



FHN Rowing Club is excited to announce our Fall 2023 rowing season in partnership with Forest Hills Eastern Rowing. The season will be similar to Fall 2022, with a fully combined team on the water representing FHN/E. Go Birddogs!

During the fall season the team operates as a club sport (rather than the school-sponsored spring season). At this time the fall season will consist of regular practices and up to three regattas. Please see below for specifics. This opportunity provides middle school and novice rowers a chance to get to know the sport and allows seasoned rowers a space to continue their training and prepare for spring competition.

*NEW THIS FALL:* FHN Athletics now requires student athletes to complete the Final Forms process for Fall *and* Spring rowing, which includes uploading a valid sports physical dated after April 15, 2023. Athletes cannot participate without completion of this step. Go to: <https://foresthills-mi.finalforms.com/>

*\*No fee for fall rowing through Final Forms. Club Dues only.*

**FHN/E Head Coach:** *Ben Norrix (norrixb@mail.gvsu.edu)*

**FHN Parent Advisory Board Members:** *(fhnrowingclub@gmail.com)*

President: *Christy Price*

Communications: *Michelle Cox*

Secretary: *Amy Kent*

Fundraising: *Lindsay Whitfield*

Co-Treasurer: *Cristina Tenderso-Scott*

Co-Treasurer: *Kyle Thompson*

**Fall Dues:**

**Varsity: \$300** *(returning rower, grades 10-12, with 1 season of experience)*

**Novice: \$250** *(new rower, grades 9-12)*

**Fall Club Registration & Payment Information:** [fhnrowing.org](http://fhnrowing.org)

**Registration & Payment Deadline:** August 31, 2023

**SCHEDULE:** *\*subject to change by coaching staff*

**Varsity Practice (Grades 10-12, with one season of experience):**

- August 14 - October 27
- Monday through Thursday, **4-6 p.m.** at the FHPS Boathouse
- Friday, 4:30-5:30 p.m. at FHN, FHE or FHPS Boathouse

**Novice/New Rowers Practice (Grades 9-12):**

- August 21 - October 26
- Monday through Thursday, **4-6 p.m.** at the FHPS Boathouse

**Fall Regatta Dates:** Please plan for events on the following dates:

- September 23: Glass City Regatta @ Toledo Rowing Club (Varsity Only)
- September 30: Regatta @ MSU Rowing Club Boathouse
- October 14: 3rd Annual Eastern Fall Classic @ FHPS Boathouse
- October 29: 5th Annual Halloween Inter-squad Regatta/Party @ FHPS Boathouse