

FSRA Lightweight Acknowledgement and Consent Form

This form must be completed by the parent or guardian of the potential lightweight athlete. This form must be completed and submitted between October 1st and March 1st to row as a lightweight for the upcoming April FSRA Championship regatta(s). Email completed forms to fsra.release@gmail.com no later than March 1st.

FEMALE athletes: As the parent or guardian of this female athlete, I accept the risks to allow her to compete in lightweight events and certify she is safely able to attain and compete at a weight of **no more than 130 pounds** in April of this school year.

MALE Athletes: As the parent or guardian of this male athlete, I accept the risks to allow him to compete in lightweight events and certify he is safely able to attain and compete at a weight of **no more than 150 pounds** in April of this school year.

Athlete's Rowing Team: _____

Athlete's Name: _____

Athlete's Date of Birth: _____ Athlete's Gender: Female Male

Parent or Guardian Signature: _____ Date: _____

Parent or Guardian printed name: _____