

Communication expectation/protocol when you have a concern during Fall Crew Club Season

For concerns regarding a coach, please adhere to the following protocol:

- Schedule a time to talk to Coach Ben with your child
- If you are not satisfied with the response, contact Ben Sherman FHE A.D.

If you have general rowing questions, please contact Coach Ben and schedule an appointment to meet at a mutually convenient time.

- Topics Coach Ben and/or Assistant Coaches will discuss in meetings:

- Ways your child can develop sports specific skills
- Areas of improvement for your child
- How to help your child grow academically and athletically
- Helping your child overcome challenges and/or obstacles

- Topics our coaches will not discuss in meetings:

- Sports specific schemes. ○ Other student-athletes ○ Boat line ups

General questions such as regatta info, uniforms, meals, etc., please contact Elana Hostetter

Please refrain from approaching the Coaches right before, during, or immediately after practices. Our rowers' safety is our number one priority, and we want to avoid any distractions.

Coach Ben and Assistant Coaches are always willing to schedule a mutually convenient time to discuss all concerns.

Please do not send messages through Facebook Messenger or post questions on the Facebook page. Coach Ben, Assistant Coaches, and Board Members are always happy to answer questions when contacted personally.

Coach Ben Norrix 734-497-3943

b.norrix@gmail.com

Elana Hostetter 480-433-0828

edh4@comcast.net

PRACTICE INFO AT GLANCE

High School Varsity: M-Th 4-6 @ Boathouse
Friday 3:30-4:30 (girls) @ HIGH SCHOOL
Friday 4:30-5:30 (boys) @ HIGH SCHOOL
FHE students go to FHE
FHN students go to FHN

High School Novice: M-Th 4-6 @ Boathouse

Middle School: M-Th 6-8 @ Boathouse

If practice needs to be moved due to inclement weather, Coach Ben will notify the team no later than 2 pm on FINAL FORMS (HS) and EMAIL (MS)

LOCATION: FHPS Boathouse, McGraw Park, 8400 Grand River Dr SE, Ada

PARKING: Very Limited! A quick drop off/pick up is appreciated.

BATHROOMS: There are no full-service bathrooms available, porta-potty only

WATER: PLEASE send one or two FILLED water bottles with your rower!

WHAT TO WEAR: Comfortable (but not loose) athletic wear.

IF YOUR ROWER IS SICK/UNABLE TO ATTEND PRACTICE: We ask that parents try to inform us 24 hours in advance by email: b.norrix@gmail.com or text: 734-497-3943.

REGATTA INFO AT A GLANCE

This FALL 2023 CLUB SEASON there are THREE scheduled REGATTAS.

Varsity will compete in all three (Toledo, Lansing, Home)

Novice will compete in two (Lansing, Home)

Middle School will compete in one (Home)

September 23 - Toledo, Ohio (*Varsity Only*)

September 30 - Lansing, Michigan (*Varsity and Novice*)

October 14 - Ada, Michigan (*Varsity, Novice, and Middle School*)

Detailed info about each regatta will be provided soon!

We will end the season on October 29 with an inter-squad Halloween celebration (costumes highly encouraged) (*Varsity, Novice, and Middle School*)

WHAT TO WEAR:

High School Varsity & Novice-racing tank (will be provided)

Middle School-racing t-shirt (will be provided)

ALL ROWERS: Black spandex compression shorts

Ask Coach Ben, Board Members or Varsity Rowers about the spandex shorts if you are unsure what they are or where to buy them

COMPREHENSIVE INFORMATION AND REGATTA DETAILS

WILL BE FORTHCOMING!!