

# Release for Medical Treatment & Waiver of Liability

Application WILL NOT be complete until this signed form is returned.

I certify that my child is in good physical condition and can partake in the daily schedule of events. The camp does not carry health or medical insurance for individuals, since most families have such insurance already.

I am aware that during the program hours my child will be a participant in activities that involve certain risks including, but not limited to: rowing, running, swimming, weight training, and boating. I hereby hold The Bolles School harmless from any and all liability. This statement shall serve as a release and assumption of risk for my child.

I authorize the School to obtain emergency care for my child in my absence. I agree to assume responsibility for any medical services rendered for my child and not to hold the School responsible for those services.

I also grant The Bolles School permission to use my child's photograph in any promotional literature.

\_\_\_\_\_  
Signature of parent or guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Hospital preference

Join Us!  
Rowing Camp  
2009

7400 San Jose Boulevard  
Jacksonville, FL 32217



# Bolles Rowing Camp 2009

Session I June 8 - 12  
Session II June 15 - 19

Monday - Friday  
9 a.m. - 2 p.m.

The Bolles School  
Upper School San Jose Campus  
Boathouse

# Rowing Camp 2009



## Coaching Staff:

**Ted Riedeberg**  
**Head Coach**

Coach Riedeberg, originally from Poughkeepsie, New York, earned his stripes rowing on the majestic Hudson River as a high school student in the late 1980s. His love for crew, the sport he identifies as the ultimate in team sports, has never wavered and he is now very proud to lead the prestigious Bolles Rowing Program.

Ted became head coach of Bolles Rowing in 2003, after being an assistant from 2000 - 2003. He holds a Level III coaching certification with US Rowing, is a certified Concept II indoor rowing instructor, and is certified with the AFAA as a personal trainer. Riedeberg is also a Master's Level Rowing Champion and has gained experience while training at the Craftsbury Sculling Center in 2007, and served as an assistant coach with the Northeast Rowing Center in 2005.

As head coach, Riedeberg has seen an increase in participation and enthusiasm in the Bolles Rowing Program. He has coached crews that have enjoyed success at the State Championship Regatta, including several state championship-winning crews. In addition to the State Championships in the men's lightweight 4 in 2003, boys' 3rd varsity 4 in 2005, and the girls' freshman 8 in 2007, Bolles has enjoyed several 2nd and 3rd place finishes at this prestigious event.

# Rowing Camp 2009 Registration Form

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Camper's Name

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School Grade Completed

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Birthdate  Male  Female

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XS  S  M  L  XL  
Check T-Shirt size

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Side:  Port  Starboard  Coxswain  
Experience Level:  
 Novice - rowed less than 1 year  
 Experienced

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Parent's Name

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Address

---

City, State, ZIP

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Home Phone

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Parent Work Phone

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E-mail Address

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Emergency Contact Name/Relationship

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Emergency Contact Phone

Please check camp for which you are applying:

- |                                     |              |       |
|-------------------------------------|--------------|-------|
| <input type="checkbox"/> Session I  | June 8 – 12  | \$175 |
| <input type="checkbox"/> Session II | June 15 – 19 | \$175 |
| <input type="checkbox"/> Both weeks |              | \$350 |

**Please make check for payment in full to:**

**Bolles Rowing Camp**  
**and return to:**  
**7400 San Jose Boulevard**  
**Jacksonville, Florida 32217**



## Daily Schedule

- 9 a.m. - Arrive at boathouse/Warm-up
- 9:30 a.m. - Water practice
- 11:30 a.m. - Lunch\*
- 12 p.m. - Video Review Session
- 12:30 p.m. - Water practice/Cross Training
- 2 p.m. - Dismissal

\*Please bring a bag lunch and plenty of water

## Facilities/Equipment

Bolles Rowing has a rich history dating back to 1933 with the founding of the School. With the San Jose Campus located on the St. Johns River and a fleet including seven eights, five fours, one quad, two doubles, and several training sculls, we are able to continue the tradition of this timeless, ultimate team sport.

## Swim Test

For their safety, all camp participants must be able to swim. A 100-yard swim test will be administered the first day of camp.

## Fees

- |                 |              |
|-----------------|--------------|
| Session I.....  | <b>\$175</b> |
| Session II..... | <b>\$175</b> |
| Both weeks..... | <b>\$350</b> |

**Please note:**

**We cannot accept Debit or Credit cards.**