



# SKIFF SAILING – INTRODUCTION COURSE

## **APPLICATION FORM**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Mob: \_\_\_\_\_

### **Sailing Resume**

Sailing Club: \_\_\_\_\_ Financial Season 2018/19: Yes/No

Year(s)	Boat Type	Crew Role	Comment (races)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### **Fitness & Health**

Fitness/Strength:  **Low** - No/little regular exercise & can complete 5 or less push ups in a row.

**Medium** – 2-3 aerobic exercise p/w & can complete 15 push ups in a row.

**High** - >3 aerobic exercise p/w & can complete 25 or more push ups in a row.

Swimming Ability:  <25m     25 – 200m     >200m

Weight:  KG    Height:  CM

Medical Conditions: \_\_\_\_\_

Why are you interested in being selected for this course:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SIGNATURE: \_\_\_\_\_

SEND Completed form to: [info@middleharbourskiffs.com.au](mailto:info@middleharbourskiffs.com.au)