



Forest Hills Central Rowing
 5601 Hall St. SE
 Grand Rapids, MI 49545

June 5th, 2017

Ranger Rowing Family,

Foremost I want to thank you for another tremendous year of success for FHC! It is a tremendous privilege to work with all of the student athletes on a regular basis. This year has seen the program continue to thrive as both coaches and athletes develop.

2017 Team Information

	Men	Women
	42	42
Freshmen	5	8
Sophomores	17	11
Juniors	10	13
Seniors	10	7
Average GPA	3.620	3.517

Coaching Staff

Kris Bego – Novice Men
 Chad Condon – Varsity Men
 Hallie Condon – Varsity Men
 Olivia Doezema – Assistant Novice Women
 Hannah Ensing – Varsity Women
 Dominic Fischer – Volunteer Novice Assistant
 Todd Fischer – Varsity Sculling and Small Boats
 Jordan Hart – Varsity Women
 Geoffrey Sadek – Varsity Women
 Nichole Sadek – Varsity Women
 Hannah Skarli – Novice Women

Highlights

- The season began with a coaching shuffle, as Coach Mom and Dad (ironically coach **Hallie and Chad**) took the reigns of the varsity men. Coach **Geoff and Nichole** joined forces for the varsity

women along with coaches **Jordan** and **Hannah Ensing**. **Coach Fischer** continued to build the “Skull Squad,” now in its second year. **Coach Bego** continued his dominion over the novice men, and coaches **Hannah Skarli** and **Olivia** entered their second year at the helm of the novice women’s team.

- Two coaches entered the lineup this year, as we welcomed **Jordan Deneau** to the varsity women’s coaching staff. **Dominic Fischer** also began his coaching career volunteer assisting, primarily under the expert tutelage of coach Bego.
- The crew board, fearlessly led by president **Pete Ross**, oversaw the additional purchase of two used eights from Cornell University. This addition allows for the (eventual) retirement of the three, 25-year-old dirigo eights and dramatically improves the equipment available to the novice teams.
- The week of mandatory practice welcomed the addition of **Genevieve Frances** – future ranger – to the rowing family.
- The indoor season laid the foundation of fitness that allowed us to succeed on the water. We continued our erg purchases, bringing our total fully functional ergs to approximately 20. Over the next few years, we should have enough ergs to run a full squad (varsity teams have 25-35 athletes) at the same time.
- The ergatta saw a new school record as **Abby Hier** bested **Zoe Niswonger's** previous best. Abby would go on to set another school record later in the season. Coach **Todd Fisher** assumed the role of ergatta director, running a flawless and successful event.
- Moving to the water, another flood (they seem to come once every five years or so) forced us to evacuate to the backyard of **Alan Moore**. (This is not the first time that Mr. Moore has saved the rowing season!)
- The Belted Galloway Regatta, the boathouse bragging rights regatta also met with unfortunate and inclement weather. Coupled with the lack of practice time, the event was cancelled for the year.
- Next on the list was the Grand Rapids High School Invitational, organized by regatta director **Mike Miller**. Though the current was fast, and the river high, we saw an incredible turnout at 13 teams participated in this year’s event.
- Following the Invitational, we boarded two early buses to make the trip to the Wy-Hi Regatta in Wyandotte, MI. Although the overnight stay at the luxurious gym floor of Roosevelt High school was missed, we were able to spend another day practicing at the boathouse – very valuable water time. Unfortunately the Wy-Hi lived up to its reputation as a fickle regatta, as finals were cancelled due to wind and waves.
- The State Championship Regatta was a catharsis in many ways for a season spotted with weather frustrations. The regatta saw the Rangers claim three state titles (below). Thanks to **Mark Azkoul**, regatta director, and all the volunteers that allowed the event to run!
 - STATE CHAMPION WOMEN’S LIGHTWEIGHT EIGHT: **Christine Ross, Kylie LaBeau, Lauren Hackerd, Emily Briggs, Rachel Giles, Allison Radke, Lauren Gesik, Grace Cool, and Grace Clinger**
 - STATE CHAMPION MEN’S LIGHTWEIGHT EIGHT: **Dillon Lee, Jacob North, Mitch Miller, Evan Purcell, Ben Hall, Josh Uekert, Jackson Montuoro, Grayson Norris, and Ben Finkelstein**
 - STATE CHAMPION WOMEN’S FRESHMEN FOUR: **Lindsey Cool, Sarah North, Grace Ohanesian, Dana Kistler, and Kendra Wolffis**
- The CSSRA National Championship wrapped up the 2017 season with (mostly) beautiful weather for rowing on Henley Island in Ontario. Of the 15 crews that raced, two crews progressed to the finals on Sunday. At 8:10am the Men’s 72kg Eight took 4th place in a hard fought race. A short hour later, at 9:12, the lightweight women, in a lineup unchanged despite the increased weight restriction, crossed the line 6th after a blistering first 1000 meters.

As with any year, there are far too many people to thank – we are indebted to you all for making our success possible. Looking forward to next season, I also wanted to outline some keys to our continued success:

- **Recruiting** is the lifeblood of the program. Athletes, parents and all of the Ranger Rowing family can continue to spread the knowledge about our sport and the opportunity it provides to our community.
 - Kiddy Camp is available for middle school students and those entering the 9th grade to get exposed to the sport. It runs for the two weeks following exams in the summer.
 - Fall Rowing is a shorter (and warmer) introduction for freshmen and novice athletes, starting in September and running through October.
- **Off Season Training** is the best way to drive the success of the team. Whether that comes through other sports, such as swimming or cross country, competing throughout the year helps maintain fitness and build the competitive edge.
 - The Ada Rowing Club was created to offer additional racing and training opportunities, for the Forest Hills community. This summer will provide athletes with two regattas, as well as coaching from college athletes.
 - Fall Rowing may undergo additional opportunities to race, coaching and resources providing. Stay tuned for more information later this summer!
- **Program Support** loosely describes all the countless individuals that have stepped up and stepped in to help our program succeed. Without help from athletes, alumni, parents, and the community, we would not be the program we are today. If you are looking for a way to give, I'd encourage you to pick one of the following ways to explore:
 - Find a place to volunteer. Each regatta has its own list of volunteer slots. If you are willing to expand your volunteering, consider the Ergatta, the Invitational, or States.
 - The Crew Board plays an essential role in administering the financing, logistics, fundraising, and volunteer efforts that make each season happen. If interested, please contact Pete Ross at peter.ross@kv.com
 - Finally, equipment and infrastructure helps give your athletes as well as future athletes, the equipment to row and compete. Financial support of any amount is greatly appreciated. At this point, our wish list is as follows:
 - 3 Pair/Double (\$7,000 each) to allow varsity athletes to row four pairs in the fall and summer
 - 1 new set of oars (\$2,500) to roll down aging equipment to novice team
 - 3 new ergs (\$850 each) to continue to grow the number of athletes that participate in workouts
 - Set of oars (\$2,500 per set) to rotate equipment and let us discard or sell worn oars
 - Speed coaches (\$400 each) allows athletes to get immediate feedback on boat speed and rate

Each season takes on its own character. Speaking for the whole coaching staff, we are so pleased to share the spring of 2017 with you and your families. We look forward to continued speed and success.

Sincerely,



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 Forest Hills Central Rowing
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