



OLYMPIC ROWER & MEDALIST  
**SUE CHAPMAN POPA** DIRECTOR  
 PERSONAL TRAINER • ROWING COACH

PO Box 592 Malvern VIC 3144  
 MOBILE 0415 803 032  
 FAX +61 3 9806 4220  
 info@rowingschoolvic.com.au  
 www.rowingschoolvic.com.au



If you want to row, then  
 Rowing School Victoria  
 is the place to go!



## SUNDAY BEGINNERS ROWING PROGRAM BOOKING & INFORMATION FORM

### Sunday Beginners Rowing Program Pack

This pack includes an explanation of the 3 step Rowing School Victoria process, the fee structure, a registration form, a legal waiver, "what to bring" and location of the rowing club and instructor profile.

PLEASE NOTE THAT ALL THE FEES INCLUDE USAGE OF THE CLUB FACILITY, ALL ROWING EQUIPMENT AND TUITION.

**STEP ONE** Come down to the boat shed and take part in the limited number (max of 4), no obligation introduction session. This introductory lesson is suitable for absolute beginners.

THE COST OF THIS INITIAL SESSION IS ONLY \$30.00 PER PERSON  
 PLEASE NOTE: THIS SESSION IS 75-90 MINUTES LONG.

If you join the Sunday Beginners Rowing Program and you are not an absolute beginner ie. you've rowed/sculled more than 5 times, you'll go straight to the "beginner's squad". Beginners squad rates apply immediately.

INTRODUCTION SESSIONS ARE USUALLY HELD ON SUNDAYS.

Ring Sue Chapman-Popa on **0415 803 032** to find out what time the session is on.

**STEP TWO** Following the no obligation introduction program, you can join the beginners squad on either a casual basis or purchase a **MULTI SESSION CARD**. This can be shared between family and friends – fantastic!

**STEP THREE** Once your basic rowing skills have been established, we will discuss the different options available to you depending on what you want to do, either recreationally or competitively. I will endeavor to create as many options for you as possible depending on your availability and commitment level.

### Session Duration and Rates

**ALL SESSIONS ARE 75-90 MINUTES LONG.**

The following rates apply as of January 1<sup>st</sup> 2012:

- **No obligation introduction session \$30.00**
- **Beginners casual rate per session \$40.00**
- **Beginners multi-session pack – 10 sessions \$360.00**  
 (Pay for 9 sessions – and receive the 10<sup>th</sup> session free!)

### Conditions

Please make sure you understand the conditions of signing up for a Casual or a Multi-Session card.

1. No refunds for unused sessions of a multi-session pack.  
 The multi-session pack is valid for 6 months from the date of the first session taken.
2. All Casual Sessions are to be paid for in advance and Multi-Session Cards to be paid in full, up-front.
3. Rowing School Victoria payment methods are Cash, Cheque, Bank Deposit and PayPal.
4. Rowing School Victoria does have a 24 hour cancellation policy. If you have a confirmed booking of a rowing session and are a "no show" to the scheduled session or cancel within 24 hours of your scheduled appointment time, you will be charged a full session cancellation fee.
5. **All sessions need to be paid in advance. A \$5.00 "Chase Fee"** per session applies for all outstanding payments.

### \* FANTASTIC POWER HOUSE ROWING CLUB PROMOTION

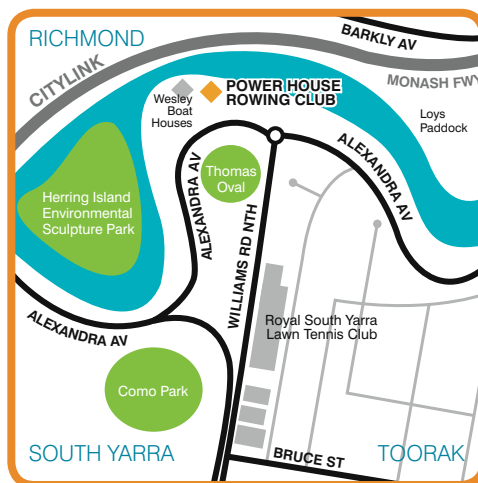
If upon "graduation" from the Rowing School you choose join the Club, Power House Rowing Club will offer you a **50% DISCOUNT** on your **FIRST YEAR MEMBERSHIP FEES!**

## What to bring along to your Rowing Sessions

- Rowing Zootie, bike pants or old shorts (nothing loose like basketball pants)
- Water Bottle
- Sunglasses
- Towel
- Jumper or wet weather top (nothing too good, it may get grease on it)
- Hat
- Thongs
- Full change of clothes
- Sunscreen
- Socks & Runners

## Location

Sessions are conducted out of the *Power House Rowing Club*, Alexandra Avenue, Toorak. It is located near the South Yarra Tennis Club at the bottom of Williams Road near Como Park. **MELWAYS REF 58 G1 or REF 2M D1**



To contact Rowing School Victoria just call Sue on **0415 803 032** or email [info@rowingschoolvic.com.au](mailto:info@rowingschoolvic.com.au)



## Olympic Rower & Medalist SUE CHAPMAN-POPA

**BORN** Flint, Michigan USA

### ROWING HISTORY

#### ROWING CLUB

Melbourne University Boat Club, since 1981

#### Represented

VICTORIA – 7 times, GOLD x 7,

#### Represented

AUSTRALIA – 4 times, Senior B Olympic Games – BRONZE MEDAL, World Championships, Commonwealth Games GOLD and SILVER MEDALS

#### National Titles in Rowing 19

#### National Titles in

#### Surf Lifesaving Boat Rowing 1

(Point Lonsdale Surf Lifesaving Club)

### COACHING EXPERIENCE

- Rowing Victoria Hall of Fame Inductee
- Olympic & Commonwealth Games Medalist
- Victorian State Selector
- Head Rowing Coach Melbourne University, Intersarsity Women's Team
- Head Coach Melbourne Girls Grammar School & Lauriston Girls' School
- Nationally Accredited Rowing Coach
- Fitness Instructor & Personal Trainer, fully insured
- Level II First Aid & Working With Children & Police Checked





## SUNDAY BEGINNERS ROWING PROGRAM BOOKING FORM

ALL SESSIONS NEED TO BE PAID FOR IN ADVANCE TO CONFIRM BOOKING

Name of Participant \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

Ambulance Subscription YES  NO

Illnesses, medication etc. that I need to be aware of (e.g. asthma):

\_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone Number \_\_\_\_\_

Relationship to Participant \_\_\_\_\_

### Payment for Sunday Beginners Rowing Program

#### NO OBLIGATION INTRODUCTION

\$30.00 PER PERSON PER SESSION: \$30.00 X \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

#### CASUAL SESSION

\$40.00 PER PERSON PER SESSION: \$40.00 X \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

#### MULTI SESSION PACK

\$360.00 FOR 10 SESSIONS: \$360.00 X \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

(Pay for 9 sessions – and get the 10<sup>th</sup> free!)

If sharing, name of person sharing with \_\_\_\_\_

**TOTAL AMOUNT OWING \$ \_\_\_\_\_**

### Payment Options

Deposits and full payments can be made by the following three payment options:

**CASH** to Sue Chapman-Popa (prior to day of program)

**CHEQUE** Payable to S.C. POPA

**PAYPAL** suechapmanpopa@yahoo.com

**DIRECT BANK DEPOSIT** details are as follows:

Account Name: S C Popa

Bank: Commonwealth Bank

Branch: Malvern

BSB: 063 143

Account Number: 1014 2313

I enclose my bank receipt for payment made on:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ for \$ \_\_\_\_\_ total.

The reference must include your name. If you are unable to supply a printout of the payment receipt with reference as requested above, you must email Rowing School Victoria at [info@rowingschoolvic.com.au](mailto:info@rowingschoolvic.com.au) or call Sue on 0415 803 032 and advise that payment has been made. If you cannot provide proof then it may be deemed unpaid.





#### ROWING SCHOOL VICTORIA PROGRAMS

- Sunday Beginners Rowing Program
- School Holiday Rowing Programs  
*Discover Rowing Beginners Program*  
*Sculling Program*
- Corporate Rowing Programs
- School Group Rowing Programs  
– Terms 2 and 3
- Weekly Group Rowing Programs  
– Monday to Friday
- Disability Rowing Programs
- Individual Sessions
- Crew Coaching
- Video Assessment

#### PERSONAL TRAINING

- One-on-one or groups available
- General fitness, weight loss, strength and endurance

#### REGATTAS

- Hosting, event management and tours

## WAIVER, INFORMED CONSENT, AND COVENANT NOT TO SUE

### Sue Chapman Popa/Rowing School Victoria Waiver, Release and Assumption of Risk

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

I, \_\_\_\_\_, have volunteered to participate in a program of physical exercise under the direction of Sue Chapman-Popa/Rowing School Victoria, which will include, but may not be limited to, rowing (sweep and sculling), ergometers, sessions in the rowing tank, general exercise, all weight and/or resistance training. In consideration of Sue Chapman-Popa/Rowing School Victoria agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless Sue Chapman-Popa/Rowing School Victoria, and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT AND (3) OUR NEGLIGENT INSTRUCTION OR SUPERVISION.

#### Assumption of Risk

I, \_\_\_\_\_, recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and – in rare instances – death.

I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life.

I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program. If I, \_\_\_\_\_, have chosen not to obtain a physician's permission prior to beginning this exercise program with Sue Chapman-Popa /Rowing School Victoria, I hereby agree that I am doing so at my own risk.

**I can swim at least 100 metres.** (please tick)

**I have had a tetanus shot in the last 10 years.** (please tick)

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST SUE CHAPMAN-POPA/ ROWING SCHOOL VICTORIA FOR YOUR NEGLIGENCE OR THAT OF YOUR EMPLOYEES, AGENTS, OR CONTRACTORS.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

(guardian/parent to sign if participant's under 18 years)

Please print name \_\_\_\_\_ (guardians and parents only),

on behalf of \_\_\_\_\_