



Winter Training Registration

Winter training begins December 1 and continues until the boats go in the water sometime in early March. The registration forms must be downloaded, filled in and signed by the athlete and both parents. The forms required below and a downloadable version of this checklist are located on the [Forms](#) page under Team Info. All forms and payment should be sent to Sally Colella, 9720 Kensington Parkway, Kensington, MD, 20815. Questions? Contact Sally at 301-946-1305 or sally@colellaassociates.com.

Forms and payments must be submitted by Nov. 10, 2009



Returning rowers who participated in Fall Rowing or Introduction to Rowing must do the following:

- Download and complete the Chevy Chase Athletic Club Waiver.
- Write a check for \$250 payable to B-CC Crew



Returning rowers who did not participate in either the Fall Rowing or Introduction to Rowing programs must do the following:

- Download and complete the MCPS Health Form
- Download and complete the MCPS Medical Card
- Download and complete the Participation Agreement
- Download and complete the Waiver of Liability
- Download and complete the Chevy Chase Athletic Club Waiver.
- Write a check for \$250 payable to B-CC Crew (plus any outstanding Erg-a-thon money)



Brand new rowers must do the following:

- Contact Sally Colella to begin registration process
- Download and complete the MCPS Health Form
- Download and complete the MCPS Medical Card
- Download and complete the Participation Agreement
- Download and complete the Waiver of Liability
- Download and complete the Chevy Chase Athletic Club Waiver.
- Download and complete the Swimming Proficiency form
- Write a check for \$250 payable to B-CC Crew



If you need financial assistance to participate in B-CC Crew also:

- Download and complete the financial assistance Form