

## PSRA 2025 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, 2024 and March24, 2025** in order to row as a lightweight in 2024 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: \_\_\_\_\_