



## Welcome to FHE Crew!

### What is a Regatta?

- Regattas are what the boat races are called. We have some regattas that are local and some that we travel to.
- Parents are strongly encouraged to stay for the day and to volunteer for duties.
- Regatta days are LONG! In addition to the endurance athletes need to compete, they also are responsible for loading and unloading all of the rowing gear, including the boats.
- Every regatta watching area is different. You can locate the athletes tent at the regatta by looking for the Hawks logo and flags. This team tent is your rowers “home base” for the day and is reserved for athletes. Rowers need to stay with their team - either at the tent, getting ready to race, debriefing after races or along the shore cheering on their teammates. They won't be able to sit with you and your family.
- Many team families will try to gather in one sitting place to watch races so look around for people and Hawk gear you recognize.
- After your rower finishes an event they return their boats to the staging area and will discuss the race with their coach. After that you should have an opportunity to congratulate your rower.
- The food tent area is for rowers only. Please bring your own food and drink to the event.
- Please provide only encouraging and congratulatory comments to your rower and teammates. They will be very busy throughout the event!

### What should your rower bring to a regatta?

- There are racks provided for rowers to hang their bags on to keep them off the ground.
  - Tape for blisters
  - Extra socks (2 pair)
  - Sunglasses
  - Sunscreen
  - Change of clothes
  - Towel
  - Hat
  - Blanket
  - Water Bottle(s)
  - Sweatshirt
  - Bug spray
  - Protein bars/Healthy snacks
- Some other items to consider - a book, homework, phone charging bank, deck of cards
- Appropriate weather gear - rain jacket, umbrella, gloves, etc.
- Parent volunteers provide food for the athletes during the event but it is always a good idea to include quick and healthy snacks along with plenty of fluids - water or drinks with electrolytes are best. Please no energy/highly caffeinated drinks (Monster, etc.).
- Rowers' names should be on their items as things will get misplaced.

## What should parents bring to a regatta?

- You cannot trust the weather!! Dress in layers because cold mornings can lead to sweltering afternoons.
- Water/Coffee/Drink in a reusable bottle
- Snacks/Meals - pack a cooler if need be. Many regattas do not have food vendors or restaurants nearby. It will be a long day, plan accordingly.
- Binoculars
- Chairs
- Phone/Camera, portable charger
- Blankets
- Sunscreen
- Bug Spray
- Windbreaker type jacket (it can get windy near the shoreline)
- Hand sanitizer/wipes
- Printout of heat schedule (usually emailed out by the coach prior to the event, often available on-line)
- Appropriate weather gear - umbrellas, rain jackets, rain boots (some areas can be very muddy)
- Items to keep you occupied during down time - books, knitting, etc. Also activities to entertain younger family members if applicable.

After races are done for the day, your rower will be responsible for packing up all of the team gear (tents, tables, tool boxes, etc.), de-rigging and loading the boats and all other gear onto the team trailer. This process can take 1-2 hours so please don't make plans for your rower on regatta days based on the end time of their races.

The day before races be sure your rower gets plenty of sleep and eats a healthy dinner that will fuel them for the next day. There is a lot of prep work prior to the start time of races so be sure your rower shows up at the time dictated by the coach.

The coaching staff will be very busy throughout the day - setting up and tearing down the equipment as well as directing athletes and giving instruction. If you need to speak to the coach, but it is not relevant to that day's events, please hold off and engage him at a practice or by email/text.

**Parent Volunteers are essential to a successful rowing team!** We ask that each parent participate as a volunteer at least 2 times per season. Some of the areas volunteers are needed include:

- Food planning and preparing for regatta
- On-site help for all events - set up, tear down and food prep/serving
- Travel coordinator for out of town events
- Volunteer organizer - Sign Up Genius manager
- Fundraiser Organizer
- Quartermaster for Chuck Wagon Trailer
- Uniforms/Apparel Organizer
- For FHE hosted events we will require additional help for parking, race officiants, etc. Specific needs will be determined by the coach and communicated out to parents.

## **Fall vs. Spring Rowing Seasons:**

- During the fall, rowing is a PTO/Booster club sport. It is supported only by the dues paid by rowers.
- During the spring, rowing is a school-sponsored sport. It is supported by club dues paid by rowers and supplemented by pay-to-play funds paid to FHPS.
- Summer camps are offered and sponsored by the school. Dues paid for summer camps are available to the coach for the purchase of rowing equipment.

## **Importance of Dues, Donations and Fundraising:**

- Crew is much different from most other school sports mainly due to the equipment required and transportation needs for that equipment.
- Our boats, oars, launches, trailers and other equipment carry a heavy price tag! To purchase this gear we rely solely on funding from dues and donations. All required gear is purchased by the Crew Boosters Club and donated to FHPS.
- Each regatta has entry fees for the team and per boat and/or rower.
- In addition to equipment, funds go to pay for transportation, non-local travel expenses, coaches salaries, regatta entry fees and food provided for athletes.
- FHE Crew team usually does one annual fundraiser in the spring to bring in funds to be used for equipment purchases and the other items listed above.
- Fundraising ideas and volunteers are needed!
- We would also love to hear from you if you have ideas for corporate sponsors.

## FHE Hawks Crew Team & contact info:

Coach - Ben Norrix - [norrixb@mail.gvsu.edu](mailto:norrixb@mail.gvsu.edu) or (734) 497-3943

### 2022-2023 Crew Board and Committee Members:

- President - Stacey Ruter (Larsen's mom)
  - [staceyreedruter@gmail.com](mailto:staceyreedruter@gmail.com)
  - (616) 690-7333
- Vice President - Sara Soho (Heath's mom)
  - [sohostuff@yahoo.com](mailto:sohostuff@yahoo.com)
  - (616) 264-9069
- Treasurer - Ruth Brinks (Sadie's mom)
  - [rjbrinks28@gmail.com](mailto:rjbrinks28@gmail.com)
  - (616) 723-7366
- + Secretary - Samhita Rhodes (Adam's mom)
  - [samhitarhodes@hotmail.com](mailto:samhitarhodes@hotmail.com)
  - (616) 350-9487
- Colleen Cox (Noah's mom) - Food Coordinator [Colleen.cox@cornerstone.edu](mailto:Colleen.cox@cornerstone.edu)
- Mike Cox (Noah's dad) - Equipment manager [Michael.cox@fozzil.net](mailto:Michael.cox@fozzil.net)
- At-Large - Keri Siemens (Ty's mom) - [kerijoys@gmail.com](mailto:kerijoys@gmail.com)
- At-Large - Rose Kleff (Leo's mom) - [Rosekleff@gmail.com](mailto:Rosekleff@gmail.com)
- At-Large - Andy Burkley (Zoe's dad) - [aburkley@steelcase.com](mailto:aburkley@steelcase.com)
- Elana Hostetter (Eden's mom) Fundraising & Travel coordinator- [edh4@comcast.net](mailto:edh4@comcast.net)
- Soraida Cunningham (John's mom) Assistant Treasurer- [soraidae4@yahoo.com](mailto:soraidae4@yahoo.com)

### Unfilled positions - Volunteers needed!!!

- **We need to fill the following positions for next year and would like volunteers to shadow the current board members this year - President and Vice President. Preferable to have parents of Freshman or Sophomore rowers.**
- Quartermaster for food trailer
- Volunteer coordinator

If you wish to participate in board meetings, volunteer or join the board, please reach out to a current member of the board listed above.

Check out our webpage - **[FHEROWING.ORG](http://FHEROWING.ORG)**

Our public Facebook page is **FHE CREW**

You can also request to join our private Facebook group **FHE ROWING**. We post many updates and photos on the private Facebook page so it is recommended that you join.

**ROW HAWKS!!!**