

Forest Hills Northern

Crew Team

Handbook

2010



2010 Regatta Schedule (tentative)

<u>Date</u>	<u>Regatta</u>	<u>Where</u>
Sat, March 27th	GR Indoor ERG	FHC Main Gym Grand Rapids, MI
Sat, Apr 17th	Forest Hills Challenge Regatta	Forest Hills Boathouse
Fri, Apr 23rd	Grand Rapids Invitational	Riverside Park Unload boats & Team dinner—time TBD
Sat, Apr 24th	Grand Rapids Invitational	Riverside Park Grand Rapids, MI
Fri/Sat, Apr 30 & May 1st	Wyandotte Invitational	Wyandotte Boat Club Wyandotte, MI (Leave FHN Friday at 2:45pm—Stay Friday night in Gym)
Sat, May 8th	EGR Regatta	Reeds Lake East Grand Rapids, MI
Sat, May 15th	State Championships	TBD
Sat, May 22	Culver	Culver, Indiana
Thurs-Sun, June 3-6	Canadian Secondary Schools Regatta	Martindale Pond St. Catherine's, Ontario, Canada Limited crews - additional fees involved

Heads up - Pay attention, something to watch out for is near you. This should always be used when someone may not see your shell coming at them such as when leaving the boathouse. *Heads up, shell coming out.*

Layback - Go to the layback position. *All eight to layback.*

Lay hold - See hands on. *All eight, lay hold.*

Let it run - Oarsmen to stop rowing at the finish, hands away, or on the gunwale and allow the boat to glide (run) across the water's surface without the blades touching it. This command is used in some programs interchangeably with "weigh enough." *All eight, let it run.*

Over the (your) heads - To lift the boat to the over the heads position. *Over the heads, ready, up.*

Paddle - Row at no pressure or to stop the drill/piece. *All eight, paddle.*

Roll - Two meanings. 1) When out of the water, roll the boat from the waist position to the over the heads position or vice versa. *To the waist, ready, roll.* 2) When on the water, roll the blade.

Shoulders - To lift the boat so that the gunwales of the boat rest on or near the shoulder. *Shoulders, ready, up.*

Square - Make the blade perpendicular to the water. *Square it up.*

Touch it up - Someone to row gently to align or position the boat better. *Bowman to touch it up.*

Weigh enough - Stop whatever you are doing such as rowing, a drill, etc. Used interchangeably with "let it run." *All eight, weigh enough.*

READY ALL ROW!

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~ Parents & Rowers ~

**You are responsible for the information
in this handbook.**

Please read it carefully.

2010 FHN Crew Calendar

January

January 5	School Resumes
January 19-20	Exams-Half Day for High School Students
January 21-22	End of Semester - no school
January 25 Mon	Pre-season starts-Varsity - Must have Physical to come to practice

February

February 1 Mon	Novices Begin Pre-season- Must have Physical to come to practice
February 9 Tues	New Parent/student information meeting 7pm @ Trails
February 10 Wed	Mail all parents handouts and handbook
February 13 Sat	Swirl Dance
February 15	Mid-winter break
February 15 th	Crew working concessions - 5:45pm
February 16 Tues	Crew Kick off program 7pm Media Center- Forms and \$\$ due

March

March 2 Tues	Spaghetti dinner to follow practice - tbd
March 11 Thurs	Mandatory swim test 3:15 @ Forest Hills Aquatic Center
March 12	Make up day for swim test 3:00 @ Forest Hills Aquatic Center
March 15	Mandatory Practice begins M-F
March 20 Sat	FHN Athletic Boosters Black & Blue Bash
March 27 Sat	GR Indoor ERG Regatta@Forest Hills Central (bring your own snacks)

a **scull**. As a noun, a blade used in such a boat.

SWING - The sensation of everyone rowing in synchronization with everyone else so that less effort is needed to propel the boat. Boats with good swing will have little or no check.

TOPNUT - The nut on the top of a backstay to hold the oarlock between the mainstay and backstay. Since a very tight topnut will prevent the oarlock from turning smoothly, topnuts should only be kept slightly more than finger tight, but checked often to ensure that they do not fall off.

TRAILER - A truck used to carry equipment to and from races.

VESPOLI - A very popular brand of rowing shells manufactured in Connecticut.

GLOSSARY OF COMMANDS

Rowing also has its own list of commands. "Stop" does not exist, only "Weigh enough" and "Let it run." The commands are listed below in **bold print**, followed by their definitions and an example of their use in *italics*.

Back it (down) - Row backwards. The blades do not need to be turned around in the oarlocks although they can be. *Bow four, back it down.*

Check (it down) - Drag the blades on the water to slow and/or stop the boat from moving forward or backward. Having only one side check their blades results in a turn to that side. *Port to check it down, starboard to row.*

Down and away - Push the hands down fully at the finish to give the blade more height off the water. *Three-man, down and away.*

Early - A part of a stroke is early. By itself, the work usually refers to the catch timing. *Six-man, you're early.*

Feather - Roll the blades to the feather position. *All eight to feather.*

Hands on - Grab onto the boat and prepare to move it. Interchangeable with "lay hold." *Hands on.*

Hold water - See "check it down."

SEAT - The plastic or wooden seat which rests on two tracks. Also a measurement almost equal to 4 feet.

SET - The balance of a boat. A boat that does not dip to either side is considered balanced or set. Sometimes called “on keel.”

SHAFT - The long stick that connects the **oar handle** and the spoon.

SINGLE - A small one-person shell with two **sculls**.

SQUARE - The **blade** in a perpendicular position to the water.

STAKEBOAT - A small boat in which someone sits to hold your stern at a start. By holding your boat at different points, this person is able to work with the aligner to align the boats.

STARBOARD - The nautical term for right. Also the term for a sweep oarsman who rows on that side, i.e. has his blade and **rigger** on that side, usually an odd-numbered oarsman. Opposite of **port**.

STARBOARD-RIGGED - A shell with the strokeman’s rigger on **starboard**.

STERN - The nautical term for the back of the boat. More precisely the farthest point on the back of the boat.

STROKE - The motion of rowing, as in “take a stroke.”

STROKEMAN - The oarsman in the sternmost position. He sets the pace to be followed by everyone.

STROKEMETER - A device used to measure the **strokerate** of the boat. The measurement is usually obtained through the use of a magnet on the bottom of the strokeman’s seat and a sensor underneath.

STROKERATE - The number of strokes per minute. In a race, the average strokerate might vary between 26 for longer races to 38 for short races. The term “rate” is used interchangeably with strokerate.

STROKEWATCH - A watch used to measure **strokerates**.

SWAMPING - A boat filled with water due to waves, rain, or a leak.

SWEEP - As an adjective, a boat in which each oarsman has only one blade, versus

April

April 1-9

Spring Break

April 17

Forest Hills Regatta (fhn, fhc, fhe)
we are hosting

April 23

Riverside Park, unload boats,
Team dinner @ park

April 24th

Grand Rapids Regatta @ Riverside Park

May

Apr30/May 1

Wyandotte Invitational -
we will travel after school on Friday

May 8

EGR Regatta (tentative)

May 8

FHN Prom

May 12/13

Senior Exams

May 15

State Championships location TBD
(select crews only)

May 17

Northern Graduation

May 22

Culver (tentative)

June

Jun 3-6

St. Catherine’s Ontario, Canada
(select crews only)

Jun 7/8

Exams

June 8

Awards Night-Pot Luck Dinner
at Northern Trails

June 14-18

Crew Camp 6-8pm Mon-Fri

June 22

Row with the Coaches (Black & Blue Bash)

June 21-24

Crew Camp 6-8pm Mon-Fri

June 29

Crew Car Wash Fundraiser 9-1
Forest Hills Foods

FOREST HILLS NORTHERN CREW

MANDATORY SWIM TEST

DATE: Thursday, March 11, 2008

TIME: 3:15 pm

LOCATION: Forest Hills Aquatic Center

Enter on the lower level - use Ada Drive entrance

The test will consist of:

- Tread water for 5 minutes
- Swim 50 yards (2 lengths of the pool), any style
- Put on life jacket while treading water

Each individual is required to wear clothing appropriate for early April rowing i.e. long pants and jacket or sweatshirt. (Long sleeve T-shirts are **NOT** acceptable). You will be entering the water with the clothing on.

We will be testing your ability to stay afloat until a safety launch can get to you if necessary.

This is a standard test recommended for all rowing programs. Your safety is at stake. **This test should not be taken lightly.** The coaching staff will work with any individual who may have trouble with this test.

Don't forget to bring a towel and dry clothes to change into after the test.

NOTE: Parents must sign a release of liability waiver in the event their rower does not pass the required swim test, before rower is allowed to practice in a boat on the water.

Make up swim test will be Friday, March 12th at 3:15

PORT-RIGGED - A boat rigged with the strokeman on **port** side. Opposite of starboard-rigged.

PUDDLE - The result of a stroke through the water. A correct stroke should create a whirling puddle with very little wash or waves.

QUAD(RUPLE) - A shell with four **scullers** in it, 4X. The full name is quadruple. A few training quads have coxswains. The symbol for this boat is 4X+.

RACK - The storage place for boats when not in use. The boat should be stored with the bars of the rack directly beneath the **ribs** of the **hull**.

REACH - The distance an oarsman is able to extend his arm forward at the **catch**. Also the distance towards the **bow** an **oar** can travel at the catch.

RHYTHM - The sense that all oarsmen are rowing precisely together so that there is no **check**. A boat with rhythm is more efficient and enjoyable to row.

RIB - The skeleton of the boat. Ribs are made of wood, carbon fiber, or aluminum. **Riggers** are attached to the **hull** through the ribs. Ribs can be damaged by over tightening of the rigger bolts.

RIGGER - The metal or carbon fiber bars that extend from the hull at each seat consisting of a backstay, mainstay, and occasionally a forestay. Riggers are typically bolted onto the boat with 4 or 6 bolts and are made of aluminum, steel, or in more exotic boats, carbon fiber. Attached to the riggers are oarlocks, topnuts, and pins.

RIGGER (PERSON) - A person in a boathouse who is responsible for the maintenance of the boats and the boathouse. Only larger programs can afford someone solely dedicated to this important task.

RIGGER STICK - A straight bar to measure the height of the **oarlock**. Also called a **height stick**.

ROWING (THE BLADE) IN - To begin rowing before the blade is completely buried.

RUDDER - A small part used to turn the boat. A rudder's surface area is only a few square inches, yet properly used, a rudder can handle most turns.

RUDDER CABLE - A cable or rope that a coxswain pulls or pushes to turn the **rudder**.

SCULL - As a noun, a boat that has two oars for each oarsman. Also an oar used in such a boat. As a verb, to row in a boat which is a scull.

KASCHPER - A Canadian brand of shell.

KEEL - The backbone of the boat running down the center of the hull to which the ribs attach. Not all boats have keels since the skin can be manufactured to be strong enough to support all of the weight of the boat. This term is sometimes used to improperly identify the **fin**.

LAUNCH - A small motorboat used to carry the coach, spare parts, safety equipment and spare oarsmen.

LIGHTWEIGHT - A weight category for oarsmen. In college it usually refers to males who weigh not more than 165 pounds and females who weigh not more than 135 pounds. Sometimes referred to as midweight.

OAR - Though the oarsmen are the engines of the boat, an oar represents the propeller. An improperly used oar that is out of pitch or is not adjusted in some other way can greatly reduce its effectiveness. Oars consist of an **oar handle**, a **shaft** and a **blade**.

OAR HANDLE - The handle at the end of the **shaft** of the **oar**. Oar handles are usually made of wood and are sometimes covered with rubber, particularly on **sculls**, to assist an oarsman's grip. Newer oar handles are sometimes made of aluminum.

OARLOCK - The part that holds an **oar** in place. Oarlocks have a gate to open to remove the oar. Oarlocks are held onto the pin using a topnut. Oarlock height and pitch can be adjusted.

PAIR - A shell with two **sweep** oarsmen. The two types are the pair with [coxswain], 2+ or 2w, and the pair without [coxswain], 2- or 2w/o.

PIN - The vertical part of the **rigger** attached to the mainstay and holds the oarlock in place with a **topnut**.

POAGIE - A covering to keep oarsmen's hands warm. Poagies cover both the **oar handle** and the hands so that the oarsmen can still directly grip the handle.

POCOCK - A brand of boat manufactured in Washington.

PORT - The nautical term for left. Also, the term for a sweep oarsman on that side, i.e. his blade and rigger are on that side, usually an even-numbered oarsman. Most boats are port-rigged. Opposite of **starboard**.

CREW TEAM BOOSTERS BOARD OF DIRECTORS

Voting Members:

Coach

President - Suzanne Reinink

Treasurer - Greg/Julie Wolfe

VP Equipment Equipment Maintenance- Brian Lakenen

VP Volunteers & AB Liaison - Margaret Kooi

Secretary - Deb VanderHenst

Non Voting Members:

Treasurer - Julie Wolf

VP Volunteers & AB Liaison - Lisa Crampton

Web-site Coordinator - Tim Peterson

Public Relations Coordinator - Dennis Neat

Job Descriptions

President

- E-mail address Coordinator - Suzanne Reinink
- Awards/Kick-off Team Coordinator
- Uniforms/Crew Gear Team Coordinator (with Deb Byl)
- Canada Coordinator

Vice President of Equipment Maintenance

- Organizes drivers for gear and boat trailers.
- Arranges for loading and unloading trailers before and after regattas.
- Responsible for keeping trailers clean.
- Organizes site set-up and take down of tents, tables, etc at regatta site.
- Car Wash Coordinator - Brian Lakenen (with Margaret & Lisa)

Vice President(s) of Volunteer & FHN Athletic Boosters Liaison

Margaret Kooi & Lisa Crampton

- Chaperones Coordinator
- Crew Team Drivers Coordinator
- FHN Athletic Boosters Liaison (Lisa Crampton)
- Kitchen/Site Team Coordinator (Margaret Kooi)
- Recruiting Coordinator (Margaret Kooi & Lisa Crampton)

Treasurer

Greg & Julie Wolf

- Coordinators with the Athletic Office our internal account
- Manages the books for the crew team
- Submitting financial statements at each board meeting
- Submitting financial statements to the district as requested.
- Attend district treasurer yearly training/informational meeting (spring).
- Assists secretary in collecting all forms at the parent meeting

Secretary

Deb VanderHent

- Attend board meetings and take minutes
- Reserve space for parent meetings
- Prepare application packets.
- Collect all forms at the meeting - including checks
- Make necessary copies for binders
- Prepare Team Roster
- Make arrangements for Team Banquet

Web-site Coordinator

Tim Peterson

- Web-site Administrator
- Camera Crew Team Coordinator

Public Relations Coordinator

Dennis Neat

- Contacts GR Press and Ada Advance for press coverage for local and special events.
- Sends articles and photos to papers after every regatta with results.
- Make announcements in HS and MS newsletters.
- Keep a copy of articles, etc. in Binder

footboard, the adjustable metal bars, and the wingnuts that secure it to the boat.

FORESPLASH - The water thrown towards the **stern** at the **catch**. Too much foresplash indicates that the blade is being rowed into the water wasting energy and throwing off the set.

FOUR - A shell with four **sweep** oarsmen. The two types of fours are four with [cox], 4+, and four without [cox] 4-. A quad, 4X, is a **scull** boat which uses the same hull as a four, but different riggers. A four with [cox] converted to a quad with [cox] is a rare boat and is used primarily for training scullers. Its symbol is 4X+.

GATE - A metal or plastic bar incorporated into an **oarlock**, which swings up to allow removal or insertion of an **oar**. Gates should be kept tight to prevent oars from popping out.

GUNWALE - The edge of the hull. There is usually a small lip on the gunwales to reduce the amount of water that splashes into the boat. Often misspelled as gunnel.

HANDLE - See **oar handle**.

HANG - A pause at the **catch** so that the blade seems to hang in the air.

HATCHET - A new design of **blade** that has a shape similar to a hatchet. This latest design is believed to provide more power in certain conditions than older models.

HEAVYWEIGHT - A category of oarsmen that is an unlimited weight class. All oarsmen who do not fit into other classes such as lightweight and flyweight must row in this category. However, anyone including lightweights and flyweights, can row in this category.

HEIGHT STICK - Same as **rigger stick**.

HULL - The skin of the boat, which is in direct contact with the water. The hull is typically made of carbon fiber, fiberglass, wood, or a combination of these. Since the hull supports the weight of everyone on the water, the hull is rigid and fragile and should not be stepped onto when getting into or out of the boat. Any obstruction in the water can puncture the hull, cause sinkings and make coaches highly annoyed.

JUMPED SEAT - The term for an oarsman slipping off his **seat** while rowing.

JUMPED SLIDE - The term for a **seat** coming off the **slide**.

DREISSIGACKER - The largest manufacturer of oars and oarlocks in the United States. Part of the Concept II Company.

DRIVE - The part of the stroke when the blades are in the water.

EIGHT - A shell with eight **sweep** oarsmen and one coxswain. The symbol for an eight is 8+.

EMPACHER - A German brand of boat usually used only by very experienced oarsmen.

ERG - As a noun, short for **ergometer**. As a verb, to train on an ergometer.

ERGOMETER - A rowing machine used to simulate rowing on land. Most ergometers used by rowing teams today are manufactured by **Concept II**.

FEATHER - Opposite of **square** - a noun and a verb referring to the rotation of the **blade** at the finish when the blade is parallel to the water's surface. Feathering is the actual motion of turning the blade. Feathering in **sweep** boats is accomplished with the inside hand only rolling the oar handle. The outside hand has no impact upon feathering except to provide leverage. A common drill is to reduce the feather of the blade (1/4 feather, 1/2 feather, etc.) or to eliminate it all together (square blades). An incomplete feather will result in wash at the finish and may result in a crab. A feathered blade is parallel to the water's surface.

FIN - A triangular or rectangular part of the boat, which is underneath the water on the stern near or behind the coxswain. A fin keeps the boat on a straight course when the rudder is not in use. Bent or missing fins cause extreme steering difficulties. A fin is the most likely part of a boat to be damaged - by hitting something in the water or by dragging it across the edge of the dock. In extreme cases, a fin may be shoved through the hull if a solid object like a submerged rock is hit dead center. Rudders are typically located immediately behind the fin and may actually be a part of the fin connected by a rubber sleeve as on Schoenbrods.

FINISH - The end of the stroke when the **blade** is removed from the water. Also the end of a race.

FISA - The Federation of International Rowing Societies, i.e. a collection of national governing bodies such as the USRA. Short for Federation Internationale Societe de Aviron.

FOOTSTRETCHER - The parts that attach the shoes to the boat, including the

GENERAL INFORMATION

The Forest Hills Northern Crew program includes two separate but related groups - **CREW**, which includes the rowers, coxswains and coaches, and - **CREW BOOSTERS**, which includes parents, friends and supporters of Crew.

The daily operations of Crew team are the responsibility of the Head Coach. The FHN Crew Board of Directors is the governing body for the Crew program providing organization, financial support and volunteers. The head coach and assistant coaches are employees of Forest Hills Public Schools (FHPS).

Crew is a club sport with varsity status at Forest Hills Public Schools. Financial support for FHN Crew comes primarily from rower fees and fund raising efforts. As a varsity sport, FHPS provides for coaches salaries, some transportation costs and regatta entry fees. FHN Crew is an IRS 501(c)3, Not-For-Profit Organization. The FHN Crew actively supports the FHN Athletic Boosters.

FHN crew website: www.fhncrew.org
Email address: fhncrew04@yahoo.com

FOREST HILLS BOATHOUSE ADDRESS, DIRECTIONS AND MAP

Address: Forest Hills Boathouse
8400 Grand River Drive
Ada, Michigan

Directions (from the village of Ada):
Drive East on Thornapple River Dr.
Turn Left onto Buttrick Ave.
Turn Left onto Grand River Dr.,
Ada Park is on your left
Continue on Grand River Dr. about one mile
(you will see a yellow gate on your left)
STOP at the railroad tracks each and every time you arrive and leave (this is an active rail line)
Proceed through gate and follow drive to boathouse

HISTORY AT A GLANCE

1999

- Broadening the field of competition for high school rowing, FHN establishes a Crew team, under the charter of the Grand Rapids Rowing Club.
- FHN Crew fields a team of 11 girls coached by Forest Hills Central High School (FHC) Head Coach, Don LeBlanc.
- The team practices and competes with boats, oars, etc. borrowed from FHC.
- Team competes in three regattas: Grand Rapids High School Invitational, Hebda Cup (Wyandotte, MI) and Culver Academies Regatta (Culver, IN).
- Team parents provide all team transportation, food and supervision at gymnasium overnights.

2000

- FHN Crew fields a team of 22 girls, coached by FHC Head Coach, Don LeBlanc.
- Crew team and families raise \$25,000 to begin purchasing equipment. Purchased one 4-man shell, one 8-man shell, oars and two coxswain boxes. All boats and oars were previously owned.
- FHN Crew team competes in its own boats and continues to share practice equipment with FHC.
- FHN Crew competes in five regattas: Grand Rapids High School Regatta, Hebda Cup, Wyandotte High School Regatta, Midwest Scholastic Rowing Championships (Stony Creek, MI) and Culver Academies Regatta.
- FHN Crew team forms a board of directors and establishes committees.

2001

- FHN Crew fields a team of 32 girls, coached by Ken Moon.
- Collins Elementary teacher, Renee Rinzema, volunteers to be an assistant coach.
- Purchased one 8-man shell, a boat trailer and a launch.
- FHN Crew wins their first medals.

Since bowmen are most likely to get hurt in an accident, they typically do not trust the coxswain's steering abilities.

CAP - The plastic cover for access holes to the hull compartments. Caps must be secured in place during practice to prevent the compartments from filling with water. After practice, caps should be removed to air out the compartments. Some boats have compartments under each seat and thus lots of caps. You are responsible for ensuring that each cap is closed before launching.

CATCH - The beginning of a stroke when the blade enters the water. Opposite of the finish.

CHECK - The term for the amount of energy wasted due to improper rowing. Check usually refers to oarsmen reaching the end of the recovery and not starting the drive cleanly or quickly. The result is that the stern of the boat will dip into the water due to the momentum of the oarsmen. Check is also a command as in *Check it down*, i.e., drag the water with the blades to slow or stop the boat.

COLLAR - A plastic fitting around the **shaft** of the oar, which prevents the oar from sliding through the oarlock. Collars can be adjusted to lengthen or shorten the **reach** of the blade. It is important that each collar be tight due to the pressures exerted upon it during rowing.

CONCEPT II - A rowing equipment manufacturer in Morrisville, VT, which manufactures the Concept II ergometeres, Dreissigacker **oars**, and **oarlocks**.

COX-BOX - A product of the Nielsen-Kellerman Company, which displays stroke rate information and amplifies sound. This trademarked term is somewhat generic for all sound amplification systems since Nielsen-Kellerman is the primary manufacturer of such products.

CRAB - A term for a situation in which the blade is not fully feathered before leaving the water. This results in the blade being stuck in the water, severely slowing the boat down and throwing off the set. This term is from the claim that "a crab grabbed the blade and wouldn't let go."

DECK - The flat upper surface of the ends of the **hull**. Also a distance of measurement, as in "They won by a deck (length)." Most decks of eights and fours are equal to approximately 2-3 seats.

DOUBLE - A boat with two **scullers**. Doubles do not have coxswains. The symbol for a double is 2-.

GLOSSARY OF TERMS

Rowing has its own terminology; even words such as left and right are different in “crew talk.” If a definition includes a term that is defined elsewhere, it will be in **bold print**.

BACKSPLASH - The water thrown towards the **bow** at the **catch**. Too little or no backsplash indicates that an oarsman is rowing his blade into the water. Too much backsplash indicates too early of a hand lift or a slow change in direction of the blade, which will slow the boat down and cause a jerking feeling at the catch.

BLADE - The surface on the end of an oar. Also called the spoon. Most blades are symmetrical - the shape of the blade on each side of the stem is the same, though some newer blade designs are asymmetrical, i.e. the **hatchet** blade. Other blades types include the delta and the modified standard shape.

BOATHOUSE - The storage place for boats.

BUOY - A marker which defines a course or a certain distance rowed/to go. Distance buoys are usually placed at every 500 meters or mile. Other buoys may also be located at the end of the breakage zone or every few meters on championship courses. They are also used to mark rocks, obstructions, prohibited areas, etc.

BOW - The nautical term for the forward part of the hull; more precisely the forwardmost point of a boat.

BOWBALL - A rubber ball attached to the most forward part of the **bow** to protect that boat and others upon impact. A bowball has the same function as a bumper. When a boat with a bowball hits a dock or another boat, damage is prevented or reduced. For this reason, bowballs are required safety equipment.

BOWCLIP - A clip attached on the **bow** to hold a number for identification in a race. Most races require that boats have bowclips in order to properly display race numbers.

BOWCHECK - The opposite of sterncheck, which is more common. Bowcheck is a sudden jerk towards the bow of the boat caused by a pause or slow movement of the **oar handle** away from the **finish**.

BOWDECK - See deck.

BOWMAN - The oarsman in the most forward seat in the boat. In coxless boats, he is responsible for steering and watching for obstructions by turning around occasionally.

- Forest Hills Public School Board accepts the donation of three acres of land along the Grand River in Cascade Township.
- School Board approves the funding of \$60,000 for the construction of a boathouse (pole barn) and floating dock on donated land. Total cost of project \$170,000. FHC and FHN teams assume \$110,000 in debt to complete boathouse.
- Varsity Crew program recognized as official school sport making team members eligible for varsity letters.
- FHN Crew competes in six regattas: Grand Rapids High School Regatta, Hebda Cup, Wyandotte High School Regatta, Midwest Scholastic Rowing Championships, Culver Academies and Canadian High School Championship Regatta (St. Catherines, Ontario, Canada).

2002

- Forest Hills boathouse and docks are completed in time for the opening of the Crew season.
- 30 volunteers log in over 700 hours to design, build and install a floating dock at the Forest Hills boathouse.
- FHN Crew fields a team of 38 rowers, coached by Ken Moon.
- Jill Napiwocki and Nicole Stadt volunteer to join coaching staff as assistant coaches.
- Purchased one 8-man shell, one 4-man shell and a large team tent.
- FHN Crew competes in six regattas: Grand Rapids High School Regatta, Hebda Cup, Wyandotte High School Regatta, Midwest Championships, Culver Academies and CSSRA-Canadian High School Championships.
- FHN Crew fields it first boys’ team - they medal at Culver Regatta.
- Team brought home ten medals including a gold from Midwest Championships.
- Women’s Varsity 4 travels to compete nationally in Tennessee after winning a gold medal at Midwest

Championships.

- Novice men's 4 wins a gold medal at Grand Regatta held in July.

2003

- FHN Crew fields a team of 37 rowers, coached by Ken Moon and Jill Napiwocki.
- A customized 18' equipment trailer is unveiled, thanks to generous crew families.
- Purchased one bow-coxed 4-man shell.
- FHN Crew fields its first varsity men's team.
- FHN Crew competes in six regattas: Grand Rapids High School Regatta, Hebda Cup, Wyandotte High School Regatta, Midwest Championships, Culver Academies and the Michigan High School and Junior Championship.
- Women's Varsity Lightweight 4 wins gold medal at Hebda Cup.
- FHN Crew enters its first indoor rowing competition and comes away with four medals.
- FHN Crew initiates the "Husky Sprints," a day for unconventional races, family learn-to-row and barbeque.

2004

- FHN Crew fields its largest team with 56 rowers, coached by Head Coach Ken Moon, Assistant Coaches Kathy Comperchio and Cindy Kessenich and Volunteer Coaches Dave George and Greg Soleau.
- FHN Crew races a women's freshman 8 for the very first time at the Midwest Scholastic Championship.
- FHN Crew competes in the Grand Rapids 2004 Winter Sprints, an indoor ergometer competition, winning six medals.
- FHN Kitchen crew serves up over 216 eggs and 33 loaves of bread!
- FHN varsity crew athletes receive FHN Crew yard banners to be displayed during the spring season.
- FHN crew competes in six regattas: Grand Rapids Invitational, Hebda Memorial Challenge Cup, Wyandotte

Drivers to not take rowers home!

- ☐ Passport for Canada travel required.

REGATTA SURVIVAL GUIDE FOR PARENTS

PACK YOUR BAG EACH WEEKEND AND INCLUDE:

- Rain gear (the real kind; waterproof) and umbrella
- Camera and extra batteries, telephoto lens if you have one
- Binoculars
- Collapsible lawn chairs (mark bag and chair clearly with your name)
- Hat, sunscreen, t-shirt and shorts for hot weather
- Warm hat, gloves and warm jacket for windy and cold weather
- Comfortable walking shoes
- Cooler for drinks, snacks and lunch (mark clearly with your name)
- Food provided at regatta site for rowers and coaches only

Parents: You will enjoy the races if you are prepared for the weather. Check the forecast. It tends to be cold and windy near the river, however conditions can change quickly. If you are warm and dry, you will be comfortable.

ADDITIONAL REGATTA TIPS:

- No alcoholic beverages allowed at any of the regatta sites.
- Bring a pen and highlighter for marking FHN events and recording race results.
- Nametags will be available at every regatta. All parents are encouraged to wear them to identify our group and get to know each other.
- Coffee and hot chocolate will be available for parents. Parents are encouraged to join the FHN parents and rowers along the shore to watch the races and cheer for our crews!

BRING

- Air mattress
- Sleeping bag
- Pillow
- Flashlight
- Alarm clock
- Change of clothes, gear for all kinds of weather
- Bottled water
- Refer to rower packing list

ROWERS' AWAY REGATTA PACKING LIST

Before you begin, check the weather forecast and pack appropriately. It is better to have more clothing than not enough!

- Student I.D. card with photograph
- Water bottle with your name on it
- Racing uniform: Racing tank, long sleeve warm-up shirt, solid black shorts, crew socks
- Warm outerwear: Boathouse jacket, warm jacket, sweatshirt, long black warm-up pants, extra socks, hat and gloves
- Change of clothing or two (depending on length of regatta)
- Pajamas/Sleeping Attire
- Sleeping Bag, pillow and optional air mattress
- Alarm clock, flashlight
- Toiletries (toothpaste, tooth brush, soap), keep to a minimum
- Bathing Suit (for shower)
- Towel, wash cloth
- Rain Gear (jacket at minimum, waterproof is best)
- Extra shoes
- Sunscreen
- Medications (notify coach)
- Money for souvenirs and food
- Food is provided at the Regatta for team members. ***Rowers may bring additional healthy snacks but no candy, pop or junk food is allowed!***
- All clothing, sleeping bag, etc. must fit into your large crew duffle bag. A backpack is permitted for personal items.
- Confirm arrangements for your pick-up upon return from regatta.

High School Regatta, Midwest Scholastic Championship, East Grand Rapids Invitational, and the Michigan High School and Junior Championship.

- The boathouse floods in May forcing an early end to the rowing season.
- Team parents provide transportation, food and supervision at gymnasium overnights.

2005

- Purchased first new boats: Vespoli bow-coxed 4 and Vespoli 8 and 8 new Concept 2 Vortex Oars
- Team consisted of 35 girls, 21 boys
- Coached by: Head Coach Greg Soleau, Assistant Coaches: Sarah Barbour, Kathy Comperchio & Dave George
- Competes in 5 regattas:
 - ♦ Grand Rapids High School Invitational Regatta (cancelled after one event due to inclement weather)
 - ♦ Hebda Memorial Cup Regatta
 - ♦ Wyandotte High School Regatta Medals: Women's Novice 8 ~ Silver & Women's Lightweight 8 ~ Bronze
 - ♦ East Grand Rapids Invitational Regatta -Medals ~ *Too many to count ~ every member earned a medal*
 - ♦ Canadian Schoolboy Championship Regatta -Medal: (first for FHN) Women's single ~ Bronze
- Hosts the 3rd Annual Husky Springs Family Run Row and BBQ at the boathouse

2006

- Coaching Staff: Greg Soleau, Kelly Schuilling, Kathy Comperchio, Abby Caldwell
- Equipment Purchased: Vespoli DM Vespoli DM 4+ "Ken C. Moon", Vespoli/MO Longhaul Trailer (Shell Trailer) (35% Eastern, 65% Northern), 8 Concept 2 Vortex Oars, 1 Cox Box System
- Race Results:
 - ♦ Grand Rapids Spring Sprints: Erg Regatta/Indoor Rowing Machines) 5th Place Finish overall as a team.
 - ♦ Grand Rapids High School Invitational Regatta: 3rd

Men's Lightweight 8+, 3rd Women's Junior 8+, 3rd
Women's Lightweight 8+, 3rd Womens Dash 8+ (6
boats to finals)

- ◆ Hebda Cup Regata: Women's Junior 8+ 3rd & 6th,
Women's Lightweight 8+ 5th, Men's Lightweight 8+
6th, Women's Novice 8+ 6th, Women's Varsity 8+ 4th
(Women's team finishes 6th in the state)
- ◆ Wyandotte High Schools Invitation: Women's Junior
8+ 2nd, Men's Lightweight 8+ 5th, Women's Varsity 8+
5th (Womens team finishes 11th out of 26 schools,
Men's team 19th out of 26)
- ◆ East Grand Rapids Invitational: Medals....too many
to mention, every member of the team that
competed that day took home a medal
- ◆ Forest Hills Regatta (Inner District Regatta): 1st
Women's Varsity 8+, 1st Women's Junior 4+
- ◆ Canadian Secondary Schools Championships: 6th
Women's Junior 4+ (2nd fastest overall in semis) 6th
Women's Junior 8+ (2nd fastest overall in semis)
(Women's team finishes 19th overall out of 158
schools)

2007

- Coaching Staff: Greg Soleau, Dave George, Kelly
Schuiling, Elizabeth Benoit
- Equipment Purchased: Vespoli EM 8+ "Northern Legacy"
- Race Results:
 - ◆ Grand Rapids Spring Sprints: Erg Regatta/Indoor
Rowing Machines, 4th Place Finish overall as a team
 - ◆ Grand Rapids High School Invitational Regatta: 1st
Womens Junior 8+, 1st Womens Junior 4+, 3rd
Womens Sprint 8+, 3 Mens Sprint 8+
 - ◆ Hebda Cup/State Championships: 3rd Mens Novice 4,
2nd Womens Novice 8
 - ◆ East Grand Rapids Invitational: Womens Lighthweight
4+ 1st, Mens Varsity 4+ 1st, Womens Novice 8+ 1st,
Mens JV 4+ 1st, Mens Novice 8+ 1st, Womens JV 4+ 1st,
Mens Varsity 8+ 1st, Womens Varsity 8+ 1st

AWAY REGATTAS (Outside the Grand Rapids Area)

1. Parent drivers pay for their own gas.
2. Parents provide for own lodging, food and travel expenses.
3. For the Canadian regatta, the rower will be responsible for additional
travel expenses, lodging and food.

DRIVER/CHAPERONE DUTIES

DRIVER RESPONSIBILITIES:

- Arrive at FHN 30 minutes prior to scheduled departure time.
- Check-in with coach, verify destination - gym or regatta site.
- Bring map (see website) and verify times for student pick-up at gym
and arrival at regatta site.
- Get driver cell phone list.
- Bring assigned passenger list - same students ride to and from regatta
together.
- Make sure your students have checked in with coach.
- Make sure your students put their gear in trailer and carry-on in your
car, immediately.
- Get students in your car, check-out with coach and depart.
- Any questions or problems, see coach.

GET YOUR STUDENTS FROM GYM TO REGATTA SITE ON TIME!

CHAPERONE GUIDELINES:

- Stake out a sleeping area in the gym for chaperones and team. The
team stays together but boys and girls have separate sleeping areas.
- Supervise students setting up their air mattresses and organize gear.
Keep team together. Students may not leave the premises.
- Set your alarm clock. It is your duty to make sure the team gets up,
packs and *leaves on time!*
- At "lights out," help make sure your group is quiet and goes to
sleep. EVERYONE GETS UP EARLY!
- Make final check. Gym and bathrooms must be left clean.
- Keep the team gear bags together and coordinate an efficient exit
from the gym.

COACHES ARE EXPECTED TO:

1. Provide athletes with a written selection plan by the end of the week preceding the regatta. It must be understood that circumstances may make it necessary for the coach to alter this initial plan.
2. Provide feedback to the athlete so they know their strengths and weaknesses.
3. Make fair assessments in order to achieve the fastest lineups.
4. Explain decisions on boat selection and communicate the need for any subsequent seat/boat changes.

ATHLETES ARE EXPECTED TO:

1. Work hard in order to improve and strive to achieve individual goals.
2. Be supportive of the team by accepting coaching decisions.
3. Seek feedback. If a rower doesn't know where they stand, ask.
4. Realize team goals come before the needs or desires of any individual.
5. Treat all teammates, opponents, coaches, officials and parents with respect.

PARENT/GUARDIAN FINANCIAL OBLIGATIONS

PARTICIPATION FEE

1. A participation fee for each rower is \$395 (\$100 volunteer credit) for the Rowing Season.
2. Fee is refundable at the discretion of the Board of Directors. All refund requests must be made in writing to the Board.

UNIFORMS

1. Required for novice rowers or for replacement only.
2. Cost is approximately \$100.00 and includes; racing tank, shorts, socks, and warm-up shirt.

BOATHOUSE JACKET—*Optional* boathouse jacket. Highly recommended.

DUFFLE BAG -*Optional* duffle bag.. High recommended. It will hold all the athletes gear for away regattas.

- ◆ Culver Invitational: Womens Lightweight 4+ 1st, Womens JV 8+ 3rd, Womens Novice 4+ 3rd, Womens Varsity 8+ 1st
- ◆ Candian Secondary Schools Regatta: 7 out of 8 entries advance to semi finals.

2008

- Coaching Staff: Greg Soleau, Dave George, Kelly Schuiling, Lauren Emrich
- Equipment Purchased: 2002 Vespoli DS Performer 8+ “Kelly A. Schuiling” purchased used from University of Michigan with money from FHN Athletic Boosters.
- Race Results:
 - ◆ Grand Rapids Spring Sprints: Erg Regatta/Indoor Rowing Machines, 4th place Finish Overall as team, FHN team members won Women’s Novice, Mens Varsity Lightweight, and 2nd in Womens Varsity competition.
 - ◆ Grand Rapids High School Invitational: 3rd Womens Varsity 8+
 - ◆ Forest Hills Challenge: 1st Womens Varsity 4+, 2nd in all other events
 - ◆ Wyandotte High School Invitational: Event Cancelled due to inclement weather
 - ◆ Forest Hills Northern 10th Anniversary Invitational: 1st Mens Varsity 4+&8+, 1st Womens Novice 4+ & 8+, 2nd Womens Varsity 4+, Ltwt 4+, Ltwt 8, Varsity 8.
 - ◆ SRAM (State Championships): Qualified all boats entered except for 1 in grand finals. Event canceled before finals due to inclement weather.

TEAM COMMUNICATIONS

Board Members. The board members conduct the daily crew business. Feel free to contact board members with your ideas, comments or concerns.

Email. Email is the primary means of communication between coaches, parents and rowers. Updates and changes to email addresses should be sent to the Email Coordinator ASAP. The email address is: fhncrew04@yahoo.com.

Web Site. The FHN Crew web site is a great source of information about the crew program. An effort will be made to put pre- and post-regatta information on the web site. The FHN Crew web site address is www.fhncrew.org.

REQUIREMENTS FOR PARTICIPATION

Required Forms:

- US Rowing Release and Waiver of Liability
- FHN Crew Travel/Medical Permission
- FHN Crew Student Membership Application
- Payment in the amount of \$395 (\$100 volunteer credit), check payable to FHN Crew
- Sports Physical Form, on file in the FHN Athletic Office

Physical Examination. A physical examination is required. The FHN physical form must be completed and submitted to the Athletic Department prior to participation. The physical must be dated after April of the previous school year.

Emergency Medical Authorization. Each athlete's parents must complete a Travel/Medical Permission Form giving permission for treatment by a physician or hospital when the Parent(s)/Guardian(s) are not available. The form is kept by the coaching staff for availability at all practices and regattas.

Scholastic Eligibility: See FHPS Athletic Handbook

- coxswain and the coach. Once in the boat, only the coxswain talks.
5. If you or someone else is injured, notify a coach immediately.

Varsity Letter Criteria

Varsity letters will be awarded as follows:

- Sophomores, Juniors and Seniors
 - * 2nd Year of rowing
 - * Attendance at 95% of practices and
 - * Compete in 80% of the regattas during the regular crew season
- Freshman
 - * Participation in 95% of varsity practices and
 - * Compete in 80% of regattas during the regular crew season
- All Grades
- Qualifying at any **Championship** Regatta qualifies the rowers of that boat to receive a varsity letter.

THE COACHES MAKE ALL FINAL DECISIONS REGARDING VARSITY LETTER AWARDS

BOAT SELECTION

A strength of the FHN Crew is the depth of talent. Each year the coaches struggle with the difficult decisions of which athletes to put into which boats. Here are some of the assessments that coaches make in the selection process:

Rowers

- Attitude
- Dedication
- Consistency
- Attendance
- Erg Scores
- Racing experience and past performance
- Seat racing results
- Technical knowledge of racing

Coxswains

- Attitude
- Dedication
- Consistency
- Attendance
- Leadership and motivation
- Racing performance and past performance
- Steering

Coaches will assign clean up duties.

16. No sleeping bags are allowed in the Crew Tents. All rowers are expected to keep personal items to a minimum and kept neatly stowed when not in use.

BOATHOUSE

1. The boathouse is a shared and crowded facility. Crew members are expected to exhibit mature behavior at all times. Demonstrate pride in the team and yourself by avoiding horseplay. Crew members are expected to exhibit mature behavior and to avoid injury to others or damage equipment.
2. Do not touch, move or handle things that do not belong to you.
3. A coach must always be at the boathouse with you. If you arrive early, wait outside the boathouse until one arrives.
4. When land training, stay in groups. Complete the assigned workout in the designated area only.

EQUIPMENT

1. Rowing equipment is very expensive and must be handled with care. Boats and oars are very long - watch their swing while moving them. Follow all directions regarding the handling of equipment. Report any equipment problems to a coach immediately.
2. **All rowers/coxswains must participate in routine cleaning and maintenance of equipment.**

SAFETY

1. Everyone must take a swim test before going on the water for the first time.
2. All boats will be accompanied by a coaching launch after moving out of the designated launching and docking area. Do not row unless a coach is in sight.
3. If a boat swamps(or turns over), stay with the boat. It will stay afloat until you can be picked up by the coach's launch. **NEVER LEAVE THE BOAT.**
4. When the boat is moving or in the water, follow the directions of the

Vacations Policy: See FHPS Athletic Handbook

School Discipline Referral. See FHPS Athletic Handbook.

Swim Test. A mandatory swim test for all rowers/coxswains is conducted at the FH Aquatic Center before on-water practices.

Uniforms. There is a mandatory race uniform for all rowers and coxswains. Uniforms require replacement only if damaged, faded or poorly fitted.

Required: Racing tank
 Solid black shorts
 Crew warm-up shirt, long-sleeved
 Crew socks

Optional: Boathouse jacket
 Crew sweatshirt
 Crew Duffle

Note: If you wish to wear looser fitting shorts over your racing shorts, they must be black.

Additional clothing that is strongly advised for each rower to travel with:

Rain gear (waterproof)
Warm hat, gloves and jacket
Black warm-up pants

Weather at regattas can be very cold, windy and often rainy. Rowers are expected to come prepared with adequate clothing to be warm and dry.

NO STREET CLOTHES ALLOWED AT REGATTAS.
LABEL ALL CREW CLOTHING/UNIFORMS WITH ROWER NAME IN PERMANENT MARKER

TEAM RULES AND REGULATIONS

CONDUCT

1. All rules in the FHPS Athletic Code will be in effect.
2. Athletes are representatives of FHN Crew and are expected to carry themselves in a respectable manner during practices regattas, in school and out of school.
3. No alcohol, drugs or tobacco. Use of any of these at any time during the season will lead to automatic dismissal from the team without any financial refunds.

PRACTICES/ATTENDANCE

1. Spring season practice will be held after school, Monday through Thursday. Practice start and finish times will be determined by the coach. There may be practices during spring break TBA.
2. Each athlete is expected to be on time and ready to practice at the scheduled time.
3. **Every practice is required.** A parent must notify the coach in advance if a rower will not be at practice.
4. Athletes are expected to schedule all appointments around practice times (doctor, hair cuts, jobs, etc.).
5. Vacation equals loss of regatta participation. Please notify coaching staff if you will be on vacation.
6. Practices will be planned to maximize boat time. When not assigned a team activity, rowers must show initiative. Aerobic conditioning is the key to successful rowers. Those rowers that work the hardest and show the most initiative will see the most water time.
7. Food is not permitted at the boathouse. Rowers are expected to provide their own water (bottles) at all practices.

REGATTA TEAM RULES

1. FHN Crew will observe the “2 pound” rule for all lightweight crews.
2. All rowers will ride to and from away regattas with parent drivers. In the event a bus is provided, all rowers are expected to ride to and from the regatta on the bus.

3. Athletes are not allowed to drive to or from away regattas with another student driver or drive themselves.
4. Parents must be at FHN to pick up their student upon their return from away regattas. Students will call parents when they leave the regatta. Volunteer drivers will take student riders to FHN, not home. Rowers must have own money for any fast food stops on the way home.
5. The coaches will conduct evening roll call at a designated time. All athletes are expected at roll call and are to retire to their assigned gym sites for “lights out”. Athletes are not to wander around the school after roll call.
6. Male and female athletes will be assigned separate gym space with chaperones.
7. Non-team students may not stay in the gym or travel with the team. This does not pertain to younger family members traveling with parent drivers.
8. Athletes are not permitted to leave a regatta, except for an emergency. Athletes may only leave after a regatta with a parent, after the parent checks in with the coach for permission.
9. Athletes are expected to be in uniform at all times during a regatta, even after your events are completed. Street clothes are not acceptable. Warm-ups, following uniform guidelines, are permitted.
10. Team uniforms are to be worn appropriately and with pride at all times. Shorts may not be rolled down or worn low; tanks/tops may not be rolled up. Male athletes are expected to wear tanks or shirts at all times.
11. Regatta Policy mandates when racing, every person in the boat, including coxswains, **MUST** dress in identical uniforms - this includes hats, bandanas, boathouse jackets, etc.
12. Team members will have food available to them at the regattas. **Please do not bring junk foods, candy or soda pop.**
13. Food will be provided for all athletes, coaches, crew site parents and parent chaperones. Food is NOT provided for siblings, visitors, relatives or spectator parents. Spectator parents are expected to provide their own food and beverages.
14. Athletes will follow directions of the Kitchen Crew for snacks/meals. Students will not help themselves to supplies brought for the team or brought by families.
15. All athletes are responsible to keep crew site free of trash and litter.