



## Admission for September 2018 – Rowing Academy Application Form

### Section A: Personal Information

First Name:..... Surname:..... Date of Birth:.....

Address:.....

Gender: Male / Female Current School:.....

UPN Number:.....

Parent / Guardian Name:..... Contact Number.....(Mobile)

Parent / Guardian Contact Email Address:.....

Contact Number.....(Home) Contact Number.....(Work)

### Section B: Physiological Information

Height.....(centimetres) Arm span.....(centimetres) Weight.....(kg)

Grey box below should be left blank. This information will be gathered on physical testing day.

Max. leg press:.....

Max. bench pull:.....

Multi stage fitness test (bleep test):.....

15minute ergometer coaching progress / coachability:.....

30minute on water rowing coaching progress / coachability:.....

\*Please note, some tests will not be conducted on the day of consultation.

**Section C: Sporting Experience Profile**

Sports currently participated in	For how long (years)?	Frequency (number of training sessions / week) during season?	Level participating at (Local / Regional / National / International)?

**Section D: Additional Information**

Please use the space below to provide any additional / relevant information to your application

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On receipt of application, students and their parents will be contacted by the Academy to arrange physical testing dates and times. Please send applications to [nrobinson@mca.mossbourne.org](mailto:nrobinson@mca.mossbourne.org)