PSRA 2017 Lightweight Health Certificate

This form must be completed by a certified athletic trainer or health professional. All potential lightweight rowers will need to be **certified between Sept. 1, 2016 and March 15, 2017** in order to row as a lightweight in 2017 PSRA regattas. FEMALE athletes must be able to attain and compete safely at a weight of no more than 130 lbs. MALE athletes must able to attain and compete safely at a weight of no more than 150 lbs. (For larger rosters please duplicate this document)

Team/School: _____

Head Coach's Name: _____

I certify that the following student athletes are certified to safely compete as lightweights at the weights stated above.

Student Name	Weight	Birthdate	Gender (M/F)

Name of Professional:_____

Signature: _____ Date of Weigh-In:_____

Licensing Board: _____

Phone: _____ Email:_____