

Mercer Junior Rowing – Fall 2017 Novice Program

Fall 2017 Schedule:

Fall Novice Start Date: Wednesday, September 6th

Fall Novice End Date: Friday, November 17th

Mandatory Fall Parents Meeting:

September 16th, 9:00 AM, at the Caspersen Boathouse

2017 Fall Practice Times:

Monday-Friday 4:00pm – 6:00pm

Saturday practice at coaches' discretion

Fall Novice race schedule listed below.

Novice Coaches:

Girls- Amanda Klaiber-Short, Hilary Gehman, Susan Voorhees

Boys- Zach Spitzer, Alfred Kleindienst

All instructions received from ANY COACH should be respected and followed promptly.

Fall Attendance Policy:

The Absentee Reporting Form is our online form for athletes to fill out when they know they will miss a practice, giving the coach at least a 24-hour heads up. In the event that your absence is within 24 hours please attempt to notify the coach via email or phone call. If an athlete is boated and misses practice without notifying the coach, the athlete will not go out on the water the next day.

MJRC Blog & Communication

All of our additional communication for the 2017 season will be posted on our blog. Please check the blog regularly especially during racing season.

PNRA/Mercer Rowing uses a texting service for last minute changes to practice schedule. Text PNRA to 313131 to sign up for this emergency texting service.

Required Documents:

All documents need to be mailed, faxed, or handed in to the PNRA office by the end of the first week of practice.

Athlete Code of Conduct (Needs to be updated every year)

Swim Test Form (This is one and done, we only need one on file)

Family Commitment Form (Needs to be updated every year)

Medical Form (Needs to be updated every year)

On-Line Waiver (Needs to be updated every year, USRowing Championship Membership)

Financial Aid:

Rowing is an expensive sport, and we do not want financial considerations to keep athletes from participating. For these situations we do have a small amount of aid available. Application is online.

Regatta Registration

Regatta fees are paid in addition to standard programming fees, and only required for away races. To register for a PNRA event or regatta please find the registration link in left side menu bar of this page. Links will be posted at least 7 days before the event and should be paid by the day of the event. You will also be able to find links for registration on the MJRC blog.

Novice Fall 2017 Race Schedule

If you cannot attend a regatta, please let Coach Amanda know ASAP!!!

Mercer Lake Challenge- Scrimmage against the teams from our boathouse, date TBA. This event will occur during regular practice time. (Wednesday November 1st is our best guess)

Head of the Halloween @ Mercer Lake- This head race will feature mixed lineups and costumes that athletes can row in! Saturday, October 28th, 10 AM-1 PM. Snacks will be served after at the boathouse.

Head of the Schuylkill @ Schuylkill River, Philadelphia- Only the top boat(s) for novice men and women will be invited to this race. Sunday, October 29th, 7 AM-12 PM (approximately). This race requires an additional fee.

Braxton Regatta @ Mercer Lake- All novice boats that can safely compete will race a 2k on our lake. Sunday, November 12th, times TBA.

Weekly Testing:

Every week you will have the opportunity to challenge yourself and see results. We will have an activity every week that will be recorded and part of the coaches' consideration for boatings. These 3 activities are the 4k Erg Test, Timed Run, and Body Circuit Test; they are to help you overcome the 'fear' that can sometimes occur before a test.

Every 3 weeks you will repeat a test and be able to see the progress you've made in that stretch of practice time. Part of what the coaches will be looking for is consistency and the bigger part is improvement. Every day is a seat race!

Boat Selection:

Leadership, sportsmanship, perseverance, competitiveness, and compassion are all important qualities in rowing, and we look for our athletes to demonstrate these qualities over the course of the season. In other words, having a strong erg score but a bad attitude will probably not get you into the seat that you desire. Likewise, having a great attitude and a great erg score but bad technique won't get you there either. We want to see progress across each of these key criteria and this can only be achieved through regular attendance.

With technique, coaches are looking for improvement, "coachability," and for the athlete to take individual ownership of his or her progress. All athletes will receive feedback on and off the water; however, when an athlete is not responding to that feedback, coaches will eventually move on to athletes who are responding, and selections will be made based on that experience. In certain circumstances when two athletes are extremely close, the coaches may be forced to make a judgment as to who is a better fit in a particular crew.