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Rowing Athlete Program (RAP) Application Package

Prepared By
Chicago Training Center (CTC)



RAP Pre-Apprentice Application Spring 2008 Erg Training

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RAP Pre-Apprentice Application Spring 2008 Erg Training

1. Introduction

This application is for admission to Chicago Training Center's (CTC's) Rowing Athlete Program (RAP) Spring Ergometer (Erg) program.

Please complete this document and return the fully completed application to the CTC-RAP Program Lead ⁱ by – **January 16th, 2008**

This application packet also contains information on the upcoming Chicago Indoor Rowing Competition (CIRC) to be held at Horner Park in Chicago. CIRC is CTC's first event for returning athletes; new athletes are required to attend the event for free to learn more about rowing and the use of ergometers (ergs) for indoor rowing training and competition. The Spring 2008 Session of CTC-RAP will begin with training on ergs, indoors.

If you have any questions, comments, or concerns please direct them to the CTC Executive Director, Montana Butsch or Coach Vanessa Diaz by email at:

MONTANA.BUTSCH@CHICAGOTRAININGCENTER.ORG 312-342-5241

VANESSA.DIAZ@CHICAGOTRAININGCENTER.ORG 773-895-5383

Thank you.

We look forward to seeing you in the program.



2. General Requirements

Your acceptance into the CTC-RAP program will be based on the following criteria:

- A. Applicant must be able to hold 25lbs. overhead for 30 seconds.
- B. Applicant must be able to swim while clothed for 5 minutes in a pool with the depth of water over their height.
- C. Applicant must be able to swim 100 meters un-aided.¹
- D. Applicant must abide by Chicago Public School (CPS) policy on personal guidelines and behavior.
- E. Applicant must be enrolled in good standing in high school.
- F. Only forms that are completely filled out and legible will be considered.
(Attached typed essays will be accepted)
- G. Application packages must be read, understood and signed to be considered.
- H. Please feel free to attach any documents or material that you feel would further demonstrate the value of your participation in the program.

¹ 2008 Swim Test to be located at Currie HS – 4959 S. Archer Ave – 1/20/2008 3-5pm



3. Personal Information

Name _____

Address _____

Birth date _____

School _____

E-mail _____

Parent/Guardian _____

Phone Number (cell) _____

Phone Number (home) _____

How did you hear of CTC? _____



4. Weekly Schedule

Please describe your weekly jobs, commitments, and activities as accurately as possible.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

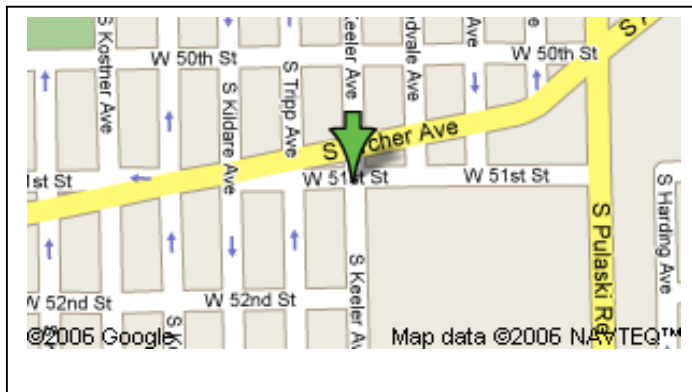
Attendance in RAP involves attending all sessions from Tuesday through Saturday



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7. CTC-RAP Spring 2007 Program Location and Times

Our 16 Week CTC-RAP Spring Erg Training program for 2007 will be located at the New Life Center of Chicago.



Training Times are 5-7pm Tuesday – Friday and 9-11am Saturday.

Tuesday	Ergometer / Cross Training (Bring workout clothes)
Wednesday	Tutoring (Bring all homework that needs completion)
Thursday	Ergometer / Cross Training (Bring workout clothes)
Friday	Tutoring (Bring all homework that needs completion)
Saturday	Ergometer / Cross Training (Bring workout clothes)

New Life Center of Chicago
5101 South Keeler
Chicago, IL

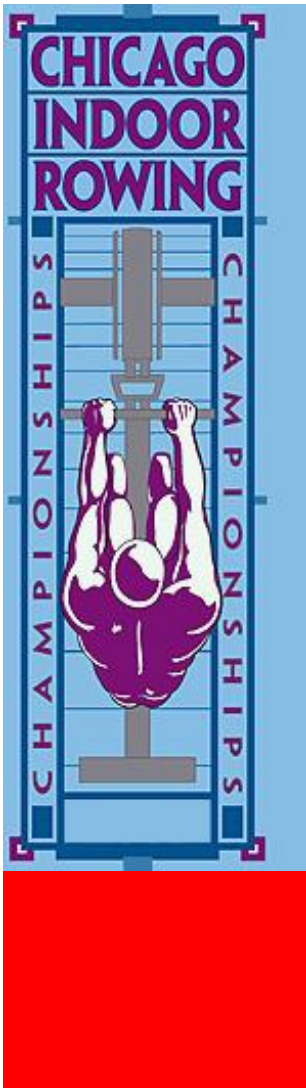
CTA:
Pulaski Orange Line Stop
53A or 62 Bus Station



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8. Chicago Indoor Rowing Competition (CIRC)

Please join us with your family and friends at the Chicago Indoor Rowing Competition (CIRC) in Horner Park. There is no cost to watching this event.



What is Indoor Rowing?

Rowing teams, as part of their training and conditioning regimen, have traditionally used the Indoor Rower or 'erg,' as it is known to the rowing community. The erg is a great piece of equipment for a total body and cardiovascular workout, and rowers use the Indoor Rower to train when they cannot access the water. CTC will be using the erg to teach participants how to row and to get them in shape for the outdoor rowing season.

The increased use of the Indoor Rower has led to competitive events around the country, the most famous of which is the annual CRASH-B (Charles River All-Star Has-Beens). This event attracts over 2000 competitors from around the world every February in Boston. On Saturday, February 16, 2008 at 8:00 a.m., Chicago will be hosting its own indoor rowing competition in Homer Park. You and your family are more than welcome to attend.

**Horner Park
2741 W. Montrose
Chicago, Illinois 60618**

Date of event: Saturday February 16, 2008, 8:00 AM.





9. Applicant Signature

By signing, I, the applicant, attest to the validity of the information provided in this document. I have read and understand the instructions, assumptions, advice and disclaimers and ask to be considered for membership in the CTC-RAP Spring 2008 program.

Signed:

Date:



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ⁱ New Life Center
5101 S. Keeler
Chicago IL 60632

Phoenix Military Academy (Att: Cheryl Sirabian)
145 S. Campbell Ave
Chicago IL 60612

Chicago Training Center
P.O Box 7076
Chicago IL 60680