

Hanlan Boat Club

Senior Competitive Programme 2009

PERSONAL INFORMATION (please print clearly)

Name: _____ Gender: M / F Erg Score: _____

E-mail: _____ Phone #: _____

Address: _____ Birth Date: _____

ATHLETIC BACKGROUND

Years/months and type of rowing experience: _____

Other Athletic Experience (sport and duration of involvement): _____

Rowing Experience-Level Achieved (check all those that apply; please indicate duration):

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

Please circle all SEAT RACING abilities:

Port Sweep / Starboard Sweep / Sculling / Cox

GOALS:

Short Term (2-3 for this summer): _____

Long Term (next 3 – 10 years): _____

Please provide any relevant scheduling conflicts for which you are currently aware (e.g. holiday plans, shift work schedules, etc.): _____
