



## Mission Statement:

*At Forest Hills Eastern Crew, we're a family that rows together. Our mission is to create a supportive and inclusive space where athletes develop resilience, character, and connection—with their teammates, their families, and themselves.*

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### Links to Social Media and other Team Pages:

- [Team Website](#)
- [Team Instagram Page](#)
- [Team Private Facebook Group](#)
- [Team Public Facebook Page](#)

### Registration and Fees: All steps need to be completed to be registered.

#### 1. FINALFORMS

- Due before the first practice of the fall or spring season.
  - [Follow this Link to Register](#)
  - Follow these steps to sign your rowers up for fall, spring or both.
    - [Guidelines to Create an Account](#)
  - Please contact the FHE Athletic Department with specific questions regarding this process.

**2. Pay the FHE Pay to Play Fee**

- \$140 fee paid through FinalForms to the FHE Athletic Department
  - This is for the spring season only; there is no Pay to Play fee for the fall season.

**3. Complete the Club Registration Form:**

- Due before the first practice of the fall or spring season
  - Fill out this form for the fall 2025 season
    - The spring registration form will go out in February
    - Please check your spam and promotions folders for our emails.

**4. Submit Club Dues Payment:**

- Dues are collected to pay for team regatta fees, team regatta meals, coaching salaries, boat maintenance and other seasonal operational expenses not covered by FHPS.
  - Fall Dues
    - \$350 for High School
    - \$200 for Middle School
  - Spring Dues
    - \$525
- *If the rowing dues are a barrier for your child to participate, you can find our financial support guidelines [HERE](#). Any discussions will remain confidential. We want to make sure all rowers have the opportunity to succeed and have fun. We never want cost to be an obstacle to participation.*

**5. Payment Deadlines**

- August 31st for Fall
- March 31st for Spring

**Team Uniforms:**

- Racing Unisuit - provided by the team. ***Must be returned at the end of the season in the same condition it was given out in, or pay FHE Crew \$90.***
- Long Sleeve Under-Uni Shirts - mandatory
- Visor - mandatory
- Lightweight Over-Uni Longsleeve for later spring season races - provided by the team
- Boathouse Jacket - optional

**Attendance Expectations:**

- Showing up, participating, and investing in your team each day is critical, not just to your success, but also to that of your teammates.
  - **What counts toward an excused absence:**
    - The student's physical or mental health
    - Medical appointment for the student
    - Death or serious illness of the student's family member
    - Attendance at a funeral, wedding or graduation

- Appearance at court or for other legal matters
- Observance of religious holidays of the student's own faith
- College planning visits
- Personal or family vacations

- **What are not valid reasons to miss practice:**

- Heavy course load or homework
- Family outings
- After school projects
- Last-minute practices called by music or theater directors
- Last-minute study groups or exam reviews
- Anything not listed as excusable

- **Why is practice mandatory?**

- Rowing is a team sport. If your athlete misses a practice, the other rowers in their boat may not be able to practice their lineup that day.
- Each rower made a commitment to joining the team. By keeping with that commitment, it teaches the athlete about priorities and follow through.
- The rowers also learn about effort and discipline. By consistently showing up and working toward a long term goal, they practice discipline, patience and delayed gratification - valuable life lessons for when they are older.
- Athletes can learn lessons in crew that they carry with them for the rest of their lives.

- **Communication Expectations:**

- If practice is going to be missed for an excusable reason, each rower should inform their squad coach with no less than 24 hours notice through CrewLab. A follow up email from a parent/guardian should then also be sent (**do not text**).
  - [fherowingcoaches@gmail.com](mailto:fherowingcoaches@gmail.com)

- **Friendly reminder to parents:**

- Your child chose to commit to rowing for Forest Hills Eastern. They must uphold that commitment. The coaches fully understand the time constraints that come with making that commitment, but it is important that each rower be able to accommodate rowing with their outside activities.

- **Consequences of unexcused absences:**

- 1 unexcused absence = Mulligan
- 2 unexcused absences = loss of a race
- 3 unexcused absences = loss of regatta
- 4 unexcused absences = loss of season
  - Frequent missed practices, excused or unexcused could still see your rower removed from their boat.

## **Volunteering and Fundraising:**

- **Volunteering and Fundraiser Info Coming Soon**

**Contact Information:**

- **Coaching Staff**
  - **Head Coach:** Benjamin Norrix
  - **Assistant Coach:** Simon Scheer
  - **Assistant Coach:** Michelle Hopkins
    - Coaching Staff Email Address: [fherowingcoaches@gmail.com](mailto:fherowingcoaches@gmail.com)
- **Crew Booster Board:**
  - **President:** Rebecca Andrusiak
  - **Vice President:** Lara Kitts
  - **Treasurer:** Vas Christopoulos
  - **Secretary:** Stacie Adams-Vetitoe
  - **At-Large:** Joanna Waite
    - Booster Board Email Address: [theasterncrew@gmail.com](mailto:theasterncrew@gmail.com)

**CrewLab:**

- CrewLab is an app we are trialing this year. It is a one stop shop for everything rowing and it is free to use. This app is used by many high schools and colleges to organize their rowing teams. Features included in this app are;
  - A team calendar
    - All practice schedules and events will be added
  - Workout trackers
    - Athletes will upload their workouts to CrewLab.
  - Attendance
    - Athletes can input the days they will not be at practice.
      - The coach must still be notified in writing through email by a parent or guardian.
  - Lineups:
    - Daily practice lineups will be posted on CrewLab.
  - Benchmarks:
    - The app will keep track of personal best times for every type of workout.
  - Calculators:
    - The Zone calculator gives the rowers the range of erg scores they should be aiming for based on the workout we are doing. This is calculated based on their goal 2k score.
  - Team Chat:
    - A team chat where messages about practice and changes can be sent.
- To Join our team on CrewLab, please use [This Link](#)
  - Rowers only please.
- If you are unable to download the app version of CrewLab, you can access it via computer at <https://crewlab.io/>

**Community Service Opportunities:**

- **Community Service Opportunities to be announced Soon.**

**Swim Test:**

- Once a year the team must complete a swim test to prove they can keep themselves afloat in case of a boat capsizing. The test includes the following:
  - 5 minutes of treading water
  - Ability to put a life jacket on while in the water
  - Swim two laps
- This test typically occurs in late February or early March.

**Team Policies:**

- Conduct**
  - Athletes are representatives of FHE Rowing and FHPHS. Athletes are expected to conduct themselves in a respectable manner at all times, both in school and out.
  - All rules in the FHPHS Athletic Code will be in effect.
  - Discipline for misconduct will be dealt with on an individual basis.
  - The Athletic Code of Conduct can be found within the FHPHS Student Handbook [here: FHPHS Student Handbook](#)
- Practices/Attendance**
  - Practice is **REQUIRED**. Practice will be held each day at a time and frequency determined by the FHE Head Coach.
    - Additional time commitments may be required for weekend regattas and fundraising activities.
  - Each athlete is expected to be ready to practice at the beginning of the scheduled practice time.
    - We ask that athletes try to arrive 10 to 15 minutes before their scheduled practice time.
    - They are responsible for dressing appropriately for weather and water conditions. Athletes must also provide their own water.
  - Athletes are expected to schedule other obligations around practice times and coaches must be notified in advance of any reason for an unavoidable absence.
  - If an athlete misses school, that athlete is not allowed to practice that evening. Coaches need to be notified by noon of an absence from school.
  - An athlete who has unexcused and/or frequent absences from practice risks not being allowed to row at regattas at the coach's discretion.
    - FHE 2025 Attendance Policy is as follows:
      - 1 unexcused absence = mulligan
      - 2 unexcused absence = loss of 1 race
      - 3 unexcused absences = loss of regatta
      - 4 unexcused absences = loss of remaining season
  - How to make sure your absences are excused:
    - 1) Inform either the head coach or your primary coach of your pending absence at minimum 24 hours before (emergencies excluded)
    - 2) Complete a makeup workout on your own time, before or after practice
- Boathouse & Equipment**

- The boathouse is a shared and crowded facility. Rowers must show mature behavior at all times.
- A coach must be present with any athlete in the boathouse.
- Rowing equipment is very expensive and must be handled with care and focus. Follow coach and/or coxswain directions regarding equipment at all times.
  - Boats can range from \$10,000 to \$50,000.
  - Oars range from \$1,000 to \$4,000.
  - **PLEASE TAKE CARE OF OUR EQUIPMENT**
- All rowers/coxswains are required to participate in routine cleaning of the boathouse and FHE equipment.
- Report any issues to a captain, coxswain or coach.
- **Regattas**
  - Rowers are required to attend all regattas unless previous permission has been given by the FHE Head Coach.
  - Rowers will arrive at the designated time and place and will stay with the team until the conclusion of the regatta and dismissal by the coaching staff.
  - If team transportation is provided for the regatta, rowers are highly encouraged to ride with the team.
  - Food may be provided for the team at regattas.
  - Regatta policy mandates that when racing, every person in the boat, including coxswains, dress in identical uniforms.
    - Team uniforms are to be worn appropriately and with pride at all times.
  - Even when not on the water, athletes are expected to be engaged in the regatta as supportive members of the team.
    - This includes assisting the coaches, captains, and parent volunteers in any way necessary.
  - Rowing is not a sport that tolerates any disrespect. Athletes will exhibit the highest standards of sportsmanship.
- **Over-Night Trips:**
  - All rowers are required to stay with the team at the cabins/hotel
  - Only Rowers, coaches and approved chaperones are allowed to be at the hotel and cabins.
  - All School Rules apply while on a school sanctioned trip.
- **Safety Rules:**
  - All boats must be accompanied by a coach in a safety launch.
  - If a boat swamps or capsizes, stay with the boat. It will help keep you afloat until a launch arrives.
  - When in the boat, follow the directions ONLY of the coxswain or coach.
  - Notify the coach immediately of any injury.