

Princeton National Rowing Association Annual Report 2015



It is the mission of PNRA to: Create a world class environment where rowers of all ages and talent levels can benefit from the sport of rowing

PNRA will do this by:

- Providing a world class training facility for our nation's elite and Olympic Athletes,
- Building opportunities for area youth to excel in the sport of rowing,
- Conducting top level regattas and events at one of the nation's premiere rowing venues, and
- Expanding rowing in the greater Mercer County through comunity based programs.

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On the cover: An artist's rendering of the Finn M. W. Caspersen Rowing Center with the Timothy M. Hosea Building



To our Supporters . . .

2015 has been a year of incredible inspiring performances by the athletes who train at the Caspersen Rowing Center:

- At the Youth National Championship: Junior Girls V8+ 2nd, Girls LV8+ 3rd and Boy's V8+ 11th in the nation;
- Nine first place finishes by the Juniors at the Canadian Royal Henley Regatta;
- A 10th straight World Championship for the USA Women's 8+;
- An incredible gold medal World Championship performance by the USA Women's 4x; and
- World Championship medals for all of the National Team training at Caspersen including Gold Medals for the U23 Team.

We were witness to some great races on our own race course from the Mercer Lake Sprints to the IRA National Championship. Our inspiration also came from novices, juniors and masters, taking their first strokes, our volunteers who selflessly contribute hundreds of hours to our programs and all of our coaches. PNRA was also named 2015 USRowing Club of the Year.

The year also brought a reminder of how fragile and precious life can be when we lost Tim Hosea in August. Tim selflessly guided, inspired and cared for all of us. He allowed us to reach higher and not only achieve our goals but to push through and go beyond them.

It is in Tim's spirit that we ask you to join us in supporting PNRA as we provide the tools and build the facilities that will allow both the current and future generations of athletes to continue to inspire us.

Kris Grudt, Executive Director

In Memoriam - Timothy M. Hosea M.D.

Dr. Tim Hosea was a treasure to not only the rowing community but to the multitude of lives across all walks of life that he touched. Tim helped thousands of rowers achieve their dreams through his skill and compassion as a doctor and through the inspiration he provided as an untiring advocate for the sport.

A champion rower at Navy and Harvard, Tim was sidelined by a ruptured disc that changed the course of his life. The care he received from the orthopedic surgeon who treated Harvard's athletes led him to medical school and a dedication to orthopedics and sports medicine. With his love of rowing, the rest came naturally.

The Caspersen Rowing Center was conceived in 1997, the same year "Doc Hosea" was awarded USRowing's Jack Kelly Award for "superior achievements in rowing, service to amateur athletics, and success in (his) chosen profession, thereby serving as an inspiration to American rowers." PNRA had the honor of having Tim serve as the President of

our Board of Directors. He led our organization through unprecedented growth. His commitment to rowing and to the activities of PNRA has become legendary, and his vision for PNRA's future is reflected in the plans for the Timothy M. Hosea Building at the Caspersen Rowing Center.

We were very fortunate to have had a front row seat to witness the unselfish way that Tim put the health and welfare of his patients and rowers first and foremost. We are committed to honoring Tim's commitment and dedication through the construction of the Timothy M. Hosea Expansion.

Thank you Doc Hosea!



As a U.S. Olympic Training Site, PNRA's Caspersen Rowing Center serves as a training base and home of the U.S. National Rowing Team.

In 2015, the members of the USRowing National Team Training Center will have logged over 12,000 training days preparing for both the 2015 World Rowing Championship and the 2016 Rio Olympic Games. PNRA hosted 8 National Selection and Trials events in 2015.

World Rowing Championships. The Women's 8+ won an unprecidented 10th straight World Championship. The Women's 4x knocked off a heavily favored German 4x to claim the championship. Every one of the women training at the Caspersen Training Center who raced at World's brought home a medal.



USA Women's U23 selection camp was held at Caspersen. The women selected at the camp went on to win Gold in each of their events at the U23 World Championship.

Providing a world class training facility for our nation's elite and Olympic athletes . . .



THE ROAL

USA Women's 4x Olivia Coffey, Megan Kalmoe, Tracy Eisser and Amanda Elmore launch on their way to an historic Gold Medal win at the 2015 World Rowing Championship in Aiguebelette France.

Training at Mercer means having a space of our own and a space of constant community and support. Having a six lane course in our backyard means that we can maximize the quality of our training, and we can race trials at home. We are so lucky to have the support of PNRA!

Katelin Snyder, National Team Coxswain and MIRC Coach

PNRA enthusiastically supports the National Team and its athletes.

Mercer families continue to join in the journeys of the training National Team athletes by inviting the athletes into their homes and families. These home stays allow the athletes to concentrate on their training.

National Team Athletes serve as coaches and mentors for the Mercer Junior Rowing Program. The employment opportunities that work fit well with the demanding schedule of a full-time training athlete.

The 2016 Rio Olympic Games are just around the corner. As the teams ramp up for the Games, we hope that you will join PNRA in supporting their efforts and join in their journey. Support the National Teams!



USRowing Women's Team Members practice on Mercer Lake

Mercer Junior Rowing Club (MJRC)

Boys and Masters Coach Justin Ochal joined Rowing Program Manager and Girls Head Coach Ted Sobolewski to build on the Mercer Rowing Programs past success.

place finish in the Girl's varsity 8+ at the San Diego Crew Classic. At USRowing's Mid-Atlantic Regional Championship, MJRC qualified 7 boats for the USRowing Youth National Chamionships. At the National Championships in Sarasota, FL, the Girl's varsity 8+ placed 2nd, the Girl's light 8+ was 3rd and the Boy's 8+ finished 11th in the nation.

By the Numbers

- Over 195 junior athletes participated in the 2014/15 MJRC season
- All MJRC 2014/15 Seniors will row at top ranked colleges including: Alabama, Cornell, Delaware, Georgtown, Jacksonville, University of Miami, Notre Dame, Northeastern, Princeton, Stanford, Stetson, Tennessee, UCLA, Virginia
- Mercer Juniors set 1 team and 3 individual Indoor Rowing World records in 2015

Building opportunities for area youth to excel in the sport of rowing . . .



MJRC's Kate Hickey and Rena White accept a trophy at the Royal Canadian Henley Regatta.

Both the Junior Boys and Girls teams capped the summer season by bringing home 9 Gold Medals at the Royal Canadian Henley Regatta in St. Catherines, Canada.

At the the end of the summer, Coach Sobolewski

left to join the coaching staff at his alma mater, Northeastern Univiversity.

With Steve Baranoski at the reigns of the Girls program, the Girl's V8+ finished 3rd and the Boy's V8+ finished 7th at the Head of the Charles Regatta in Ocotber.

Mercer Masters

The Mercer Masters programs continued to expand in 2015. In addition to the competitive rowing program, adult learn to sweep rowing programs introducd adults to the sport



MJRCs Boys race at the USRowing Mid-Atlantic Championship

of rowing. PNRA continued to build on the adult learn to scull program introduced last year. Advanced sculling and small boat classes were added to the program. While there is strong demand for the sculling and small boat program, capcity is limited by the available equipment.

The Mercer Masters competitive program continued to excel, finding success at the Royal Canadian Henley Regatta, Diamond State Regatta and numerous local regattas.

Mercer offers a supportive, welcoming environment that challenges me everyday to be my best. I have had the privilege to be a part of the team for the past five years. During this time I have been inspired by incredible teammates and coaches, and formed friendships that I know will last long after I graduate.

Kate Hickey, Mercer Junior Rower and Team Captain

PNRA and the Mercer Lake rowing course continue to be one of the nation's premiere rowing venues.

With its central east coast location, abundant venue space, top-rated 2,000 meter course and *some of the best volunteers in the country,* Mercer

Lake in Mercer County Park has become one of the most sought after rowing venues in the country. In 2015:

- Over 15,600 seats were rowed in Junior, Collegiate, Elite and Pararowing competition
- 27 National Champions and 50 Regional and Conference Champions were crowned
- 57 National Team Boats for the Senior, U23, Junior, Pararowing World Championships and PanAm Games were selected at competitions or camps held on Mercer Lake
- Over 70,000 spectators attended regattas



Mercer County Executive Brian Hughes presents the trophy to the IRA National Champion Stanford University Lightweight Women

Conducting top level regattas and events at one of the nation's premiere rowing venues . . .



New Jersey Lieutenant Governor Kim Guadagno presents the trophy to the IRA National Champion University of Washington Crew

PNRA will continue to host major events in 2016 including the IRA National Championship, USRowing's Youth National Championship, Mercer Lake Sprints, Knecht

Cup, USRowing National Team Trials and Selection Events, Collegiate Small Boat Challenge and MAAC and MAPL Championships

Princeton National Rowing Association's 2015 Rowing Regattas Contributed \$10.16 Million in Total Sales to Mercer County

An updated economic impact study performed and announced by PNRA and the Princeton Regional Chamber of Commerce's Sports and Entertainment Committee showed that PNRA's regattas again in 2015 made a significant contribution of over \$10.16 million in sales, 4,349 jobs and \$469,400 in tax revenue to the local economy.

The PNRA's staff and volunteers' commitment to running first-class regattas is evident in their hard work and dedication. With PNRA, we are excited to continue to raise the bar for athlete, coach and spectator experiences in 2016 and beyond.

Katie Boldvich ECAC/USRowing

PNRA continues to explore ways to fulfill its mission to bring rowing to the residents of Mercer County and beyond.

In 2015, PNRA's 5 Learn To Row Novice Summer camps introducd 185 Juniors, grades 7-12, to the sport of rowing. Many of these youth attended more than on session and joined the Mercer Junior Rowing team in the fall.

PNRA continued to work with Trenton Central High School West to provide rowing activities to the students of the school. We are continuing to seek out ways to expand our reach in the Trenton area to bring the benefits of rowing, inluding fitness, discipline, teamwork, to more youth.

PNRA joined with Ivy Hall Productions to create a Corporate Team Building day for two locally based coporations. Two time Olympian Caroline Lind joined to make the events memorable for all who paritipated.

At PNRA, development goes well beyond our athletes. Through our Junior and Masters programs, we are in a unique position to begin the coaching careers of many National Team athletes and college graduates. During the 2014-2015 year, we conducted multiple coaching workshops for the coaches at Caspersen Rowing Center. Coaches who have started with the Mercer Program have gone on to coach



Novice Summer Rowing Campers

at Wisconsin, Harvard, Yale, Northeastern, Stanford, San Diego Rowing Club, WYRA, Penn, Princeton, Capital City Rowing, Indianapolis Rowing Center, GOPS Chattanooga, Michigan State, Greenwich Crew, Seattle University, Community Rowing Inc., Wayland Weston Crew, Georgetown, Dayton Boat Club, Ohio State, Duke and Gentle Giant Rowing Club.

Expand rowing in the greater Mercer County and beyond . . .



Campers at PNRA's Novice Summer Rowing Camp Session I in 2015

Highlights

- Hosted its annual Learn To Row Day for 75 local residents
- Coordinated the Mercer County Olympic Day Celebration
- 185 Juniors, grades 7-12, learned to row at PNRA's Novice Learn to Row Camps
- Continued relationship with Trenton Central High School West (TCHSW) Physical Education program
- Hosted two Corporate Team Building Rowing events at the Caspersen Rowing Center

Expanding for the Future . . .

With growing interest in the sport and the recognition of its advantages for developing mental and physical strength and endurance, the Caspersen Rowing Center no longer meets the needs of the constituents who use it on a year-round basis. *Each winter, PNRA must turn away 120 junior rowers for lack of indoor workout space.* Similarly, limited indoor facilities compel the National Team to find training options off-site. The potential for PNRA's Outreach as a vehicle for raising the fitness and achievement levels of students in the Trenton public schools is curtailed by the limitations of the boathouse.

Further, incorporating popular public programs and high-profile rowing entities under one roof will enable PNRA to continue to attract major events to Mercer Lake, with a proven benefit to local communities and businesses.

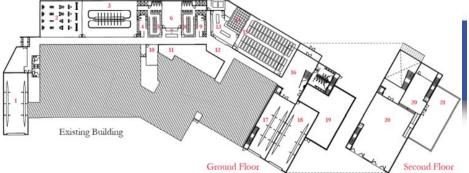
Tim Hosea gave selflessly to rowers and anyone in need. This facility, which will inspire and benefit not only the current generation of rowers but many more in the future, is a fitting tribute to his life's work.

The proposed expansion will add 36,000 square feet to the existing

facility to better serve the training needs of the **U.S. National Team**, support the growth of the **Mercer Junior Rowing Club** and other public programs for students in grades 7-12, broaden the scope of the **Rowing Is Growing (RIG) outreach program** for students in the Trenton public schools, and meet the needs of local collegiate and adult rowers.

Finn M.W. Caspersen had a dream to create a world-class rowing facility in Mercer County. Tim Hosea took up the work that Finn started and built on it, guiding it to be one of the foremost rowing facilities and begining the process to expand the Caspersen Rowing Center into a truly world-class rowing facility. We ask that you join us to help make Tim's vision a reality.





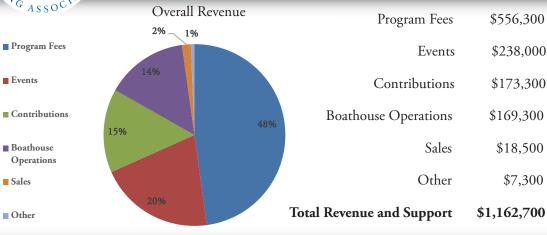
- 1. Mercer Sculling Bay
- 2. Weight Room
- 3. Rowing Tank
- 4. Men's Coaches Locker
- 5. Men's Locker Room
- 6. Physiotherapy
- 7. Laundry
- 8. Woman's Coaches Locker
- 9. Woman's Locker Room
- 10. Conference Room
- 11. Courtyard

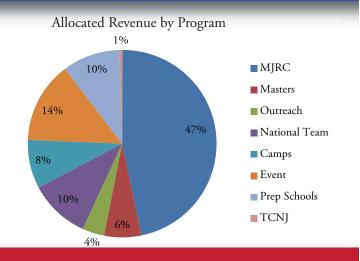
- 12. Cafe
- 13. Kitchen
- 14. Rowing Machine Storage
- 15. Rowing Machines
- 16. Two Story Gallery
- 17. Repair Bay
- 18. Masters Sculling Bay
- 19. U.S. Rowing Offices
- 20. National Rowing Museums
- 21. Race Course Viewing Deck



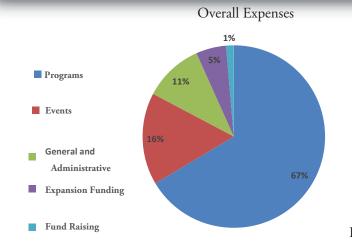
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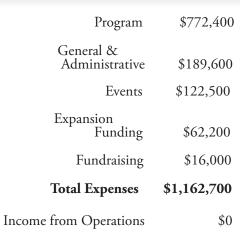
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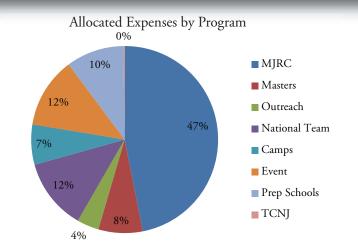




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We cannot create a world class environment and build the Tim Hosea Building without your support! We need your time, ideas, money, other contributions and support to make our fundraising a success. Please join our team . . .

Photo Credit to Ed Hewitt, Elaine Mumau, Kris Grudt