

USRowing Membership and Waiver Information

1. Go to <http://www.usrowing.org/individual-membership/> and click on [Create a basic account](#). Fill out the form. W
2. When asking for “Club or Team” type in Valley Regional High School.
 - a. You’ll be asked for a “Club Code”, type in CCDHR.
 - b. Click on Search again at the bottom of the page.
3. This will take you to Membership Levels. Most of you will select Basic Membership-Free (ADMIN Fee - \$9.75).
 - a. Click “Submit”. This will take you to the “Member Editor”. Fill out and then “Submit”
4. This takes you to “Membership Profile” where you need to “Join Organization” and sign a waiver.