PSRA 2026 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, 2025 and April 1, 2026** in order to row as a lightweight in 2026 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:_____