

## WWRA WEIGHT CERTIFICATE

Student \_\_\_\_\_ School \_\_\_\_\_

Birth Date \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

### PHYSICIAN'S RECOMMENDATION

I recommend that the student designated above **should** (Y) or **should not** (N) be allowed to row in a light weight classification of 130lbs (GIRLS) 150lbs (BOYS) in the Regatta(s) below

Y / N April 22-24 Saratoga Invitation

Y / N May 14-15: 12th Annual Lowell Invitational, Lowell

Y / N May 21-22: Northeast Youth Championships, Worcester

Y / N June 10-12: USRowing Youth National Championship, West Windsor, NJ

### REQUIRED

Date Examined \_\_\_\_\_ Signature of Physician \_\_\_\_\_

Signature of Parent \_\_\_\_\_

Signature of rower \_\_\_\_\_

### (NOT REQUIRED)

The Medically accepted techniques of Bioelectrical Impedance and Skin Fold Calibrations are two reliable and convenient methods of determining a rower's safe and minimal weight classification.

### METHOD USED

Bioelectrical Impedance RESULT \_\_\_\_\_ Skin Fold Calibration \_\_\_\_\_

**NOTE TO PARENTS, ROWERS AND COACHES:**

Rowers that would like participate in the lightweight category must be self-selected and if weighed in more than 5 pounds over the weight class IN THE BEGINNING OF THE SEASON must:

Submit the Minimum Weight Control Certificate form properly signed by both the physician and the student's parents before he/she engages in any Lightweight Race.

NO STUDENT MAY RACE IN A WEIGHT CLASSIFICATION LESS THAN THEIR MINIMUM ALLOWED RECOMMENDED BY THE EXAMINING PHYSICIAN.

This form must be kept on file with WWRA's Program Director and be available on demand.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Program Director

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Head Coach

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Parent

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Rower