



## 2023 – Varsity Fall



Start Date: Tuesday, September 5, 2023

End Date: Saturday, November 18, 2023

Parent Information Zoom: Thursday, September 7 at 8 pm

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

**Practices will be held 6 days/week. The off day for girls will be Saturday at beginning of season and then switch to either Sunday or Monday once racing starts. Boys exact schedule will be released in Coach Jamie's handbook.**

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

Cost: \$1,050 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: Sam Altier ([saltier@rowpnra.org](mailto:saltier@rowpnra.org))

### **Tentative Fall Race Schedule (subject to change):**

**Saturday, October 7:** Head of the Housatonic, Shelton, CT

**Saturday, October 14-Sunday, October 15:** Head of the Buffalo-Head of the Niagara, Buffalo, NY (TENTATIVE 1 Boys Varsity 8)

**Sunday, October 22:** Head of the Charles, Boston, MA (guaranteed entries from 2022 plus lottery)

**Sunday, October 29:** Head of the Schuylkill, Philadelphia, PA

**Sunday, November 5:** Mercer Fall Classic, home race course (Mercer Lake)

**Saturday, November 11:** Frostbite Regatta, home race course (Mercer Lake)

**Sunday, November 12:** Bill Braxton Memorial Regatta home race course (Mercer Lake)

Please note that ALL Mercer athletes will need to be members of USRowing with Championship status in order to race at USRowing events. Please visit your [membership portal](#) to check your status and upgrade if necessary.

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 fall season, should plan ahead for this. You can access this course from your [USRowing membership portal](#).

## The Varsity Athlete

The Mercer Varsity program focuses on **individual athlete development** and **competitive team success**. These are accomplished through a combination of **personal commitment, hard work, and having fun**. The transition from Novice to Varsity can be challenging and sometimes daunting. The coaches strive to help athletes develop at an appropriate pace, meaning that those joining varsity for the first time this Fall will be on a slightly different path than those who are returning. Coach Jamie and Coach Sam will discuss this with each team.

There are 5 key areas that athletes on Varsity should be focused on.

### Attitude

- Rowing is a hard sport, physically, emotionally, and technically and you need to be prepared to embrace the hard work required to see improvements and success.
- Consistent effort and work ethic.
- Rowing is a TEAM sport – we are successful when all members work toward a common team goal in addition to individual progress.
- Be a great teammate – support one another within each specific team and across all Mercer teams (boys and girls, varsity and novice)
- Respect - including but not limited to: Equipment, Time, Teammates, Coaches

### Fitness

- There will be erg/run guidelines for each team (boys and girls) and these may vary from year to year
- The biggest fitness gains are seen when there is a consistent approach to training

### Technique

Some basic drills that all Varsity rowers should know:

- Pick drill
- Pause drills
- ¼ Feather rowing
- Square blade rowing
- Reverse pick drill

Some basic skills that Varsity coxswains should have:

- Where to locate **and how to operate** cox box, speedcoach, radios (if applicable)
- How to call the above drills
- How to safely and efficiently get a crew on and off the dock
- How to recall and record erg workouts

### Being Prepared

- Being on time for practice. Varsity practice starts at 4:00 pm on weekdays (tbd on weekends). It's expected that you arrive at the boathouse with enough time to meet with the team at 4:00 sharp. This means, changed into your rowing clothes, filled your water bottle, put away your backpack, used the rest room and anything else you need to do to be ready for practice to start
- You should be prepared to attend all practices. There are typically 6 practices/week on Varsity
- You need to mark your absences on TeamSnap (at least 24+ hours in advance when possible) on days you are unable to attend.
- Your paperwork is submitted in a timely manner

- Any workouts conducted on your own are submitted in a timely manner

#### **Care/Knowledge of Equipment**

- Setting the erg monitor for workouts (including 'intervals variable' workouts and setting the correct intervals for recording purposes).
- You know where the oars and boats are kept and you know that specific oars are used for each boat (i.e. you are not taking the wrong oars off the dock).
- You know how to properly strap a boat (has your coach "certified" you?)
- You know how to put up the goose guards on the dock