



SPRING LAKE & GRAND HAVEN ROWING TEAM

2025 NEWSLETTER



2025: A BANNER YEAR FOR SLGH ROWING

by Paul Winter, President & Coach

2025 was another exciting year for SLGH Rowing. Many athletes participated in all three seasons (fall, winter, and spring), and their commitment truly showed. The hard work they put in was rewarded with multiple medal-winning performances.

Our athletes continue to excel beyond high school, with many rowing at the college level this fall, including at UM, MSU, GVSU, the University of Washington, and USC.

With combined students from Spring Lake and Grand Haven, the team has grown significantly. Last spring, 33 athletes took to the water at our field behind Spring Lake Middle School, giving everyone a chance to earn a varsity letter and inspiring new rowers to join.

Next spring, we're reintroducing a middle school program, with high school rowers serving as mentors

to younger athletes. Several high school athletes also participated in summer sculling programs, gaining confidence and learning to row singles.

We are grateful for the leadership of Emma Boersen, who has coached both squads since 2022, and for the continued support of former coaches and alumni, including Jeff Pipp, Dominic McGrath (UM), Tomas Ruiz (MSU), and Micah Hammond (GVSU).

We're also thrilled to welcome new coach, James Postle, a three-year GVSU rower, to our team.

*Paul Winter, SLGH Crew
President & Coach, watches
rowers compete on the
Grand River this fall.*



MEET OUR NEW COACH: JAMES POSTLE

Hello everyone! My name is Coach James, and I'm excited to join the Spring Lake/Grand Haven Rowing team. I began my rowing journey in 2016 at the end of middle school in Wisconsin, and I've loved the sport ever since.

Since then, I've rowed at GVSU and gained coaching experience with several programs, including my own high school team, Camp Randall Rowing Club, and, more locally, Forest Hills Northern.

I'm looking forward to working with both athletes and parents to make the upcoming season both fun and successful. Can't wait to get on the water with you all!



James Postle has joined the SLGH Crew coaching staff.



SLGH Crew plans to build a boathouse near the Grand River at Spring Lake Middle School for boat storage.



Currently, boats are stored outdoors and are at risk of weather related damage.



**GoFundMe
Donations**
*Thank you for
your support!*

HELP US REACH OUR BOATHOUSE GOAL!

SLGH Crew is on a mission to complete our new boathouse, and we need your support! The total cost of the project is \$113,800, and thanks to generous donations so far, we've raised \$82,300. That means we're just \$31,500 away from building our new home.

Our goal is to break ground this spring and have the boathouse ready in time for the state championships in May. The facility will be located just east of the Grabinski Field at Spring Lake Middle School. The pole barn structure will give our athletes indoor space to train on rainy days, provide protected boat storage, and showcase our program at its best.

Your support directly impacts the athletes' experience on the water. With a new boathouse, rowers will have a safe, well-equipped space to practice, store equipment, and build team camaraderie.

Donations can be made online at our GoFundMe page or by mailing a check to **Spring Lake Rowing, 250 Washington Ave., Grand Haven, MI 49417.** Every gift brings us closer to the finish line.

COACHES COLUMN

by Emma Nelson, SLGH Crew Coach



Coach Emma Nelson

We've wrapped up another successful fall season! This year, our focus was on taking as many quality strokes as possible and building a strong foundation for the year ahead. I truly believe our

athletes logged more strokes this fall than in past seasons, with a strong emphasis on steady-state rowing—an essential practice for developing technique, endurance, and consistency. With every stroke, our rowers worked to refine their technique, reinforce good habits, and maintain strength throughout each piece.

We were also fortunate to enjoy calm water almost every day and warm weather well into October—perfect conditions for productive practices. A highlight of the season was competing at a new regatta, which provided valuable experience against high-level competition and a glimpse of what to expect in future races.

Looking ahead, recruiting will be a major focus. This spring, we'll be saying goodbye to a large senior class from both Spring Lake and Grand Haven. While we're excited for their next chapter, we'll certainly miss them. Spreading the word about our program is more important than ever as we work to grow the team and continue our tradition of excellence.

JOIN SLGH CREW!

Know a middle or high school student looking to try something new? We are actively recruiting both coxswains and rowers—no experience needed! SLGH Crew offers fall and spring seasons, plus winter training opportunities. Students from across West Michigan are welcome.

Learn more at springlakerowing.com.



Christian Kondrat, Brennan Manzer, Brad Schmoekel, and Owen Fogel after rowing in the men's 4x at the Arctic Classic in Milford, MI.



A mild fall made for picturesque evening practices on the Grand River.



The team launches a boat on the Grand River at Forest Hills Eastern's Fall Classic.



Addy Milewski, Dixie Dyk, McKenna Twa, Ana Westman, and Avery Collins show off the hardware they collected at the Grand Rapids Invitational.