



SACRAMENTO STATE  
**AQUATIC CENTER**  
 A PROGRAM OF ASSOCIATED STUDENTS, INC.



# 2024-2025 CAPITAL CREW

## PERSONAL INFORMATION FORM

**Returning Athlete**     **New Athlete**     **Girls Team**     **Boys Team**

### ATHLETE INFORMATION

Athlete's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_  
 Athlete Cell Phone: \_\_\_\_\_ Athlete Email Address: \_\_\_\_\_  
 School: \_\_\_\_\_ Year in School: \_\_\_\_\_

### PARENT/GUARDIAN INFORMATION

**Parent #1** Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ same as athlete OR \_\_\_\_\_  
 Parent #1 Email Address: \_\_\_\_\_  
 Parent #1 Phones Cell: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_  
 Relationship to Athlete: \_\_\_\_\_  
 -----

**Parent #2** Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ same as athlete OR \_\_\_\_\_  
 Parent #2 Email Address: \_\_\_\_\_  
 Parent #2 Phones Cell: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_  
 Relationship to Athlete: \_\_\_\_\_

### OFFICE USE ONLY

| ITEM                | DATE | STAFF |
|---------------------|------|-------|
| Packet Complete     |      |       |
| Entered in Park Pro |      |       |
| Checklist           |      |       |
| Parent Email List   |      |       |
| Paid                |      |       |



SACRAMENTO STATE  
**AQUATIC CENTER**  
 A PROGRAM OF ASSOCIATED STUDENTS, INC.



# CAPITAL CREW

## CODE OF CONDUCT

The following items apply to all Capital Crew Athletes during Capital Crew events, practices, races, functions, etc. Failure to comply with any of these guidelines may result in suspension or expulsion from Capital Crew.

- Respect the aquatic center facilities and keep it clean (*please pick up after yourself, i.e. water bottles, socks and misc. clothing. All items left will be put in lost and found. Lost & found will be cleaned out monthly and all items donated to Goodwill.*)
  - Be respectful to other teammates and opponents
  - Be respectful to all aquatic center patrons (*the Aquatic Center is a multi-use facility and may have many programs running at the same time, please be mindful of other patrons.*)
  - Represent your team with pride at all times
  - Consumption of alcohol is prohibited
  - Capital Crew & the Aquatic Center does not condone bullying and/or hazing.
  - Use of any illegal substances (drugs) will result in expulsion
  - No swearing or inappropriate gestures
  - Disrespect to the coaching or aquatic center staff will not be tolerated
  - Abide by all posted aquatic center signage
  - Mind all aquatic center staff and their instructions
  - Physical assault of any type is prohibited
  - Respect others personal property
  - Theft is prohibited
  - Weapons or firearms are not allowed
  - Follow the 15mph speed limit in AC parking lot and outer lot
  - “Horse play” in parking lot or in/on vehicles is prohibited
  - **Stop** at all posted stop signs
  - Abuse of equipment will not be tolerated
  - Report all broken equipment to coaching staff ASAP
  - No pets are allowed on the aquatic center grounds
  - Abide by all California State Parks Rules and Regulations
  - **Athletes only have use of the facility during scheduled practice times**
  - If witness to any other athletes in violation of these guidelines, please report it to a coach ASAP. (Anonymously if desired)
- **ALL FEES/PAPER WORK MUST BE TURNED IN BEFORE ATHLETE WILL BE ALLOWED TO PARTICIPATE. FORMER PAPERWORK DOES NOT CARRY FORWARD.**

I \_\_\_\_\_ hereby understand the terms explained above and by signing this form I will abide by this code of conduct.

(Athlete)

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent)

Signature \_\_\_\_\_ Date \_\_\_\_\_



SACRAMENTO STATE  
**AQUATIC CENTER**  
 A PROGRAM OF ASSOCIATED STUDENTS, INC.



## Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when it will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life. This includes parents and guardians social medial presence also.

Recognizing the above:

\_\_\_\_\_ Social media includes all electronic communication including emails, texts, youtube and all social media platforms.

\_\_\_\_\_ I take responsibility for my online profile, including posts and any photos, videos or other recordings posted by others in which I appear.

\_\_\_\_\_ I will represent Capital Crew and Sacramento State Aquatic Center in a positive manner at all times and not degrade my opponents before, during, or after races or during the season.

\_\_\_\_\_ I will post only positive things about my teammates, coaches, opponents and officials and not comment on injuries, rosters, or other confidential information.

\_\_\_\_\_ I will use social media to purposefully promote abilities, team, community, and social values.

\_\_\_\_\_ I will consider "Is this the me I want you to see?" before I post anything online.

\_\_\_\_\_ I will ignore any negative comment about my team or me and will not retaliate. When appropriate I will inform my coaches.

\_\_\_\_\_ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain or a coach.

\_\_\_\_\_ I am aware that I represent my sport, school, team, family, and community at all times, and will do so in a positive manner.

Inappropriate use of violation may result in loss of water time or suspension from the team.

\_\_\_\_\_ Student-Athlete Signature      Date

\_\_\_\_\_ Parent/Guardian Signature      Date

# ASSOCIATED STUDENTS INC. PHOTOGRAPHIC, VISUAL, AUDIO, IMAGE RELEASE

This agreement is given in consideration of my own or my child's photograph, image and or audio of said personal likeness being taken and possibly published on Internet Websites, Broadcasts, and other publications as released to or by California State University, Sacramento, herein the University, Associated Students, Inc. at Sacramento State as well as by the Sacramento State Aquatic Center.

## WARNING AND ASSUMPTION OF RISK:

I understand that there are inherent risks associated with publication of my own or my child's photograph, audio and image of personal likeness on the Internet, in videos and in publications. These risks may include but not be limited to identity theft and wrongful assumption by others of my or my child's identity or who I or my child is and or danger to myself or my child.

I agree to assume these risks, whether known or unknown to me of permitting publication of my own or my child's photograph, image of personal likeness and or personal audio on the internet, in publications or in videos.

## GRANT OF PERMISSION TO TAKE PHOTOGRAPHS, IMAGES AND PERSONAL AUDIO:

I grant permission to the University, Associated Students, and Sacramento State Aquatic Center and their employees and agents to take and use photographs, and visual/audio images of myself or my child for any legal purpose. Visual/audio images include any type of recording, including but not limited to photographs, digital images, drawings, renderings, voices, sounds, video recordings, audio clips or accompanying written descriptions. I grant this with the understanding that the University, Associated Students and Sacramento State Aquatic Center will not materially alter the original images. In accordance with this grant, I also waive my and my child's rights to inspect or approve finished images or electronic matter prior to publication and waive compensation for their use.

## RELEASE:

On behalf of myself, my child and our heirs, I hereby waive, release and discharge any and all claims of damages for death, bodily injury, personal injury or property damage which I or my child may sustain, or which hereafter accrue to me or my child, against the Trustees of the California State University, California State University, Sacramento, Associated Students, Inc. and Sacramento State Aquatic Center as a result of my own or their own personal photograph(s), image of personal likeness or personal video/audio being published except for those liabilities, claims and costs arising from the sole active negligence of the above stated entities. This release is intended to discharge the University, its Trustees, Associated Students, Sacramento State Aquatic Center and their officers, employees, and volunteers, from and against any and all liability arising out of or connected in any way with publication of my own or my child's photograph(s), images of personal likeness, or personal video/audio, except for the related sole active negligence of these entities. It is further understood and agreed that this waiver, release and assumption of risk is entered upon behalf of my child and myself and shall be binding on my and their heirs and assigns.

## ACKNOWLEDGEMENT AND AGREEMENT

I acknowledge that I have been fully informed of the risks and dangers involved in photographic publication of my own or my child's photograph, images of my/their personal likeness and video/audio. I acknowledge that I have read, agree, and fully understand the above Warning, Waiver, Assumption of Risk and Release of Liability.

PARTICIPANT NAME (Print): \_\_\_\_\_

SIGNATURE (if 18 years old or older): \_\_\_\_\_ Date: \_\_\_\_\_

NAME OF PARENT LEGAL GUARDIAN: \_\_\_\_\_

SIGNATURE OF PARENT/LEGAL GUARDIAN: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

(Parent or legal guardian must sign for all persons under the age of 18. Proof of age may be required.)



**WAIVER OF LIABILITY, PROMISE NOT TO SUE, ASSUMPTION OF RISK,  
AND AGREEMENT TO PAY CLAIMS**

Activity: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Activity Date(s) and Time(s): \_\_\_\_\_

Activity Location(s): \_\_\_\_\_

In consideration for being allowed to participate in the above-referenced Activity, on behalf of myself and my next of kin, heirs, representatives, and assigns, I hereby **release, waive, and discharge from all liability and promise not to sue** the State of California, the Trustees of The California State University, California State University, Sacramento, Associated Students of California State University, Sacramento, State of California, through its department of Parks and Recreation and their employees, officers, directors, volunteers and agents (collectively the "University), and their employees, officers, directors, volunteers and agents from any and all liabilities or claims, **including claims of the University's negligence**, resulting in any physical or psychological injury (including paralysis and death), illness, damages, property loss, or economic or emotional loss I may suffer because of my participation in the Activity, including travel to, from and during the Activity.

I am voluntarily participating in this Activity. I am aware of the risks associated with traveling to/from and participating in this Activity, which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcomes may arise from my own or other's actions, inaction, or negligence; conditions related to travel; or the condition of the Activity location(s). **Nonetheless, I assume all related risks, both known or unknown to me, of my participation in the Activity, including any associated use of University facilities or premises and any travel to, from and/or during the Activity.**

I agree to indemnify and hold the University, Auxiliary Organization, the California Department of Parks and Recreation, and the United States Bureau of Reclamation harmless from any and all claims, actions, suits, costs, expenses, and liabilities for any injuries to myself and for any damage to my property or possessions that arise out of or arise from my participation in the Activity, including any injury or damage that occurs during the use of University facilities or premises and any travel to, from and/or during the Activity. If the University incurs any of these types of expenses, I agree to reimburse the University. If I need medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

I am 18 years or older. **I understand the legal consequences of signing this document, including (a) releasing the University, the Auxiliary Organization, the California Department Parks and Recreation and the United States Bureau of Reclamation from all liability, (b) promising not to sue the University, (c) and assuming all risks of participating in the Activity, including travel to, from and during the Activity.**



I understand that this document is written to be as broad and inclusive as legally permitted by the State of California. I agree that if any portion is held invalid or unenforceable, I will continue to be bound by the remaining terms.

[In the event that any foreign language translation of this document has been attached hereto by the University, the English language version of this document shall be the authoritative version. The English language version shall be controlling in all respects and shall prevail in case of any inconsistency with the translated version].

I have read this document in its entirety, fully understand its terms, and acknowledge that I am signing it freely and voluntarily. **No other representations concerning the legal effect of this document have been made to me.**

Participant Signature: \_\_\_\_\_

Participant Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Participant Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Participant Name (minor): \_\_\_\_\_ Birth Year: \_\_\_\_\_

Participant Name (minor): \_\_\_\_\_ Birth Year: \_\_\_\_\_

Participant Name (minor): \_\_\_\_\_ Birth Year: \_\_\_\_\_

Participant Name (minor): \_\_\_\_\_ Birth Year: \_\_\_\_\_

Participant Name (minor): \_\_\_\_\_ Birth Year: \_\_\_\_\_

If the Participant is under 18 years old:

I, the parent/legal guardian of the Participant identified above hereby agree to all of the above on behalf of the Participant

Parent/Guardian Name (print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# MEDICAL CONSENT FORM

Dear Parent/Guardian

Your son/daughter is below the legal age of consent (18 years of age). The law requires that we have your permission to give medical service should the need arise. Your signature on the consent form will authorize us to proceed with the care of the lesser types of medical problems that may occur. In the event of any major health problems, we will notify you as promptly as possible and follow your instructions. If we are unable to contact you or your alternative listed below, your child will be taken to the nearest emergency room facility.

Name of Student: \_\_\_\_\_ Age: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

**IN CASE OF AN EMERGENCY,  
PERSONS TO CONTACT IF PARENTS OR GUARDIAN CAN NOT BE REACHED.**

|                     |                   |
|---------------------|-------------------|
| Name: _____         | Home Phone: _____ |
| Relationship: _____ | Cell Phone: _____ |
| Name: _____         | Home Phone: _____ |
| Relationship: _____ | Cell Phone: _____ |
| Name: _____         | Home Phone: _____ |
| Relationship: _____ | Cell Phone: _____ |

Does your child have any severe medical problems that we should know about? (For example: asthma, allergies to drugs, heart trouble, epilepsy, diabetes, physical disability etc.?) Please specify.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Should there be any limits on his/her physical activity? If so, what are they?

\_\_\_\_\_  
\_\_\_\_\_

Has your child had any serious illness in the last three years? If yes, please explain:

\_\_\_\_\_  
\_\_\_\_\_

**Continue on back**



At the present time, is your child under a doctor's care? If yes, for what?

---

---

Is your child taking any medications or behavioral drugs at this time?

If yes, please explain:

---

---

Can we contact your doctor for medical reports? Yes No

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_ Hospital: \_\_\_\_\_

When was the last time your child had a complete physical examination?

Date: \_\_\_\_\_ Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

**Medical Insurance Information**

|                                |       |
|--------------------------------|-------|
| Name of the Insurance Company: | _____ |
| Phone Number:                  | _____ |
| Patient Record Number:         | _____ |
| Policy Number:                 | _____ |
| Billing Info:                  | _____ |

Please list any other information of importance.

---

---

---

---

---

---

I do hereby authorize the performance of medical examinations and necessary treatments (including test, x-rays, drugs, etc.) as may be deemed advisable or necessary by the physician in attendance. This consent shall be in effect for the period of time that my son or daughter participates in Associated Students Incorporated sponsored activities. If an emergency arises requiring a major surgical procedure, the camp director will attempt to reach me and to be guided by my wishes: but if I cannot be reached, I authorize the attending physician to act as medical judgment may dictate.

Parent's/ Guardian's Signature: \_\_\_\_\_

Parents Email: \_\_\_\_\_

Date of Consent: \_\_\_\_\_



# CAPITAL CREW Boosters Club

Welcome to Capital Crew! We are gearing up for the 2023-2024 season and are very excited about what this year has in store. Our phenomenal coaching staff and world-class rowing venue add up to a very competitive junior rowing program—one that is increasingly recognized by top colleges across the United States.

A portion of your fees go to support the Capital Crew Boosters Club which funds several important aspects of our program; including purchasing boats and other necessary equipment, athlete food at both home and away regattas, and individual awards at the end of year banquet. As new boats are added to the fleet, existing varsity boats move down the line, making ALL athletes in the program faster out on the water. If your athlete is going out in a boat, using an oar, hearing a coxswain through a cox box, or working to improve their stroke on the ergs and RP3s in the erg loft, they are benefiting from Booster dues money. The success of our Capital Crew athletes depends upon our ability to keep equipment up-to-date.

**Our Mission:** The Capital Crew Boosters Club supports our athletes and coaches, promoting excellence in a competitive rowing program that emphasizes the values of teamwork, sportsmanship, and respect in a way that extends beyond the boundaries of our club.

Athlete Name: \_\_\_\_\_

Squad: New Athlete                      Returning Athlete                      Girls Team                      Boys Team

School: \_\_\_\_\_ Year in School: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

## **Parent(s)'s Information:**

Parent Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Please sign me up for the Booster newsletter     I am the designated Booster member for this athlete

Parent Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Please sign me up for the Booster newsletter     I am the designated Booster member for this athlete

## **Carpool**

I would like to participate in a carpool **from** \_\_\_\_\_ school

(check all that apply)    Parent driver     Student driver     Student passenger

I would like to participate in a carpool **to** our neighborhood: \_\_\_\_\_

(check all that apply)    Parent driver     Student driver     Student passenger

Please share my name, email and phone number \_\_\_\_\_ with other families that want to carpool

## **Volunteer**

The success of our program depends on your help at Regattas and other Capital Crew events. This is what sets us apart from other programs! We require 5 parent volunteer hours each semester per Athlete. You will see opportunities to sign-up over email and on our TeamApp prior to any events.

I will commit to volunteer 5 hours each semester.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_