

# Hanlan Boat Club

## Recreational Rowing Programme

### PERSONAL INFORMATION

Name: \_\_\_\_\_ Gender: M / F  
E-mail: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_ Evenings:  M / T / W / Th  
(please circle)

### ATHLETIC BACKGROUND

Years of Rowing Experience: \_\_\_\_\_  
Other Athletic Experience (sport and duration of involvement): \_\_\_\_\_

Rowing Experience-Level Achieved in the past (check all those that apply):

- LTR
- Recreational
- High School
- Club
- University
- Other (please specify) \_\_\_\_\_

Please circle all rowing abilities and/or preferences:

Port Sweep / Starboard Sweep / Sculling / Cox

### GOALS:

What you would like to get from your rowing experience this summer?

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Do you have any long term rowing goals (e.g. masters or senior competitive)?

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Please let us know what your ideal weekly rowing schedule would be (considering family and work commitments, holiday plans, etc.): \_\_\_\_\_

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