

## **FHN Crew Coaches**

**Head Coach**  
Greg Soleau

**Assistant Coaches**  
Kathy Comperchio  
Dave George  
Kelly Schuilling

## **FHN Crew Board Members**

**President**  
Cindie Gade

**Vice Presidents**  
Jon Cotton  
Tim Ronda  
Gary Turkawski

**Secretary**  
Ann Schoen

[www.fhncrew.org](http://www.fhncrew.org)

**Come Cheer  
Us On!**

**Go Huskies!**

**FHN Crew  
Appreciates  
Your Support**

[www.fhncrew.org](http://www.fhncrew.org)



# **FHN Crew**

**Regatta Schedule  
2006**



**Go Huskies!**



The FHN Crew Team  
welcomes you to the 2006  
rowing season.

“Just what is Crew?” you may ask. Crew is rowing. It’s a club sport with varsity status at Forest Hills Public Schools.

Basically, a bunch of athletes get into a boat and go backwards as fast as they can. That’s right. Backwards!

The rowers climb into the boat facing backwards. This is so that they can create tremendous power using just about every muscle in their bodies to pull the oars. Only one person gets into the boat facing forward, the coxswain (pronounced “cox’n”). The coxswain both steers the boat and acts as an on-water coach for the crew.

Races range from 1000 meters (usually for heats) to 1500 meters for novice finals and 2000 meters for varsity finals.

A regatta is defined as “A boat race or series of boat races.” Crew **Meets** are usually referred to as **Regattas**. We have six regattas on our schedule this season. Two of them will be held in the Grand Rapids area.

[www.fhncrew.org](http://www.fhncrew.org)

## Home Regattas

Although these regattas are not actually held “at” Forest Hills Northern, we consider them our “home” regattas.

### **Grand Rapids Invitational Regatta**

Saturday, April 22<sup>nd</sup>, 8 AM to 3 PM\*  
Riverside Park,  
Grand Rapids, MI

### **East Grand Rapids Invitational Regatta**

Saturday, May 13<sup>th</sup>, 9 AM to 2 PM\*  
Collins Park, Reeds Lake,  
East Grand Rapids, MI

\* Times are approximate for the races. Check the web site, [www.fhncrew.org](http://www.fhncrew.org), for latest schedule information the day before each regatta. Team members: follow coach’s instructions for arrival time.

[www.fhncrew.org](http://www.fhncrew.org)

## *Road Trip!*

## Away Regattas

### **Hebda Cup Regatta**

Saturday, April 29<sup>th</sup>, 7 AM to 3 PM\*  
Wyandotte Boat Club  
Wyandotte, MI

### **Wyandotte High Schools Invitational Regatta**

Friday, May 5<sup>th</sup>, 1 PM to 6 PM\*  
Saturday, May 6<sup>th</sup>, 7 AM to 1 PM\*  
Wyandotte Boat Club  
Wyandotte, MI

### **Culver Academies Regatta**

Saturday, May 20<sup>th</sup>, 8 AM to 1 PM\*  
Culver, IN

### **Canadian Secondary Schools Regatta**

Friday, June 2<sup>nd</sup>, 7 AM to 7 PM\*  
Saturday, June 3<sup>rd</sup>, 7 AM to 7PM\*  
Sunday, June 4<sup>th</sup>, 11 AM to 5 PM\*  
Martindale Pond  
St. Catharines, Ontario, Canada

\* Times are approximate for the races. Check the web site, [www.fhncrew.org](http://www.fhncrew.org), for latest schedule information the day before each regatta. Team members: follow coach’s instructions for arrival time.

[www.fhncrew.org](http://www.fhncrew.org)