



Welcome to the 2021 FHE Fall Rowing Season

Official Practice Times for High School: 4pm to 6pm (Monday through Thursday)
3:30pm to 4:30pm (Friday) Women
4:30pm to 5:30pm (Friday) Men

Official Practice Times for Middle School: 6pm to 8pm (Monday through Thursday)
All practices are at the FHPS Boathouse located in McGraw Park. 8400 Grand River Dr in Ada.

Fall Program Fees: \$350 for High School athletes (\$300 early bird special), \$200 for Middle School athletes (\$150 early bird special). Please return payments to Coach Ben Norrix or Ruth Brinks (750 Purple Creek Ct. SE. Ada, MI, 49301) no later than September 24, 2021. If all forms and payment are turned in before September 3, 2021, you will qualify for the \$50 discount.

Checks can be made payable to **FHE Crew Boosters**.

**Your dues for the fall season will cover a t-shirt, coach fees, regatta entry fees and other various expenses that may arise during the season such as boat repairs. Questions? Please contact coach Ben Norrix at norrixb@mail.gvsu.edu or 734-497-3943.*

** All forms must be submitted before your athlete can begin practicing.*

Our fall season is focused on conditioning, technique and team bonding. We are a growing club and are actively recruiting new rowers so please bring your friends. This fall, we plan to participate in several regattas and events. These events are aimed at providing athletes new and returning with experience and fun. We are a club sport in the fall season and operate solely off of dues payments, donations and parent volunteers. We welcome your participation and feedback! Please do not hesitate to contact Coach Ben or any board member with questions, suggestions or concerns. Please also consider how you may fit into our group and support this team of student athletes. This sport is unique in many ways: being on the water, the team aspect and travel. Thank you in advance for your parental support and assistance! We appreciate you!

Regattas are super fun for our rowers: depending on the location we set up tents to shelter our athletes, serve food during the day and parents play a key role in the coordination. We typically send out a Sign-up Genius request food donations, and are asking everyone in our club to assist with two regattas this fall. We will contact you to help with tent set up, take down, or food service, etc... The rowing team is also required to provide volunteers to work the concession stands for football games every once in a while. Please be on the lookout for future emails asking for volunteers here as well.

We have Facebook and Instagram pages. Our Facebook page can be found at <https://www.facebook.com/groups/2184891768429451> or by simply searching FHE Rowing into the search bar. Our Instagram handle is [@FHE_rowing](https://www.instagram.com/FHE_rowing).