, NV 89011

2025 PRACTICE SCHEDULES

Regular Practices: Monday thru Friday 3:30pm – 6:00pm
Weekend Optional practices: Saturday 9-11am and Sunday 9-11am

There are 3 levels of Junior Rowing:

Junior Rec 1-2 days a week. This group is the younger athletes 12-14 y.o. that want to basic rowing but will not be ready to race yet.

Junior Comp 3-4 days a week. This group is our main group of athletes, and they practice as often as they can up to 4 times a week. They are allowed to race and compete for seats in team boats.

Junior Adv 5-7 days a week. This group are the athletes that want to compete at the Regional and National level and work towards college rowing admission and scholarships. They are expected at all practices.

Notes: **Pre-Practice workout starts at 3:30**. Regular practice will begin at 4:00 for those that get out of school late.

TeamSnap

Everyone should register on TeamSnap. We will use it for billing, practice scheduling, chats, event schedule and much more.

2025 Registration link: <https://registration.teamsnap.com/form/19577>

General Team Information

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Junior Adv 5-7 days a week \$400/month

Junior Comp 3-4 days/week Cost: \$300/Month.

Junior Rec 1-2 days/week \$200/Month

Spring Season (Jan, Feb, Mar, April and May). This includes all coaching, operations, insurance, equipment repairs, maintenance costs, Novice (new) members must also pay a \$200 Initiation Fee within 2 weeks of starting. **Scholarships are available** based on need. The scholarship form will be on TeamSnap soon.

Travel Costs are **not** included in the above fee. The travel costs will include entry fees, race day lunches and snacks, trailering, hotel and coach expenses. This does **not** include dinners and other individual expenses. Please review the Junior Crew Financial Policy for more information. Parents will sign up and pay for each regatta one month in advance.

Potential 2025 Junior Regatta Schedule

<u>Date</u>	<u>Event Name</u>	<u>Short Name</u>	<u>Location</u>	<u>Leave by</u>	<u>Return by</u>	<u>Approx. Cost</u>
Mon Jan 6 th	First Practice		LLVRC			
Mon Jan 20	MLK Day No School NO Practice					
Sat Jan 25	Nevada Indoor Rowing Championship	NIRC	LLV Sports Club			\$0
Mon Jan 27	No School CCSD, Practice as usual					
Fri Jan 31- Sat Feb 1	Long Beach Presidents Day Regatta	LBPDR	Long Beach	Fri Morning 6am	Sat 8pm	
Sat, Feb 8	ACT TEST					
Mon, Feb 10	No CCSD School No Practice					
Wed Feb 12	Junior Parent meeting		LLV Sports Club			
Mon Feb 17	No School CCSD, NO Practice					
Sat Mar 1- Sun Mar 2	Desert Sprints Regatta	DSR	Tempe Town Lake	Sat Morning 6am	Sun Midnight	
Sat, Mar 8	SAT TEST					
Fri Mar 14- Sun Mar16	Long Beach Junior Invite	LBJI	Long Beach	Fri Morning 6am	Sun Midnight	
Mon Mar 17- Fri Mar 22	SPRING BREAK No School CCSD					
Sat, Apr 5	ACT TEST					
Fri Apr 4- Sat Apr 5	Long Beach SoCal Cup	LBSCC	Long Beach	Fri Morning 6am	Sat 8pm	
Sat Apr 12	Lake Las Vegas Rowing Invitational	LLVI	LLV			
Fri Apr 18	No School CCSD, NO Practice					
Mon Apr 28	No School CCSD, Practice as usual					
Sat, May 3	SAT TEST					
Thu May 1- Sun May 4	USRowing SW Junior Regionals	SWREG	Sacramento	Thursday morning	Sunday Night	\$400
TBD	Junior Awards Banquet		LLV Sports Club			
Sat, June 14	ACT TEST					
Wed Jun 10- Sun Jun 15	USRowing Youth National Championships	YNats	Sarasota, FL			



2025 Junior Crew Supplemental Information

Date: _____

Athlete Name: _____ Height: _____ Weight: _____

School: _____ HS Graduation Year _____

Athletes Cell: _____ Athlete Email: _____

Primary Parent/Guardian

Relationship: _____

Name: _____ Address: _____

Cell: _____ Email: _____

Secondary Parent/Guardian

Relationship: _____

Name: _____ Address: _____

Cell: _____ Email: _____

Other Sports played: _____

How did you hear about Rowing? _____

_____ Family Physician:

(Name and number)

Health Insurance Company: _____

Policy Number: _____

Name of Insured: _____



Information/Photo Release

The Lake Las Vegas Rowing Club will use TeamSnap for contact information that is only available to current members. We will also be taking photos and videos of your athletes for training and other purposes, that will be posted on Google Photos. <https://photos.app.goo.gl/F1Ke4jAErMSmQXzEA>

I hereby authorize the Lake Las Vegas Rowing Club permission to use rowing photographs and videos for any legal use, including but not limited to publicity, copyright purposes, illustration, advertising, and web content. Furthermore, I understand that no royalty, fee, or other compensation shall become payable to me by reason of such use.

I hereby authorize the Lake Las Vegas Rowing Club (LLVRC) to disclose in good faith only the information that I consent to in the area below. They may only use this information for rowing related issues and may not disclose any information to the public. I will hold the LLVRC free of liability for the exchange of this information and any other reasonable and necessary information.

Initial to consent:

_____ Name and address (you can control this on TeamSnap)

_____ School and grade

_____ Email addresses

_____ Phone numbers (including cell phone)

_____ Rowing Photos and Videos

Athlete Name: _____

Parent Name: _____

Parent Signature: _____

Date: _____



LLVRC Junior Crew 2025 Financial Policy

1. Seasonal Dues

The current fee for LLVRC Junior Crew is \$ 400/300/200month. Athletes continuing in June and July will pay only \$200/150/100month. Payments are to be made by TeamSnap or Zelle each month. Junior crew fees must be paid in full by the 15th of each month. If payment is not received or denied, the parents will be responsible for any extra bank charges. If any charges accumulate over 30 days, we will charge you a late fee of \$25 and your athlete will be subject to land training until the past due amount is paid.

Initials

2. Regatta Costs & Fees

Each regatta will have a TeamSnap Registration associated with it and must be filled out by a parent 4 weeks prior to the regatta so that we know who will be travelling with us and we can work out the exact costs and lineups. The costs will be announced 4 weeks in advance so we can pay the entry fees and deposits with hotels. Parents may reserve hotel rooms on a first come first serve basis but must check in and pay for their rooms at the hotel. Any extra charges accrued by the athletes or parents during the trips will be billed after the event. All athletes must travel with sufficient funds for dinners and miscellaneous costs.

Initials

3. Junior Parent Regatta Volunteers/Fundraising

Each athlete's parent is REQUIRED to volunteer 24 hours per year. This can be done at away or local regattas or any other club related function. Each Athlete is REQUIRED to raise a minimum of \$360 per year. This can be donations from parents, friends, family, or corporations. We will host an annual fundraising event in the Fall or Winter.

Initials

4. Scholarships (email Jim@llvrc.org for the scholarship form)

The LLVRC has a limited number of financial scholarships available. Scholarships are awarded in partial or full amounts based on need. The amount awarded is determined by an LLVRC scholarship committee. Those requesting financial assistance must fill out the scholarship application in its entirety (including a copy of tax forms) and submit it by the deadline to be eligible for an award. Incomplete or late submissions cannot be accepted. Scholarship athletes and parents are required to volunteer at fundraisers and home regattas during the year. Scholarship forms are due by the end of the business day on **September 31st** for the fall semester and **January 31st** for the spring semester. Each scholarship applicant will be notified of the committee's decision within two weeks of the deadline.

Initials



Junior Crew Training Rules

As a member of the Lake Las Vegas Rowing Club Junior Crew (LLVRC), I agree to comply with the following training rules:

1. In accordance with the law of the State of Nevada, LLVRC does not condone underage drinking or the use of illegal substances by its members. LLVRC provides no sanctuary from the law and recognizes its responsibility to cooperate with law enforcement officials in matters pertaining to illegal use of drugs and/or alcohol. Use of alcohol or illegal drugs while participating in any LLVRC activity will be considered inappropriate and the athlete will be subject to dismissal.
2. LLVRC members shall always act in a reasonable manner to assure the safety and well-being of its participants as well as non-participants.
3. LLVRC members shall treat all members as well as non-participants with respect and as they wish to be treated while participating in LLVRC activities.
4. LLVRC members shall not use words of profanity while participating in LLVRC activities.
5. LLVRC members shall foster an atmosphere of positive relationships, interactions, and activities and shall generally refrain from negativity concerning LLVRC fellow participants and activities.
6. LLVRC members shall comply with the coaches' directives while attending any LLVRC activity.
7. When participating in regattas, LLVRC members shall help load and unload the trailer, remain with the group unless previous approval has been granted, adhere to established team curfew, and be physically and mentally prepared to race.

By signing this form, I, _____, understand the afore stated rules and
(Print athlete name clearly)

that disciplinary action as determined by the LLVRC will be imposed should I fail to comply with them.

Athlete Signature

Date

Parent/Guardian Signature (if athlete is a minor)

Date



Junior Crew Medical Screening Form

Please answer the following questions. Please sign below to acknowledge your understanding of this form and consent to the medical requirements.

1. Are you taking any medications? _____
2. Have you had surgery during the last two years? _____
If so, please explain: _____
3. Do you wear braces or supports on any joints? _____
4. Have you been advised by a health care professional not to participate in sports in which you are now contemplating participating or are currently participating?

If so, please explain: _____
5. Do you know of, or do you believe there is any reason which may affect your participation in the Lake Las Vegas Rowing Club Junior Crew Program? _____
If so, please explain: _____

Additional Comments:

The undersigned herewith:

- A. Understands that he/she must refrain from participation while ill or injured, whether or not receiving medical treatment, and during medical treatment until he/she is discharged from treatment or given permission by a physician to restart participation despite continuing treatment.
- B. Consents that he/she has completed a physical examination by a physician or qualified evaluator, and the evaluator did not find a medical reason to disqualify him/her from participating.
- C. Certifies that the answers to the questions above are true and correct.

Athlete Signature

Date

Parent/Guardian Signature (if athlete is a minor)

Date



Junior Crew Medical Authorization for Minors Form

I, _____, the parent of or legal guardian of _____, a minor, do hereby authorize any one or more of Jim Andersen, Nihal Mustakim, or Todd Kennedy as agents for myself in my absence or incapacitation to consent to any X-ray examination or anesthetic, medical or surgical diagnosis or treatment and medical care which is deemed advisable by and is to be rendered under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any hospital whether or not such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required, but is given to provide authority and power on the part of the aforesaid agents to give specific consent to any and all such diagnosis, treatment or hospital care which aforementioned physician in the exercise of his or her best judgment may deem advisable.

I hereby authorize any hospital which has provided treatment to the above-named minor to surrender physical custody of such minor to the above-named agents upon the completion of treatment.

These authorizations shall remain effective until _____.

Signature of Parent or Legal Guardian: _____

Date: _____

STATE OF NEVADA
CLARK COUNTY

SUBSCRIBED AND SWORN TO before me this _____ day of _____, 20____.

(Notary seal)

Notary Public

My commission expires: _____

The LLVRC will provide a Free Notary at our first Parent Meeting.



Instructions:

1. Write the name of athlete on the swim test card.
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete the form below.
3. Make a copy of your card for your records.
4. Bring the card to the boathouse and give it to your coach.

Name of Athlete: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool/Site:

Phone Number of Pool: _____

Swim Test Certification:

I hereby certify that the athlete can **remain afloat for at least 10 minutes and be able to pull himself or herself up on a pool deck or dock.**

Signature of Lifeguard/Water Safety Instructor

Date

Swim tests are valid for four years.

Athletes can go to any local pool, YMCA, or our Lake to do their swim test if a certified lifeguard supervises them.

The LLVRC will do a free swim test at the Lake in the Spring for those that need it.