



DATE RECEIVED

DATE ACCEPTED

Athlete Details

- **Personal Details**

Name.....

DOB:.....

Male/Female

Age now.....

Home address:

Address (University/College)

.....

.....

.....

.....

.....

.....

Post code

Post code

Phone No. *Home*:

Mobile:

Email Address:..... @

- **Anthropometric details**

Height:.....metres

Armspan:.....metres
(Fingertip to fingertip - arms stretched out)

Weight:.....kg

- **Education**

What school/college do you attend?:.....

What are you studying (GCSEs/A levels etc)?

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- **Swimming ability**

Can you swim: Yes/No

Have you ever done a Capsize Drill: Yes/No

All junior athletes are required to produce a consent form from a parent / guardian indicating their permission to allow the athlete to stay at the Club, and also a signed confirmation that the athlete has done a capsized drill and swim test.

- **Medical conditions** (*please list relevant history*)

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- **Special dietary requirements**

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Emergency Contact 1

Name Parent/Guardian

.....

Address:

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.....
.....

Telephone.....

Mobile.....

Email.....

Emergency Contact 1

Name Parent/Guardian

.....

Address:

.....
.....
.....

Telephone.....

Mobile.....

Email.....

In what sports have you participated, and to what level of achievement?:

Have you previously attended a rowing school or rowing club?

(Please name the school or club)

Have you ever competed in rowing for a school or club *(on land or water)*?

Have you ever been on a Concept II indoor rowing machine?

If so, what times have you achieved doing any of the following?:

5000m:.....mins.....sec

2000m:.....mins.....sec

1000m:.....mins.....sec

500m:.....mins.....sec

250m:.....mins.....sec

Any other distances or timed pieces?

Please e-mail this form to rowing@leander.co.uk marked for the attention of:
James Loveday, Freshers' Coach, Leander Club