

Forest Hills Eastern Crew

MIND. BODY. SPIRIT. SOUL.



Is Crew for You?

Reasons to join Crew:

- Meet New People
- Competitive atmosphere
- Travel
- Great Workout
- Collegiate Opportunities

Practice Schedule:

- M, Tu, Th, F: 4:30pm-6:30pm
- W: Men at 3:30pm, Women at 4:30pm

Fall, Winter and Spring rowing is open to all High School students. *Winter training is in progress and continues into the Spring season.*

MIDDLE SCHOOL CREW (6th-8th grade):

- Summer Camp (dates TBD)
- Fall Season (date TBD)
- Winter Training (ongoing 'til March 11)

**Contact Head Coach Norrix For
More Information**

Email: Norrixb@mail.gvsu.edu

Phone: 734-497-3943

 **ROW
HAWKS!**



2019 Spring Team Photo



2019 Fall Team Photo

NO EXPERIENCE NECESSARY