



## 2023 – Varsity Spring



Start Date: Monday, March 6

End Date: Friday, May 19 (Team Banquet on May 16, rain date May 17)

Parent Information Zoom: Tuesday, March 7 at 8 pm

Practice Schedule: Weekday practices will be 4:00-6:45 pm, Saturday practice window: 10:30am-1:30pm, Sunday practice window: 7-10:30am.

**Boys and Girls day off will be Saturday to start and then switch to Monday once races start**

Location: Caspersen Rowing Center at 1 South Post Rd, West Windsor, NJ

Cost: \$975 plus \$100 facility fee

Registration link: <https://www.rowpnra.org/mercer-rowing/juniors/registrationforms/>

Boys Head Coach: Jamie Hamp ([jhamp@rowpnra.org](mailto:jhamp@rowpnra.org))

Girls Head Coach: Brooke Wolford ([bwolford@rowpnra.org](mailto:bwolford@rowpnra.org))

### **Spring Race Schedule:**

**Sunday, April 2:** home scrimmage with Deerfield and Moorestown (Varsity Boys and Girls, no novices)

**Saturday, April 8:** Neczypor Regatta in Camden, NJ (Varsity Boys and Girls, and 1 or 2 Novice Boys and Girls boats).

**Sunday, April 16:** home scrimmage with St. Joe's Prep, Mount Saint Joseph, Greenwich, Saugatuck, RowAmerica Rye (Varsity Boys and Girls, tentative Novices)

**Saturday-Sunday, April 22-23:** Mercer Lake Sprints, at home - ALL CREWS

**\*\*Parent Volunteers will be needed for this event\*\***

**Saturday-Sunday, April 29-30:** Saratoga Invitational in Saratoga Springs, NY (Varsity Boys and Girls). This is an overnight trip with departure planned on Friday, April 28 around 1:00 pm. Return on Sunday evening.

**Sunday, April 30:** Cooper Cup in Camden, NJ (Novice Boys and Girls, and likely Varsity athletes who do not go to Saratoga)

**Saturday-Sunday, May 13-14:** USRowing Mid-Atlantic Regionals at home. This is the qualifier event for Youth Nationals.

**\*\*Parent Volunteers will be needed for this event\*\***

**Thursday-Sunday, June 8-11:** USRowing Youth National Championships, Sarasota, FL. This is by invitation only. Athletes will depart on Monday, June 5 and return Sunday evening, June 11.

Please note that ALL Mercer athletes will need to be members of USRowing with Championship status in order to race at USRowing events (Regionals and Nationals). If you purchased a Basic membership in the fall, you will need to upgrade to Championship level. Please visit your [membership portal](#) to check your status and upgrade if necessary.

We have rowers from any different school districts with different spring break schedules, therefore we do not have any designated time off from practice for spring break. If you have made plans already, please contact your coach to let them know you will be missing practice and fill out your absence on TeamSnap.

In addition, all athletes who are 18 or older will need to complete the SafeSport Abuse Prevention for Adult Athletes course. Anyone who turns 18 during the spring season, should plan ahead for this as it will impact eligibility at Regionals and Youth Nationals. You can access this course from your [USRowing membership portal](#).