

Rowers Name: \_\_\_\_\_

**PLEASE STAPLE AND ATTACH THIS SHEET TO THE FRONT OF ALL REQUIRED FORMS**

This section is to be completed by JRHS personnel only. Thank you.

VHSL Physical Form	
HCA Athletic Information	
Crew Code of Conduct Form	
Medical Release & Emergency Notification Form	
Parent/Athlete Concussion Information Sheet	
JRHS Athletic Handbook - last 2 pages	
Swim Test Form - NEW ROWERS ONLY	

Received by: \_\_\_\_\_

Notes: \_\_\_\_\_  
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