



Overview of Mercer Junior Fall Program 2020

- All rowing practices will take place at the Caspersen Rowing Center
- Each practice time will be 2 hours in duration
- There will be staggered start/end times as follows:
 - Varsity Boys 4:00-6:00 pm
 - Varsity Girls 4:15-6:15 pm
 - Novice (Boys & Girls) 4:30-6:30 pm
 - Weekend (Saturday or Sunday) times are TBD
- Small groups of 10-12 athletes will remain together to row in a variety of boats (single up to 8 w/cox)
 - The small groups are to minimize the risk of exposure and we will limit interaction between the groups while at the boathouse and on the water. We will keep up to date records of attendance for contact tracing purposes
- Up to 3 groups of each program - boys, girls, novice - will meet for practice at the same time.
- Cap of 36 people per team each day – Novice groups will be assigned based on previous experience – summer camp, prior novice season, no rowing experience
- Goal is for each group to row at least 3 times per week
 - Once we have enrollment numbers we can begin to finalize a schedule
- We will have a “JV” group for people who started rowing in the fall of 2019 or spring of 2020. Anyone who rowed novice last year should talk to Coach Jules or Coach Aidan to find out which program to register for (Varsity or Novice)
- Varsity athletes will be given a rowing specific training plan/workouts to be done individually on the days when rowing is not scheduled
- Novice athletes will receive general fitness workouts on days when rowing is not scheduled
- Due to COVID, there are no organized regattas scheduled for the fall, however we may have some informal scrimmages with local programs
 - With no racing planned, the goal of the fall will not be to determine the fastest lineups, rather to focus on fitness and rowing skills

The Fall program is being offered based on COVID guidelines from the State of New Jersey, CDC, and USRowing as they exist on August 17, 2020. While we are committed to providing on the water rowing programs, if restrictions change or the local COVID situation changes, we will re-evaluate the program and may need to make adjustments.



Sample 2 week schedule

Week 1	MON	TUES	WED	THURS	FRI	SAT or SUN*
4:00-6:00	Boys A, B, C	Boys D, E, F	Boys A, B, C	Boys D, E, F	Boys A, B, C	Boys D, E, F
4:15-6:15	Girls A, B, C	Girls D, E, F	Girls A, B, C	Girls D, E, F	Girls A, B, C	Girls D, E, F
4:30-6:30**	Novice A	Novice A	Novice A	Novice B	Novice B	Novice B (Sat)

Week 2	MON	TUES	WED	THURS	FRI	SAT or SUN*
4:00-6:00	Boys D, E, F	Boys A, B, C	Boys D, E, F	Boys A, B, C	Boys D, E, F	Boys A, B, C
4:15-6:15	Girls D, E, F	Girls A, B, C	Girls D, E, F	Girls A, B, C	Girls D, E, F	Girls A, B, C
4:30-6:30**	Novice B	Novice B	Novice B	Novice A	Novice A	Novice A (Sat)

*There may be hours available for single/double signup as we have done throughout the summer which is included in the registration fee and available for varsity rowers only.

**In this schedule, Novice groups are based on a cap of 36, if enrollment numbers are more than 72 total (boys and girls), we will add a group C and adjust the schedule.

General Guidelines

- Masks will be worn at all times on land
- Temperatures will be taken for every athlete upon arrival, every day. If an athlete has a temp of 100.4 or higher, they will be asked to go home for that practice
- A household health status will be taken for every athlete upon arrival every day - if any COVID symptoms in the household, the athlete will be asked to go home for that day
- All equipment will be disinfected after every use
- There will be designated meeting areas for each team (Boys, Girls, Novice) and athletes must report directly to their designated area upon arrival to the boathouse
- We will start out rowing in small boats (4's or smaller) for varsity athletes at least for the first two weeks
- Novice athletes will utilize 8 person boats as well as the barge and will wear masks while on the water
- The erg/workout room will NOT be utilized by more than 8 people at a time and the bathrooms/water fill station will not be available in the workout room
- The ice machine will not be available except for medical emergencies
- Varsity program is Monday, September 14 through Saturday, November 21
 - [Varsity registration fee](#) is \$720 plus a \$75 facility use fee
- Novice program is Monday, September 14 through Saturday, October 31
 - [Novice registration fee](#) is \$550 plus a \$75 facility use fee